

From the Doctor's Desk



The sun is finally showing its face again and the temperatures in the DC area are rising.

Springtime is in full swing! Spring allows you to finally get back to what you enjoy; I know I am looking forward to more runs outside and dragging the grill out for some long overdue use.

There are some aspects of Spring that many of us are not so fond of, cleaning being one of them. "Spring Cleaning," a cliché from our mothers generation, is just as important now as it was back then. De-cluttering your home and work space allows for a happier, healthier you.

Ridding your personal space of clutter decreases your stress level, reduces the incidences of illness, allergies and asthma and allows you and your family to feel good about yourselves. In fact, in a the Soap and Detergent Associations (SDA) spring cleaning survey results show 98 percent of people feel good about themselves when their home is clean.

You might be asking yourself "where do I start?"

-Get organized; assemble a cleaning kit with all the necessities before you start.

-Compile a list of all the tasks you want to complete. Make realistic goals and remember you don't have to do everything in one day.

-Get your family involved. Not only will it expedite the process, but it will allow everyone to feel accomplished.

-Start on the top level of your house and work your way down.

- Don't just sweep things under the rug, dispose of the clutter. Make three piles: stuff to keep, stuff to donate, and stuff to throw away.



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Gum Disease Linked to Rheumatoid Arthritis

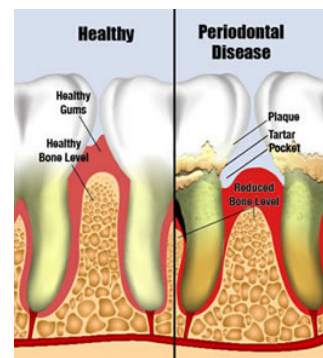
A recent study out of Johns Hopkins University reports that those diagnosed with Rheumatoid Arthritis (RA) are twice as likely to have gum disease than the general population.

Dr. Clifton O. Bingham, III, and his team surveyed 153 RA patients ranging in age from 45 to 84 years old finding the patients

with more active RA also showed more symptoms of gum disease. According to the Center of Disease Control 30 percent of RA patients have severe periodontal disease, which often requires oral surgery.

Bingham says, "These findings should prompt more attention to oral health in this patient population."

He also mentions treatment of periodontal disease has helped



patients suffering from cardiovascular disease and diabetes, therefore treating

periodontal disease in RA patients may help the patient's overall outcome.

RA is defined by The Johns Hopkins Hospital as a chronic autoimmune disease characterized by pain, stiffness, inflammation, swelling and sometimes destruction of the joints.

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