

## Attention Women...“Are You Ignoring Tell-Tale Signs of a Deadly Disease?”

Heart disease is the number one killer of women, claiming more than 500,000 lives each year, but many of them DON'T have to die, say top medical experts.

The problem is that too many women and their doctors ignore the signals of a developing deadly problem until it's too late! It's crucial, they note, to identify cardiovascular disease in women earlier than in men, since they have smaller arteries, which makes surgery more difficult.

Are you one of the many women ignoring the warning signals of heart trouble? Experts stress that the early symptoms of an impending heart attack often differ from those in men.

“For example, women may have indigestion, sweat profusely or have unexplained fatigue instead of the traditional symptoms like chest pain or shortness of breath associated with heart attacks,” says Dr. Richard Stein, director of Preventative Cardiology at New York's Beth Israel Medical Center. *(Continue on page 2)*

## April 2007 Events

April 1: April Fools Day  
April 2: Passover Begins at Sundown  
April 8: Easter Sunday  
April 13: Thomas Jefferson's Birthday  
April 22: Earth Day  
April 25: Secretary's Day  
April 27: National Arbor Day

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We will send them a welcome letter along with the first issue letting them know that you gave them a free subscription to our monthly “**TidBits for Today**” publication. This is a wonderful idea to help your friends and loved ones enjoy the most out of life.

## Hate Going To The Dentist? New Spray Does Way With Nasty Needles...

Dental patients who fear painful injections and the drill will soon have amazing new options a pair of remarkable nasal sprays.

University of Buffalo scientists are working on one spray that numbs the upper teeth and another that uses ozone, instead of a drill, to get rid of bacteria in a decayed tooth.

“It may mean the end of injections on the upper arch,” says researcher Sebastian Ciancio. The sprays should be available in two years.

If you walk for exercise your local mall offers several key benefits over the street or an outdoor track. The shopping center is air conditioned, lessening the strain hot weather places on your heart. Mall air is filtered, so you are less exposed to pollen and other airborne matter that trigger allergies. And you don't have to cope with auto traffic.

So the next time you are set to take a walk, head over to the mall.

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## **“Are You Ignoring Tell-Tale Signs of a Deadly Disease?”**

In fact, statistics show that only 30 percent of women report having chest pain before an attack. But shockingly, about one-third of women exhibit other symptoms prior to having one attack and could be helped.

“Since women experience early warning signals more than a month prior to a heart attack, this could be the time to treat these symptoms and possibly delay or prevent the attack,” says Jean C. McSweeney, Ph.D., and author of a study on women’s heart disease for the American Heart Association.

But experts say women across the county are complaining that medical personnel don’t take them seriously when they complain of discomfort or other unusual symptoms. And the numbers tell a tragic tale. Dr. Nieca Goldberg, a cardiologist and author of “Women are Not Small Men: Life Strategies for Preventing and Healing Heart Disease,” points out that 75 percent of men survive their first attack, while only 62 percent of women do.

Stein adds that traditional cardiovascular testing is geared more for men than women. Docs note that a standard stress test for a 50-year-old man would probably have little relevance in detecting heart problems in a 40-year-old woman.

The American Heart Association has launched a **Go Red for Women** campaign to educate more women about the dangers of heart disease. You can get an online assessment of your risk at [www.AmericanHeart.org](http://www.AmericanHeart.org). adds Stein, author of “Outliving Heart Disease: 10 Rules for Prevention and Treatment.”

If you feel that you are having any of the symptoms mentioned, go to the emergency room and say, “I’m worried I’m having a heart attack.”

## ***Thank You! Thank You! Thank You!***

Special thanks go out to all of our clients and friends who graciously referred our law firm to their friends and neighbors last month! Our practice is built based on the positive comments and referrals from people just like you. We just couldn’t do it without you. Please keep the referrals coming!

## **New Non-Surgical Treatment Erases Wrinkles...**

THERE’S a great new way to save face a new non-surgical method for erasing wrinkles. Sound waves are now being used to treat facial wrinkles and scars from the inside out, with excellent results, say experts.

