

MEET THE STAFF



Mary Moore

Mary Moore has a job every Allergy A.R.T.S. patient can truly appreciate. As the accounts receivable person for commercial insurance, she appeals all denied claims – making sure each client receives all the payment coverage to which they are entitled.

Mary graduated from Amarillo's Palo Duro High School, attended Amarillo College and has worked in the medical field for 27 years – starting at Allergy A.R.T.S. in July of 2009. "At a meeting I attended, I heard about an opening here doing the same thing I had been doing at my last job, so here I am!" she recalled.

"I feel like God was opening the door for me. Everyone here is so nice and willing to help each other," she added.

Her church and family mean a great deal to Mary. She has been married to her husband, Darryl, for 22 years, and has a daughter, Tamara, who is 20, and a son, Dawson, age 6. "Dawson has a lot of energy," she said happily. "Keeping up with him takes a lot of mine!"



Misty Rima

A native of Perryton, Texas, Misty Rima was a star waitress all through school until hitting on the career field she truly wanted – radiography. She first was the lead radiographer at Concentra Medical Centers, and then started at Allergy A.R.T.S. about four months ago.

"I heard an advertisement on the radio and then bugged Allergy A.R.T.S. people until they gave me an interview. I did my best to win them over, and apparently it worked!" she laughed.

Misty is the Director of Imaging, meaning she is responsible for assuring that all state and national requirements are met. She works with five other technologists in the department performing all the tests needed. "I love learning all the new technologies (ultrasound at present) and all the people here are so nice," she added.

Both of Misty's parents still live in Perryton, a sister and family live in Plano, and another sister and her husband live in Keller. In her spare time, Misty loves both indoor and outdoor activities: reading, quilting, mountain biking, camping, cooking, gardening and fishing. "Sometimes," she added with a smile, "I go into a craft store and just wander around until I see something new I want to do!"

Life's a voyage that's homeward bound.
Herman Melville



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The **Examiner**

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Our World

The world is a wonderful place and nature a beautiful part of it – even in the depths of winter. In reality, everywhere you live, work, play and breathe is your "home." When you do all you can to take care of your corner of the earth, you are really taking good care of yourself and your family.

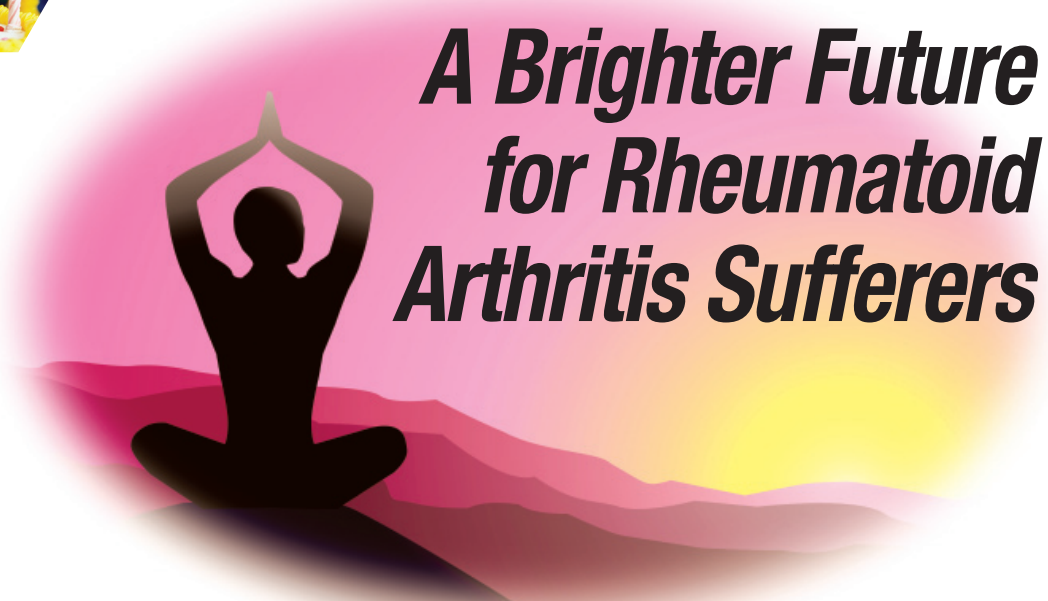
Those of you who suffer from allergies and asthma – and even arthritis – know just how much the environment affects you – and how changes in it can make symptoms either better or worse in a very short time.

