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January/February 2013

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“If you have the courage to *begin*, you have the courage to *succeed*.” - David Viscott

## World's Strangest New Year Traditions

From December 2008 By *Travelandleisure.com Staff*

**Spain** - At midnight on New Year's Eve, it's customary in Spain to quickly eat 12 grapes - one at each stroke of the clock. Each grape supposedly signifies good luck for one month of the coming year.

**Finland** - It's a longtime Finnish tradition to predict the coming year by casting molten tin into a container of water, and interpreting the shape the metal takes after hardening. A heart or ring shape means a wedding in the New Year; a ship forecasts travel; and a pig shape signifies plenty of food.

**Scotland** - During the New Year's Eve celebration of Hogmanay, "first-footing" is practiced all over Scotland. The custom dictates that the first person to cross the threshold of a home in the New Year should carry a gift for luck (whiskey is the most common).

**Belarus** - During the traditional celebration of Kaliady, unmarried women play games to predict who will be wed in the New Year. For example, a pile of corn is placed before each woman, and a rooster is let go; whichever pile the rooster approaches first reveals who will be the first to marry.

**Denmark** - Many Danes ring in the New Year by standing on chairs and then jumping off them together at midnight. Leaping into January is supposed to banish bad spirits and bring good luck.

The staff of the Arthritis Treatment Center would like to thank everyone who supported this year's Toys for Tots campaign. Our donation boxes were overflowing! Your donation brought joy to many children on Christmas morning!

## Discover what stem cells and black diamonds have in common!

Vincent Caruso, 66, is a father of three children, two grandchildren, two great-granddaughters, and happily married to his wife, Marianne, for more than 18 years.

Today, Mr. Caruso is retired from the United States Geological Survey where he was one of the original authors in developing the data set to 3-D terrain modeling, which was the creative beginning to Google Earth.

However, you won't find him quietly relaxing at home, but enjoying an active life out on the slopes of White Tail, Pennsylvania skiing his way down fierce black diamond trails or navigating a half-pipe on a snowboard. Vince Caruso has been an avid skier for 56 years. He's been both a professional ski instructor since 1990 and a snowboard instructor since 1997 teaching his skill to others - from young to old. If you're not a skier, you may also find him on a pair of roller blades slaloming along a back country road.

In the past few years, Mr. Caruso's knee was increasingly giving him grief. As the pain increased he was facing the possibility that he may never ski again. Mr. Caruso says, "In the spring of 2012, I could hardly walk."



Vince Caruso - Big Sky, MT

We first met the Carusos' when Mrs. Caruso attended an Arthritis Symposium we held at Ceresville Mansion. One of the topics presented was on regenerative medicine using stem cells. Mr. Caruso says, "When my wife came home and told me about this new treatment, it took me only 20 seconds to decide to call and make an appointment." He continues, "I was very pleased to find out that I was a candidate and that I might be able to ski again."

In July, Mr. Caruso underwent a stem cell treatment at the Arthritis Treatment Center. He recalls, "I hinged a lot of hope that this procedure was going to work. I followed Dr. Wei's instructions to the letter and made sure I gave this procedure every chance to work."

As we welcome 2013, Mr. Caruso is back on the slopes! He says, "I really think I rolled back the clock-of-time through this procedure, and ecstatic that not only can I enjoy skiing and snowboarding again, but I can continue to excel at it!"

## Valentine's Day Fun!

<http://superstitionsonline.com/valentines-day/>

St. Valentine, as he has become known, was a Catholic priest in Rome during the times of Emperor Claudius II. Claudius, who was known in his times as "Claudius the Cruel" had decreed that men were no longer allowed to marry. It was Claudius's belief that single, men without families were the best soldiers. Valentine found this law absurd and went against the law, marrying couples in secret. This was soon discovered by Claudius II and Valentine was taken to prison and ordered beheaded.

