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July 2017

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**Tips for Living  
with Arthritis**

**Detection  
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**Savvy  
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**Happiness Better  
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**Health, Wealth, & Happiness**

Juvenile Arthritis Awareness Issue



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Your Health, Wealth & Happiness explores the truth and facts not only within, but beyond the confines of your health, personal wealth, and individual happiness. We have one goal; to bring you the information you need to live a healthy, wealthy, and happy life. We find simple tricks to improve your health, and long term goals to stay on top of it. In this new age of ever expanding technology, there is an endless supply of new recipes, health care improvements, new operations, machines, vaccines, cures, research, even robots, and more. Keeping on top of Your HWH is crucial to living the best life possible. Cheers to growing a more healthy, wealthy, and happy lifestyle.

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# Juvenile Arthritis: Detection & Treatment

By Dr. Riffat Sadiq

Approximately 300,000 children in the United States suffer from a disease called Juvenile Arthritis, an umbrella term used to identify various autoimmune/inflammatory conditions and pediatric rheumatic diseases that develop in children under the age of 17. There are seven types of Juvenile Arthritis. These include Juvenile Idiopathic Arthritis (JIA), Juvenile Dermatomyositis, Juvenile Lupus, Juvenile Scleroderma, Kawasaki Disease, Mixed Connective Tissue Disease and Fibromyalgia.

Although symptoms vary on a case-by-case basis for Juvenile Arthritis patients, common conditions include pain, swollen joints and lymph nodes, redness, warmth, stiffness, and loss of motion in the limbs. The disease also has the potential to affect

the skin, muscles, and gastrointestinal tract. It can persist into adulthood and change over time. Symptoms are experienced through cycles of remission, meaning they may disappear for a time before returning and worsening during periods known as flares.

Unfortunately, there is no permanent cure for Juvenile Arthritis, but it is highly treatable. In fact, an estimated 80,100 children in the United States are currently undergoing some form of treatment for arthritic conditions. Treatment plans attempt to relieve inflammation through medication, physical activity, and healthy eating. It is also important to help children address the emotional and social affects that the disease can have on their lives. The disease has the potential to be deadly if it is not treated properly, however, most children with Juvenile Arthritis are expected to live normal lives by following an individualized treatment plan.

Despite its impact on a multitude of children across the nation, many Americans are unaware of Juvenile Arthritis. It is important to contact your doctor to learn more about early detection and treatment of the disease.



## July WNY Health Events

### Current Events

**Run Jimmy Run Charity 5K:** July 16 at 10:00 AM at One James D. Griffin Plaza in Buffalo, NY. To register, please visit <http://runjimmyruncharity5k.com/the-race/>.

**Lomo Lomo Food Truck to Benefit the Alzheimer's Association:** July 18 at 11:00 AM to 1:30 PM at the Buffalo Center in Buffalo, NY. Visit [lomofoodtruck.com](http://lomofoodtruck.com) for more information on the event.

**Hospice Summer Affair:** July 27 at 5:30 PM to 10:30 PM at Buffalo Riverworks in Buffalo, NY. For more information, please visit [hospicebuffalo.com/summer-affair-2017](http://hospicebuffalo.com/summer-affair-2017).

**10th Annual Walk Off Hunger:** July 29 at 10:00 AM to 2:00 PM at Island Park in Williamsville, NY. For more information, please visit [crowdrise.com/10thAnnualWalkOffHunger](http://crowdrise.com/10thAnnualWalkOffHunger).

### Future Events

**Yoga at The Botanical Garden:** Various dates and times throughout the summer at Buffalo Botanical Gardens in Buffalo, NY. For more information, please visit [buffalogardens.com](http://buffalogardens.com).

**Fitness in the Parks:** Various FREE classes at various locations throughout the summer. For more information, please visit [www.independenthealth.com](http://www.independenthealth.com).

**Riverworks and Outer Harbor:** Visit these two locations for various activities and events throughout the summer. Independent Health members receive special discounts. For more information, please visit [outerharborbuffalo.com](http://outerharborbuffalo.com) and [buffaloriverworks.com](http://buffaloriverworks.com).