We often recommend keeping your home as clean as possible, for example, by vacuuming often and using cleaning products that are safe for your condition and keep symptoms manageable. When you are really suffering, this can be difficult to do. If you need help, please ask for assistance. Often, family members or friends are happy to help out when asked. They sometimes just need to know how they might be able to make you feel better. In return, you might offer to read stories to their children or bake them a few Christmas cookies.

Be aware, also, of the other places in your life – where you work, where you socialize, where you shop. Being a good steward of the earth by making wise choices can make a difference – even if in only small ways. Then if everyone begins to take better care of the environments he or she touches, the world we love will become a healthier and even more beautiful place in which to live.

Here's to the Happiest, Healthiest of Holidays!

Constantine Saadeh, M.D., FACP, FACR



A Brighter Future for Rheumatoid Arthritis Sufferers

In the past, the pain and agony of rheumatoid arthritis meant years of suffering and the gradual decline in quality of life and activities. Today, however, new research offers hope and health to thousands of those who suffer from this disease.

The Disease Itself

According to the Arthritis Foundation (www.arthritis.org) rheumatoid arthritis is a chronic disease, mainly characterized by inflammation of the lining, or synovium, of the joints. It can lead to long-term joint damage, resulting in chronic pain, loss of function and disability.

Because it is a chronic disease, RA continues indefinitely. Frequent flare-ups can occur. RA is a systemic disease, which means it can affect other organs in the body. Early diagnosis and treatment of RA is critical to continue living a productive lifestyle. Studies have shown that early aggressive treatment of RA can limit joint damage, which in turn limits loss of movement, decreased ability to work, higher medical costs and potential surgery.

RA affects 1.3 million Americans. Currently, the cause of RA is unknown, although there are several theories. And while there is no cure, it is easier than ever to control RA through the use of new drugs, exercise, joint protection techniques and self-management techniques. To follow are several reports from the Arthritis Foundation on new theories and treatments. Dr. Saadeh and our staff continually strive to be up-to-date on any and all new information that may help our patients become healthier and live better lives.

Early, Aggressive Therapy is Best

Twenty years ago, doctors believed the best way to treat rheumatoid arthritis (RA) was to start slow and build gradually until an adequate level of pain and inflammation control was reached. This way of thinking has changed over the years, and physicians now treat RA much more aggressively from the time of diagnosis. With the advent of new medications, the treatment possibilities for people with RA are many and their appropriate use is still being established.

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RHEUMATOLOGY

Brighter Future (continued from page 1)

Several recent key studies released data that provide physicians with more information on which to base their treatment decisions. Two of note showed that traditional drugs (called disease-modifying antirheumatic drugs or DMARDs) can be used with excellent effect. Three others showed effective uses of the new drug Humira (adalimumab) in the treatment of RA.

Another Promising Treatment for RA

Recently, great strides have been made toward the development of a new type of RA medication that can be taken by mouth. These drugs are called kinase inhibitors, and they interrupt the transfer of chemical signals involved in inflammation.

Coming Soon: Grow Your Own Joint Replacement

In the next few weeks, the researchers in Dr. Farshid Guilak's lab at Duke University, which is funded, in part, by the Arthritis Foundation, aim to take stem cells they have culled from body fat, bathe them in growth factors that will instruct them to form cartilage, and then seed them in a three-dimensional scaffold made of polyester fibers that will slowly dissolve in the body. The scaffold will be woven in a hemispheric shape meant to mirror the curve of the natural cartilage pad, or "ball," that caps the end of a dog's femur where it attaches to the "socket" of the hip.