“The ultrasound facial is a major improvement over conventional facials and peels,” declared Dr. Jim Baral, assistant clinical professor of dermatology at Mount Sinai School of Medicine in New York.

“It removes dead skin and treats deep layers without even breaking the skin. It does a great job improving fine wrinkles, acne scars and stretch marks. “And there is no downtime, patients look and feel fine even immediately after each treatment.”

Called the Derma Phoresis System, the process involves several steps. First, a salt compound is blown onto the skin to open pores and remove layers of dead skin. Then, after a nutrient-rich cream is applied, low frequency sound waves are used to work the nutrients deep into the skin layers.

“The sound waves create increased circulation and produce air bubbles between the skin cells, enabling the nutrients to migrate to peel layers of skin,” explained Dr. Baral, director of the American Dermatology Center in New York City.

“Finally, we seal the skin with special gel, and the patient goes home with softer, smoother skin.” For best results Dr. Baral recommends from 5 to 12 treatments, given every other week at the cost of \$250 per treatment. The process takes only about one hour for each session.

**Know a friend who was arrested for DUI? Offer them great advice! Tell them to call David B. Franks at (847) 854-7700 NOW !**

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## Get Those ZZZ's

A good night's sleep is a must if you want to recover from a long day at work and not put on extra pounds. Sleep is also necessary for your body's immune system to function optimally.

Researchers at Laval University in Quebec tracked the sleep habits of 740 people over 10 years.

They found that men who got 6 to 7 hours of sleep each night were 16.5 pounds heavier on average than those who slept 7 to 8 hours.

Those who got less sleep had levels of leptin, a hormone that controls hunger, 80 percent lower than those who got a full night's rest.

A lack of sleep not only affects your daily performance in various activities, it can also disrupt your circadian rhythms, which control the release of hormones such as leptin.

So if you want to keep your weight in check, make sure to count those sheep. Have pleasant dreams.

## How To Shut Up The Office Chatterbox...*without squealing or being rude*

When a blabbermouth drives you nuts with personal phone calls and chatter at work, here's how to respond calmly without squealing to the boss.

“Overly chatty co-workers are annoying, but snitching before trying to fix a situation yourself makes you look like a whiner, declared Ronna Lichten, author of **“Work Would Be Great If It Weren't For The People.”**”

Lichtenberg, a longtime business exec, recommends confronting the chatterbox courteously before tattling to a supervisor. And what you say is not as important as the way you say it, she adds.

Don't be rude or bluntly say, “Shut up.” Instead, politely take your co-worker aside, “as a favor.” Then inform him or her: *“The acoustics in the space are really good and I think people overheard some personal stuff yesterday that you didn't mean to share.”*

That's more likely to get your message across, and produce results, says Lichtenberg. If your co-worker doesn't get the hint, go to a supervisor as a last resort, but watch the way you express yourself.

Confide to the boss that you could get a lot more serious work done if you relocated to a quieter area where you could concentrate better.

Emphasizing performance says you're a serious worker and might win points.

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**DO YOU HAVE A WILL? If not call, Franks & Rechenberg, P.C. to schedule an appointment for a Will, Durable Health Care Power of Attorney and Living Will. Ask about our April Special.**

## The Cooking Corner ... For April!

**Hearty Pork And Peppers!** Served sliced with roasted pepper, pork loin makes a delicious sandwich.  
*Marinated Pork Loins With Peppers*

**Preparation and cooking time:** About 1 ½ hours, plus at least 1 day to marinate. Serves 8 people.

- ✓ 4 cloves garlic
- ✓ 6 dried California chilies
- ✓ 1 (3 1/2 to 4 lbs.) pork loin, boned, rolled and tied
- ✓ 6 to 8 red bell peppers
- ✓ 2 to 3 tbsp. mayonnaise
- ✓ salt

TEAR chilies into ½ inch chunks; soak in 1 ½ cups hot water until soft, 15 to 20 minutes. Pour chilies and soaking water into a blender; add garlic and whirl until smooth. Rinse pork, pat dry, and set in a 9 by 13 inch pan; coat with chili puree. Cover and chill at least 1 day or up to 3 days, turning meat over occasionally.

