



SARCOIDOSIS NETWORKING

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"Through Unity and Knowledge Comes Truth"



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Why Am I So Tired?

By Dolores O'Leary, RN

Fatigue is a common symptom for many with Sarcoidosis. Encarta® World English Dictionary defines fatigue as: "extreme tiredness or weakness resulting from physical or mental activity." Often people with Sarcoidosis will describe the onset as sudden and to the extent that they have extreme difficulty in completing a task, or can no longer continue what they are doing. It can be as stressful as the effort to complete a full 8-hour day/40 hour week; to the fact of needing to sleep upon arriving at home and on their days off, in order to gather enough energy to return to their job. Others describe the dramatic loss of energy from doing such simple tasks as dressing themselves, taking a shower, holding a newspaper to read, or folding a basket of clothes. This "wipe-out" requires them to rest for a considerable length of time or "take a nap" in order to continue with the activities of daily living.



Understanding the difference between tiredness, weakness and fatigue will determine the coping skills necessary to make one's life positive and fulfilling. Tiredness occurs following a good physical workout or the activities of a vacation. Weakness is loss of strength in the muscles with a feeling of extra effort needed to move. Fatigue is extreme tiredness, exhaustion or lack of energy. Fatigue differs from malaise as described in medical texts and dictionaries: "discomfort, uneasiness, or indisposition often related to infection." (Tabor's Cyclopedic Medical Dictionary, 17th Edition). Fatigue is linked with stress, pain, depression and with many other ailments.

Fatigue can result from many causes: pain, insomnia, depression, illness - among which can be anemia - thyroid problems, myasthenia gravis, etc; medications; or low levels of oxygen. All possible causes of fatigue should be evaluated and then treated appropriately. For example: if anemia is detected with simple blood tests, the type of anemia is then determined and the treatment may be as simple as an iron supplement or as complicated as treatment with infusion therapy. It might be as simple as using some supplemental oxygen for short periods during high energy-using activities, or at night, when many of the body's systems slow down.

An individual must learn how to overcome fatigue and maintain a fairly normal life style. One way is to pace activities. Pursue a high energy-using activity followed by a low energy-using one, and alternate with periods of rest. Know your body's limitations and change the pace before exhaustion overwhelms you. Developing such coping skills takes time and careful observation on the part of the patient.

Break the cycle! If one must work 8 hours, breaks and meal times are opportunities to change focus and brain activities. Those few minutes can do a lot to disrupt the potential for boredom that sets the fatigue wheel into motion. At home, do the least appealing tasks first, and then reward yourself with an activity you enjoy. Do the most dreaded activity first, when you have the energy. Pleasant tasks can be relaxing, less stressful and not fatiguing.

Keeping a journal is very helpful and in some instances crucial in evaluating the cause(s) and occurrence of fatigue. How long did the fatigue last? What was done to regain the energy lost? How often does it occur? What triggered the

fatigue? What does it feel like? The recording of all such observations is essential in documenting fatigue.

It is important for a person to describe what and how they feel in detail. Many patients have said, "But I feel like a hypochondriac if I tell my physician everything." That is exactly what one must do in order to identify the cause and receive the correct advice and treatment required.

Discuss the possible causes of fatigue and review your medications with your physician. One, or more, of the prescribed drugs might be causing or increasing the fatigue. Fatigue is a symptom-not a disease-and should not be confused with Chronic Fatigue Syndrome.

Is fatigue the result of denial, or perhaps part of a grieving process? A person can be grieving for more than one reason. It could be the result of the death of a family member or close friend. It might be the grief that comes with loss of health; the loss of a marriage; the loss of children when they leave the home and the nurturing of parents. For some, it may be necessary to seek counseling in order to work through the grieving process, if it is the cause of depression complicating the fatigue.

Realize that depression can involve denial, stress, guilt, pain, fatigue, and loss of sleep. Sound medical advice and counseling are the treatments in such cases.

Disruption of sleep patterns and not experiencing restorative sleep can cause fatigue. Think through this possibility, especially if you do not awake feeling refreshed and ready to pursue the day's activities. Don't over-look the possibility that medication may be causing the fatigue or the disruption of sleep habits.

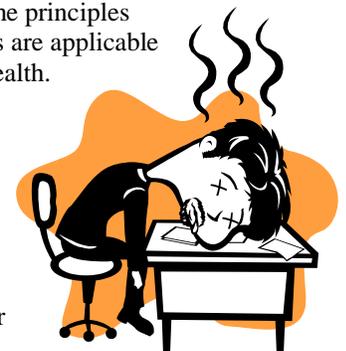
If pain is part of your health problems, seek appropriate help for its management. A person can have multiple causes of pain. If there is nerve involvement, a specific type of analgesic (pain reliever) is necessary. Muscle pain requires a different type of treatment, as does gastrointestinal distress.

Documenting how you feel and describing the pain in detail will assist your physician in prescribing the most appropriate medications and treatments. Remember that fatigue might be a significant part of the pain wheel.

Stress builds! Living with constant family and social pressures may cause fatigue. If this is happening, you must look inward, examining yourself and your life style. Evaluate what is occurring in your life and how you can deal with it.

Maintaining a well-balanced diet and exercise program that embraces the physical limitations of the person is another coping skill one must initiate. If a person is not already familiar with these life-skills, it may take some professional counseling or attendance at workshops offered by the many community outreach programs sponsored by local medical centers. Diabetes workshops are excellent places to start even though one may not have this disorder. The principles used in such educational programs are applicable to everyone whose goal is good health.

There are many facets in the physiology of fatigue as well as degrees of fatigue. Until you evaluate the circumstances in which you have fatigue, you will not be able to assist your doctors or counselors in developing a holistic view and approach to your health and life situations.



SLIPPED DISC

Any discs between the neck and lower back can “slip”. Depending on what causes the disc problem, the pain can begin suddenly or evolve slowly. In most cases, the pain quickly becomes severe and interferes with movement.



A slipped disc in the neck often makes turning the head impossible. A slipped disc in the lower back can make sitting impossible

However, “slipped” disc is a misnomer... nothing actually slips. It is the cartilaginous disc between the spinal vertebrae that can protrude or “herniate”. Any disc may herniate, but the ones most likely to do so are in the lower back.

If not properly evaluated and managed, disc problems may damage the spinal nerves, possibly causing paralysis; therefore, the severe pain of a ruptured disc is ample cause for most people to see their doctor. However, once nerve damage and other possibilities have been ruled out, recovery depends on self-care.

