



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

www.arthritistreatmentcenter.com

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“The quality of a person’s life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor.”-Vince Lombardi

My name is Sheila Beard and I am the manager of clinical nursing here at ATC.

I have just reached the milestone of being here for 15 years. Time does fly when you’re having fun!

I grew up in Queens in New York and went to nursing school at Roosevelt Hospital School of Nursing in New York City. Soon after graduating, I married my husband, Jim, of 38 years. Through a series of job transfers, moving first to Rochester, NY, then Harrisburg, PA, we found ourselves in Frederick County in 1985. I have three grown children, two of whom are married, and one very precious granddaughter.



Sheila Beard, RN and Claire

In my spare time, I enjoy reading and taking Zumba classes. Since my daughter lives in Raleigh, NC, I have been traveling to NC more often.

Working here at ATC for the past 15 years has been my most enjoyable job. I am fortunate to work with such a great group of people. It has also been wonderful getting to know the many patients who come to the office.

**Bag Knee Pain...
And Bring Your Lunch**



Join Dr. Nathan Wei for a candid conversation about **knee pain!**

Monday, December 10th
12:15 PM to 1:15 PM
Arthritis Treatment Center
71 Thomas Johnson Drive
Frederick, MD 21701

Let us know you’re coming because seating is limited!

- Gorge yourself on the latest in managing your knee pain!
- Discover juicy tidbits of helpful information.
- Munch on the possibility of stem cells!
- And, devour the many opportunities in clinical research!

Call 301-694-5800

Bring your lunch, and we’ll provide dessert!

Give Your Flowers... Power!

You recently received a bouquet of flowers from someone special. You will want to know the best way to care for them so they thrive and have the longest possible life! Follow these instructions:



1. Replace water often. Warm water is preferred.
2. Even wilted flowers can be revived by submerging them in fresh, warm water for as little as 10 minutes.
3. After a few days, if flowers look wilted do not hesitate to cut one inch off each stem. This allows the flowers to drink freely again.

4. Place flowers in a vase. Do NOT keep near drafts or in direct sunlight! Some flowers will bloom quickly, others more slowly. Buds gradually open in 2-4 days starting from the base. Some buds may remain closed.
5. Don't forget to add fresh water as often as possible.
6. Prune your flowers of unwanted leaves and blossoms over time; this will encourage other blooms to open.
7. Enjoy!

D for Weight Loss?

Healthcentral.com ~ Fall 2012

A recent study from Minnesota suggests that having adequate blood levels of Vitamin D prior to starting a low-calorie weight-loss program may make the pounds fall off faster. Researchers measured blood levels of Vitamin D in 38 overweight men and women before and after they followed a reduced-calorie diet for 11 weeks. Those with adequate levels at the outset lost more weight – especially around the abdomen – than those who were deficient.

Gingerbread Pancakes Recipe

Tasteofhome.com

Wake up on frosty morning with the delightful aroma of these fluffy pancakes. They've got a great gingerbread flavor and pretty fruit topping!



Ingredients:

2 tbsp. sugar	1 cup all-purpose flour
1 egg	1 tsp. baking powder
¾ cup 2% milk	2 tbsp. molasses
1 tbsp. canola oil	¼ tsp. ground ginger
¼ tsp. ground allspice	½ tsp. ground cinnamon

Topping:

6 tbsp. maple pancake syrup
 3 tbsp. dried cranberries
 ¾ cup apple pie filling, warmed

Directions:

In a large bowl, combine the first six ingredients. Combine the egg, milk, molasses and oil; stir into dry ingredients just until moistened. Pour about ¼ cup of batter onto a greased hot griddle; turn when bubbles form on top. Cook until the second side is golden brown. To serve, place two pancakes on each plate; drizzle with 2 tablespoons syrup. Top with 1/4 cup apple pie filling and sprinkle with cranberries. Prep/Total Time: 20 min. ~ Yield: 3 Servings

13 Foods that Fight Pain

[Michelle Schoffro Cook](#)

While many foods taste great, they are also powerful healers in disguise. The best healing remedies also taste fabulous, and won't cause the nasty common side effects that most drugs cause.