It is said that in his final days in prison, Valentine wrote a letter to his jail keeper's daughter who had been visiting him during his imprisonment. He signed the letter, "From your Valecard. St. Valentine is said to have died on February 14th and this is why we celebrate the holiday on this day. Others say it was in conjunction of the belief in Roman times that birds picked their mates on February 14th. Valentines cards, as we know them today, are said to have been around since the Victorian Era. Originally they were all handmade and decorated with pictures of hearts, flowers, birds and LOTS of lace. Traditionally they were also sent anonymously, even going as far as to go to another town so that they receiver of the card would not know where it was mailed from.

On Valentine's Day, everywhere you look you see hearts. Why? In early times, the liver was the part of the body that symbolized love. But hearts have long been connected with feelings of love. After all, you can feel your heart beating faster when you're excited by seeing someone you love. That's probably how it all got started.

But scientists think that emotions actually begin in your brain. A region called the thalamus shows the most activity in tests measuring an emotionally excited person.

But a piece of brain on a Valentine's card probably wouldn't thrill too many people. Come to think of it, even a picture of a REAL heart, with blood vessels and everything, isn't all that romantic! Maybe we should just be glad we have the traditions that we have!

## Do you have a Phobia?

- **Mageiricophobia** is the intense fear of having to cook.
- A **suriphobe** is someone who is afraid of mice.
- An **erythrophobe** is someone who blushes easily.
- An **arithmomaniac** is someone who counts things compulsively.
- A **misodockleidist** is someone who hates practicing the piano.
- A **misomaniac** is someone who hates everything.
- A **dinomaniac** is someone with the compulsive urge to dance.
- A **melcryptovestimentaphiliac** is someone who compulsively steals ladies underwear.
- An **anemophobic** is someone afraid of high winds.
- An **ergasiophobe** is someone who is afraid of work.
- The most common phobia in the world is **odynophobia** which is the fear of pain.

## Brownie Heart Cupcakes

From Martha Stewart Living Omnimedia

Ingredients:

3 cup(s) all-purpose flour  
1 ½ tsp. baking powder  
1 ½ tsp. coarse salt  
3 cup(s) sugar  
3 ¾ sticks unsalted butter, cut into pieces  
12 oz(s) unsweetened chocolate, coarsely chopped  
6 large eggs, room temperature  
1 tbs. pure vanilla extract  
Vegetable oil cooking spray

Basic Buttercream:

3 sticks unsalted butter, softened •  
1 pound confectioners' sugar, sifted •  
½ tsp. pure vanilla extract

Directions:

1. Preheat oven to 350 degrees. Line standard muffin tins with paper liners. Coat an 8-inch square cake pan with cooking spray, line bottom with parchment, then spray parchment.
2. Whisk flour, baking powder, and salt in a large bowl. Place butter and chocolate in a heatproof mixer bowl set over a pot of simmering water, until chocolate melts.



3. Attach bowl to mixer, add sugar, and whisk on medium-high speed until smooth, about 3 minutes. Beat in eggs, 1 at a time, then vanilla. Reduce speed to low, and add flour mixture.
4. Divide batter among muffin cups, filling each 2/3 full. Spread remaining batter in square pan. Bake until set but still soft, about 20 minutes. Let cool in tins and pan on wire racks.
5. Frost cupcakes with buttercream (recipe follows). Cut out 24 hearts from brownie in pan using a 1 1/2-inch heart-shaped cutter. Top each cupcake with a heart. Yields: 24 cupcakes

### Basic Buttercream

1. Beat butter with a mixer on medium-high speed until pale and creamy, about 2 min.
2. Reduce speed to medium. Add sugar, 1/2 cup at a time, beating after each addition, about 5 minutes. (After every 2 additions, increase speed to high, and beat for 10 seconds, then reduce speed to medium-high). Add vanilla, and beat until buttercream is smooth. Use immediately, or cover and refrigerate for up to 3 days. (Bring to room temperature, and beat on low speed until smooth before using.)

### *Inner Referrability... is the name of the game! And... Carol Mathers is our newest winner!*

For the past year, we have been honored to meet many people and welcome them to our Arthritis Treatment Center family. Thanks to all of our patients who referred them to us... for their arthritis care. Your referrals mean so much!