Work with a physical therapist, osteopath or yoga instructor. Once a disc has ruptured, it is prone to re-injury. Healing your spine and preventing re-injury takes time, energy and usually some life-style modifications. But, the reward is a healthy back.

Source: Happiness Magazine, May 18-24, 2002

FOUR CAUSES OF ASTHMA CONTROL DIFFICULTIES

If your asthma is difficult to control or isn’t responding to treatment, your doctor may want to further investigate the reason.

Common causes are:

- You continue to be exposed to your personal asthma triggers.
- You’re not timing your inhaler or spacer properly, or you’re using your inhaler too often or not regularly.
- You’re taking a drug for another condition, such as hypertension, that’s having an adverse effect on your asthma.
- You have a condition other than, or in addition to, asthma. This may include a foreign object, such as a peanut in the airway or a small tumor obstructing the airway. Shortness of breath mimicking bronchial asthma also can be related to a heart condition (cardiac asthma). Among other causes, your vocal cord (larynx) may be functioning improperly. The latter is identified as vocal cord dysfunction.

Source: Mayo Clinic Health Letter, July 2002

Answers to the Health Quiz found on page 11:
 1) a, 2) d, 3) b, 4) c, 5) d, 6) c, 7) a, 8) b, 9) d, 10) c, 11) a

MENOPAUSE – DON’T SWEAT IT

Menopause is a natural transition for women. Most symptoms can be alleviated with natural methods such as herbs, proper nutrition, supplements, and exercise.

Hot Flashes	Vitamin C & E, Black Cohosh, Damiana, Dong Quai, Evening Primrose Oil, Sage, Flax Oil, Siberian Ginseng, Soy products, Vitex, Lachesis (homeopathic)
Vaginal Dryness	Vitamin E, Dong Quai, Wild Yam, Evening Primrose Oil, Black Cohosh Vitex, Calendula Flowers, Deglycyrrhinated Licorice DGL, Sage
Bloating	Alfalfa, Gotu Kola, Dandelion, Osha, Burdock, Nettle, B complex vitamins (extra B6)
Moodiness	Vitamin B6, Hops, Ginger, Dong Quai, Vitex, St. John’s Wort, Skullcap, Valerian
Bleeding	Red Raspberry Leaf, White Oak Bark, Wild Yam, Shepherd’s Purse, Yarrow
Tender Breast	Vitamin E, Evening Primrose Oil, Flax Oil, Dong Quai, Red Clover, Dandelion, Black Cohosh, Vitex, B complex vitamins (extra B6)
Anxiety & Tension	Catnip, Chamomile, Passion Flower, Lemon Balm, Kava Kava, Valerian, Skullcap, Vitex, Black Cohosh, Hops, Motherwort, 5-HTP, Damiana, St. John’s Wort

Source: Wellness Diary 2001

THE IMPORTANCE OF TAKING YOUR PREDNISONE ON TIME, EVERY TIME

Prednisone (PRED-ni-son): Prednisone is a corticosteroid (cortisone-like steroid medication) used to provide relief for inflammation in different areas of the body. It lessens swelling, redness, itching, and allergic reactions. It is often used as part of the treatment for a variety of diseases, such as allergies, skin problems, asthma, or arthritis. Doctors also prescribe it for other conditions.

What You Should Know About Prednisone:

⌚ Taking prednisone as directed – on time, every time, and for the full length of the prescribed treatment – will help control symptoms. If you feel that your medicine is not working, check with your doctor.

⌚ It is recommended that patients taking prednisone in large doses, or for a long period of time, do not stop taking this medicine abruptly. Your doctor may want to slowly decrease your dose over time. Contact your doctor or pharmacist if you have questions.

⌚ This medicine can be taken with food to help prevent mild stomach upset that may occur in some patients. Follow your doctor’s instructions about how to take this medicine.

Talk candidly to your doctor or pharmacist about how much and how often you’re taking the medication. Your doctor or pharmacist can help you develop a plan for following your prescribed therapy.

This product can also be used for short periods of time. Please ask your pharmacist or doctor if you have questions regarding the dosing schedule. To learn more about prednisone, read the information provided by your pharmacist or contact your doctor.

Source: Walgreen’s Patient Information Series, 2002



TAMING HERPES

If you don't have a herpes virus somewhere in your body, consider yourself lucky. You're one of few Americans to escape this pesky bug. The September issue of *Mayo Clinic Women's Health Source* reports that 135 million Americans age 12 and older have herpes simplex virus 1 (HSV-1), the most common form of the herpes virus. And an astounding 90 percent of the population has HSV-1 by age 70.

You don't have to feel sick or have symptoms to be infected. You can also spread the highly contagious virus without even knowing you have it. Herpes infections can go completely unnoticed or they can be potentially life-threatening, depending on the type of infection.

Cold Sores: These common irritations are usually caused by HSV-1, but can also be caused by HSV-2 (which typically causes genital herpes). Treatment includes over-the-counter creams and pain relievers such as ibuprofen or acetaminophen. Other prescription medications can speed up recovery. Transmission can be prevented by not kissing anyone and not touching people after you've touched the cold sore.

Genital Herpes: This infection is similar to cold sores, but the sores appear in the genital area. It is almost always caused by HSV-2, but can be caused by HSV-1. Having sex with someone who is having an outbreak is the most common way to get infected. Sores do not have to be visible for the person to be contagious. Daily doses of antiviral medications can help speed healing and suppress outbreaks. Use condoms to help prevent transmission, and always avoid sexual contact when you have sores or feel an outbreak coming.

Herpes Simplex Keratitis: This is an infection of the eye that is caused by touching the eye after coming in contact with herpes sore. Repeated infections can scar the eye and affect your vision. Topical antiviral medications are usually prescribed for treatment.

Herpetic Whitlow: A painful infection of the fingertips; herpetic whitlow is caused by touching herpes sores. Antiviral medications are given to prevent transmission, although they may not shorten the duration of the infection.

Shingles (herpes zoster): The herpes virus that causes chickenpox also causes shingles. After you've had chicken pox as a child, the virus can lie dormant in nerve cells near your spinal cord or brain. Aging, illness or stress can reactivate the virus. A band of blisters usually wraps around your trunk and heals within a month. Antiviral medications can help prevent serious complications.