After the scaffolds are surgically implanted, the researchers will watch to see if the cells are growing properly and if the scaffold they have

built can withstand the biomechanical wear and tear of a working joint while stem cells are building new cartilage. If the experiment is successful, Dr. Guilak and his team will be among the first to grab an important brass ring in biomedical engineering – the regeneration of tissue that looks and acts like natural cartilage to replace worn out or damaged surfaces in joints.

Yoga Helpful for Rheumatoid Arthritis

A program of yoga poses, breathing and relaxation significantly reduces joint tenderness and swelling for people with rheumatoid arthritis (RA), according to research funded in part by the Arthritis Foundation.

Scientists from Johns Hopkins University in Baltimore randomly divided a group of 30 sedentary adults with RA into two groups: one group participated in an eight-week program of yoga and the other was put on a waiting list and served as the control. Those in the yoga group took two one-hour classes per week and were instructed to practice at home as well. Traditional yoga poses were modified as needed to accommodate for limitations due to RA. Also included in the sessions were deep breathing, relaxation and meditation techniques.

The research team found those who participated in eight weeks of yoga classes had significantly fewer tender and swollen joints than they did before starting class. Those in the control group, who did no



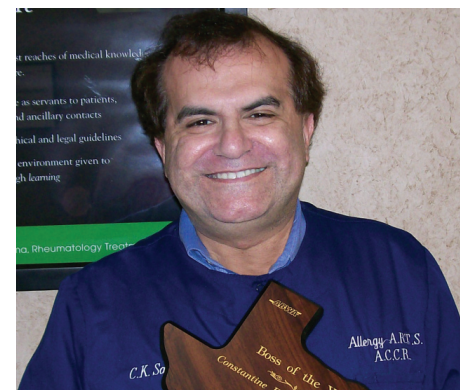
Bad Weather? Call Before You Travel

Your safety is our primary concern. Therefore, in the event of inclement weather this winter, please call our office at 353-7000 **before** you attempt to travel to an appointment with us. We may have already closed the clinic – or may be planning to close earlier than usual – in order to protect our patients and employees. We want to keep you happy and healthy – all year 'round!

yoga, saw no significant changes in their tender and swollen joints.

Remember, if you suffer from RA, a good rheumatologist like Dr. Saadeh is vital to your overall management plan on your journey to better health and a more active lifestyle. ■

Dr. Saadeh is the Best Boss!



Our own Dr. Constantine Saadeh was recently named the 2009 American Business Women's Association "Boss of the Year" by the local Amarillo chapter. Of course, we already knew he was simply the best – now we have proof! Congratulations, Dr. Saadeh!

ARTHRITIS & FIBROMYALGIA SUPPORT

Dr. Saadeh and this clinic have long encouraged our patients to make positive choices and seek additional support for their disease management outside of our facility – as well as here with us.

With that in mind, we continue to recommend the Amarillo Arthritis & Fibromyalgia Support Group. Although its members take a regular break from meeting in winter months, it will once again gear up in early spring.

When in session, the group meets the third Tuesday of each month at the Amarillo Northwest Branch Public Library at 6100 West Ninth.

Meetings include a gentle exercise class in Tai Chi, special programs and speakers, and social time. The group also does special projects to help the less fortunate, as its members believe "by helping others, we help ourselves."

For more information and spring meeting dates, please contact: Judy Moenter at 354-8828.

Allergy A.R.T.S. Clinic receives lab accreditation

Allergy A.R.T.S. Clinic recently met all criteria for Laboratory Accreditation by COLA, a national healthcare accreditation association. The accreditation is given only to laboratories that meet rigid standards of quality in day-to-day operations, demonstrate continued accuracy in the performance of proficiency testing and pass a rigorous on-site laboratory survey.