**Slow Roll Buffalo:** Biking every Monday night at various locations throughout the summer from 6:00 PM to 8:00 PM. For more information, please visit [slowrollbuffalo.org](http://slowrollbuffalo.org).

# 5 Tips for Living with Juvenile Arthritis

By Sue Perbody

## 1) Relieving Morning Stiffness

You can prevent morning stiffness by sleeping in sweat clothes, a sleeping bag or by taking a hot shower. Keeping the joints warm helps prevent them from stiffening up, which is a good way to measure how active a child's Arthritis is.

## 2) Physical Activity

Making sure a child stays active is a good way to help keep bones and muscles resilient and maintain their ability to remain mobile. Keeping active also helps prevent weight gain, which can add extra tension on the joints. Certain activities are highly recommended for those with joint pain, such as bike riding or swimming.

## 3) Therapeutic Exercise

Children with Arthritis are recommended to see a physical or occupational therapist to help learn how to do proper stretches to help strengthen the joints and gain a strong range of motion.

## 4) Nutrition

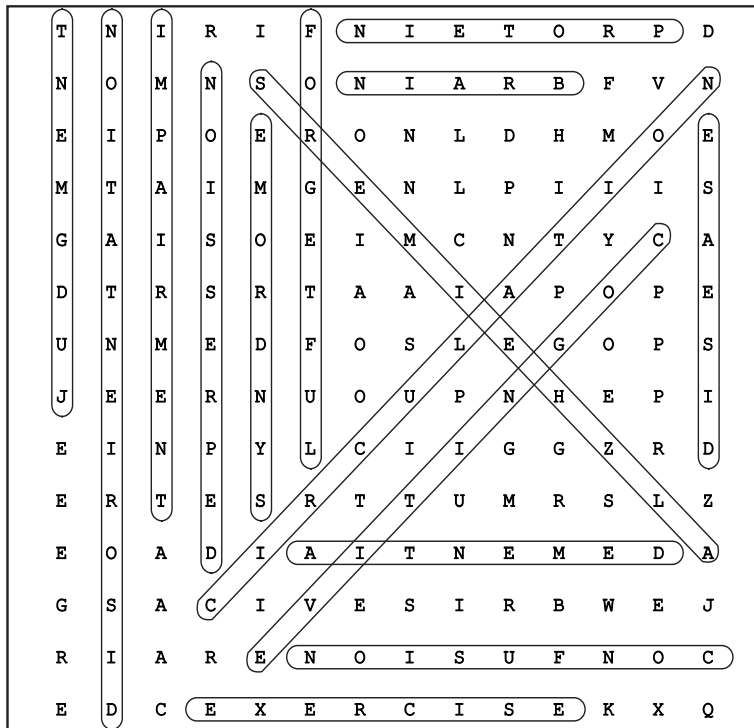
Having a healthy diet at any age is always good. There is no particular diet affiliated with helping children with Juvenile Idiopathic Arthritis (JIA), but having a diet that is low in saturated fats and processed food helps. Having healthy meals high in vegetables, fruits, fish, nuts and beans will help ease soreness.

## 5) Emotional Issues

It's important to educate your child about their Arthritis and the treatments they receive. This way, they feel as though they have some control in what choices are being made. Having constant communications will help the child feel that they are not in this alone, especially when they go through flare ups.



## Alzheimer's & Brain Awareness Word Search Answers: June 2017



How did you do? Check your answers here!



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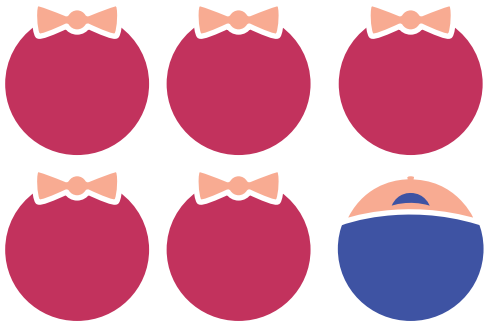
Some Experience Necessary  
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# JUVENILE ARTHRITIS