For more information go to:

www.mayoclinic.org/healthinfo/

Source: Mayo Clinic Health Information, Sept 14, 2001



FYI

A recent survey revealed that about 80 percent of American adults receive a minimum of three unwanted phone calls at home every day. On a related subject, the average American male spends under 25 minutes a day on the phone at home, while a woman spends 40 minutes.

EAT FREQUENT, SMALLER MEALS & SNACKS

Meals and snacks may help lower total and LDL cholesterol, according to a report in the *British Journal of Medicine*. In England, 14,500 men and women aged 45 to 75 were examined. LDL cholesterol levels were 5% lower in those who ate six or more times per day compared with those who ate once or twice daily, even though frequent eaters consumed more fat and calories. The effect may be due to differences in the way nutrients are absorbed when portions are smaller and meals are more frequent.



Source: The Johns Hopkins Medical Letter, Health After 50, Vol 14, Issue 1, March 2002

STATINS: TRUE WONDER DRUGS?

Approximately 8 million Americans take one of five statin medications to lower blood levels of low density lipoprotein (LDL, or "bad") cholesterol in an effort to decrease their risk of having a heart attack. It now appears that people on statin therapy may be reaping some additional, unanticipated health benefits. A recent study has confirmed that statins may help to prevent the most common type of stroke—ischemic stroke produced by a blood clot in an artery already narrowed by atherosclerotic plaque. Recent news coming mostly from population studies that require corroboration, claim that statins may also protect against three other major scourges: Alzheimer's disease, osteoporosis, and diabetes.

Especially intriguing is the suggestion that statins may be beneficial through mechanisms other than, or in addition to, their cholesterol-lowering effect. These additional benefits could be important because at least half of all heart attacks occur in people with cholesterol levels within the normal range.

Source: Johns Hopkins Medical Letter, Health After 50, Vol 14, Issue 5, July 2002

(See companion article, page 7)

JAW PROBLEMS What You Can Do

Self-care is often an effective treatment of pain from temporomandibular disorders.

Here's what you can do:

- Avoid problem habits—These include activities that aggravate the TMJs and jaw muscles, such as eating tough or chewy foods. Stress reduction or learning behavioral techniques to prevent clenching and bruxism (grinding of teeth) also may help.
- Exercise regularly—Daily physical exercise improves overall health and allows your muscles and joints to heal more easily. It also eases stress, which can aggravate the pain of temporomandibular disorders. Your doctor or physical therapist may recommend some specific exercises for your jaw, as well.
- Get adequate sleep—Regularly getting a good night's sleep may lower physical and emotional stress and speed healing.

Source: Mayo Clinic Health Letter, June 2002

BAD BREATH

An onion on your sandwich may cause you to have a temporary case of bad breath (halitosis). But persistent halitosis may indicate more than what you ate for lunch.

Most often, halitosis is a sign of inadequate oral hygiene. Halitosis can be caused by the bacterial decomposition of leftover food particles around your teeth, by tooth decay, by periodontal disease, by bacterial buildup associated with a dry mouth, or a medical condition.

In addition to standard oral hygiene practices such as brushing twice daily and flossing once a day, reducing or eliminating halitosis may require oral hygiene efforts that include:

- Brushing and flossing after meals
- Brushing your tongue – especially at the back of your tongue – and gum tissue
- Periodically rinsing your mouth with water throughout the day

When halitosis doesn't respond to self-care, ask your dentist to check your gums for periodontal disease. If the cause isn't dental, see your doctor to determine a possible medical cause.

Source: Mayo Clinic Health Information, Medical Essay, June 2002

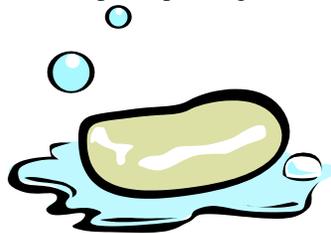
*You must be the change
you wish to see in the world..*

- Gandhi

COMBAT ILLNESS WITH INFORMATION

Try To Avoid Getting Sick:

- Wash your hands often. You can pick up cold germs easily, even when shaking someone's hand or touching doorknobs or handrails.
- Avoid people with colds when possible.
- If you sneeze or cough, do it into a tissue and then throw the tissue away.
- Clean surfaces you touch with a germ-killing disinfectant.
- Don't touch your nose, eyes or mouth. Germs can enter your body easily by these paths.



Know When To Call Your Doctor

You usually do not have to call your doctor right away if you have signs of a cold or flu. But you should call your doctor in these situations:

- Your symptoms get worse.
- Your symptoms last a long time.
- After feeling a little better, you develop signs of a more serious problem. Some of these signs are a sick-to-your-stomach feeling, vomiting, high fever, shaking chills, chest pain, or coughing with thick, yellow-green mucus.

Source: Food and Drug Administration

TALK WITH DEE

Hi, from Dee!

I missed our chat in the last issue, but our lives have been extremely busy due to a move -actually due to several moves. Stress and Fatigue! Let's face it; this is something in which we can all relate.

STRESS... The more we realize the ramifications it can have on our lives the more we realize how destructive it is. If you add stress to Sarcoidosis, or any chronic illness, it will equal fatigue. When you're hit with fatigue you are down for the count.

Our doctor, Dr. Moshref, always knows when I'm putting in double-time in the stress department because it shows in how I feel and in my over-all health. Stress is strange in that it creeps up on you and takes a bite out of you when you least expect it. - and it bites hard.

For us it was selling our home, besides mother and me moving at the same time. The stress overwhelmed us. Although the moves are now behind us, our bodies don't work like a light switch. Sure, you can flip the switch, but for whatever reason, that silly light will not turn off... This is why stress is so devastating and plays such havoc in people's lives.

Although the Sarcoid is definitely causing what I refer to as an "ugly attack," slowly I am relaxing and so is mother. Our new family member, "Hope," has been a big help in giving us a sense of peace. I believe pets to be therapeutic. Indeed they have been in our lives, and for those of you who have known us through the years, you know how dear our pets have been to us. You've traveled through the joys of The Muffin's antics and to the sweetness of Missy's heart. You also shared in the sorrows when they passed away. Now you are sharing the joy of our new pet, Hope. We were told Hope is a special-needs cat. We've decided this means she needs to be loved twenty-four hours a day. She is my shadow, she even loves the shower-soap and all. Granted, I believe in having a squeaky clean cat, but isn't this carrying things a bit too far?