Lift pork from marinade and set on grill, not over heat. Lay peppers over direct heat. Cover barbecue; open vents for charcoal. Turn peppers occasionally until charred on all sides, 15 to 25 minutes total; transfer to a platter; let rest 5 to 10 minutes. Cut peppers in half lengthwise and arrange around pork. Pour reserved marinade into a small microwave safe bowl; heat and stir in accumulated juices from pork roast. Add salt to taste. Slice meat and serve with peppers, adding salt and chili sauce to taste.

**Nutrition per serving: calories 373, Fat 17 grams, sodium 113 mg.**

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Edition by the Editors of Sunset Magazine.

**FREE...FREE...FREE! We Now Have FREE SPECIAL REPORTS Available To Answer Most Of Your Legal Questions...**

We'd love to hear from our good friends and clients who enjoy reading our newsletter. If you have a question regarding *car accidents, work injuries, criminal defense, or DUI* please feel FREE to call our office directly at (847) 854-7700.

In fact, we've published several Special Reports that you can request at no obligation by calling our office **24 Hours A Day** and leaving a message on our office voice mail.

## Inspirational Thoughts By Norman Vincent Peale For April - Positive Thinking Every Day...!

- ◆ *Change yourself and your work will seem different.*
- ◆ *Constantly reemphasize to yourself the great fact that God built potential strength into your nature. By affirming it and practicing it, this basic strength will toughen up as muscles do.*
- ◆ *Every person can be opened up to more effective performance when you apply dynamic and creative motivation to him.*
- ◆ *Self-trust is the first secret of success. So believe in and trust yourself.*

## More Great Tips To Guarantee Weight Loss Success...

Here are some more great ideas how you can improve your health and weight loss results:

### Breakfast:

Select from dairy, 1 from grains and 1 from fruits. Drink 2 cups of water plus coffee or tea.

### Lunch:

1 selection from proteins, 1 from grains, 2 from vegetables, 1 from fats. Drink 2 cups of water plus coffee, tea or diet soda.

### Dinner:

1 selection from protein, 2 from grains, 2 from vegetables, 1 from fats. Drink 2 cups of water, plus tea or diet soda.

**Grains:** One medium size slice of whole grain bread, or 1 serving of fiber-rich hot or cold cereal, or 1 small baked potato (fist-sized) or ½ cup cooked pasta, rice, barely or couscous.

**Protein:** 3 to 4 oz. skinless chicken or turkey breast, or 3 to 4 oz. lean red meat, fish or seafood, or 4 egg whites, or ½ cup cooked beans.

**Fruit:** One medium-size piece fresh fruit (apple, pear, banana, etc.) or large wedge honeydew or watermelon, or frozen fruit bar, or 1 cup fresh fruit salad or berries.

## Now You Can Walk Away The Pounds Faster At The Mall...

If you're looking to drop weight, head to the mall! Walking around malls has become a hot exercise craze and for good reason. Women naturally walk faster in a mall, burning off more calories, than they do walking outside, reveals a new study.

**Dr. Richard S. Cimbalo**, professor of psychology at Daemon College in New York says, "Where you walk makes a difference, and something about the mall, possibly that it's a familiar and safe place may help women get a better workout."

If you walk for exercise your local mall offers several key benefits over the street or an outdoor track. The shopping center is air conditioned, lessening the strain hot weather places on your heart.

Mall air is filtered, so you are less exposed to pollen and other airborne matter that trigger allergies. And you don't have to cope with auto traffic.

So the next time you are set to take a walk, head over to the mall.

## Get Energized!!!

We all have days when we don't seem to have the energy to get through our busy schedules. Here are some tips to avoid feeling drained:

1. Take a bottle of water everywhere you go and drink regularly. Keep hydrated and avoid fatigue.
2. Refuel every three to four hours. Eat balanced meals to keep your energy levels up.
3. Along with the water, take healthy snacks with you to avoid grabbing something from a vending machine.
4. Go to bed at the same time and wake up at the same time every day.
5. Schedule your workouts at a convenient time and stick with it.