Cherries – A professor of natural products and chemistry at Michigan State University found that tart

cherry extract is 10 times more effective than aspirin at relieving inflammation. Only two tablespoons of the concentrated juice need to be taken daily for effective results. Sweet cherries, blackberries, raspberries, blueberries and strawberries have also been found to be effective.

Celery and Celery Seeds – Dr. Duke, author of The Green Pharmacy, found more than 20 anti-inflammatory compounds in celery and celery seeds. Add celery seeds to soups, stews or as a salt substitute in many recipes.

Ginger - Ginger reduces pain-causing prostaglandin levels in the body and has been widely used in India to treat pain and inflammation. The recommended dosage of ginger is between 500 and 1,000 milligrams per day. If you're taking medications, check with your health practitioner for possible herb-drug interactions.

Turmeric - Turmeric is the yellow spice commonly used in Indian curries. Research has shown turmeric to be a more effective anti-inflammatory than steroid medications when dealing with acute inflammation. Its main therapeutic ingredient is curcumin. Choose a standardized extract with 1500 mg of curcumin content per day.

Salmon, Mackerel, and Herring – These fish contain the valuable Omega-3 oils, which convert in the body into hormone-like substances that decrease inflammation and pain. Fish oil acts directly on the immune system by suppressing 40 to 55 percent of the release of cytokines, compounds known to destroy joints. Other studies demonstrate that eating moderate amounts of fish or taking fish oil reduces pain and inflammation, particularly for arthritis sufferers.

Flax Seeds and Flax Oil, Raw Walnuts and Walnut Oil - Freshly-ground flax seeds, cold-pressed flax oil, raw walnuts and walnut oil contain plentiful amounts of fatty acids known as Omega-3s that fight pain and inflammation in the body.

Inner Referrability...

The Deadline is Closing in!

In January 2012, the Arthritis Treatment Center implemented their new referral program... Referrability! It's a program designed to bring new patients into our practice that are just like you! For the last six months, we have been honored to meet many people and welcome them to our Arthritis Treatment Center family. To say thank you, we entered your name into drawing for a Kindle e-reader and Amazon.com gift card.

This new program was so well received, that we've decided to continue this contest for July through December. You could be our next winner!

Medical Fun Facts...

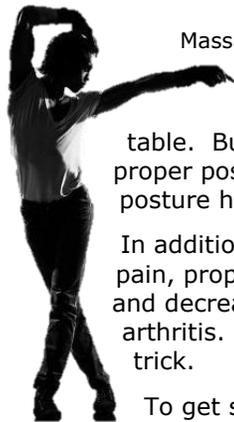
<http://weirdfacts.com>

- The number one cause of blindness in the United States is diabetes.
- During a kiss as many as 278 bacteria colonies are exchanged.
- Over 90% of diseases are caused or complicated by stress.
- The oldest known disease in the world is leprosy.
- The first open heart surgery was performed in 1893.

- The oldest form of surgery is trepanning, drilling holes in the skull.
- If it is a drug, it has a side effect.
- Americans consume 16,000 tons of aspirin each year.
- Cerumen is the medical term for earwax.
- A Witch Doctor or Midwife is the world's oldest profession.
- Breast reduction is the most common plastic surgery performed on American men.
- Apples are more efficient than caffeine in keeping people awake in the morning.
- Your body uses 300 muscles to balance itself when you are standing still.
- Ketchup was once sold as a medicine.
- The enamel in your teeth is the hardest substance in your body.

Posture Perfect

MassageEnvy.Com ~ Summer 2012



Your mother always told you to sit up and straight at the dinner table. But manners aside, why bother with proper posture? As it turns out, good posture has lots of positive effects.