I don't have the answers to the problem of stress and fatigue. Wish I did. I do know that stress and fatigue are a bad mix. We need to do whatever we can to get a handle on it or the consequences will be bad.

For me, I had to realize the move and all its problems were over, and that it was okay to relax and even to take a nap. While resting, I would imagine myself floating on a fluffy white towel and drift off to a bubbling brook listening to the water as it played over the rocks. I have talked about this special place in a previous issue of the newsletter. This imagery has helped me through the years, when I have been in a lot of pain or stressed. Have I completely settled down? I would be remiss if I said I had; but I'm working on it. Many of us with Sarcoid and other chronic illness live with pain 24/7, and when the doctor asks how you are feeling on a scale of one to ten, with ten being the highest, you answer that you are at a solid ninety! You realize that you need to sit back and acknowledge what is truly important. What is important is YOU. You are needed and loved. By remembering this, it helps us all to stop and yes, - smell the roses.

Until next time, you are in my prayers and heart.

Love, Dee

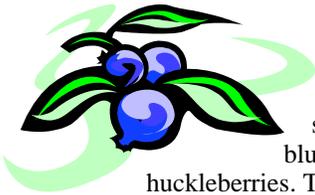
DEECARESFORU@AOL.COM

GASTROESOPHAGEAL REFLUX DISEASE WHAT YOU CAN DO . . .

To reduce the symptoms of gastroesophageal reflux disease (GERD):

- ◆ Avoid foods that trigger your heartburn, which include those high in fat, acidic foods, chocolate, caffeinated beverages, peppermint, spearmint and alcohol.
- ◆ Don't eat until you feel "stuffed."
- ◆ Don't lie down or bend over for several hours after eating.
- ◆ Elevate your head while sleeping using a wedge-shaped pillow or pad; or elevate the head of your bed using six inch blocks.
- ◆ Don't smoke.
- ◆ Lose weight if you are overweight.

Source: *The Cleveland Clinic Men's Health Advisor*, Vol 4 No 7, July 2002



BILBERRY

Bilberry (*vaccinium myrtillus*) is a member of a group of plants with small, edible fruits that includes blueberry, lingonberry, cranberries, and huckleberries. The bilberry fruit is available in the form of dried fruit (typically for making tea), liquid extracts, and dietary supplement capsules. Bilberry supplements and extracts are often standardized to contain 25 percent anthocyanosides, compounds suspected to have medicinal properties. The leaves of the bilberry plant are also used for medicinal purposes.

Why do people take it? Many people take preparations made with bilberry fruit to improve night vision and treat retinal disease. It is also used for angina, varicose veins, and atherosclerosis. Other possible uses include treating diarrhea, retinal diseases, and inflammation of the mouth and throat.

Bilberry leaf is steeped in hot water to make an infusion. People use this for a wide variety of conditions, including diabetes, arthritis, gout, urinary tract problems, and poor circulation.

What's the evidence? Research to date has not clearly established bilberry's purported benefits. A report by the German Commission E, which reviews the safety and efficacy of dietary supplements for the country, found enough evidence to support use of bilberry fruit to treat short-term bouts of diarrhea and to soothe inflammation of the mouth and throat.

Is it safe? There are no documented harmful effects or drug interactions known for bilberry fruit when taken in recommended amounts. Due to the tannic acid content of bilberry leaves, long-term, heavy use could have adverse side effects.

A typical dose in capsule form is 100 to 160 milligrams (mg) two to three times per day. When taken in the form of dried fruit, the recommended daily consumption is 20 to 60 grams (roughly 1 to 2 tablespoons).

The bottom line: Taken in reasonable amounts, bilberry appears to be safe. It's unknown whether bilberry supplements improve night vision or help to prevent or treat eye diseases. Some evidence supports its use for short-term diarrhea or soreness in the mouth and throat. If you are being treated for diabetes, tell your doctor about any use of bilberry leaf.

Source: *The Cleveland Clinic Men's Health Advisor*
Vol 4 No 7, July 2002

EATING HEALTHFULLY: BE BOLD & CREATIVE

Eating healthfully may be easier than you think. That's the good news from television chef Graham Kerr.

By concentrating on creativity and flavor, Kerr says, you can prepare delicious food that's healthy for you. Here are a few tips from the master chef:

- **Be bold.** Gradually reduce the amount of oil and butter in your recipes. Cook with low-fat dairy products and make meat substitutions. Two examples: Use low-fat turkey instead of hamburger, and use soy crumbles rather than beef or chicken.
- Make aroma a priority. Nutmeg, citrus, fresh herbs, garlic—all will add an aromatic flare to your cooking. Aroma also works hand-in-hand with taste, meaning that more aromatic foods tend to be tastier.
- **Experiment.** Just because a recipe calls for ½ cup of oil, for example, doesn't mean you need to follow it. Experiment with different foods and different combinations in your favorite recipes.
- **Think visually.** Bold colors are pleasing to the eye—and to the palate. Pick colorful selections such as bell peppers, sun dried tomatoes, paprika and cranberries. Also consider how colorful vegetables can dress up a dish. Red, yellow and green peppers tossed with angel hair pasta and fresh herbs make an artful presentation.

Source: *Multicare Healthy Living*, Spring 2002

READ THE NEWSPAPER FROM THE PHONE



Need a volunteer to read you the newspaper? You can get all of the weather, business, sports, world news and more through the National Federation of the Blind's (NFB) "Newslines" service and it's absolutely free for people who are visually impaired. You can use a toll free number from anywhere in the country to access over 50 newspapers, including the *New York Times*, *Washington Post*, *Boston Globe* and the *Seattle Times*. Choose a newspaper section and Newslines will read it from top to bottom, giving you the option to skip a story or go back to the previous one. To become a subscriber you can call 410-659-9314 or register through your regional library. If you don't have a preference for a newspaper to read, you can access "Tell" or "Hey Anita" for quick reference of news where you can choose a section such as Sports, and select from a list of stories, like last night's Mariner game. "Tell" can be accessed at (800) 555-8355, and "Hey Anita" at (800) 442-6482.



NFB is a consumer organization of blind people working together to improve opportunities for the blind and promoting public understanding of blindness.

To learn more about the Assistive Technology Program at CSBPS, contact Lan Nguyen at Inguyen@csbps.com or call (206) 525-5556.