## Here's A Great Recipe...For Randy Owen's Coconut Cake!

The "Alabama" star tops a simple cake with sweet coconut.

**Preparation time:** about 5 minutes. **Baking time:** 30 to 45 minutes. **Serves:** 10 to 12.

- 1 box white or yellow cake mix**
- 1 (14-oz.) can sweetened condensed milk**
- 1 (15-oz.) can cream of coconut**
- 1 (8-oz.) bowl whipped topping**
- 1 (7-oz.) bag coconut**

**MIX CAKE** according to package directions. Bake in 9 by 13 inch pan according to directions. Let cool, then puncture cake full of holes. Combine cream of coconut and condensed milk; pour mixture over cake. Top with whipped topping, then the coconut. Refrigerate. **Nutrition per slice: Calories 348, fat 16 grams.**

From the book **CELEBRITY CHEFS OF COUNTRY MUSIC & MOTORSPORTS.**

## Beat The Silent Killer...

Untreated hypertension (high blood pressure) can lead to kidney failure. This is considered a silent disease because there are not general symptoms and it is often not recognized until the damage has already been done.

Hypertension can also cause "target-organ damage." When a person suffers from this condition, damage occurs in many organs, especially the heart. High blood pressure causes the arteries to thicken and cardiac work to increase, resulting in arrhythmias and heart failure because of the imposed workload.

Accelerated atherosclerosis of the coronary arteries can also lead to angina and heart attacks. The most commonly recommended preventive measure is aerobic exercise. If you suffer from hypertension or heart disease, consult with your doctor and begin to make walking, jogging, and some sort of physical fitness a part of your day.

David N. Rechenberg will get you the big money from your personal injury case! Call today to schedule an appointment for a free audit of your case!

## Doc's Tip!

If your child has a basic sore throat you probably don't need to get medical treatment. However, if the symptoms get worse over a 24 hour period, call your doctor.

Your child may have a strep infection which requires antibiotics. Symptoms of strep includes: a fever, very bad swollen tonsils, a stomach ache, vomiting and a belly rash.

Dr. Steven Sheloy, is the author of the American Academy of Pediatrics' new book, "**The Guide to Your Child's Symptoms: Birth Through Adolescence.**" It's a great book every parent should have at home.

### **FREE...FREE...FREE!!! Do You Have Questions To Certain Legal Issues That You Need Answered?**

We love to hear from all our good friends and clients who enjoy reading our monthly newsletter. If you have a question regarding *car accidents, on the job injuries, criminal defense, or DUI* please feel FREE to give us a call at (847) 854-7700. In fact, we've published several Reports on these topics that you can request for FREE by simply calling our office and asking for Marlo. She'll send you or a friend one of our informative Special Reports for FREE!

*Continued...*

### **Super Slimming Tips For Seniors...**

60 minutes a day, three to five days a week. This can include dancing, walking, jogging, tennis, biking or similar activities. These kinds of exercise help burn calories more efficiently and are also very good for the heart, circulation and brain.

### **For Women Only**

Middle-aged women, who often gain 10 to 12 pounds during menopause, can stay slim with these tips from dietitian Debra Waterhouse, R.D., author of the books "**Outsmarting the Midlife Fat Cell**" and "**Why Women Need Chocolate.**"

(Continue on page 7)

### **"Watch a Great Movie or Stay At Home and This Weekend...Bill Harris tells you what's HOT and what's NOT!"**

Hollywood movie reviewer Bill Harris of cable's E! Entertainment Television has spent years on ShowTime, "Entertainment Tonight" and "*At The Movies.*" His syndicated radio show features air nationwide. NOW, TV's number one authority presents his written review.

#### **Reno 911: Miami (R):**

Producer **Danny DeVito** laughs, "*I'm actually wonderful*" joining the madcap cast of TV's comedy series headed to Florida when terrorists disrupt a police convention that many never recover from either. Watch for celeb cameos and an unforgettable "booty prosthetic" (the most expensive prop in the film).