Dr. Wei and Staff present Carol Mathers with her *Kindle Fire*® and thank her for referring new patients to the ATC family. L-R (backrow), Colleen Miller, Marianne Morningstar, and Rena Yorkowski (front row) Dr. Wei and Carol Mathers

Our new referral program was so well received, that we've decided to continue this contest for 2013. You could be our next winner!

Here's how! Starting January 1<sup>st</sup> through June 30<sup>th</sup> all you need to do is refer a new patient into our practice that are just like you! To say thank you, we enter your name into drawing for a fabulous gift!

### *Wei's World...*

Today, I'm going to write about time. One of our long term employees, Susan Rock, the manager of our laboratory, is retiring this month after working here for more than twenty years. During that time she has been meticulous in her duties, securing our lab some of the highest marks in the country on the commission on Laboratory Office Accreditation (COLA) inspections.

She and her husband enjoy traveling, so this will give them the time to do it and "other chores around the house" as well.

I'm writing about time because time speeds up as one gets older. What used to take forever – for example the night before Christmas – is over in an instant. What used to feel like months, now seem to pass in a few minutes.

I'm constantly amazed about the contrast I see when I'm driving. For example, I will get behind the car of a senior citizen and he's going



Susan Rock and Dr. Wei

30 miles per hour in a 45 mile per hour zone. Then, when I'm on a highway a young 19 year old tailgates then flies past me on my right doing 85. What's wrong with this picture?

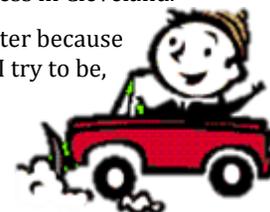
It drives me crazy because it just doesn't make sense. The elderly person should be in a rush because he probably doesn't have much time left and the young guy could slow down because he most likely has his whole life ahead of him (although if he continues to drive that way, that may not be the case).

Now let's not get confused about two subjects. There's "age" and there's "time." Age is really what you make of it. If you exercise, eat healthy, and take care of yourself, age is something that can be altered. Time is different. We all have the same 1440 minutes a day.

And productivity – what we do with that time – is a function of how hard we work and how much. But the length of time doesn't change whether you're Bill Gates or you're homeless in Cleveland.

But that still doesn't make me feel any better because no matter what I do, however productive I try to be, it feels like time is going faster and faster.

Which is why you won't see me doing 20 in a 45 mile per hour zone any time soon.



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**February 8<sup>th</sup>**

Dr. Wei is out of the office.  
The office will be open from 8-  
12 noon for account services,  
lab visits, and product  
purchases.

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**Reminder:** Inclement weather  
is in full swing! Patients should  
plan to have their prescriptions  
refilled 7-10 days prior to their  
last pill, in the event that our  
office is closed due to severe  
weather conditions.



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**Blue Pain Relief...**

Hidden away in the vast outback of Australia's  
aboriginal wild lies the secret origin of Blue Relief  
Rx. For centuries, the formula for this powerful  
healing recipe was shrouded in mystery, handed  
down, generation by generation, but concealed  
from the outside world. Drawing upon the  
rejuvenating effects found inside the oils of the  
rare emu, the ancient Aborigines rendered this  
amazing restorative formula...

...and as legend has it, the mystical powers of the  
aloe plant were discovered by ancient shamans in  
Africa. From this warm, dry climate, aloe was  
eagerly carried by traders to other continents  
where word of its magical abilities to relieve pain  
spread like wildfire.

The good news for you is that modern medicine  
has combined these ingredients and improved  
them. Discover the marvelous relief yourself  
with this cool blue soothing remedy!

**For the month of February, Blue Relief is  
available for \$17.99...**

With these additional savings, you can experience  
relief from:

**Muscle Strains & Sprains**  
Arthritis & Stiff Joints  
**Joint Pain & Tendonitis**  
Backaches, Neckaches, & Headaches

Emu oil is a completely safe, 100% natural pain  
reliever. Blue Relief can be used alone or combined  
with other ingredients to relieve pain. Blue Relief  
penetrates through the skin to reduce swelling and  
muscle soreness.