Source: *PRISM*, vol 11 No 1, Summer 2002

DEEP BREATHING

A Relaxation Technique That May Provide Health Benefits

Like most people, you probably take breathing for granted. You breathe automatically, and it doesn't require much thought as you go about your busy day. You also may not give much thought to how breathing affects your health. But it does.

Deep or relaxed breathing, beneficial because of its quick, calming effect, can help you reduce the effects of stress on your health. It can also help you remain alert, energetic and productive. In addition, relaxed breathing may help if you have headaches, anxiety, high blood pressure or difficulty sleeping.

Take a breath. Breathing gets oxygen into your body and brain when you inhale and removes carbon dioxide from your body when you exhale. Your brain automatically controls breathing, including the size and frequency of each breath, based on signals from sensors in the lungs.

Your lungs have no muscles of their own for breathing. Instead, the diaphragm is the major muscle of breathing. It's a dome-shaped muscle that separates the chest cavity from the abdominal cavity and forms a flexible, moving floor for the lungs. It stretches from the backbone to the front of the rib cage.

When you inhale, the diaphragm flattens downward, creating more space in the chest cavity for the lungs to fill. When you exhale, the diaphragm relaxes and returns to its dome shape. The average person breathes in and out about 12 to 20 times a minute. Although the diaphragm functions automatically, its movements can be controlled, which is one way you can relax.

Breathe easy. Various methods of breathing involve movement of different areas of the trunk. Most people breathe by expanding and contracting their chests (chest breathing). Abdominal (diaphragmatic) breathing, which involves a slight in-and-out movement of the abdomen, is a good method for breathing and relaxation because it allows for the most efficient exchange of oxygen and carbon dioxide with the least amount of effort.

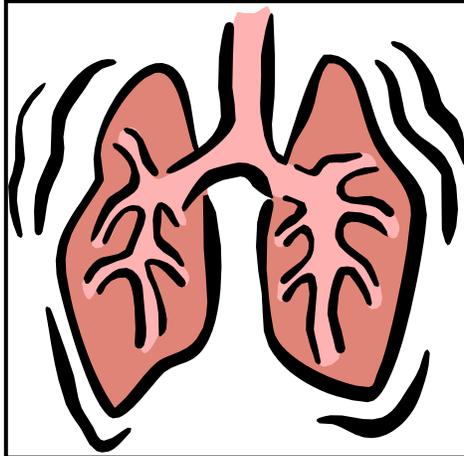
Infants and children usually use diaphragmatic breathing. Adults, however, often change their breathing patterns; often as an adaptation to stress. When stressed, many adults use their chest muscles for breathing.

Relax, two, three and four. Relaxed breathing is a skill you can learn. The goals of relaxed breathing are to slow breathing and to reduce the use of shoulder, neck and upper chest muscles so you breathe more efficiently.

You can use relaxed breathing anytime, such as before and during stressful situations. Avoid caffeine and nicotine for at least 1 hour before using relaxed breathing. They interfere with your relaxation efforts.

Practice relaxed breathing throughout the day until it becomes natural to you. Use this technique when you're anxious or short of breath. To do relaxed breathing:

- ⊃ Sit in a chair with your feet on the floor, or lie down. Your spine should be straight and your arms and legs uncrossed and relaxed.
- ⊃ Breathe in deeply. Pause before you exhale.



- ⊃ As you exhale, count "1" to yourself and imagine your body becoming relaxed.
- ⊃ Continue to inhale and exhale, counting each exhalation as "2", "3" and "4."
- ⊃ Repeat your inhalation and exhalation in sets of four for 5 to 10 minutes at a comfortable pace.
- ⊃ During this exercise, your breathing should gradually slow as your body relaxes.

Pursed-lip breathing: An easy and effective method to control your breathing when relaxing, is pursed-lip breathing. It helps to empty air from your lungs as you exhale.

Purse your lips as you exhale, that is, with your lips puckered—the flow of air should make a soft *sssss* or *whhhh* sound. Inhale deeply through your nose and exhale through your mouth. The more air you breathe out, the more fresh air you can breathe in. Increasing your intake of fresh air will help you breathe better in almost any situation.

Deep breaths now: It's hard to imagine that you can gain so much from relaxed breathing. Yet, it's an effective way to cope with tension and stress. So next time you need to relax, take a deep breath.

Source: Mayo Clinic, Women's HEALTHSOURCE, Vol 6 No 7, July 2002

STATINS CAN BE KEY TO CHOLESTEROL CONTROL

Lowering your cholesterol is central to cutting your risk of heart attack and stroke.

If losing weight, eating a low-fat diet and exercising haven't reduced your cholesterol enough—especially if you already have heart disease—your doctor may prescribe a drug from the statin family to finish the job.

Statins slow the production of cholesterol. Studies have reported 20 percent to 60 percent reductions in "bad" cholesterol—low-density lipoprotein (LDL)—in people taking statins.

More people may soon swallow statins as a result of new guidelines lowering acceptable cholesterol levels. The National Institutes of Health guidelines suggest immediate drug treatment for people with LDL cholesterol of 130 milligrams per deciliter of blood (mg/dl) or higher, who are at high risk for coronary heart disease or who are hospitalized for coronary reasons. The guidelines also call for providers to consider statins for people with diabetes.

Studies suggest that statins may also fight osteoporosis and lower the risk of Alzheimer's disease, but larger randomized trials are needed before statins are approved for these purposes.

Safety concerns. Like any medication, statins carry the potential for side effects. However, according to a report from the American Heart Association and American College of Cardiology, statins have proven safe and effective, and the benefits of cholesterol management far outweigh the risk of serious side effects. If you have questions about statins, talk to your provider.

Source: Multicare Healthy Living, Spring 2002

A HIGH-FIBER DIET MAY IMPROVE YOUR DIGESTIVE HEALTH

John experienced alternating constipation and diarrhea for 20 years. He thought it was normal to live like this. But the last 36 hours were unbearable. He had not had a bowel movement in two days, the familiar pain in his lower left abdomen got progressively worse, and he had fever and nausea. John went to his doctor and learned he had diverticulitis, an infection in one of the many tiny pouches in his large intestine. He followed his physician's treatment plan and recovered.

John discovered the dietary changes his doctor advised improved his bowel function and reduced the abdominal discomfort he had lived with most of his adult life. He wondered why he had waited so long to talk to his doctor about his problem.

