



71 Thomas Johnson Drive
Frederick, MD 21702
301-694-5800

www.arthritistreatmentcenter.com

April 2012

Inside This Issue:

- Inner-Referrability – Page 1*
- Earth Day Fun Facts – Page 1*
- Tips for Springtime Allergies – Page 2*
- The History of Cookies – Page 2*
- Recipe of the month... - Page 2*
- Sea Gold – Page 3*
- 6th Arthritis Symposium – Page 3*

"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying,
"I will try again tomorrow." - Mary Anne Radmacher

Spring Cleaning!

Wow... what a spring. March felt like May. The grass on my lawn is so high, a small child could get lost in it. And crabgrass? I've got lobster grass.

I feel badly for the people who enjoy winter along with snow and ice. But I'm not one of them. I just got back from a meeting in San Diego. There it was 55 degrees. Here it was 75. Go figure.

So what's the payback going to be? Extreme rain ... extreme heat? Another losing season for the Orioles and Nationals?

Oh well. Back to the basement and garage. Still not done cleaning things out.

Spring Your... Inner-Referrability! Do you know someone just like you?

The Arthritis Treatment Center is looking for new patients just like yourself who...

- might need help managing their arthritis.
- could feel better more often.
- should probably see an arthritis specialist for their aches and pains, and
- know that their doctor will listen to their concerns and answer their questions!

Simply pass along our name and office number. Once they see Dr. Wei, we feel certain that they will be on the road to getting their lives back!

Plus, we've added to the fun... You will receive a small thank you gift from us and know that your referral will be in good hands. And... you will be entered into a drawing for a Kindle on June 30th. Kindle is a top-of-the-line e-reader, with touch, audio, Wi-Fi, and free always-connected 3G wireless. It's light in your hand, and Kindle has the ability to enlarge the print, so you can see and read perfectly.

Earth Day Fun Facts



Updated 04/21/11 9:26 PM · by [partysugar](#)

Did you know that in some elementary schools, after Halloween and Christmas, Earth Day (April 22, 2012) is the third largest celebrated holiday? Or how about that it is now observed in 175 countries and is the largest secular modern day holiday in the world? For more fun facts and to learn how much energy you save when you recycle one aluminum can, read on:

- Recycling one aluminum can saves enough energy to watch a television for three hours - it's equivalent to half a gallon of gasoline.
- Earth Day is a relatively new holiday and was first celebrated on April 22, 1970. More than 20 million Americans participated in the first Earth Day celebration.
- Earth Day was founded by a senator from Wisconsin and the day is credited for launching the environmentalism movement.
- April 22 is the first official day of Spring in the Northern hemisphere and of Fall in the Southern hemisphere and was chosen to be Earth Day for this reason.
- Never underestimate the importance of recycling: if every newspaper was recycled, we could save about 250,000,000 trees each year. Unfortunately only 27% of all American newspapers are recycled.
- More than 20,000,000 Hershey's Kisses are wrapped each day, using 133 square miles of tinfoil. All that foil is recyclable, but not many people realize it.
- Only 11% of the earth's surface is used to grow food.
- The world's oldest national park is Yellowstone National Park. It was established in 1872.
- The first wildlife refuge was formed on Pelican Island, Florida, in 1903.
- The patron saint of ecologists is St. Francis and the first proclamation of Earth Day was made by the mayor of San Francisco in 1970.
- A highlight of the annual Earth Day ceremony at the United Nations is the ringing of the Peace Bell that was given to the UN by Japan. It is made from coins given by school children to further peace on our planet.

Happy Earth Day!

Tips for Springtime Allergies

April 20, 2011 10:59 pm 0 comments Views: 2

Author: Samantha Costa

Photo courtesy of Creative Commons

The birds are chirping, the flowers are blooming and the sun is shining. For most, this is a great time of year, but for allergy sufferers, it's a nightmare. According to the Allergy and Asthma Foundation of America, approximately 40 million Americans have indoor/outdoor allergies as their primary allergy. The foundation states that the largest incidences for outdoor allergies are to trees, grasses and weed pollen.

The most common mistake people make is rushing to the doctor's office thinking that they're sick. Over-the-counter medications are highly effective in alleviating your allergy symptoms such as Allegra an over-the-counter drug. Other options are Claritin and Zyrtec. What about Benadryl? The only problem with this old miracle-worker is that it causes severe drowsiness. That's not exactly conducive for studying for finals.

