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Canker sores (aphthous ulcers or recurrent aphthous stomatitis) are painful mouth ulcers that usually appear after a burning or tingling sensation. Canker sores are usually found on the movable non-keratinized (less protected) tissues in the mouth, including the inner surface of the lips, the cheeks, under the tongue, and back of the throat. You may remember the first time you experienced a canker sore and looked in your mouth to find a small (2-4 millimeter) white or yellow ulcer with a red halo around it. Canker sores usually occur in clusters of less than six, and tend to recur periodically in response to stress, during the menstrual cycle and hormonal changes, and from food allergies and dietary deficiencies (especially iron and vitamin B12). Canker sores can occasionally mimic other dental problems. Patients will some times come to my office thinking they have an infected tooth or an abscess on their gum and are surprised to discover that the cause is a canker sore. Canker sores usually cause pain for about four or five days, and generally completely resolve in 10-14 days. Small as these ulcers are, they seem to transmit a disproportionately large amount of pain. Your dentist can prescribe a viscous 2% lidocaine rinse to be swished around every 3 hours to "numb" the canker sores and provide relief. The over-the-counter product Orabase can be very effective in managing canker sores. In addition, your dentist can have the pharmacist add the mild steroid triamcinolone at 0.1% to Orabase to improve its effectiveness. Canker sores can also be treated with chemical or physical cautery. In some cases, canker sores occur in high numbers and cause severe and debilitating pain. The decision of how the canker sore should be treated is up to you and your dentist. Many times, no treatment is needed. In more severe cases, however, it should be comforting to know that your dentist has a wide arsenal of remedies available to battle with those pesky canker sores.

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This Cape Cod style end unit townhouse offers a premium private location. French doors in the living room open to a gorgeous wrap around brick garden patio. Many outstanding features throughout, including crown molding, plantation shutters, wood burning fireplace with slate facing, open beam and high ceilings, plus added storage cabinets and closets.

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NEWS FROM RSTC *By Monique Siebel*



A fierce late-season storm swept through the Bay Area on the day before the April tournament, and more than a few people were thinking that we'd have another rained-out event like the one in March. But by Saturday morning the weather was sunny and Teams White, Black, Blue and Red battled it out for the championship. Under the guidance of team captain Jay Muzio, Red won the day, zooming ahead of their closest competitor by an unheard of 19 point margin. Team Blue came in second, just one point ahead of Team Black. The winning team collected their prizes that night at the social, where players wound down with the traditional pot luck party. The hit of the evening was Paul Rinehart's eggplant parmesan. If you'd like to meet friendly tennis players, engage in good-natured competition, and enjoy the company of friends old and new, visit our web site at www.rstc.org and download a membership form. Or, call Annette at 650-349-1617. The next tournament is June 18th, so don't delay!

Irwin Siebel
Good followthrough



Martin Uibrecker and Bob Ward,
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SHARING YOUR HOUSE WITH PETS

Selecting the most appropriate furniture, fabrics and flooring for your home is greatly influenced by the degree of wear the area has to withstand. Silk pillows with hand-knotted tassels are going to be shredded quickly in a house with cats. Wallpaper that abuts exterior doorways will take a beating from rambunctious dogs. Here are a few suggestions to help you make the correct choices when you redecorate, so your new rooms will stay “new” longer.

If you have rowdy dogs who jump on the door or window sill when company visits, screw 3/8” clear acrylic over the bottom 1/2 of the door. Install a second piece of acrylic 12” wide by 30” high on the wall next to the door. Now the paws of the excited dog won’t tear the wallpaper or mar the door

For many clients who own climbing house cats, selecting window coverings can be a challenge. Shutters and wood blinds are a sturdy choice. Hunter Douglas makes several lift systems for their shades, blinds, and silhouettes that are cordless or motorized or have retractable cords. These lift options are also ideal in children’s rooms, over sinks and in tall windows.

Pet hair and muddy paws can trash any floor quickly. Selecting flooring that disguises the dirt will keep you from cleaning every two days. Select carpets with varying heights of pile or “tweedy” colorations. Avoid looped carpets if you have cats with claws as

they may snag a loop and cause an unsightly “run” in the carpet. Laminate and tile flooring are much harder to scratch or dent than hardwood flooring. However, older dogs have difficulties walking on slick surfaces, so you may have to add some area rugs over the flooring if your pet has arthritis.

If you sleep with your pet, put a sheet over your bedding which can be shaken out and washed frequently to decrease your exposure to allergens in the bedroom. A removable flat piece of fabric that matches the upholstery can serve the same purpose on your casual furniture. New furniture can be treated with Fiberseal(r) to protect it from wet and dry soiling.

In the grand scheme of life, living with pet hair is a small price to pay for the unconditional love of your pet.