Diverticula are very common among Americans and others throughout the world. Like John, many who have diverticula suffer from symptoms similar to those associated with irritable bowel syndrome (IBS), a common intestinal disorder that causes crampy pain, gassiness, bloating, and changes in bowel habits. Diverticulosis and IBS, like many other intestinal problems, appear to be related to a diet that is low in fiber and high in refined foods and red meat.

Adequate fiber content is essential for normal bowel function. Over a period of years, a reduced fiber diet can lead to abnormal bowel function and the production of disease states that can require medical or surgical therapy. The younger you are when you start paying attention to your diet, the better your chances of avoiding problems like John's.

Fiber and Diverticular Disease

If you've been diagnosed with diverticular disease, your health care professional may recommend some dietary changes. Patients with diverticulosis are often advised to increase the fiber in their diet. But those experiencing the pain and inflammation of diverticulitis usually need the bowel rest afforded by a low-fiber diet. Later, when the diverticulitis has subsided, the dietary recommendation may change to a high-fiber diet to prevent future problems.

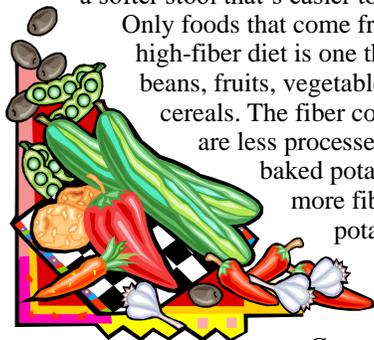
Tips for Adding Fiber to Your Diet

Nutrition experts recommend that we eat 25 to 35 grams of fiber every day. A slow, steady increase in fiber will minimize uncomfortable side effects like abdominal pain, bloating, flatulence, cramps, and diarrhea. These effects are usually temporary and subside within several days. But if they persist, you can try reducing the amount or type of fiber you've added to your diet.

For fiber to be effective, you need to drink lots of liquid—at least eight 8-oz. glasses of water every day. Much as a dry sponge swells as it soaks up water, fiber in the bowel absorbs water into the fecal material and increases its bulk, resulting in a softer stool that's easier to pass.

Only foods that come from plants have fiber, so a high-fiber diet is one that emphasizes fiber-rich beans, fruits, vegetables, whole-grain breads and cereals. The fiber content is higher in foods that are less processed. For example, a whole baked potato, eaten with the skin, has more fiber than peeled and mashed potatoes. Likewise, an apple has a significant amount of fiber, but apple juice has none.

Compared to other foods, beans are especially high in fiber. Eating more beans will have a big



impact on your total fiber intake. For example, one-half cup of cooked beans provides about five grams of fiber. A slice of whole-grain bread, or one-half cup of cooked broccoli, provides about two grams of fiber.

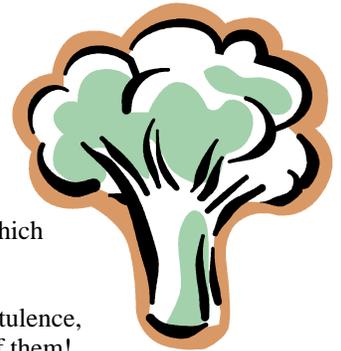
Here are some food sources of fiber:

Beans	Fruits	Vegetables	Breads & Cereals
• Kidney	• Apples	• Asparagus	• Whole-grain bread
• Garbanzo	• Nectarines	• Corn	• Bagels, pita bread
• Pinto	• Oranges	• Peas	• Rye bread
• Black	• Peaches	• Potato w/skin	• Oat/wheat bran muffins
• Black-eyed peas	• Bananas	• Sweet potato	• Wheat germ
• Lima	• Grapefruit	• Green beans	• Popcorn
• White	• Pears	• Broccoli	• Whole-grain/bran cereal
• Lentils	• Strawberries	• Cabbage	• Oatmeal
• Split peas	• Raisins	• Carrots	• Oat bran
	• Prunes	• Cauliflower	• Grits
	• Grapes		

Does Fiber Give You Gas?

You may have to experiment with different types of foods to find the ones that work best for you. Some people with diverticular disease may find certain foods cause them problems, at times. The most common are fruit skins, seeds or hulls, popcorn and fruit preserves.

If beans, broccoli, cabbage, peas, corn or onions give you gas, you might want to try a dietary supplement (available in liquid or tablet form) that helps eliminate the bloating and discomfort these foods can cause. Ask your pharmacist about this supplement, which you can find in most drug stores.



De-Gassing Beans

If you avoid beans because of flatulence, you may just not be eating enough of them! People who eat beans regularly are less likely to be bothered by gas because the bacteria in the bowel that breaks down the starch in the beans multiplies when you eat beans more often. Increase the frequency and amount of beans you eat slowly in order to minimize flatulence as you build up a healthy bacterial population in your bowel.

Before you build up this healthy bacteria, you can reduce the gas-causing starches when you're preparing dry beans. After soaking them, drain off the water and cook the beans in fresh water. Then bring the beans to a boil for five minutes, and replace that water before continuing to cook the beans.

For Further Information

If you're interested in how nutrition affects your health, you may want to call the *American Dietetic Association's Consumer Nutrition Hotline*. The hotline provides a menu of recorded nutrition messages and the opportunity to talk to a Registered Dietitian.

You can also request a referral to a local Registered Dietitian. Call (800) 366-1655. Or visit the ADA homepage at www.eatright.org.

Source: *Inside Tract, Maintaining Your Digestive Health*

AROUND THE COUNTRY**New Support Group!**

California, San Francisco - meets third Saturday of each month at the main library. Contact Kathleen Griffin - at (415) 885-1923 or Fax: (415) 885-1659 or Cell: (415) 606-1157 or Email: angels3bms@aol.com for all the details.

Kentucky, Louisville - meets quarterly (November, February, May, August) at Baptist Hospital East. Contact Ann Sizemore, Respiratory Therapist, (502) 897-8885 or email: asizemore@bhsi.com for more information.

Illinois, Chicago - Walk for Sarcoidosis, was held on Sept. 21, 2002. Also in 10 other states on the same day, or you can "Do It Yourself Walk" - call (773) 536-7754 or email: sarcoidosis@hotmail.com .