## WHAT TO KNOW

An estimated 300,000 children in the United States alone suffer from Juvenile Arthritis

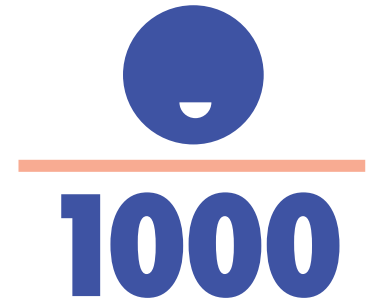
Arthritis in children is treatable and in spite of their diagnosis most children with Arthritis are expected to live normal lives



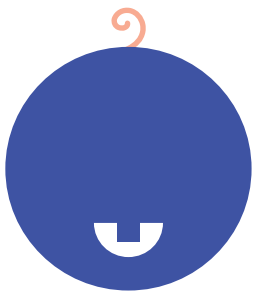
Girls are 5 times more likely to develop Juvenile Arthritis than boys

45%

Up to 45% of children will continue to have active Arthritis after 10 years



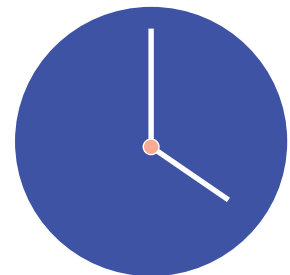
About 1 child out of every 1,000 will develop some kind of Chronic Arthritis



Symptoms of Juvenile Arthritis can begin as early as age 2



About 80,100 children are treated for Arthritis related symptoms each year



Symptoms can continue into adulthood and change over time

[rheumatoidarthritis.org](http://rheumatoidarthritis.org), [healthresearchfunding.org](http://healthresearchfunding.org), [rheumatology.org](http://rheumatology.org)

# Juvenile Arthritis: A Fight for Hope

By Tehniyet Azam

According to Arthritis foundation, Arthritis is a very commonly misunderstood disease. Arthritis is not a single disease; it is an informal way of referring to joint pain or joint disease. There are more than 100 different types of Arthritis and related conditions. People of all ages, sexes and races can get Arthritis, and it is the leading cause of disability in America. More than 50 million adults and 300,000 children have some type of Arthritis. It is most common among women and occurs more frequently as people get older.

Common Arthritis joint symptoms include swelling, pain, stiffness and decreased range of motion. Symptoms may come and go. They can be mild, moderate or severe. They may stay about the same for years, but may progress or worsen over time. Severe Arthritis can result in chronic pain, inability to do daily activities, and difficulty with walking or climbing stairs. Arthritis can cause permanent joint changes. These changes may be visible, such as knobby finger joints, but often the damage can only be seen on X-ray. Some types of Arthritis also affect the heart, eyes, lungs, kidneys, and skin.

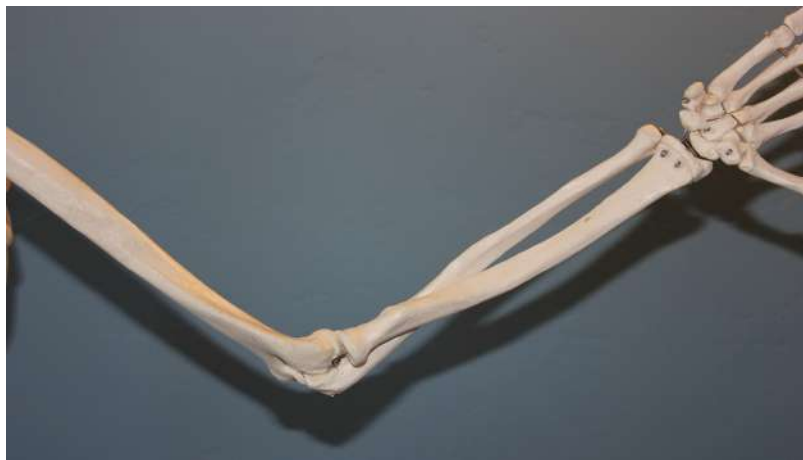
There are three main types of Arthritis; inflammatory, degenerative, and infectious. I was diagnosed with Inflammatory Arthritis. During my youth, I had the misconception that older people get this disease, so when I was diagnosed I was a little scared. Am I old? Having Inflammatory Arthritis at the age of 28 is not fun. It started with a little pain in my feet that will not go away. Suddenly, I woke up to all my fingers and knees swelling up, my feet were hurting and I was unable to move them. I stayed in bed and thought, "What is going on with me?" It was a usual occurrence for me from that day forward.

