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Life isn't about finding yourself. Life is about creating yourself – George Bernard Shaw.

The Perfect Day!

On May 17th, under a blue sky and perfect late spring temperatures, our non-profit, Arthritis Research Institute (ARI), hosted a full day symposium featuring 7 of the most well-respected rheumatologists in the country and more than 100 people in attendance.

Symposium topics included issues surrounding the many arthritis diseases. Speakers addressed new and upcoming treatments and presented a better understanding of the diseases that “limit the activities of nearly 21 million adults,” according to the Center for Disease Control.

Here are a few comments from those who attended.

Paul Kostreski of Middletown, MD says, “I think that everyone is responsible for his own health, and programs like this allow us to know what’s available so that we can take better care of ourselves.”

Frederick resident, Flemming Paschal adds, “Knowledge is power! The more information we have will hopefully help us achieve a better quality of life.”

Ron Roos of Frederick, MD, mentions, “The program was executed with a good mix of information and entertainment. It was not the standard approach for presenting information, yet we received great information.”

Were You Lucky Enough To Attend?

Because of space limitations, many were unable to attend. But no need to miss out on the wealth of information that was shared.

This symposium was professionally recorded and edited by Stonewall Video. The DVDs will be available through a special offer during the month of **June only**.



A must have treasure for any library, you will receive this fabulous set of DVDs featuring all presentations for one great price. ARI is proud to continue to provide programs for those who have arthritis so they can learn arthritis management techniques, and better understand their disease.

A portion of your purchase is tax deductible. Not only will you receive a fabulous collection of information, you will know that your contribution will benefit ARI.



2012 Symposium \$197.00
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Speaker, Dr. Roland Moskowitz says, “I cannot tell you how impressed I am with the outstanding program you and your colleagues put on yesterday. The meeting, the participants, and the faculty were superb. You and your colleagues are to be congratulated. I appreciated the opportunity to participate.”

Discover:

- The "pickpocket" cure for back pain
- Are you willing to follow these rock-solid recommendations from a hip surgery expert
- Five surefire ways to neutralize your knee pain
- Three proven methods to get rid of nerve-shattering arthritis flares, and
- Five "savvy" new methods for crushing arthritis

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.
- Want to 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 are 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.

Eat to Ease Pain

These 3 foods may help bring relief.
--Matthew Kadey

Want to eat right for your arthritis? Limit sugar, processed foods and saturated fat. Get plenty of fruits, vegetables and lean protein. And try adding more of these three arthritis-friendly foods to your diet. Each has anti-inflammatory properties, which may help relieve pain.

Sardines- Think beyond salmon if you want to reel in the anti-inflammatory benefits of omega-3 fatty acids. A 3-ounce serving of canned sardines contains about 1.4 grams of omega-3 fats and is a good source of vitamin D, which helps our bodies absorb calcium to build and maintain strong bones.

Spread it: In a food processor, blend 2 tins of drained sardines, 1 shallot, 1/3 cup parsley, 1 tbsp. extra virgin olive oil, 2 tsp. grainy or Dijon mustard, 1 Tbsp. lemon juice and ¼ tsp. salt (optional) until smooth. Spread on whole-grain bread or crackers.

Matcha- The antioxidants in matcha, powdered green tea leaves, may reduce inflammation and slow cartilage breakdown. Studies suggest those benefits from green tea's polyphenols – a type of antioxidant- and matcha boasts higher concentrations than steeped green tea.

Mix it: Make a smoothie by blending 1 cup low-fat milk, ½ cup plain, low-fat yogurt, ½ cup frozen mango cubes, ½ tsp. matcha powder and ½ tsp. ground ginger.

Broccoli- Lab studies have found that sulforaphane, a compound in broccoli and other cruciferous vegetables, may block enzymes linked to joint destruction and inhibit inflammation.

Grill It: Slice a fresh broccoli head into large florets, toss with olive oil, season lightly with salt. Grill over medium heat for 3 to 5 minutes per side or until tender and slightly charred. Garnish with Parmesan cheese.

Be a "Stair Master"

--Sean Kelley



Navigate stairs SAFELY and confidently. If joint pain or recent surgery makes taking the stairs daunting, the right techniques – unaided or with a cane, crutches or handrail – can make it easier and reduce your risk of falls.