#### **DVDS...New Releases**

##### **Flushed Away:**

Animated adventure in the scenic sewers of England with rat heroes **Hugh Jackman** and **Kate Winslet** out to sink **Ian McKellen** as a villainous toad.

##### **The Prestige:**

**Hugh Jackman** and **Christian Bale** are master magicians in ole London whose intense rivalry may lead to death...with **Scarlet Johansson** **Michael Caen**.

##### **Man of The Year:**

**Robin Williams** is the comedy talk show host who decides to run for president...and **Laura Linney's** a voting machine exert definitely a winning pair.

##### **Gridiron Gang:**

**The Rock** wrestles with juvenile delinquency (freely admitting he was one) as a coach with a football program to give kids a chance. **Xzibit** co-stars.

**ARRESTED FOR A CRIME? Don't know where to turn? Help is just a phone call away ! Call Franks & Rechenberg, P.C. at (847) 845-7700.**

### Guinness Records Made In April

Here are some of the unusual records that were set in the month of April, according to the Guinness Book of World Records:

- **Fastest beer bottle openers**, April 2, 1999: A team of 3 Germans opened 300 bottles of beer in one minute, 47 seconds.
- **The longest walk with a milk bottle balanced on head**, April 22-23, 1998; A New York health food store manager walked 80.9 miles around a track in New York City park for 23 hours, 35 minutes before the bottle fell off.
- **Greatest distance by wheelchair in 24 hours**, April 6-7, 2000: A Canadian wheeled himself 77.6 miles around a track in North Vancouver, British Columbia Canada

### What Should You Do In Case Of A Car Accident - Safety Tips To Remember!

If you're ever in a car accident here are some safety tips that can save your life and protect your family.

1. **DON'T** make any sudden moves to your head and neck. You may have sustained a serious injury that could be aggravated by sudden movements.
2. **TURN** the engine off **IMMEDIATELY!**
3. **MAKE** sure that everyone in your car is conscious and hasn't sustained any cuts or lacerations.
4. **IF** you have small children in the car make sure that they're OK.
5. **IF** you have a cell phone **call 911** for help.
6. **IF** you smell gas fumes get out of your car at once.
7. **BEFORE** getting out of your car make sure that no other car is coming.
8. **IF** you're OK to get out of your car check on the other driver.
9. **IF** you don't have an auto accident handbook, please contact our office and we'll send you a **FREE** copy! Make sure to call **TODAY!**

### A Word Of Thanks...And A Great BIG Welcome To Our Family!

I would like to welcome the following new clients to our firm and say "Thank You" for being our client. If you would like to receive a **FREE** Auto Accident Handbook or our squiggle pen just call our office at **(847) 854-7700**. When you call for your booklet, make sure to get one for each car in your family. It's a great idea to have one in every car.

### Congratulations To Our Client Of The Month!

Every month, we choose a very SPECIAL client. It's our way of acknowledging our great clients and saying thanks to those who support our firm by telling others about us.

This month's Client of the Month is **Frank Gampetro**. We're treating Frank and a friend to the movies!

*Continued...*

### Super Slimming Tips For Seniors...

1. Eat five small meals of no more than 300 calories each day, making dinner the lightest one.
2. Eat at least one fat source a day. If you eat only non-fat foods, you may feel less satisfied and eat even more calories. It's better to eat less of the real thing and feel satisfied.
3. Don't resist chocolate cravings. If you want chocolate, eat two Hershey's kisses. It will satisfy your physical craving and won't lead to weight gain.
4. To help reduce menopausal symptoms and decrease the urge to overeat, eat one to two servings of a soy product daily.
5. Besides aerobics, lift weights twice a week to maintain muscle mass and keep your bones strong.

### Mission Statement

It the mission of Franks & Rechenberg, P.C. to continuously earn our reputation as a pre-eminent local law firm by always providing our clients with responsive, zealous, cost-effective and highly competent legal service and representation, in a professional, courteous and respectful manner.

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**Attorneys at Law**

**1301 Pyott Road, Suite 200**

**Lake in the Hills, Illinois 60156**

**(847) 854-7700**

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The *Answers* To These And Many Other  
Questions Are Inside The April 2007 Issue!