



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

www.arthritistreatmentcenter.com

July 2012

Inside This Issue:

Sword Play with Dr. Barwick – Page 1
Extraordinary Uses For Dishwashing Soap – Page 1
Lower Your Electric Bill – Page 2
Ocean facts – Page 2
Food for the Joints – Page 3
Recipe of the month... – Page 3
Wei's World – Page 4

Life is made up of marble and mud. Nathaniel Hawthorne

Discover How This Patient Enjoys A Little 'Sword Play'

Fencing is the art of swordplay, developed in the 15th century when gunpowder had rendered armor obsolete. As dueling was outlawed in Europe and the US, fencing became a competitive sport with blunted tips replacing deadly points.



Photo of Mr. Barwick

At age 68, Dr. William (Allen) Barwick, a physics engineer for the Department of Energy, fences four days a week. A sport, he says he gravitated to because his friends enjoyed fencing locally at George Washington and American University. He says, "It's the best exercise!"

The sport of fencing is fast and athletic, a far cry from the choreographed bouts you see on film or on the stage. Instead of swinging from a chandelier or leaping from balconies, you will see two fencers performing an intense dance on a six-foot-by-40-foot strip. The movement is so fast the touches are scored electrically - more like Star Wars than Errol Flynn. The modern sport of fencing has three variations, based on three different types of sword: the foil (favored by Dr. Barwick because the blade is thin), the

épée (the blade does not bend and the blade is triangular), and the sabre (the blade is both light and thin). Dr. Barwick is certified, and fences in all three forms.

Earlier in life, Dr. Barwick was told his knee pain was a result of a birth defects. So enjoying sports such as tennis, soccer, and badmitten were troublesome to play. As he aged, he noticed that moving about was becoming increasingly difficult.

About a year and a half ago, when the pain became unbearable, Dr. Barwick made an appointment with Dr. Wei to see if he could help. He opted for platelet-rich plasma (PRP) injections. To Dr. Barwick's surprise, he was pleased to discover that a few months later, he was seeing positive results. He was able to resume a more active lifestyle. "I am indebted to Dr. Wei for providing me with renewed life in my knees," Dr. Barwick states. He continues, "I am sure I will probably have more procedures, but I'm doing things at age 68, that I thought I would never do. I am able to jump quickly and lunge deeply." Dr. Barwick also adds, "I recently participated in an unrated fencing match in Pennsylvania featuring the best-of-the-best. My opponents were in their 30's and 40's. Through direct elimination, I soon found myself and one other person in the final match. I won!"

When Dr. Barwick is not fencing, he is taking a course to coach this much beloved sport. He and his wife of 22 years, Gloria Kapo-Barwick, enjoy attending fencing tournaments and spending time with their two grandchildren.

6 Extraordinary Uses for Dishwashing Soap - from 99¢ Solutions

Who knew? Dishwashing soap isn't just for scrubbing plates—see how the liquid can kill ants, beat greasy hair, and more.

Kill weeds kindly - Be gentler to the environment—not so much to weeds—by using a natural plant killer rather than harmful herbicides. Mix 1 teaspoon of dishwashing liquid with 1 cup of salt and 1 gallon of white vinegar. Pour the solution on weeds sprouting in the cracks and crevices of sidewalks, front walks, and patio pavers.

Wash away ants - Outdoor ants can be just as annoying as indoor ants, particularly if they've invaded the crevices in your patio where you eat. Get rid of them with a simple 50/50 solution of water and white vinegar with a dash of dishwashing liquid. (You can substitute glass cleaner for the vinegar if you want.) Spray the affected area with the mix, wait a few minutes, then happily return to your picnic.

Green your lawn - Fill the reservoir of a 10- or 20-gallon hose-end sprayer with water and 12-ounce can of beer or non-diet cola, one cup of corn syrup or molasses or household ammonia, or ½ cup mouthwash—and one cup of dishwashing liquid. The dishwashing liquid helps spread the concoction more evenly across your lawn, and as an added bonus, helps it stick to individual blades of grass. Water your lawn approximately every three weeks, and watch your neighbors turn green with envy—like your lawn.

