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A man bought 12 flowers. 11 real and one fake. He said, "I will love you until the last flower dies." Unknown

Making The Most Of Your Day!

I rarely watch television. Maybe sports and the History channel on occasion. I don't even read the newspaper if I can help it. Sometimes it's staring me in the face and I can't resist... but if possible, I ignore everything except the sports section. Why the sports section? Because here, at least I can read about human triumphs.

Most of the rest of the paper is filled with death, destruction, horrible (and often inaccurate) prognostications, and other things that depress me. And for goodness sake, I don't care what Angelina Jolie was wearing at the Oscars!

No matter what the media, there seems to be an excessive amount of negative drivel. I don't need to be reminded that life is tough and that there are millions of people who are less fortunate than me out there. I know that.

And I find this gaming stuff that young people do to be beyond comprehension. What I mean by "gaming" is that there are a ton of video games that people play on their television, or their computer, or even their cellphone. Hours and hours at a pop. Why waste your precious time playing games? Listen... we all have the same 1440 minutes a day, 365 days a year.

The major difference between people who accomplish something in their life worthy of pride and those that don't, is the effective utilization of precious time. I think time is more precious than money. If you lose money, you can always replace it. But if you lose time, it's gone forever.

I don't want to be on my deathbed staring at the ceiling and regretting that I didn't do something I really wanted to do because I wasted my time.

Am I a curmudgeon? You bet! But I'm a lot more productive and a lot less depressed than when I was watching television and reading the newspaper.

Tips to boost your energy levels!

<http://articles.timesofindia.indiatimes.com>

Almost everyday we observe people complaining about feeling tired. Most of these complains arise post lunch where people feel physically and emotionally zapped.

Unfortunately, leading a hectic life has become a natural part of life, thus, many people cannot afford to be tired. The challenge, therefore, is to maintain health and vitality, which can only be done by preserving the energy we have and be sure that it isn't squandered by situations and behaviors that will ultimately present a challenge to our functionality.

Though we are conditioned to expect such vitality to decline with age, there is much you can do to slow that decline by preserving your vital energy reserves.

Here are a few ways to increase energy levels:

Bananas and watermelon

These revive energy as fast as sugary sweets do. In fact, ripe bananas rate almost as high as table sugar on the energy-boosting index. However, unlike sugar, fresh fruit gives you a stamina boost plus the nutritional benefits of fiber, vitamins and minerals. An added bonus is that there's no food quite as portable as a banana. Since watermelon can be a bit messy to eat at your desk, cut some into chunks the night before and stash in a plastic container. (Dates, mangoes, papaya and pineapple also rank high on the energy-boosting scale.)

SAVE THE DATE

6th Arthritis Symposium
Ceresville Mansion
Frederick, Maryland 21702

As we welcome 2012, we're gearing up for our **6th Annual Arthritis Symposium**. We have lined up great speakers, amazing topics, and entertainment galore!

Check our website... www.arthritisresearchinstitute.org

Not only can you find out who is on the speaker list, but you can also register and reserve your seat at fantastic savings!

Remember all registrations are tax-deductible and include program materials, continental breakfast, and lunch.

Carrots and potatoes - Just like sugary snacks and soft drinks, carrots and potatoes can up your blood sugar to an all-time high. Unlike junk food, they provide a host of important nutrients (such as vitamins A and C, folic acid and potassium) along with that energy blast. Keep a bag of baby carrots in your desk drawer and you'll be less likely to make an afternoon trip to the vending machine.

Cornflakes and shredded wheat - Even without adding sugar, wholesome cereals such as muesli, corn flakes, instant oatmeal, puffed rice top the list of breakfast foods that provide quick energy. This morning meal tends to be digested slowly, which means that blood sugar levels stay stable.

Water - If you're not drinking at least 10 to 15 cups of water a day, especially in warm weather or if you work out regularly, you're setting yourself up for dehydration. Don't wait until you feel thirsty because at that point, your body is already suffering. Make a habit of setting a full glass of water on your desk all day long. Drinking nimbu paani is a healthy way to replenish nutrients that are lost after a workout.

