



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

www.arthritistreatmentcenter.com

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A reader lives a thousand lives before he dies.
The man who never reads only lives one. George R.R. Martin

How to Save a Wet Cell Phone

By Reader's Digest Editors

The key is to act fast. Here are the most popular methods of saving your cell once it’s been submerged in water.

If you’ve ever dropped your iPhone in the pool, run it through the washing machine, or have it slip out of your hands and into the toilet, you know the meaning of the word “panic.” You may lose precious photos and your entire list of contacts. The key is to act fast. Here are the most popular methods of saving your cell once it’s been immersed in water.

1. **It’s a truth universally acknowledged that your first step should be to remove the battery.** Immediately. Resist the urge to power up your phone to see if it works—just turning it on can short out the circuits. Remove the SIM card, too, which may retain data like contacts even if the phone itself is fried.
2. **Your goal is then to try to speed up the drying process without damaging the phone further**—if the phone stays wet for too long it will start to corrode. Skip the hairdryer, as it’s too hot for this purpose. A better choice is a can of compressed air, an air compressor set to a low psi or a wet/dry Shop Vac.
3. If you don’t have a compressed air source, **wipe any remaining moisture by submerging the phone in a bowl or bag of uncooked white rice and/or silicants** if you have them handy. (That’s granular stuff that comes in those tiny packets at the bottom of aspirin bottles, beef jerky, the pockets of new clothing—raid your home to find as much as you can).
4. OK, you’ve ransacked the house for rice and a can of compressed air to no avail. Don’t despair.

You may be able freeze the phone to fix it. Make sure the battery is removed before placing the phone on two to three layers of paper towel (to prevent frost damage). Then put it in the freezer for about 15-20 minutes. Replace the battery and power up to see if the phone works. If not, remove the battery, stick it back in the freezer for another 5 to 10 minutes and check again. 5. Finally, **there are bags known as Bheesties™ that are specifically designed to dry out wet cell phones** and other small personal electronic devices, available at Bheestie.com for \$20 each plus shipping and handling. The problem is that time is of the essence, so if you have an expensive phone and know you’re a butterfingers, order one ahead of time and have on hand in case of emergency.

For Better Health, Go Nuts!

One of nature's top superfoods comes out of its shell

By: Beth Howard | from: AARP The Magazine | Dec. 2011/ Jan. 2012 issue

Almonds used to get all the accolades in the nut family. Now research shows that nuts of all kinds are some of nature's top sources of disease-fighting antioxidants, protein, fiber, and mono- and polyunsaturated oils.

Recent studies show that women who consumed two or more nut servings per week had a slightly lower risk of obesity than those who ate nuts less frequently or not at all.

Stick to a daily serving — enough to fill only the palm of your hand. Nuts are high in calories and fat, but they offer some significant health benefits.

Pistachios	161 Cal./Per Oz.	Improves good chol./May reduce risk of lung cancer.
Sunflower Seeds	165 Cal./Per Oz.	Lowers bad cholesterol
Peanuts	166 Cal./Per Oz.	Helps Control Diabetes/Reduces bad cholesterol
Almonds	169 Cal./Per Oz.	Reduces Insulin Resistance/Lowers bad cholesterol
Walnuts	185 Cal./Per Oz.	Lowers Risk of Breast Cancer
Pecans	196 Cal./Per Oz.	Lowers bad cholesterol
Macadamia Nuts	204 Cal./Per Oz.	Lowers bad cholesterol

Gran's Scalloped Pineapple

Arthritis Research Institute's Recipes and Remembrances
Contributed by: Linda Hovis

Ingredients:

½ cup butter
1 cup sugar
3 eggs
½ tsp. salt
½ cup milk
3 cups soft bread crumbs
1 large can crushed pineapple, drained

Directions: Cream butter, sugar, eggs and salt. Add milk, pineapple and bread crumbs to creamed mixture. Put into a buttered casserole dish. Dot with butter. Bake for 45 minutes at 375 degrees. Serve hot. Yum!!!!!!!!!!!!!!!!!!!!