Keep it cool - Clean your foam or metal mesh air conditioner filters once a month during the summer—or whenever you routinely use your AC—with dishwashing liquid. Soak the filter in a bath of warm water and dish soap, then scrub it gently with a toothbrush. Once you've removed any debris, rinse it and dry it completely. Put it back in the air conditioner, and enjoy a sweat-free day with cleaner air.

Add life to your locks - If your hair isn't looking so lovely, try mixing a dollop of dishwashing liquid into your shampoo. It fights grease in hair, as well as on dishes!

Clean your blender - Forget about taking your blender apart to wash it thoroughly. Instead, fill it partway with warm water and dishwashing detergent, cover it, and run it for a few seconds. Empty it, rinse it, air-dry it, and call it a day.

How to Lower Electricity Bills in the

Summer - Edited by Josh W.

During the summer, electric bills can get pretty high from air conditioning and the like. Here are a few helpful hints to lower that cost.

Keep blinds or shades closed. When open, the sun can really heat up a room. Turn off the lights. They add heat, just like sunlight does.

Remember that hot air rises, so downstairs rooms should have most of the vents closed, so the upstairs rooms get more air.

Know that the clothes dryer uses up a lot of energy and produces heat. Try using a clothes line instead. Also use the washer as little as possible.

Look around and see where you think cool air might escape. Any door that can be closed should be closed. That leaves less of the major living space to cool down.

Do as little major work indoors. Think about doing workouts outside. The less movement you do inside, the less heat you produce. Keep exercising, just do it in a different place.

Keep the air conditioner on the same temperature. Don't keep changing it. It works better this way. Cool down the house early in the morning by placing a box fan in the window and opening up another window at the opposite end of the house, if you do not have central air.

Learn to live without air conditioning. A ceiling fan will keep you somewhat comfortable, until the temperature really rises. To be even more cost-effective, consider using a hand-held paper fan that uses no electricity.

Leave the house. It's summer: go to the beach, etc. When you do go, make sure everything is off and unplugged (well not everything) but you get the point.

Open the windows for a cool breeze and turn the thermostats off. If it is hot during the night, sleep with the windows open. It feels so great to have a nice cool breeze flowing while you sleep.

Install a temperature controlled fan for night time cooling. The fan will automatically use outside air for cooling even if it is only for a few hours in the early morning. Make sure the fan also controls for humidity to avoid adding to the AC load with humid air. This solution can be used with AC or without AC.

Whole house fan (attic fan) - This is old fashion but really works in the evening and morning when it is cooler outside than inside.



Ocean Facts

It is reported that sharks attack some 50-75 people each year worldwide, with about 8-12 fatalities. Although shark attacks get a lot of attention, this is far less than the number of people killed each year by elephants, bees, crocodiles, lightning or many other natural dangers. On the other side of the ledger, we kill somewhere between 20-100 million sharks every year through fishing activities.

An estimated 50-80% of all life on earth is found under the ocean surface and the oceans contain 99% of the living space on the planet.

90% of all volcanic activity occurs in the oceans.

Lemonade with Berry Ice Cubes

from **FamilyFun Magazine**

Ingredients

2 quarts water
8 lemon slices
1 11.5-oz. can frozen concentrate of any berry juice mix (i.e. strawberry)

1 1/3 cups sugar (or more, to taste)
8 mint sprigs

1 1/3 cups fresh lemon juice
24 raspberries or 8 strawberries, sliced

Instructions

Pour the juice concentrate and 1 can of water into a pitcher. Mix to combine, then pour the juice into two ice cube trays, adding raspberries or sliced strawberries if you wish. Freeze. Combine the 2 quarts of water and the sugar in a medium saucepan. Bring to a boil and stir to combine. Reduce to a simmer and cook until the sugar is dissolved, about 1 to 2 minutes. Remove from heat. Strain the lemon juice through a fine sieve into the sugar syrup. Chill. Slit each lemon slice once, from center to rind, and press the slits onto the rim of eight glasses. Fill each glass with three berry ice cubes and the lemonade. Garnish with a mint sprig. Makes 8 glasses.