In addition to preventing back and neck pain, proper posture can help prevent fatigue and decrease wear and tear that lead to arthritis. Good posture is even a slimming trick.

To get started, follow these tips from the Mayo Clinic.

When standing: Keep your shoulders back and your chest high. Keep your stomach and backside pulled in and stand with weight distributed evenly between feet pointed straight ahead of you.

When sitting: Rest both feet flat on the floor with your knees at the same height as your hips. Sit with your back up against the chair with your shoulders back, head high and your chin tucked in slightly.



Arthritis Treatment Center will be host to those who wish to contribute to the Toys for Tots program.

There will be a box available in the ATC Welcome Area until mid-December. Bring your new, unwrapped toy for a boy or girl.

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. 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.

Remember.... If you haven't already, you need to let us know if you want to continue to receive our fabulous ATC newsletter! Just call us at **301-694-5800** and let us know. We will make sure your name remains on our list!

Cold and Flu Season is Upon Us...

A friendly reminder that if you are taking medicines such as Methotrexate, Biologic Drugs (i.e. Humira, Enbrel, etc...) and you are sick or have any type of infection, it's important that you discontinue these drugs until you are feeling better.

If in doubt, call our office and speak with our nursing staff at **301-694-5800**

ADDRESS SERVICE REQUESTED

*December 8th -
Happy Hanukkah*

*December 24th thru 26th
The office will be closed
for the Christmas holiday.*

*January 1st - The office
will be closed.*

*Did you know...
To clear a drain, pour in a $\frac{1}{2}$
cup of salt followed by
boiling water.*



www.facebook.com/nathan.wei
www.twitter.com/thearthritisdoc
<https://www.arthritistreatmentcenter.com/>

Wei's World..

Every year, the American College of Rheumatology holds a meeting. The purpose is to present data of interest to rheumatologists from all over the world, both those in academic medicine as well as those in private practice. This year, the meeting was in Washington, D.C., not far from where I live and work.

Washington D.C. was laid out by the French engineer, Pierre L'Enfant. It is a beautiful city with wonderful museums, great restaurants, and a crummy Metro system. The Metro was actually modeled after the Paris Metro system. The Washington Metro is one-tenth the size but breaks down 10 times more often.

The convention center is nice and easy to get around in. Some convention centers like Orlando's are so huge, they should give every attendee a golf cart. The D.C. convention center is located near the city's Chinatown so all the stores have signs in both Chinese as well as in English.

It's also located near the Verizon Center where the professional basketball team, the Washington Wizards, play. To paraphrase a saying about the first president of the United States... "Washington... first in war and peace... first in the hearts of his countrymen... and last in the NBA..."

That being said, the convention was nice. There were many good presentations and it was a chance

to see old friends whom I rarely see any more except at these meetings.

Approximately three years ago, the American College of Rheumatology meeting, for the first time, had more international attendees than US attendees. That trend has progressed to the point where it appears that perhaps it's 60-40 in favor of international rheumatologists. What that offers is an opportunity for more dissemination of information. Also, there are many more women than there used to be. Rheumatology is attractive to women because it offers a cerebral approach to medicine and also a somewhat less stressful existence than a surgical specialty.

I would have to admit though that there was no real earth-shaking news or major breakthroughs at this meeting. Some interesting items were apparent such as the FDA approval of a new oral rheumatoid arthritis drug (Xeljanz), the use and possible effectiveness of strontium for both osteoporosis as well as osteoarthritis, and new developments in the science behind psoriatic arthritis, to name a few.

I was kept busy during the convention with various meetings. Also, as the Medscape rheumatology blogger, I had to chase down attendees and video interview them. Some were camera-shy, some were rude, and some women, I worried, thought I might have ulterior motives!

In any event, next year's meeting is going to be out west. I think San Diego if I'm not mistaken. I'll do my best to bring back news from that meeting.