Managing your energy budget - When you take the time to consciously rest, relax, meditate and eat well, you are preserving what vital energy you already have and are also taking the opportunity to cultivate more. This is of paramount importance to your quality of life, level of immunity and your physical and mental stamina. It is recommended you meditate at least 20 to 25 minutes daily. Make sure that you sleep for at least seven hours everyday. Try and squeeze in a quick a 15 to 20 minute power nap during the day to help you fight fatigue and low energy. One should also try and stretch for 10 minutes twice a day. When we stretch, we're actually contracting and relaxing our muscles, thus preventing any kind of muscle stiffness. This practice will allow blood to flow freely throughout the body thus giving us energy in minutes. Gently

stretch your toes, legs, arms, shoulders, and neck. Make sure you do not have any medical conditions that can cause fatigue. These include low thyroid function, low hemoglobin levels, and a range of other ailments, which can be determined by blood tests. Go for a complete body check-up at least once in two years.

Six Mushroom Soup

This soup is so nutty tasting and the finish of sherry glaze is just the ticket to hang in front of a warm fire and cuddle up with the one you love. Thanks to [Catherine Schiff@BostonWineDiva](#) for this recipe. She suggests pairing a Pinot Noir. One word for this: scrumptious!

Ingredients: (Serves 6 to 8)

- 1 ounce dried Porcini mushrooms
- 4 oz Cremini mushrooms, cleaned, stemmed and sliced
- 4 oz Buttons mushrooms, cleaned, stemmed and sliced
- 4 oz Shitake mushrooms cleaned, stemmed and sliced
- 4 oz Oyster mushrooms, cleaned, stemmed and sliced
- 1 cup boiling water
- 4 tbsp butter
- 1/2 cup shallots, finely chopped
- 4 garlic cloves, minced
- 1 cup dry Sherry, 1/2 for mushrooms, – 1/2 for garnish
- 6 cups of your favorite low salt chicken stock, preferably organic or use vegetable stock
- 2 ounces Enoki mushrooms, trimmed, for garnish fresh chives, chopped fine.

Place Porcini in medium bowl. Pour boiling water over. Let stand until softened, about 30 minutes. Drain, reserving the liquid. Strain soaking liquid through cheesecloth or paper towel to remove any dirt. Coarsely chop Porcini.

Melt butter in heavy large saucepan over medium high heat. Add shallots and sauté until tender, about 5 minutes. Add garlic, and all the mushrooms - except the enoki - and sauté until mushrooms are tender, about 5 minutes. Add sherry and boil until almost all liquid evaporates.

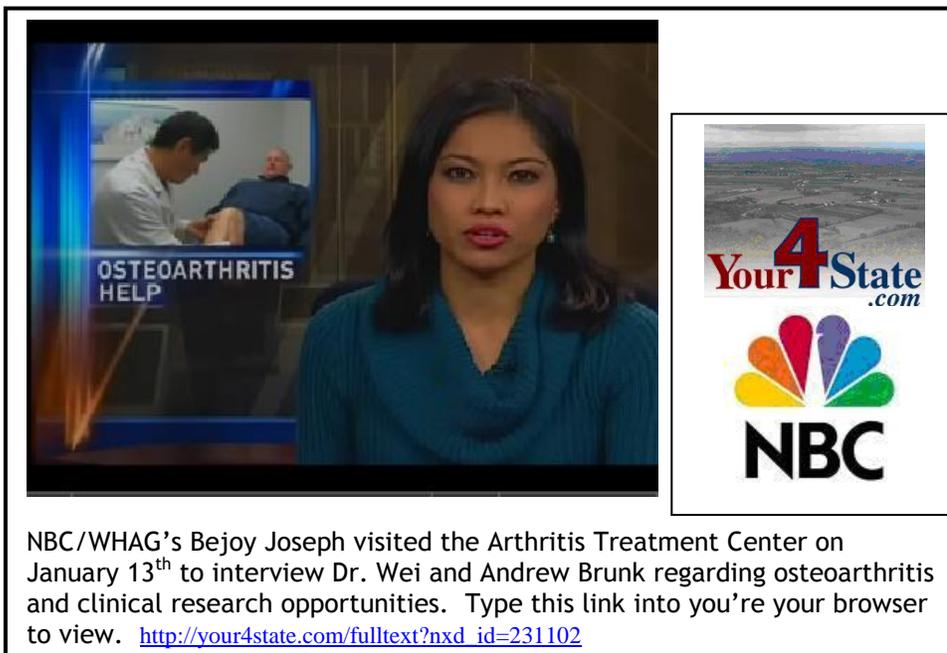
Add reserved Porcini soaking liquid and stock. Simmer soup 15 minutes to blend flavors. In a small pan add the other half cup of sherry and cook down till reduced more than half and getting syrupy. This will take about 10 minutes so you can do it while soup is cooking. Remove from heat and set aside for garnish. Season the soup with salt and pepper to taste. With a hand blender, blend the soup for a few taps to blend by half, leaving lots of mushroom slices in tact. Sprinkle with chopped chives and serve. Bon Appetite!