My doctor prescribed some over the counter pain medications at that time and some blood tests to confirm the diagnosis. It has been almost two years. I am on steroids for this disease that interfere with my life everyday. When I wake up, I have to make sure that I have 15 extra minutes for my joints to start moving. I cant stand or walk for longer periods of time, and if I wear heels, it hurts. As a woman, being unable to wear heels is not enjoyable. In order to help prevent the pain, I have made

some lifestyle changes that have worked out successfully. The pain has dropped. Doctors say it's the steroids, but I like to believe it's the change I have made.

I started doing aqua aerobics so that I can exercise without feeling pain. I avoid eating red meat. I only eat chicken. Fish is very good, too. I eat leafy green vegetables, lentils, fruits, and fruit/vegetable juices. I try to squeeze fresh juice every day. I try to avoid anything that has preservative. Drinking a lot of water is the key. I try to avoid any sugary treats, which is very hard, but very helpful. What I noticed about my body is that I lost weight. Being overweight is the trigger to my pains, and my overall health is becoming better. When the body gets stronger, the immune system fights back the foreign particles that might hurt the body. Some days are a struggle, but having a positive approach towards life is the key. It doesn't take away the physical pain, but it gives you the strength to fight and endure the pain. Inflammatory Arthritis is a life style change. Not everyone can understand the pain you go through and can give you very judgmental comments. Take care of yourself and focus on you.

**\*Continue to page 10 for a juice recipe to help ease symptoms\***



## Sonya Noor, MD, FACS

### Talk to Experts in Circulation

- Abdominal Aortic Aneurysm
- Peripheral Arterial Disease (PAD)
- Deep Vein Thrombosis (DVT)
- Pulmonary Embolism (PE)
- End State Renal Disease/CKD
  - Fistula/Graft Placement
  - Plasty/Stent Placement
  - Carotid Artery Disease
  - Varicose Veins



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# Savvy Shopper

By Canny Savanney

When it comes to buying your groceries, are you an expert at picking the freshest food possible? Now that it is summer, picking the ripest food is important when it comes to your fruit. Here are some key components to keep in mind the next time you make a trip to the store.

**1. Watermelon** – Want to pick out the sweetest watermelon for the season? It should feel heavy because the riper ones hold more water and it should sound hollow inside. A yellow spot on a watermelon is the side that was facing away from the sun.

**2. Pineapple** – When picking out a sweet pineapple, you want to make sure it has some yellow in its coloring and it produces a fragrant smell at its base. If it smells like a pineapple, it is ready to eat! Just remember to cut it first!

**3. Avocado** – Love avocados? Avocados have buttons. It's true! Check under the bottom near the stem area, if it is green it is ripe to eat. If it yields light pressure, it is also ripe.

**4. Peaches** – Want a sweet peach? If it has a strip through the top it means it is ripe. A dark spot on a peach indicates where most of the sugar collects, making them sweeter.

**5. Mangoes** – A ripe mango will smell very fragrant. Color does not always determine whether they are ripe or not. A good mango should give to slight pressure.

**6. Oranges** – The button at the top of an orange will indicate if it is fresh. The heavier an orange is, the juicer it will be. Last, but not least, check for spots and bruises on them to determine if they are ripe. A good orange is all solid in color.

**7. Apples** – When picking out apples, they should be bright and firm. Their skin should not have any bruises or breaks. Red apples are usually sweeter than the green ones that are more typically used for baking items like pies. Apple signs usually tell you which ones are the best for snacking and baking, and which ones are best for other uses.

**8. Cantaloupes** – A ripe cantaloupe is beige in color. The stem end should also have some softness to it when you apply slight pressure. They should also have a fragrant smell to them.

