

Arthritis Treatment Center Newsletter – September 2010

A good deed is never lost: he who sows courtesy reaps friendship; and he who plants kindness gathers love. Basil

Seamstress Extraordinaire Reveals How She Has Everyone in Stitches...

Mary Susan Dinkel was born on December 15, 1935. As one of six children, she was born in Southern Virginia, and lived in various states along the east coast. It was when she met her husband of 37 years, Chuck, in Northern Virginia that they went in search of a small community to raise their four children and made Frederick, Maryland their home. Today 3 of her children live in Northern Virginia and 1 child is in Frederick, Maryland.

In 1971 Mrs. Dinkel possessed the skills of a seamstress, and set out to learn and enhance her craft through a two year apprenticeship with a local and distinguished German dressmaker.

Once she completed her apprenticeship, she began taking on new clients. She continues to take on clients by word-of-mouth only. In addition to her ability to construct custom formal wear, she possesses the ability to match various fabric types, and styles together harmoniously.

Some of her clients have included: Herman Wouk, Pulitzer Prize Winner and Author of books such as *The Caine Mutiny* and *War & Remembrance*, and his wife, Betty Sarah Wouk. She has also had the opportunity to work with the wife of General William Westmoreland, as well as several state dignitaries on Capitol Hill.

In 1975, Mrs. Dinkel sewed an entire line of ultra-suede garments for a familiar designer in Northern Virginia. The Ultra-suede line was a test project for Lord & Taylor. She says, "It is a proud moment when you can see your work displayed in a store. We traveled to Lord & Taylor in Garden City, New York." She continues, "Now you see ultra-suede in many clothing lines."

Between sewing and raising her children, she volunteered for the Frederick County Hospice and 4-H. In 1983, she graduated from Hood College majoring in Environmental Studies with a concentration in politics and the environment. She worked for an environmental agency and lawyer on Dupont Circle in Washington, DC until 1985 when the commute was becoming too much for her. So, for the next 11 years, she sold real estate.

In her "spare" time, Mrs. Dinkel swam in the 1984-1985 "Y" Masters, a national YMCA/YWCA program that promotes competitive swimming for ages 18 and over. She has won more than 11 medals.



Mary Susan Dinkel and Dr. Wei

Throughout all of her life, she has continued to sew. She makes her own clothes, and sews for her grandchildren who range from ages 10 to 20. She has created one-of-a-kind projects such as: wool suits, coats, and smocked dresses. She continues to take classes to learn current trends and commercial methods so that her projects present a professional finish. She mentions, "I average about 300 dresses between the months of February and May." She adds, "Today, I alter formal

wear for men and women, including weddings and proms. My work continues to be custom which includes alterations and extensive beadwork that I am noted for."

Mrs. Dinkel recalls, "There are times in my life that I was unable to walk or even hold a pen to write a contract because my hands were so stiff and sore. But through the care of my very supportive husband and wonderful doctors, I am able to continue what I do today." She continues, "My job requires me to get up and down off the floor, so I am even more thankful to Dr. Wei for helping me be able to do just that."

Best Mini Vacations

By Bhakti Satalkar

There are different reasons why people would want to take a mini vacation. Best mini vacations are those, where you come back all rejuvenated. Here are some tips on how you can have a great mini vacation.



When one thinks of vacations, most of us look at traveling to a far off destination as a vacation. There is no doubt, that traveling to a far off destination is indeed a lot of fun. Mini vacations also have their own share of fun attached to them. They are

like stress busters and can also be taken after a grueling week. The best mini vacations, are the ones, where you reap all the benefits of an elaborate vacation.

Best Mini Vacation Ideas

look for a place which is less than a couple of hours drive from your home. Plus, you can plan to combine two or more of your favorite attractions.

Fun vacation spots are water parks, amusement parks, zoos, state parks, etc. Disney vacations are fast catching up as mini vacations. In the summers a great mini vacation idea is to plan a barbecue day with your friends in a convenient area. You will not only enjoy a nice break, but you will also be able to catch up with your friends. One of the best mini vacations for families is a cruise. You may want to give a one day or two day cruise a try. There are plenty of things, which can be done on a cruise.

There are the annual arts and crafts festivals which may be of interest to you. They are great for people who stay in urban areas. You will come across a lot of small towns and communities that have annual festivals, more so in the fall. You will realize that spending a weekend or a day enjoying the beautiful and unique art work, might give you one of the best mini vacation experiences.