*Submitted by Jean Cary of Jean Cary Interiors
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FOR THE LOVE OF GOOD FOOD

By Susan Prescott
Salmon & Asparagus
Pillowcases



Since asparagus is tender and in season here and oily fish like salmon are especially good for you supplying omega - 3 fatty acids, I thought it would be the time to offer you a very flavorful dish that can either be served as an appetizer on its own, or as an entree combined with steamed baby potatoes and either salad or glazed carrots. Also we are into spring and with warmer weather, lighter dishes appeal more.

Ingredients (serves 4)

12oz puff pastry

1 egg

1 pinch salt

2tsp wine vinegar

1/2tsp English mustard powder

2 egg yolks

6oz unsalted butter, diced

1tbsp chopped tarragon, salt and pepper

2tsp lemon juice

1lb asparagus

1tbsp olive oil

12oz salmon tail, skinned and thinly sliced

1. Roll out the pastry in a dusting of flour to a thickness of 1/4inch and cut 4 rectangles 3x5inches. Beat the egg with the salt and use to glaze the pastry, then leave to rest for 30 minutes in the refrigerator.

2. To prepare the sauce: measure the vinegar, mustard and egg yolks into a heatproof bowl that will fit snugly into a saucepan. Bring an inch or so of water to a simmer in the pan, place the bowl over the water and whisk the yolk mixture for 8-10 minutes until firm and frothy. Whisk in the butter one piece at a time until the sauce begins to thicken to the consistency of thick cream. Add the tarragon and seasoning and sharpen to taste with lemon juice. To keep the sauce warm, cover with a small plate and leave the bowl over the saucepan away from the heat.

3. Preheat the oven to 400F. Arrange the pastry rectangles on a baking sheet, brush again with beaten egg and bake in the center of the oven for 30-35 minutes or until well-risen and golden. Split the pastry rectangles in half and set aside.

4. Lightly steam or boil the asparagus, drain and cut into short lengths (discard any woody stems). Keep warm.

5. 15 minutes before you are ready to serve, season the salmon slices with salt and pepper, heat the olive oil in a heavy skillet and cook the salmon for 1 minute on each side.

6. To assemble the pillowcases, place the middle lengths of asparagus on the lower halves of the pastry rectangles; arrange the salmon slices over the top and place on 4 plates. Cover the salmon with the sauce. Decorate with asparagus tips and half cover with the pastry lid. Serve immediately.

THE WINE ENTHUSIAST - By Tom Barras

Both neophyte and veteran wine enthusiasts alike should be aware that there are distinct differences between wine drinking and wine tasting. Even though they have similar swirl, sniff, sip and savor routines, their relative mindsets and intentions, as well as the resulting observations and conclusions emanating from each, are inherently quite different.



The goal of wine tasting is to make a quality assessment of the wine under scrutiny; that it has good color, aromatics, flavor, balance, and finish, and is a true representation of its type. As such, the tasting process requires commitment, concentration, and involvement. It's typically a studious arrangement that stipulates, in the most rigorous of set ups, that no conversation takes place between the participants until they have finished their evaluations. (A bit "stuffy?" Yes, but the intent is such that one person's opinion should not alter or otherwise affect another's. Sharing, interaction, and exchange, which often brings forth new awareness of unseen details, takes place only after one has ranked or otherwise voted.)

On the other hand, the aim of wine drinking is...well...uh...to drink and enjoy it without any overt effort to assess its various components. Wine drinking is usually done in the context of eating and the pleasures of dining, which, as I have mentioned before, is the intended purpose of the beverage, its primary reason for being. Additionally, in the dining environment, an important component is that the wine of choice be reasonably compatible with the food. (One slightly under appreciated wine verity, however, is how a wine "performs" one way during a tasting and quite another way with food. This is not an uncommon occurrence, because of how food and wine typically interact and affect each other, echoing their similarities and/or accentuating their differences in things like acidity, sweetness, scale, flavor, and texture.)

What this all suggests is not the irrelevance of tasting vis a vis drinking. Rather, it hints at some interesting and entertaining possibilities. At an upcoming dinner with friends you might consider combining a casual tasting of two different wines (with different underlying grapes) prior to dinner, with, again, a casual evaluation of how they taste and interact with the food during dinner; that is to say, a wine tasting followed by a food-with-wine-tasting. Such an exercise can be instructive and entertaining in a couple of ways. First, during the wine assessment you will observe and learn how the wines differ from each other; how their various components (color, aromatics, flavor, tannins and acids, etc.) reveal themselves. Secondly, once you compare them with alternating food intakes, you will then note their relative affinity with that evening's fare. On the other hand, if this all sounds terminally idiotic to you, as I'm certain it must to some, please feel free to do what one of our recent dinner guests did. He declined exploring and sharing the pleasures of some world class Red Bordeaux and opted to drink beer all night.