If you're hesitant to try medications, consider some old remedies. Placing a cold rag on your forehead can lessen the nasal swelling that is giving you those sinus headaches. Despite the warm weather, it's best to keep the windows closed both in your car and in your home. Keeping the pollen outside is your best bet. If you've got to cut the lawn, wear something to cover your nose and mouth. And, before going to bed for the night, take a shower to wash all of the allergens off of your body. Place your clothes in a hamper with other clothes you plan on washing, and use warm water.

Simple steps like these can help ease your allergies before the big interview, commencement day, or just getting through the daily grind.

The History of Cookies

October 21st, 2010 | <http://www.cookiegiftbaskets.com>

Author: [raegal](#)

The world has long had a love affair with their cookies. In any American supermarket, you can walk down the cookie aisle and be bombarded with multi-color packages tempting you to try them. There are hundreds of choices ranging from super sweet to biscuit to fruit filled.

Believe it or not, what is now known as the beloved cookie once started out as a humble tester cake.

Watercress, Avocado and Orange Salad

Recipe courtesy Food Network Magazine

Prep Time: 15 min Level: Easy Serves: 6 servings

Directions

Soak 1/4 thinly sliced **red onion** in cold water, about 10 minutes. Whisk 1/4 cup **orange juice**, the juice of 1 **lime**, 1 tablespoon **honey**, 2 teaspoons **dijon mustard**, 1/2 teaspoon **salt**, and **pepper** to taste in a bowl. Whisk in 3 tablespoons **olive oil**. Drain the onion; toss with 2 bunches **watercress**, 2 sliced **avocados**, 2 segmented **oranges** and the dressing. Top with chopped toasted **hazelnuts**.

Sugar was beginning to be cultivated way back in the days of the Persian empire. Royal bakers began to test out different cake recipes. The problem was, there were no temperature regulators on the ovens they used. They were brick and clay fire pits, essentially, and the cook could not be certain how hot the oven was or when it was ready. So when it came time to cook the cakes for the royals, bakers had to find a way to make sure the oven was hot enough. They devised a method of taking a bit of cake batter, a small cookie-like shape, and placing it in the oven. If it cooked up right away, it was time for the cake to go in. People soon realized that these little tester cakes were actually quite good and shouldn't be thrown away. And there was born the humble cookie.

Some credit the Dutch with popularizing the cookie. They called them "koekje" or "little cake" in the Dutch language. From there the British took a liking to their "biscuits" which they served with tea. The popularity of the cookie spread, partially due to the ease of eating. Workers could take these little cakes out to the fields with them. They were an easy snack that required no cutlery or lengthy preparations.

Each country has its own version of the cookie. Styles and ingredients vary from the Italian twice baked, rock hard biscotti to Bavaria and Austria's favorite anise flavored and highly decorative Springerle. Each country has perfected the art of the cookie in their own way. The Spanish call cookies "galletas" and Germans refer to them as "keks." But no matter what you call them, they're delicious in any language.

Perhaps the most popular cookie in America is the chocolate chip cookie. This now famous cookie was reportedly invented back in the 1930s by Ruth Wakefield, an innkeeper at the Toll House Inn in Massachusetts. When she ran out of nuts while baking cookies, she broke up a chocolate bar and added the chunks to the batter instead. The rest is cookie-making history. Just about every cook in America has tried their hand at the Toll House cookie. The recipe

has been featured on the Nestle chocolate chip morsels bag ever since Ruth Wakefield sold her recipe to the company.

It's hard to imagine life without cookies. They've become such a staple of the American diet that entire industries have grown up around them. Everyone has their favorite and even today home baked cookie gifts are a sign of love and affection. There has been a movement of late to offer reduced fat and sugar free cookies. And while they do enjoy some popularity, America's sweet tooth has spoken. The most popular cookies today are still the fully sweet Double Stuff Oreo and original chocolate chip with chunks of rich chocolate and mounds of nuts.

Sea Gold...



It's the purest form of Omega-3 fish oil

available. Omega-3 fish oils have been shown to be a remarkably effective and safe treatment for the inflammation of arthritis. And Sea Gold is the purest, most effective dietary fish oil manufactured. Omega-3 fish oils have been recommended by more rheumatologists than any other dietary supplement for the control of inflammation that accompanies rheumatoid arthritis, psoriatic arthritis, and other forms of inflammatory arthritis.

- *Reduce your risk of arthritis, heart attack, stroke, and sudden death.*
- Improve your memory and energy levels.
- *Reduce your stress and fatigue.*
- Live a strong healthier life!

Studies show that supplementation with fish oils can markedly reduce morning stiffness and the number of painful joints for people who have rheumatoid arthritis.

Buy 2 and Get 1 Free....