Mini vacations are ones where you may not have to do elaborate planning; neither will these vacations need you to spend a fortune on them. It is best to keep the mini vacation plan simple and focused so that you are able to enjoy the vacation much more. At the same time, you may not want to stuff in too much in the vacation, as it will leave you exhausted. And you may not want to get back into the routine after you are back from the vacation.

Did you know...

- Your hair grows faster in the morning than at any other time of day.
- When glass breaks, the cracks move faster than 3,000 miles per hour.
- Until the 1960's men with long hair were not allowed to enter Disneyland.
- There wasn't a single pony in the Pony

Express, just horses.

- There are 53 Lego bricks manufactured for each person in the world.
- There are no ants in Iceland, Antarctica, and Greenland.
- The opposite sides of a dice cube always add up to seven.
- The word "set" has more definitions than any other word in the English language, and
- Did you know Walt Disney, the creator of Mickey Mouse, was afraid of mice.

Ginger Glazed Mahi Mahi

Printed from Allrecipes.com

Submitted By: DECODIANA

This Ginger Glazed Mahi Mahi is bursting with flavor and combines both sweet and sour taste sensations. The 30 minute prep time includes 20 minutes to marinate. This recipe is a snap and so delicious. You'll love it!"



INGREDIENTS:

- 3 tablespoons honey
- 3 tablespoons soy sauce
- 3 tablespoons balsamic vinegar
- 1 teaspoon grated fresh ginger root
- 1 clove garlic, crushed or to taste
- 2 teaspoons olive oil
- 4 (6 ounce) mahi mahi fillets
- salt and pepper to taste
- 1 tablespoon vegetable oil

DIRECTIONS:

1. In a shallow glass dish, stir together the honey, soy sauce, balsamic vinegar, ginger, garlic and olive oil. Season fish fillets with salt and pepper, and place them into a dish. If the fillets have skin on them, place them skin side down. Cover, and refrigerate for 20 minutes to marinate.
2. Heat vegetable oil in a large skillet over medium-high heat. Remove fish from the dish, and reserve marinade. Fry fish for 4 to 6 minutes on each side, turning only once, until fish flakes easily with a fork. Remove fillets to a serving platter and keep warm.
3. Pour reserved marinade into the skillet, and heat over medium heat until the mixture reduces to a glaze consistently. Spoon glaze over fish, and serve immediately.

In the August 2010 newsletter it stated that Zoe and Ralph Forrester were 15 and 21 when they were married. This should be corrected to read as 18 and 20. We apologize for this error.

DMARDS versus Biologic DMARDS

Arthritis Foundation – Drug Guide

DMARDS - Disease Modifying Anti-Rheumatic Drug. These drugs are prescribed so that damage to the joint is reduced. Those who are newly diagnosed with an inflammatory form of arthritis, such as rheumatoid arthritis, may be prescribed these medications. They are generally effective, but make take time before the patient/physician can see results. Examples of these types of drugs may include: Methotrexate, Imuran, Arava, and Plaquenil.

Biologic DMARD - Biologics are a newer class of drugs that are created by living cells used to treat a number of diseases. These drugs are similar to that of a DMARD, but are actually designed to stop disease progression and hopefully initiate long-lasting remission. These therapies seem to work when other therapies have failed. In many cases biologics are used together with standard DMARDS. Biologics and DMARDS can work together, but two biologics are not used together. Examples of these types of drugs may include: Enbrel, Humira, Remicade, Rituxan, Actemra, etc..

Patients who are receiving these types of therapies need to be aware of potential side effects and vigilantly monitor their blood work to ensure that your organs are tolerating the drugs well.

History of Coffee: All About Coffee History

<http://www.talkaboutcoffee.com/history.html>

All great things in this world come from a mistake and coffee is no exception.

The popular theory is that coffee was really 'discovered' by a sheep herder from Caffa Ethiopia. The herder, Kaldi, happened to notice that his sheep would get hyperactive after eating red "cherries" from the plant we now know to be coffee. Intrigued as to what the plant was doing to his flock, Kaldi tried a couple himself, and was soon in a caffeine frenzy. Initially, the local monks scolded Kaldi for his new found drug, but they soon found that if they took some coffee themselves, the monks could stay up later for their prayers.

Originally the coffee plant grew in Ethiopia, where the coffee bean would be wrapped in animal fat by the locals and used as sustenance on long hunting and raiding expeditions over a thousand years ago. It was the Arabians that



took the plant away, farmed it heavily, and began the first coffee monopoly. In 1453, the Turks were the first people to actually make a drink out of coffee beans, and the world's first coffee shop, opened there 22 years later.