"Dr. Saadeh's laboratory has earned both COLA and CLIA accreditation as a result of long-term commitment to provide quality service to its patients," explained Garland Strate, MT(AMT), laboratory manager at Allergy A.R.T.S. "Dr. Saadeh, the laboratory staff and the entire clinic are dedicated to their patients and to providing them the highest quality of care."

Verlin Janzen, MD, chairman of the COLA Board of Directors, agreed. "This emphasis on quality leads to reliable test results, which are essential in assuring excellence in patient care. We also appreciate the laboratory staff for its dedication and continued support of COLA standards."

COLA is a nonprofit, physician-directed organization promoting quality and excellence in medicine and patient care through programs of voluntary education, achievement and accreditation. It is approved by the federal government and sponsored by the American Academy of Family Physicians, the American Medical Association, the American College of Physicians – American Society of Internal Medicine and the American Osteopathic Association. ■

It's Time To Feel Better!

Allergy A.R.T.S. recently launched a new campaign to reach all those folks who just don't feel well. With so many excellent therapies available today to treat allergies, asthma, arthritis and other autoimmune diseases – and more promising ones on the way – there is little reason for most people to suffer from pain and other symptoms as much as they do.

Watch for our ads in local publications. We are trying to get the word out to help you, your friends and your neighbors enjoy a wonderful life!

Shouldn't blowing out the candles be about the wish versus the battle for air?

People with asthma know what it is to struggle for each breath, wondering when they will get through the day – or the night. In time, fear and frustration begin to limit even the most basic activities, leading to poorer overall health and even depression.

The good news is that treatment programs today can provide relief and removal – and enough relief to blow out all the candles in one breath. Now that's a wish come true!

With increased awareness, proper diagnosis and a comprehensive treatment program, you can overcome asthma's attacks and take control of your health and happiness. Welcome back to the good life!

To find out more, contact Allergy A.R.T.S. at (800) 353-7000 or visit our web site at www.allergyarts.com.

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Winter Watch

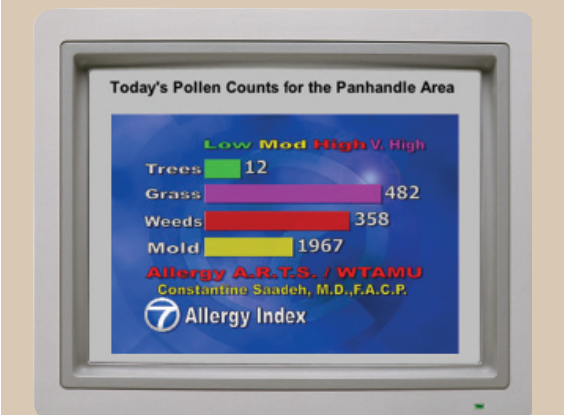
The chill winds and weather of winter bring to our lives and health all sorts of challenges. Taking a few minutes to prepare our homes and ourselves for what lies ahead is a good way to stay healthy and happy. Remember, too, it is best to consult a specialist like Dr. Saadeh if you have any specific questions or concerns.

If you have arthritis – Look for indoor activities that keep you up and moving, such as mall walking, swimming, yoga, etc. Use extra caution in slippery conditions. Choose healthy foods such as baked squash and vegetable-rich soups and casseroles.

If you have allergy and/or asthma symptoms – Give the house a thorough fall cleaning, including changing furnace filters. Get outside and enjoy the fresh air for at least a short time each day. Avoid secondhand smoke and other allergy "triggers" in closed-in areas.

You can find out which allergens are at their peak by going to www.allergyarts.com and clicking on "Pollen Count." This information also is broadcast daily during the KVII-TV Channel 7 Amarillo local news programs.

Remember, winter is an especially good time to take a few minutes every day to quietly reflect on all that is positive in your life. An attitude of gratitude eases stress and brightens the day!



Peace and Joy to You This Holiday Season
and Throughout the New Year!

May your days be merry and bright and filled with abundance and good health!