GO UP WITH THE GOOD,

DOWN WITH THE BAD. When going up, lead with your strongest leg. When going down, lead with the weaker one.

ALWAYS FACE FORWARD. You are much less stable when you are turned sideways, especially if the staircase has no handrail, says Joseph Zeni, PhD, assistant professor of physical therapy at the University of Delaware.

USING A CANE WITH A HANDRAIL. Use the cane on your side opposite the handrail. When going up, put your stronger leg on the next step first, followed by the cane and then your weaker leg. Going down, lead with the cane, followed by your weaker leg and then your stronger leg.

USING A CANE WITHOUT A HANDRAIL. Keep your cane on the side you would normally use it, and follow the same procedure as without a cane: good leg, cane, bad leg going up; cane, bad leg, good leg going down.

USING CRUTCHES WITHOUT A HANDRAIL. Use crutches under both arms and go up with your stronger leg first, then the crutches, then your weaker

leg. When going down, lead with crutches, then your weaker and then your stronger leg. If you are on crutches and cannot put any weight on your weaker leg, avoid stairs.

USING CRUTCHES WITH A HANDRAIL. Grasp the handrail with one hand and put both crutches under the opposite arm. Follow the strategy for climbing stairs with a cane.

Beware Of The Man With The Sharp Edge and Big Smile...

All starting with a strong passion for hunting, Jay Hendrickson of Frederick, Maryland began hand-crafting knives. Known throughout the world for his craft, he creates one-of-a-kind award winning cutlery. Mr. Hendrickson says, "The time it takes to make a knife can range from one to six weeks, depending on the detail and detailed intricacy of the blade." He adds, "Since 1987, my business has grown by word-of-mouth and through the many trade shows that I attend throughout the country. Some of my most influential clients are from Japan and China." He continues, "One of the highlights of his knife-making career was to forge Kukri Knives for Prince Abdullah Hussein, now King Hussein of Jordan. His knives have been featured on the covers of many knife magazines; Knives Illustrated, La Passion des Couteaux, and Knives 99. It has been mentioned many times that "Hendrickson's knives exhibit master artistic quality and follow in the footsteps of original "traditional" forged knives. He prides himself on making knives the old way and does everything by hand and eye coordination using minimal machinery."

Crab and Avocado Salad

[Recipe courtesy Food Network Magazine](#)

Ingredients

- Kosher salt
- ½ pound green beans, halved
- 2/3 cup low-fat plain yogurt
- 3 tablespoons low-fat mayonnaise
- 1 to 2 tablespoons fresh lemon juice
- 1/2 cup chopped fresh chives
- 1/4 cup chopped fresh basil
- 3 anchovy fillets, chopped
- Freshly ground pepper
- 1/2 pound lump or claw crabmeat
- 1 avocado, halved, pitted and diced
- 3 romaine hearts, chopped
- 1 ½ cups whole-wheat croutons
- 1 pint cherry tomatoes, halved

Directions

Bring a saucepan of salted water to a boil. Add the green beans and cook until crisp-tender, 3 to 5 minutes. Drain and run under cold water to stop the cooking. Puree the yogurt, mayonnaise, lemon juice, chives, basil and anchovies in a blender until smooth. Salt and pepper. Toss the crabmeat, half of the avocado and about 1 tablespoon of the yogurt dressing in a small bowl. Toss the romaine, croutons, green beans and remaining avocado with the remaining dressing in a large bowl. Divide the romaine salad among plates, top with the tomatoes and place some of the crab mixture in the center.

Per serving: Calories 314; Fat 14 g; Cholesterol 73 mg; Sodium 552 mg; Carbs 28 g; Fiber 8 g; Protein 22 g

craftsmanship is in huge demand. Orders are extended out more than 12 months. And, be sure to save your pennies. His creations exceed thousands of dollars.