In 1511, the governor of Mecca, Khair Beg, tried to ban coffee because he saw that its influence might encourage the emergence of an opposition to his government. In Arabia, coffee plants were guarded like we guard nuclear plants today. A man, Baba Budan, smuggled the precious beans to the region of Mysore, India, and began farming coffee.

Pope Vincent III was told that coffee was the Devil's drink, so he decided to give it a tiny taste before putting through the decree that would ban the drink. That taste was enough to turn the religious leader around on the topic, leaving him to state that the drink was "so delicious it would be a pity to let the infidels have exclusive use of it." Vinnie the Third duly 'baptized' coffee, making it an acceptable drink for the Christian flock.

It is said that coffee arrived to America with Captain John Smith, when he founded the colony of Virginia at Jamestown.

In 1645, the first coffeehouse opened in Italy, followed by one in England some seven years later. From that point, coffee was unstoppable. Within six years, coffee had replaced beer as New York's City's favorite breakfast drink.

Fast forward 120 years and the local roasting shop and coffee mill are a common sight in most western cities until Hills Bros. begin packing coffee in vacuum tins, destroying most of the roasting shop industries. A year later, in 1901, instant coffee was created by Japanese-American chemist Satori Kato in Chicago, and two years after that, a German coffee importer, Ludwig Roselius, decides to see if a batch of ruined coffee beans can be turned into something useful by his researchers. They notice the caffeine has been removed by the water that ruined the beans, and the decaffeinated product is soon marketed as Sanka.

When the American government banned alcohol in 1920. Coffee sales skyrocketed. Twenty years later, the United States regularly imported a whopping 70% of the world coffee crop for itself. American soldiers were issued instant Maxwell House coffee in their ration kits as they fought World War II. In 1971, Starbucks opened its first store in Seattle's Pike Place public market. By 1995, Starbucks had become a pop culture reference, with a store on every block, and, in some cases, every corner. From 1995 to 2000, coffee consumption skyrockets once more, rising a whopping 700%.

Arthritis Treatment Center
71 Thomas Johnson Drive
Frederick, MD 21702
301-694-5800
www.arthritistreatmentcenter.com

Presorted Std.
U.S. Postage Paid
Frederick, MD
Permit # 343

ADDRESS SERVICE REQUESTED

Arthritis Treatment Center September Schedule

Sept. 3rd and Sept. 7th - Dr. Wei will be out of the office. The office will remain open from 8am to 12 noon for account services, lab visits, osteoporosis scans, IDD, and product purchases.

Effective immediately we will no longer submit commercial insurance claims on behalf of our patients. This excludes medicare. Patients will be responsible for submitting their own claims.

Friendly Reminder...

Please bring in your updated medication list so that our nursing staff can update your chart at your scheduled appointment.

Wei's World

With fall in the air, I thought I'd share a deep, dark secret from my past.

Most people don't know this about me. In college, I was on the football team. Now you have to understand this was at Swarthmore College, a small Quaker school outside of Philadelphia. If you could fog a mirror, you could be on the football team.

That isn't to say we didn't have some good players. We had some very good players who were highly recruited from high school. I was not one of them.

During my four years, I was at varying times a seventh string quarterback and got up as high as third string by my senior year. .. and that's only because all the other guys ahead of me stopped playing to pursue other endeavors.

But I stuck with it. My friends were on the team and practice was a welcome break from the tedium and intensity of school work. For two hours a day, I got to take my mind off studying and do something physical.

I was one of the few people who actually looked forward to practice. I was what was called the scout quarterback. In other words, I ran the opposing team's offense against the starting defense. It was my job to give the defense a good look at what they were

going to face on Saturday. And I took that job pretty seriously.

People would sometimes ask me, "Why are you still on the football team... you never get to play?..."

And I understood where they were coming from. It seems stupid to be on a team if you're never going to play in a game. But what they didn't realize was that from Monday to Friday those days were my Saturdays. They were my "game days."

And even if I never got to go in a game on Saturday, I still worked at getting better. I was a far better player as a senior than I was as a freshman... that's for sure.

And being on a team teaches you a lot about life... getting along with others... the discipline of practice... and about overcoming adversity in general. Our team wasn't very good, and we got our butts kicked quite a bit. But we never quit. And I can say those lessons stood me in good stead for the future. There have been many times in my career as a doctor when it would have been easy to just pack it in, follow the crowd, not make waves, do the easy thing. But I've never done that.

Because if you care about something enough, you will try your hardest to be the best. And that's why I'm telling you this story.