The 6th Arthritis Symposium

It's right around the corner! We're gearing up for the best symposium ever and we want you to be there!

- Discover 7 devastatingly simple methods for controlling your arthritis... you'll be shocked how simple these are.
- What are the surprising pros and cons of joint replacement surgery? Candid, objective information you may not know.
- Discover the reasons why tendonitis happens... and what you can do to avoid it!
- The four new ways of treating tendonitis even most doctors don't know about!
- Three mistakes to avoid when dealing with tendonitis!
- The one commonly used drug that can cause tendon rupture!
- Why is arthritis called the "Sphinx of Diseases," and why you need to know the answer.
- It's a shame for you not to have these inside secrets about how to cure your carpal tunnel syndrome – when these people do it so easily.
- Thousands now have fewer problems with their hip pain who never thought they could... with these four valuable hints.
- Look inside this symposium to discover how to get rid of arthritis woes.

Register online at:

www.arthritisresearchinstitute.org

or call at 301-694-5800.

Do you have a question you would like to ask Dr. Nathan Wei, the leading authority in stem cell treatment? Be one of eight to join him during lunch and discuss this amazing new treatment!

Join Dr. Wei and his special guest, Dennis Keener, as they share their experience and success with stem cell treatment.

Dr. Dan Malone will be delivering a spell-binding presentation on "Ultrasound in Rheumatology...*BETTER* than X-ray vision!"

Dr. Henry Boucher talks candidly about the New Developments in Total Hip Replacement.

Dr. Mache Seibel, our keynote speaker, is a world renowned physician who works with companies and organizations to help them reach, teach and motivate their audience to stay well with award-winning health educational content through his ground-breaking interactive product, "HealthRock®."

Dr. Alan Epstein will share new discoveries on the Diagnosis and Treatment of Rheumatoid Arthritis-2012.

Dr. Howard Smith reveals The Enigma of Fibromyalgia.

Dr. Roland Moskowitz prepares an indepth look at Osteoarthritis!

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



Scan this code with
your smart phone, to
receive free weekly tips
to help you manage
your arthritis!

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

ADDRESS SERVICE REQUESTED

April 7th - Passover
April 9th - Easter
April 16th - Income Taxes Due
April 22nd - Earth Day
**April 22nd - 28th - National
Medical Laboratory
Professionals Week**
**April 25th - Administrative
Professionals Day**

ATC April Wish List:

All patients are asked to
bring in an updated list of
all their medications and
the dosage amounts at their
next office visit.

Wei's World

Two of our children were home from school for spring break. The other two older ones are working and didn't have time off. It was a bit strange having the kids home. The routine my wife and I had settled into was disrupted.

Don't get me wrong. We love our children. But Judy and I had gotten used to buying and cooking for two. And we had grown accustomed to not having to wonder how to work their routines into ours and vice versa. There's also a certain noise level that comes with having other people in the house. The television is on more frequently, the computers are going, and so on.

But by the same token, it was nice to have them home for other reasons. Like making popcorn to munch on while watching a pay-per-view movie. Or going out to a restaurant and just talking. Or getting to know more about their lives at school, details that don't always come out over the phone. (Certain details, I'm sure, we'll never know... and that's just fine.)

Our son, Benji, in particular, is always helpful when it comes to running errands. So that was definitely nice to have the extra help. And our daughter Emily is a reader and is usually eager to share her thoughts on new books. Mei-Mei, our dog, also seemed to appreciate the company, particularly when it came to walk and play time.

I have to admit that when I look at our pictures of the children when they were little, I get a bit sad. While they are growing up, it's so hectic and tiring. But when they grow up and begin leaving the house, even if it's only to go away to school, the realization sets in that they'll never be little again.

That time goes by so quickly. I often wish I could get those times back, to correct the mistakes I made, maybe act differently, be more patient and understanding. But that time will never come back. It's gone forever.

That's the thing. There is no learning manual for parents. There's no final exam. And there are no make-ups... no do-overs. You're left with what you did- good or bad. Our second child, Jeffrey is a performer and is constantly rehearsing before a show. But as a parent, there are no rehearsals. Everything is a final performance. No audience. But critics... yes. Our children have been especially good at that, particularly during their teen years.

Going through college, medical school, residency, fellowship, and the years of practice as a doctor is not easy. But it pales in comparison to the task of raising children.

I want to thank the many, many people who expressed their condolences regarding my dad's death. The outpouring of calls, words, flowers, and cards was very touching. Many of you shared your experiences and I found that extremely comforting. It's very difficult to lose a parent...