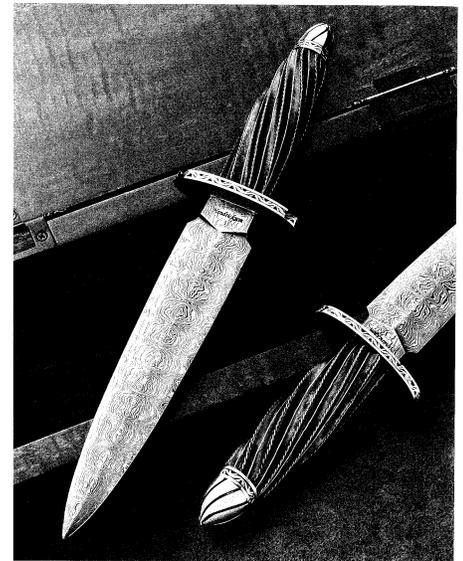
To the right is a sample of master craftsmanship using hammer-in techniques that are hundreds of years old and are created by hand. Blade Steel: 5160, Steel Bolster/Guard: Nickel Silver Handle Material: Curly Maple

Mr. Hendrickson's many awards include the coveted Beretta Award for Outstanding Achievement in Handcrafted Cutlery, the ABS Don Hastings Award for exceptional service towards the continued preservation of the forged blade, "Best of Show" at the Solvang California Custom Knife Show in 2005, and many others.

Today, his son, Shawn works at his side fulltime. His wife of 51 years, Nancy Hendrickson, supports her husband and helps to keep their family and business thriving. The Hendricksons also have two daughters, Shari and Stacey, who live nearby. In their spare time they enjoy being with their five grandchildren. As patients of Dr. Wei's, they have strong roots to the Arthritis Treatment Center, and are frequent visitors to our center.

What's unusual about Mr. Hendrickson's business is that he has built it without a website. But, you can view some of his pieces at artknives.com.

If you are thinking you would like to own one of his works of art... order now! His reputation and



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ADDRESS SERVICE REQUESTED

Dr. Wei will be out of the office on June 1st and June 22nd. The office will remain open from 8am to 12 noon for account services, lab visits, osteoporosis scans, and product purchases.

June 14th - Flag Day

June 17th - Fathers Day

Wei's World

A few months ago I visited Jefferson Medical College, the medical school I graduated from in Philadelphia. I attended a dinner where donors of scholarships to the medical school spend the evening with the scholarship recipients.

My mother was instrumental in my attending medical school... and in particular, Jefferson, which is considered the premier medical school in Philadelphia, despite what the Penn people will tell you! As a student, I promised myself that someday I would set up a scholarship fund in her name at Jefferson... so this past year, the Pearl Wei Memorial Scholarship Fund was established.

My wife and I got to meet the fund recipient: a delightful woman who is very active in the community. In spite of her heavy first year course load, she volunteers at a free clinic near Jefferson, as well as in other community service programs.

It made me feel grateful. I've discovered that unless you participate in charitable works, your life is not complete. I only recently "got this," because I was so busy growing and running my practice. But then I realized... what had I done to recognize what my mother had done for me?

This past month we held our 6th Arthritis Spring Symposium. One branch of the practice is our charitable foundation, the Arthritis Research Institute (ARI). The purpose of ARI is fourfold: delivering public education seminars using speakers with a national

and international reputation, helping fund scholarships for young people with arthritis or who have made a contribution to arthritis research, funding arthritis research where biotech and pharmaceutical funding is lacking, and finally, helping those in need defray the costs of their medications. ARI is helping to fund this year's symposium as it always does, but these events are expensive. This year, our costs will total about \$30,000. We've been able to attract some corporate sponsors, and the attendees support the program through ticket sales. But these do not, by any means, cover the full cost of the event. We keep doing it anyway because the vision of ARI and its goals sustain us.

So far, we've been able to meet most of those goals. The problem is that ARI exists as a result of charitable donations. And with the competition for donations to charity, we find that ARI gets lost in the shuffle. It's a shame because we're in a somewhat rural area and the Arthritis Foundation has no presence in Frederick... so ARI serves to fill that need.

We've had the good fortune of attracting some benefactors in the past. In fact, one of our strongest supporters, Sally Walser, just recently passed away. I'd like to acknowledge her spirit as an individual who kept ARI alive during those bleak early days.

Today ARI is holding its own, but it certainly could use some help. So if you agree that the aims of ARI are worthy and would like to help, please consider making a tax deductible donation. Just earmark your donation to the Arthritis Research Institute c/o Michelle Grimm, 71 Thomas Johnson Drive, Frederick, Maryland, 21702