Top 10 Beverages That Lower Your Risk of a Heart Attack

By HealthCentral Editorial Team

WATER - Water is the ideal beverage, with zero calories, and 100% hydration! Aim to have 6-8 cups each day. If plain water isn't your thing, why not liven it up a little with a few slices of lemon, lime, or cucumber?

MILK - Lowfat milk or soymilk are also healthy beverage alternatives, and considering most of us don't get enough calcium, a glass of milk each day can be particularly useful.

WHOLE FRUIT JUICE - When choosing fruit juice, select those that are 100% whole, with no added sugar. A small glass (4 ounces) makes up one serving, which is the recommended daily amount.

TEA - Tea is suggested to reduce the risk of stroke, some cancers and heart disease. A review carried out in 2001 of 10 follow-up studies, found that the risk of heart attack was reduced by 11% when three cups of tea per day were consumed.

SPORTS DRINKS - Sports drinks are lower in calories than fruit juice or soda. However, they lack nutritional goodness. Fruit juice, milk, and water are still the fluids of choice if physical activity lasts less than 60 minutes.

COFFEE - Coffee has been credited as being "heart healthy," but if it's laden with cream and sugar, it will play havoc with your diet!

ALCOHOL - Alcohol is often an underestimated calorie source. The Consumer Federation of American have produced a handy Alcohol Facts chart, which provides details of the calorie content of alcoholic drinks on the market.

SOFT DRINKS - Researchers actually think that soda drinkers are more likely to have a lower intake of important nutrients, such as vitamin C, vitamin A, folate, magnesium, and calcium. It's best to steer clear of soft drinks as much as possible - with 10 teaspoons of sugar per can; it's pretty clear how unhealthy they are.

DIET SODA - If you're trying to lose weight obviously diet drinks are a good choice, however I'd recommend consuming in moderation, as artificial sweeteners are best avoided, if at all possible.

ATC Patriot Fan... Is In The House

After working as a restaurant manager for 10 years, Rena Yorkowski went in search for a more traditional 9-5 job that offered more flexible hours. And, to our good fortune, Rena made the transition from restaurant management to the Arthritis Treatment Center (ATC) almost three years ago. Rena plays a vital role as one of our front office staff. Everyday, she greets patients, demonstrates exceptional customer service skills, and has the ability to multi-task like nobody else!

Rena was born in Connecticut on Groton Naval Base, and grew up in New Hampshire, becoming an avid Patriot fan. She eventually moved to Maryland in March 2000 to spend time with her father who lived here since 1980. Incidentally, this is also where she met her husband, Tom, in May 2000. They've been married for almost eight years and reside in Boonsboro, Maryland. They have a beautiful daughter, Madison, who was born in 2003 and just turned 10 on Mother's day this year.

The Yorkowski family shares their home with their four cats, Oliver, Luna, Dexter, and Quinn. In Rena's spare time she says, "I enjoy watching Madison play soccer - especially this season because her father is the team coach."

Foods That Whiten Teeth Naturally

by: Jennifer Nelson, from: AARP Bulletin, May 20, 2011

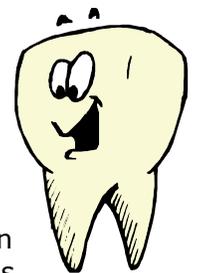
Coffee, tea, red wine and some soda can all stain your teeth. But there are some common foods that can actually help whiten your teeth over time. They're not as thoroughly effective as professional teeth whitening products—but they are cheap and natural. And that should leave you smiling.

1. Strawberries - They work to whiten teeth, since they contain an enzyme called malic acid. Mash up the strawberries and rub them on your teeth. Leave for five minutes then rinse with water and brush and floss as usual.

2. Apples, celery and carrots - These fruits and veggies act like natural stain removers by increasing saliva production, which serves as the mouth's self-cleaning agent. They also may kill bacteria that causes bad breath, and their crunch factor works to scrub teeth clean.