Washington, Seattle/SeaTac - 10th Annual Conference on Sarcoidosis Oct. 11 and 12, 2002 Wyndham Hotel, SeaTac. For detailed information, registration and scholarships, contact Sarcoid Networking Assoc. office (253) 891-6886 or email: sarcoidosisnetwork@prodigy.net. Also, see the SNA web site at www.sarcoidosisnetwork.org. Click on "Events".

**INSPIRATIONAL****ALWAYS THERE**

Hello God, I called tonight
To talk a little while ...
I need a friend who'll listen
To my anxiety and trial ...

You see, I can't quite make it
Through a day just on my own...
I need your love to guide me,
So I'll never feel alone.

I want to ask you please to keep,
My family safe and sound.
Come and fill their lives with confidence
For whatever fate they're bound
Give me faith, dear God, to face
Each hour throughout the day,
And not to worry over things
I can't change in any way.

I thank you God, for being home
And listening to my call,
For giving me such good advice
When I stumble and fall.
Your number, God, is the only one
That answers every time.
I never get a busy signal,
Never had to pay a dime.

So, thank you, God, for listening
To my troubles and my sorrow.
Good night, God, I love You, too,
And I'll call again tomorrow!

~Author Unknown~

BUILDING A SUPPORT SYSTEM**A Support Person Is:**

Someone who knows you as you are;
Understands where you've been;
Accepts who you've become;
And still gently invites you to grow.

A Support System Builds:

Approval;
Provides a safe environment;
Security;
Self esteem;
Unconditional "LOVE";
Gentle guiding;
Positive reinforcement;
Nonjudgmental;
Positive/effective attitude.

A Support System May Consist Of The Following:

Family;
Friends;
Church;
Business;
Medical Providers.

**SUPREME COURT DECIDES
IMPORTANT ADA CASE**

The US Supreme Court recently ruled 9-0 that the Americans with Disabilities Act (ADA) permits an employer to refuse to hire a person on the grounds that his or her performance of the job would endanger his or her own health. Specifically, the Court upheld the EEOC regulation that recognizes the "threat to self" defense. This regulation requires that the threat to the individual's health be based on a reasonable medical judgment that relies on the most current medical knowledge and/or the best available objective evidence. The regulation also requires an individualized assessment of the claimant's present ability to safely perform the essential job functions.

The decision is available at the Supreme Court's Web site at <http://www.supremecourtus.gov/opinions/01pdf/00-1406.pdf>.

For press coverage of the decision, see "Court Rules Against Debilitated Employee in Disabilities Case" by the Associated Press, June 10, 2002 (available at the *New York Times* Web site at www.nytimes.com).

Source: *healthprivacy-news*

HAPPINESS IS A CHOICE

Here are some ways to choose happiness and, in the process, get more living out of life.

1. Choose to be happy in spite of problems.
2. Choose to practice being happy.
3. Choose to make some one else happy.
4. Choose to have a "foxhole" in your mind.
5. Choose to be happy in spite of problems.
6. Choose to practice being happy.
7. Choose to make someone else happy.
8. Choose to have a "foxhole" in your mind.
9. Choose to get help, if needed, in order to have happiness.
10. Choose to get help, if needed, in order to have happiness.

By V. Parachin, Oklahoma

Source: *Happiness magazine*, Apr 20-26, 2002

AN OVERACTIVE BLADDER IS A MEDICAL CONDITION.

What you should know about overactive bladder.

Is overactive bladder a normal part of the aging process?

No. Overactive bladder is not normal in adults of any age. Overactive bladder is a medical condition that affects approximately 17 million Americans. However, once diagnosed, overactive bladder can usually be effectively treated. An overactive bladder is a condition in which the bladder muscles act inappropriately. For many people, that activity may appear as symptoms that include:

- Wetting accidents
- Strong sudden urges to urinate
- Urinating more than 8 times per 24 hours (including 2 or more times during the night)

How does the bladder work?

Urine is a fluid excreted by the kidneys, which filter the blood. Urine is stored in the bladder. Nerves located in the bladder tell your brain that the bladder is full, which results in the urge to urinate. When you get to the bathroom, your brain signals sphincter muscles surrounding the urethra to relax while signaling the bladder muscle to contract, which allows urine to flow.

When you are in control of your bladder, you urinate when you want to. With overactive bladder, the muscles in the bladder may contract involuntarily, like a muscle spasm. In such situations, you may not be able to wait and may experience loss of urine before you reach the bathroom.

Why do people lose control of their bladders?

Bladder control problems may occur when any part of the urinary system fails to function. While both men and women can develop overactive bladder, women are more likely to experience incontinence (involuntary urine loss) than men because their internal organ structure is different. Only your health care professional can diagnose your bladder control problem and determine the right treatment.

Are there different types of bladder control problems?

Yes. There are several different types of bladder control problems. The following are the most common.

1. **Over active bladder:**
 - Urge incontinence: An urgent need to urinate followed by a sudden loss of urine (wetting accidents). Some people may lose control just before they get to a toilet. Others may experience urges that are so strong they may only have a brief warning before losing bladder control.
 - Urgency: A powerful need to urinate immediately.
 - Frequency: The need to urinate at least 8 times in a 24-hour period, including 2 or more times at night.
2. **Stress incontinence:** This condition may occur when muscles around your urethra become weak. Even small amounts of physical stress, including everyday activities such as coughing, laughing, sneezing, exercising, and even walking briskly, can cause the release of urine. Ditropan XL is not indicated for stress incontinence.
3. **Mixed incontinence:** Many people have symptoms of both overactive bladder and stress incontinence. Since once-a-day Ditropan XL is only indicated for overactive bladder, your health care professional can discuss appropriate treatment options for stress incontinence.

Why should I see my health care professional about overactive bladder?

Overactive bladder is not a natural part of aging. There is no reason to accept it or live your life around it. Overactive bladder is a medical condition that your health care professional can diagnose. Effective treatments like Ditropan XL are now available.

Source: appleseeds magazine, Fall/Winter 2000

“MY MEDICATION CAUSES SIDE EFFECTS THAT I DON’T LIKE.”

Some prescription medications can cause physical side effects that impact your comfort level. It’s important to communicate any concerns you’re having about your medications immediately. Your healthcare professionals can help you manage your treatment plan to minimize or avoid side effects.

To better understand your medications:

- ✓ Ask your doctor and pharmacist about the frequency and severity of any possible side effects before taking a new medication and what to do if they occur.
- ✓ If you experience a new symptom, contact your doctor immediately.
- ✓ Read all the information supplied by your pharmacist and doctor.
- ✓ Ask your doctor or pharmacist for other sources of information about your medications.