*Hopefully next time you are shopping for your fresh fruits for the summer, you will bear these tips in mind. Stay tuned for our next set of tips in our next issue!*



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# Happiness Better Than You Imagined

By Matthew Brooke

To folks who consider happiness as a “nice to have” extravagance or something that comes after a lifetime of sacrifice toward achieving a goal. Happiness isn't just about feeling good, it's about the joy we feel while striving after our potential. By electing modest cheerful habits that take no longer than combing your hair, can boost your mood and raise your happiness too. This elevated morale results in a healthier and more productive you.

The high-tech revolution allows us to have information at a rapid pace. We've been able to understand the human brain better than ever. Happiness is such an incredible advantage in our life. When the human brain is positive, our intelligence rises, we stop diverting resources to think about anxiety. Productive energy rises by 31 percent. The likelihood of promotion rises by 40 percent. Sales rise by 37 percent. Positive thoughts and attitudes are able to prompt changes in your body that strengthen your immune system, boost positive emotions, decrease pain and chronic disease. Evidence even suggests that happiness, optimism, life satisfaction, and other positive psychological attributes are associated with a lower risk of heart disease. It is scientifically revealed that happiness can go as far as to alter your genes. Researchers at University at

California of Los Angeles (UCLA) showed that people with a deep sense of happiness and well-being had lower levels of inflammatory gene expression and stronger anti-viral and anti-body responses.

Most people keep waiting on happiness, putting it off until they're successful or until they achieve some goal, which means we limit both happiness and success. This model clearly exhibits major faults. The paramount competitive advantage in our contemporary economy is a positive and engaged brain. This encouraging model incentivizes boosting happiness for our kids for more reasons than we may have even considered. It also proves beneficial to choose it in our own lives, instead of continually pushing off happiness, hoping it will happen to us based upon our successes. One small positive thought in the morning can change your whole day.



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## Triple-Berry Summer Salad

### Ingredients:

- 9oz baby spinach, torn
- 1 cup sliced strawberries
- 1 cup raspberries
- 1 cup blueberries
- 1/2 cup sliced almonds, toasted
- 1/3 cup chopped basil
- 1 avocado, chopped
- 4oz goat cheese

### Directions:

1. Divide baby spinach between plates.
2. Top with berries, almonds, basil, and chopped avocado.
3. Crumble goat cheese on top, then dress with choice of salad dressing (strawberry balsamic vinegar and any oil-based vinaigrette is recommended).



## Arthritis, Hypertension, Diabetes & Weight Loss Juice

By Tehniyet Azam

### Appliances:

- Juice Extractor

### Fresh Produce:

- Apples: 5 pieces • Kiwis: 5 pieces
- Pineapples: 2 cups • Oranges: 5 pieces
- Blue & Black Berries: 2 cups • Celery: 10 stalks
- Carrot: 10 pieces • Ginger Root: 1/4 cup
- Lemons: 2 pieces • Beets: 2 pieces

### Seeds:

- Chia Seeds: 1/4 cup
- (Soak them for an hour or so before you mix it with the juice)

### Method:

Extract the juice of all vegetables and fruits. Add soaked chia seeds at the end to the juice. You can add water if the juice is too thick for you.