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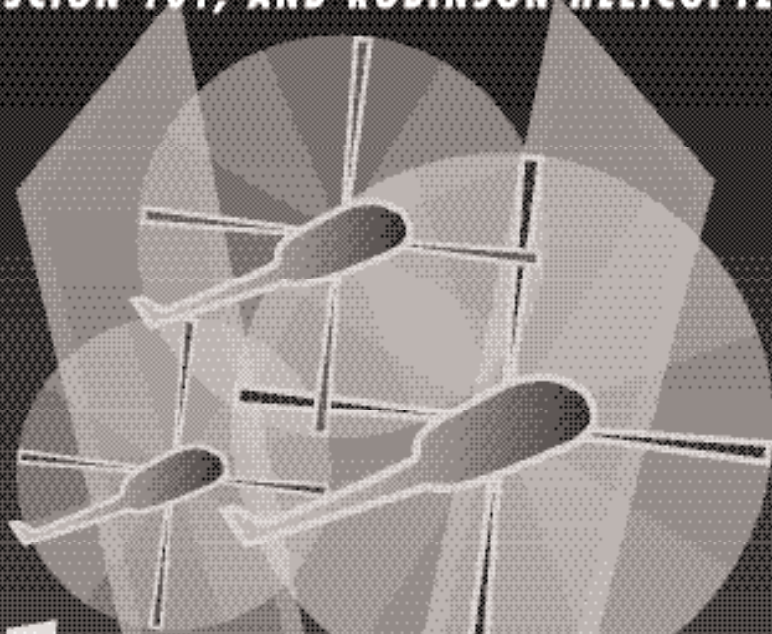
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These are just a few suggestions for your next getaway. Give us a call today to find out what special we may have to that certain destination you have been dreaming of

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YOU CAN LOSE THE WEIGHT

By Margaret Chan MD

During the past 18 months, I lost more than 80 pounds. I did this because my doctor told me my blood sugar was heading into the diabetic level. If I can lose the weight, you can do it, too.

To achieve my weight-loss goal, I mainly concentrated on diet and exercise with the help of a nutritionist and my primary care physician. No matter what all the new-fangled diet fads may tell you, the best way to lose weight and keep it off in a healthy way is through a combination of diet and exercise. There is no magic pill.

It is not as difficult as it sounds. Really it is just a matter of a few basic lifestyle changes. You need to make sure the changes are sustainable to make weight control effective-so be realistic about your goals.

The simple formula for weight control is maintaining a balance between "calories in and calories out." If you eat more calories than you put out, you gain weight. If you eat fewer calories than you put out, you lose weight. It is as simple as pie-or as not eating pie, you might say. Your diet should be high in vegetables and fruits, with smaller amounts of protein and carbohydrates.

Calculating daily maintenance calories is easy. A man takes his goal weight and then multiplies it by 12 to figure out how many calories he should consume in one day. For example, if a man's goal weight is 180 pounds, he should eat 2,160 calories per day. A woman takes her goal weight and then multiplies it by 11. So if her goal weight is 130 pounds, she should eat 1,430 calories per day. If you use this equation and eat this number of calories, you will not gain weight even if you don't exercise. Don't get me wrong. Exercise is critical for an effective weight-loss program and for good health. Exercise needs to include a mix of cardiovascular exercise and weight training. Following are a few exercise tips:

- * You need 20 to 30 minutes of cardiovascular exercise four to five times per week, and 15 to 20 minutes of weight training exercise about two to three times per week.
- * Cardiovascular exercise is any exercise that can get your heart rate up to 60 to 65 percent of your maximum heart rate.
- * To determine your maximum heart rate, or heart beats per minute, subtract your age from the number 220, then take 60 to 65 percent of that number. This is where your heart rate should be for 20 to 30 minutes to get full cardiovascular benefit. So if you are 40 years old, you subtract 40 from 220 and get 180. Then you take 65 percent of 180, which is 117-your target heart rate.
- * You do NOT have to sustain cardiovascular exercise for the entire 20 to 30 minutes. Even if you get in 10 minutes of exercise three times a day, if your heart rate goes up, that counts for the 30 minutes. If you can't go to the gym, try walking around the office or going up and down the stairs in your office or home.

The most important thing about weight loss is that you can only change it if you acknowledge there is a problem. I did it. I am confident that you can do it, too.

Dr. Margaret Chan is a family practitioner at the Redwood Shores Clinic of the Palo Alto Medical Foundation. The Palo Alto Medical Foundation and column editor Arian Dasmalchi provide this monthly column.

*Photo captions:
Margaret Chan, before she lost the weight.
Margaret Chan, 80 pounds later.*



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