Winter Storm Trivia Questions

<http://www.erh.noaa.gov>

Which of the following is not effected by wind chill?

- a. person b. dog c. car radiator d. bird



The image is a composite graphic. On the left, a news anchor, Bejoy Joseph, is shown in a blue top. In the background, a smaller inset shows a doctor in a white coat examining a patient's leg, with the text 'OSTEOARTHRITIS HELP' overlaid. To the right of the anchor is the 'Your 4 State .com' logo, which includes a landscape photo and the NBC peacock logo with 'NBC' text below it.

NBC/WHAG's Bejoy Joseph visited the Arthritis Treatment Center on January 13th to interview Dr. Wei and Andrew Brunk regarding osteoarthritis and clinical research opportunities. Type this link into you're your browser to view. http://your4state.com/fulltext?nxd_id=231102

Answer: c. Wind chill is the combination of wind and temperature and is based on the rate of heat loss from exposed skin such as that of a person or animal. As the wind increases, heat is carried away from the body at an accelerated rate, driving the body temperature down.

What is the difference between sleet, hail, and freezing rain?

Answer: Hail is a chunk or stone of ice dropped from a thunderstorm. Sleet is frozen rain. Freezing rain is liquid rain that freezes to a surface such as the road or a tree.

True or False. It must be 32°F or colder for it to snow.

Answer: False. It has been known to snow with temperatures in the mid 40's. Temperatures are below 32°F up in the clouds where the snow is forming.

On the average, one inch of rain is equivalent to how many inches of snow?

- a. 10 inches b. 1 inch c. 5 inches d. a foot

Answer: a. 10 inches of snow melts down to about an inch of liquid rain.

Which of the following impacts can Maryland and Virginia expect from a "Great Nor'easter"?

- a. Heavy snow b. High winds
c. Coastal Flooding d. Blizzard
e. All of the above f. None of the above

Answer: e. Nor'easters cause high winds and flooding along the coast and heavy snow and sometimes blizzard conditions inland over the Greater Metropolitan Washington area. Nor'easters are responsible for the areas's most hazardous winter weather.

Can it snow from clear skies?

Answer: Yes. Ice crystals sometimes fall from clear skies when temperatures are in the single digits or colder.

No Bad Apples With This Couple...

As a young man of 17, Dave Martin was sent out to prune the fruit trees spread across 20 acres of his dairy farm where he grew up in Washington County. Along the way, he remembered there was a young lady, Dorothy, who lived nearby - babysitting the children of a family who lived in the orchard. To get her attention, he decided to throw green apples on the roof of the home. Well, it wasn't long after that they began to date.

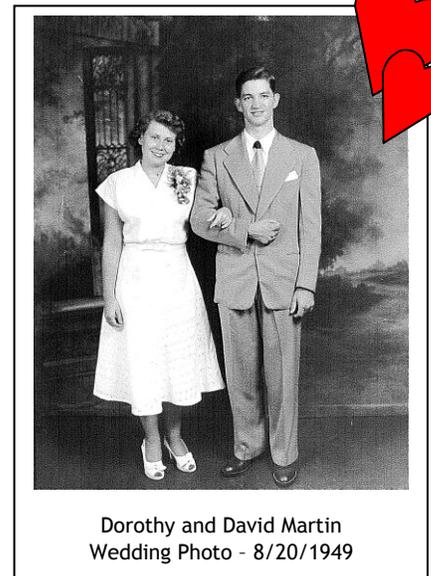
The couple was married on August 20, 1949. They went to Niagara Falls for their honeymoon. Mr. Martin remembers, "Our hotel was \$3.50 per night, and we ate dinner for as little as \$1.85."