Between 30% and 50% of all patients fail to follow their prescribed therapy.

This contributes to:

- ☒ Nearly 10% of all hospital admissions
- ☒ Nearly 25% of all nursing home admissions

Know your medications and their effects. If you change or interrupt your prescribed regimen, it may pose a health risk or decrease the effectiveness of your therapy.

Take The Correct Dosage On Time, Every Time.

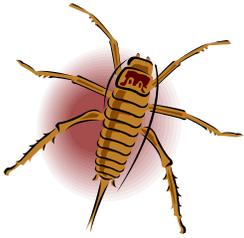
Source: Walgreens Pharmacy Patient Information

‘DOT’ CREATES NEW DISABILITY HOT LINE

Charles Crawford (ccrawford@ACB.org) shares the following announcement from the U.S. Department of Transportation about a new disability toll-free hotline:

The Department of Transportation’s aviation consumer disability toll-free hotline will become operational at 7 a.m. local time in Washington, D.C., on August 5, 2002. The toll-free number for our aviation consumer disability hotline is 1-866-266-1368 (voice) and 1-866-754-4368 (TTY). We ask that you advise members of your respective organizations about the establishment of the hotline and encourage them to call the hotline to obtain information and assistance if they should experience disability-related air service problems.





PROTECT YOUR FAMILY FROM LYME DISEASE!

Dogs are more susceptible to the tick-borne Lyme disease than cats. Here are steps to take to protect your family by taking care of the furriest members.

- Get a yearly Lyme disease vaccine for your pet.
- If you have a particularly furry dog or cat, comb her/him with a fine-toothed, light-colored comb. Inspect the comb for ticks. Ticks that carry the disease are often tiny and easy to miss.
- Inspect all areas, including the ears and face.
- If a tick is attached to the skin, pull it out with tweezers. Don't try to burn it off or cover it with gasoline.
- Wash the area with soap and water. Monitor it for signs of infection. If your pet gets Lyme disease, a bull's-eye rash will appear at the site three to 32 days after being bitten.
- Watch for symptoms of the disease. They include sudden severe pain, lethargy, fever, loss of appetite, and depression.

Source: Ragan Communications

DON'T LET MEDICAL PAPERWORK MAKE YOU SICK

Become organized. Some of us don't file medical claims in a timely fashion. So here are some steps to solve the problem:

Step 1: Get a filing system in order. Set up five manila folders and label them: "to be processed," "submitted claims," "completed claims," "claims forms and envelopes" and "insurance correspondence."

Step 2: Schedule a regular time to handle claims. Schedule at least one or two days a month to attend to the claims. Write it down in your appointment book or palm organizer.

Step 3: Get into the habit of filing. As soon as you or a family member returns from a medical visit, file the bill into the "to be processed" file.

Source: Ragan Communications

KEEP AN EYE ON COMMON ANNOYANCES

Diabetes causes excess glucose to accumulate in the bloodstream. Glucose, in turn, attracts infection-causing bacteria. The result: women with diabetes are more prone to yeast infections. Because these conditions can lead to complications for diabetic women, prompt treatment is recommended.

Here are some tips for avoiding vaginal infections:

- ❖ Keep blood glucose levels tightly controlled.
- ❖ After a bowel movement, wipe away from the vagina.
- ❖ Eat nonfat yogurt.
- ❖ Carefully consider hormone replacement therapy.

Research has shown that keeping the blood sugar level under control can reduce the risk of all diabetes-related complications by as much as 70 percent.

Source: Good Samaritan Hospital, HealthCaring, Summer 2002



HEALTH QUIZ

How much do you know about health and medicine? Test your knowledge by taking the quiz below. Circle the answers that you think are correct.

1. A sphygmomanometer measures...

a. Blood pressure	b. Blood-sugar levels
c. Temperature	d. Brain waves
2. This well-known saying states that ___ a day keeps the doctor away.

a. An orange	b. A banana
c. A tomato	d. An apple
3. What is the largest internal organ in the human body?

a. Heart	b. Liver
c. Gallbladder	d. Spleen
4. What is another name for riboflavin?

a. Vitamin A	b. Vitamin D
c. Vitamin B-2	d. Calcium
5. Which of the following is a type of aerobic exercise?

a. Walking	b. Cycling
c. Dancing	d. All of the above
6. How many recognized swimming strokes have evolved since the late 19th century?

a. three	b. Four
c. Five	d. Six
7. A podiatrist deals with the diagnosis, treatment and prevention of diseases of this part of the body?

a. Foot	b. Skin
c. Nervous system	d. Face
8. Which vitamin promotes blood clotting?

a. D	b. K
c. C	d. A
9. The common name of acetylsalicylic acid is...

a. Iron	b. Ibuprofen
c. Penicillin	d. Aspirin
10. Osteoporosis is a disease that affects this part of the body.

a. Blood vessels	b. Heart
c. Bones	d. Skin
11. Smooth, skeletal and cardiac are types of...

a. Muscles	b. Tendons
c. Ligaments	d. Bones

Source: HEALTHSITE Magazine

(Answers on page 3 of this issue.)



Have you visited our new website?

Go to:

www.sarcoidosisnetwork.org

You will find much useful information and links to other websites related to Sarcoidosis.

SARCOID NETWORKING ASSOCIATION
SARCOIDOSIS NETWORKING
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Sumner, WA 98390-2601

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 E-Mail _____

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Name _____
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 E-Mail _____

Our deep appreciation to
Good Samaritan Hospital, Puyallup, WA
for printing this edition of
Sarcoidosis Networking

WHAT'S SARCOIDOSIS NETWORKING ABOUT ???

The newsletter *SARCOIDOSIS NETWORKING* is published by the Sarcoid Networking Association —individuals with sarcoidosis and those interested in this disease — six times a year. Since 1992, its sole purpose is to heighten awareness and form a network with each other, the medical community and the general public.

It is not intended to replace the advice and/or diagnoses by health-care professionals. **You are advised to seek proper medical attention whenever a health problem arises requiring an expert's care.**

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Website: www.sarcoidosisnetwork.org



No two snowflakes are identical and no two individuals with Sarcoidosis appear to have identical symptoms. Therefore, snowflakes have been chosen to symbolize Sarcoidosis.