The oceans cover 71% of the earth's surface and contain 97% of the earth's water. Less than 1% is fresh water, and 2-3% is contained in glaciers and ice caps.

The highest tides in the world are at the Bay of Fundy, which separates New Brunswick from Nova Scotia. At some times of the year the tide is taller than a three-story building.

The pressure at the deepest point in the ocean is the equivalent of one person trying to support 50 jumbo jets.

The lowest known point on earth is 11,034 m deep, located in the Marianas Trench in the western Pacific. To get a visual... you could take Mt. Everest and place it at the bottom of the trench there would still be over a mile of ocean above it.

The Pacific Ocean, the world's largest water body, occupies a third of the earth's surface.

Antarctica has as much ice as the Atlantic Ocean has water.

The Arctic produces 10,000-50,000 icebergs annually. The amount produced in the Antarctic regions is inestimable. Icebergs normally have a four-year life-span.

A mouthful of seawater may contain millions of bacterial cells, hundreds of thousands of phytoplankton and tens of thousands of zooplankton.

Swordfish and marlin are the fastest fish in the ocean reaching speeds up to 121kph.

Blue whales are the largest animals on our planet ever and have hearts the size of small cars.

Because the architecture and chemistry of coral is so similar to human bone, coral has been used to replace bone grafts in helping human bone to heal quickly and cleanly.

<http://marinebio.org/marinebio/facts/>

Smithsonian Institution's Ocean Planet exhibition and the book Ocean Planet
[Mote Marine Laboratory](#)
[NGDC Tsunami Database](#)

Joint Food is the purest preparation of glucosamine and chondroitin available. Studies show that people who take pure forms of glucosamine and chondroitin experience pain relief and improvement in joint function.

Joint Food is based on the German formula and is available in Europe today—only by prescription. The effectiveness of glucosamine and chondroitin products, used as a treatment for osteoarthritis, is proven. You may need to take the supplements for at least two , there are no side effects... no drug interactions... and you may even be able to reduce your dose of NSAIDs.



Glucosamine supplements do not interfere with any NSAIDs, aspirin, Tylenol, or other anti-inflammatory or analgesic medicines and continued use of the supplements will not lead to progressive joint destruction, GI upset or bleeding, or strain on the liver and kidneys.

http://www.vanderbilt.edu/ans/psychology/health_psychology/glucocond.htm#D

Experience improved joint function and pain relief by taking Joint Food.

Purchase a two month supply for \$71.

Save \$20

You can join the auto-ship club and save even more money!

Call our product specialist at 301-694-5800 for more information.

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

July 4th -

The office will be closed
in celebration of
Independence Day

July 20th - 27th -

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, and product
purchases.

Wei's World

Okay... the gloves come off. I'm going to vent about some of my pet peeves.

The first four have to do with supermarkets. I hate it when you try to get a cart and it's stuck to the next cart so you can't pull them apart.

The second is when you finally get the cart but one of its wheels is wobbly or cock-eyed and it keeps going off in a direction you don't want it to go.

The third is when the Purell® dispenser is empty so you can't clean the cart handle. I'm concerned about infection, particularly in the winter... Okay, so I'm a bit paranoid but, heck, who wants to get sick?

The fourth is if you go into the 15 items or less line and someone is there with 50 items. For heaven's sake, why did they do away with capital punishment?!!!

OK then, let's leave the supermarket.

Another peeve is when I'm driving on the highway and some moron is in the left lane doing 50 and won't move over.



Just as bad is the driver who comes up behind you really fast when you're in the left lane going 75 (you didn't just read that) and then goes into the right lane and passes you before you even have a chance to move over.

How about the person who you just let in line when the traffic gets backed up who doesn't wave to thank you? That is irritating.

Or how about the person who walks their dog and doesn't pick up the poop... especially when it's on your lawn!

Another is when you do something nice and the person doesn't send you a thank you note. I find this especially common among young people nowadays. Who raised them?

And finally, going to a doctor's office and waiting and waiting and waiting. Hope this doesn't happen at our office!