The Martin's settled in Washington County, living in a nearby parsonage, and worked as a salesman, selling wholesale produce. Mrs. Martin was a stay-at-home mom to two children while Mr. Martin spent much time on the road providing for his family. Today, they have

three grandsons, and are looking forward to some great-grandchildren one day in the future. Mr. Martin says, "She is the best mother and one the best cooks in the county, and boy does she like to bake."

The Martin's credit their long and happy marriage to their faith in God.

Throughout the years, they have surrounded themselves with good friends and neighbors. Their love for each other has given them the ability to work through the 'bumps in the road.' This August, they will celebrate 63 years of marriage.



Dorothy and David Martin
Wedding Photo - 8/20/1949

of



Dr. Wei has just put the finishing touches on four new DVDs to help you manage

arthritis! These DVDs are an educational resource for those interested in learning more about new options for treating your arthritis.

- Which one of these 7 arthritis risk factors do you have?
- The one critical reason why you should never take this powerful drug for arthritis!
- Relieve back pain without medicines. Six natural remedies will spare you a trip to the doctor.
- Who's the best candidate for stem cells... and who's the worst... find out now!

The answers and more valuable information can be found in these amazing DVDs!

1. **Stem Cells: The New Frontier In Treating Osteoarthritis**
2. **PRP: Nature's Healers**
3. **My Knee Really Hurts!**
4. **Doctor... I Have Arthritis. What can be done about it?**



For the month of February, you can take advantage of our special introductory offer... purchase any one of these DVDs for just **\$29.99** each and receive an autographed copy of Dr. Wei's book, "The Book On Arthritis Treatment!"

Discover...

- An intense type of knee pain that can disappear on its own... with no treatment!
- All-natural treatment for tendon problems... works like a charm
- Why poking holes in a tendon is absolutely important to getting results with PRP. Sounds crazy but it's true!

Arthritis Treatment Center
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Have you been diagnosed
with osteoarthritis of the
knee?

1. Are you taking blood thinners (i.e. Coumadin)?
2. Are you 55 years of age or older?

If so, you may qualify to participate in a four week research study at the Arthritis Treatment Center. All study related lab tests, exams, and study drug are provided to you at no cost. You will be compensated. Call 888-71-STUDY to see if you qualify.

Wei's World

My wife, Judy, and I have been married for almost 28 years. For that she deserves a medal because I am extremely hard to live with. Probably in this day and age, I would be diagnosed with having ADHD. Not only that, I have the patience of a hummingbird. So in this February newsletter, I'll reveal the circumstances under which we met.

I was a Fellow at the National Institutes of Health. One of my colleagues knew I was going up to Boston to give a talk at a meeting, and he gave me a girl's phone number. He said, "She's nice.... You'll like her. Make sure you call"

So I said, " Thanks," and went up to Boston and instead of calling her, I decided to go out with a girl my sister set me up with instead. (At the time one of my sisters was living in Boston).

Well.... that relationship lasted all of three weeks. So I went back up to Boston to salvage what I could... and reached into my pocket for a tissue and pulled out a scrap of paper with a phone number. I remembered I was supposed to call her. Despite the fact that I was three weeks late, I went ahead and dialed the number.

When the girl at the other end answered, I introduced myself and we made plans to have brunch the next morning. (It so happens, she told me later, that she was out the door and down the stairs from her apartment and went running up to answer the phone.

What would have happened if she had ignored the ringing and hadn't gone back up? Hmmm...)

So the next morning I took the T (the subway) to her apartment. I rang the buzzer on the intercom and she buzzed me up.

And I remember seeing her for the first time -a very cute girl with a pony tail and the bluest eyes I had ever seen- was my thought. So we started chatting and she introduced me to her cat. I'm allergic to cats, my eyes were watering, and so I thought, "Maybe this isn't going to go anywhere."

She then said, "Why don't we go to brunch? I know this really nice place... and she drove to the two of us to what she said was a great brunch place.

The problem was that that breakfast was over and all the place had was a single tired looking Danish. And again I thought, "Maybe this isn't going anywhere."

But we continued to talk and made plans to get together that evening for dinner.

And I guess you could say the rest was history. Twenty eight years, four children, and too many disagreements and agreements to count, we're still here. Marriage isn't a sprint...it's a marathon and it's not like "Leave It To Beaver." It's hard work. But I wouldn't trade it for the world. So in Wei's World this month, I'll say, "I love you Judy and thanks for putting up with me all these years."