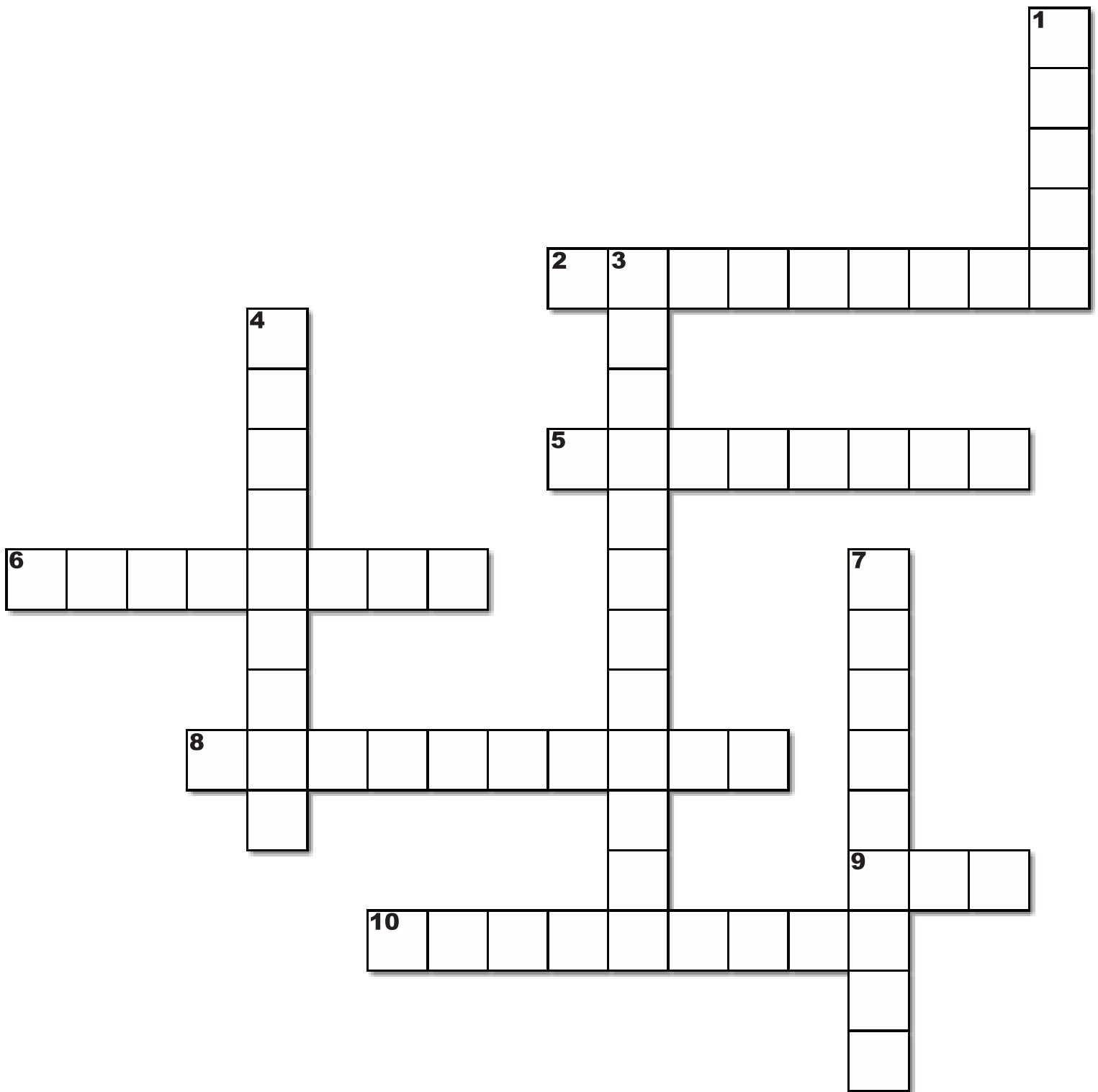
*You can drink as much as you want. You can also add grapefruit juice to the recipe. Please note that cancer patients should not use grapefruit in the recipe. This recipe will make*

*juice for almost five days. I take 18 oz. as my breakfast each morning. It makes me feel fresh, and I don't feel hungry. There will be frequent bowel movement because of the fruits and vegetables in the juice.*

**\*Please consult with your doctor before starting any diet program or making changes to your nutrition.\***



# Juvenile Arthritis Crossword



**\*Hint: You can find the answers throughout the magazine!\***

**Across**

- 2) Painful inflammation and stiffness of the joints.
- 5) A young person.
- 6) These can persist into adulthood and change over time.
- 8) Eating these can ease soreness from arthritis.
- 9) Age where arthritis symptoms can begin to show.
- 10) Percentage of children who have active arthritis after ten years.

**Down**

- 1) These individuals may be five times more likely to gain the diagnosis.
- 2) The study of disorders of the joints, muscles, and ligaments.
- 3) Doing these can strengthen the joints & keep them moving properly.
- 4) The oldest age in which children can experience Juvenile Arthritis symptoms.

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