Tom and Madison Yorkowski



3. Oranges and pineapples - Eating tart fruits such as these may cause the mouth to produce more saliva, which washes teeth clean naturally. Use lemons moderately as its' acidity can damage teeth.

4. Baking soda - Baking soda has long been considered a tooth-whitening home remedy and in removing plaque. To try, brush with a commercial paste that contains the mild abrasive. Or you can just brush your teeth with baking soda straight from the box.

5. Yogurt, milk and cheese - Dairy products contain lactic acid, which may help protect teeth against decay. Researchers think proteins in yogurt may bind to teeth and prevent them from attack by harmful acids that cause cavities. Hard cheeses are best for whitening, since they help remove food particles as well.

Referrability.. Wins Everytime!

For the past year, we have been honored to meet many new patients and welcome them to our Arthritis Treatment Center family. Our family continues to grow when our best patients refer people... just like them!

We at ATC want you to help spread the word to friends who need arthritis care about what we can do for them. ...And, the rewards for these acts of kindness do not go unnoticed!

Here's how it works:

First, give someone who is suffering from arthritis our phone number. One phone call to ATC could be the start in giving them their life back! We can tell them how! And, who would know this better than yourself?

For every referral we would like to say thank you by giving you an opportunity to win a fabulous gift. How about a Samsung Galaxy tablet? Or for those who don't use a computer... how about a 40" flat screen television? You pick!

Our referral program is year 'round.

January 1st through June 30th and
July 1st through December 31st.

Names are drawn on June 30th and December 31st. So, there is plenty of time to get your name in the drawing and increase your chance of winning with multiple referrals.

It doesn't cost a thing to share a valuable resource such as us, and a single act of kindness can mean so much to someone who suffers from arthritis pain! Please have them call us at 301-694-5800... Today!

Weis World..



"Always Look on the Bright Side of Life" is a comedy song that was originally featured in the 1979

film Monty Python's "**Life of**

Brian". It was written by Eric Idle as a parody. The main character, Brian, has been sentenced to death by crucifixion. Attempts to rescue him are unsuccessful. A character on a nearby cross attempts to cheer him up by singing "Always Look on the Bright Side of Life." As the song continues, many of the other crucifixion victims (there are supposed to be 140 of them) begin to sing along.

Trust me, you had to see it to get it.

But anyway, I thought about the song last night when I looked at the front page of the Washington Post.

I'm not sure if it's me but my perception of the news around the world is that things are worse than they were, say, 30 years ago. Maybe, it's technology that affords us instant access to what's going on. But what's going on doesn't look so great.

I guess what gets to me is the complexity of life now. When I was younger, it seems that there was less going on, that decisions were easier, that right versus wrong was not a difficult call, that people were more civil and polite.

I just don't see it as much now.

Of course I live near a big city. When I visit a small town... an example would be Brunswick, Maine, where one of our kids is in college, I feel there is still that old time feeling. People are more polite (they even stop their cars to let you cross the street- Try that in downtown D.C.!) and I feel more insulated from the world.

Of course, life is going to go on regardless. I've thought about solutions to this uncomfortable feeling. One, of course, is to stop reading the newspaper and watching TV. Not a bad idea.

Another is to count my blessings, of which I have many.

And still another is to make sure my patients also maintain perspective. To cheer them up when they're down and help them get over the speed bumps. After all, isn't that what a doctor is supposed to do? Part of healing- in fact a big part- is soothing the mental and emotional pain.

So, I guess the secret is to recognize the fact that the world is always going to be... the world.

And how we view it and cope with it is up to us.

"Always Look on the Bright Side of Life"

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Can't make your scheduled appointment? We understand that emergencies come up! But, we need to know. Call us and we will be glad to reschedule it for you...

Fewer than 1% of our patients fail to show up for their scheduled appointment. We would like to remind our patients of our office policies.

A \$35 fee will be assessed for each instance that a patient does not show up for their appointment. Patients who don't show up twice in one calendar year may be dismissed.

Patients who cancel their appointments more than three times in one calendar year, will receive a warning regarding possible dismissal.



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Joint Food

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 months before noticing marked improvement.

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

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