

# Positive Outlook

**UPSTATE**  
MEDICAL UNIVERSITY

ID Clinic Newsletter

February 2010

315 464 5533

**We either make ourselves miserable or we make ourselves strong.  
The amount of work is the same.  
-Carlos Castaneda-**

## Celebrate Valentine's Day...with Something Dark...**Chocolate**

When choosing something sweet for that special someone in your life, think dark chocolate. When eaten in small amounts it is not only a delicious treat, it is good for you as well. Dark chocolate contains flavonoids that come from extracts of the cocoa bean. Choosing dark chocolate with a high percent (60% - 70%) of cocoa gives your body more of these healthy antioxidants. According to some research dark chocolate can help keep the heart and blood vessels healthy. Nothing sweeter than a treat that will keep your loved one around for years to come.

*Adapted from the American Dietetic Association at [www.eatright.org](http://www.eatright.org)*

A hint to help with portion control...eat your chocolate with mindfulness—or pay attention to each bite and you will find you are satisfied with less.

\*If you are interested in learning to be a mindful eater see the information on page 6.\*

### myBenefits

The Office of temporary and Disability Assistance website provides people a fast and easy way to find out about programs such as Food Stamps, HEAP, Medicaid, Family Health Plus and tax credits available.

The website also provides you with a chance to check your eligibility and apply for benefits.

Visit the website at  
[www.mybenefits.ny.gov/selfservice/](http://www.mybenefits.ny.gov/selfservice/)

### Albany AIDS Awareness Day 2010

Save the Date!

Join the New York AIDS Coalition on  
Tuesday February 23, 2010  
for the Albany AIDS Awareness Day 2010!

Represent your district.

Make your voice heard with hundreds of people living with HIV/AIDS, AIDS activists and community organizers!

Convince your state legislators to continue and increase support for HIV/AIDS and related services!

To register complete the form on page 7.

## Do you feel SAD?

No. I mean, really SAD? SAD stands for Seasonal Affective Disorder. What this means is a type of depression that occurs at the same time every year. It usually starts in the fall and continues into winter, but also can occur in spring or early summer.

Symptoms of winter SAD (the most common type) include: depressed mood, irritability, hopelessness, anxiety, loss of energy, social withdrawal, oversleeping, loss of interest in activities normally enjoyed, appetite changes - especially a craving for sweet or high carbohydrate foods like pasta, rice, bread and cereals - weight gain and difficulty concentrating and processing information. Remember, in order for this to be SAD, these symptoms must be present or worsen in a seasonal

pattern.

Some studies indicate that women are more often affected than men, but men's symptoms may be more severe. SAD is more common in areas farther from the equator, possibly due to decreased sunlight in the winter. It is also more common if a blood relative is affected by the disorder. It is believed to be caused by an increase in the body's production of melatonin in the dark hours of the day and a decrease in the production of serotonin.

SAD can be treated with light therapy, medications and psychotherapy. Short of spending the winter in the Caribbean, we can get more light in natural ways by sitting near windows and taking walks on sunny or even partially cloudy days. Some people have purchased light boxes, but this can be expensive and time consuming. The light must be at the optimum intensity and for an extended period of time. Some have had good results replacing their normal light bulbs in the areas where they spend the most time with full spectrum light bulbs, a less costly alternative. Tanning beds are not a good source of light and can be dangerous due to the ultraviolet rays they emit.

Prescription medications for severe symptoms include antidepressants such as Wellbutrin, Paxil, Zoloft, Prozac and Effexor. Of course, these must be prescribed by a doctor or other health care provider. Psychotherapy can be useful in helping to identify and change negative thoughts and behaviors that may make symptoms worse and to learn healthy ways to cope and manage stress.

Lifestyle changes can be helpful. Open the blinds to let light in. Get regular exercise, especially outdoors, especially within two hours of getting up in the morning. Socialize, try meditation and take care of yourself with adequate sleep, healthy eating and taking time to relax.

It's Syracuse, after all, so don't try to just wait until spring comes to feel better. Do something now!

Information for this article found at <http://www.mayoclinic.com/health/seasonal-affective-disorder/DS00195/METHOD=print> <http://mayoclinic.com/health/sad/MY00371/METHOD=print>



### ***I TALK BECAUSE***

*A new social networking—based HIV/AIDS Awareness Campaign launched on World AIDS Day 2009 by the NYC City Council in cooperation with HIV/AIDS organizations from across NYC's five boroughs. The campaign utilizes Youtube, Facebook and Twitter to help revive and expand conversation about HIV/AIDS in the community.*



*The campaign can be viewed at: <http://youtube.com/italkbecause>*

## CNY Connections Live

Two weekly moderated telephone conference sessions for Persons with AIDS (PWAs) facilitated by PWAs.  
For more information or to register call CNYHSA at 315-472-8099

### **CNY Connec+ions for Poz MSM Conference Call**



**Every Thursday  
10 am – 11:30 am**

**Toll-Free Call!**

**The Call Facilitator is a Poz MSM**

**You must register to participate:  
Contact CNYHSA at  
(315) 472-8099**

A program of

**CNYHSA**

 **Central New York  
HIV Care Network**  
*a collaboration that works ...*

Dear Poz MSM and HIV service providers:

My name is John Wikiera; I am a facilitator for the weekly *CNY Connec+ions for Poz MSM* Conference Call, supported by the Department of Health AIDS Institute (DOH AI) and the National Library of Medicine (NLM). This is an initiative of the Central New York HIV Care Network, a program of Central New York Health Systems Agency (CNYHSA). Please post this where Poz MSM meet at your agency or are seen by staff, Case Managers, Doctors, etc. I am available to do a presentation at your agency, if requested.

I think some insight as to my current work experience is important to share. I am a Poz MSM; I sit on the National Quality Center, Consumer Advisory Committee for the Office of the Medical Director, DOH AI. I am the Co-Chair for the CNY HIV Care Network, Tech Assistant to several HIV Poz Patient Groups in Upstate NY, sit on several committees and Boards of Directors for ACHC and ARI both located in Rochester, NY.

This call is open to any Poz MSM across NYS. By posting this flyer and letter, hopefully we can reach many more Poz MSM who may have an interest in joining. This is a good opportunity for those that have seen their local Poz MSM groups discontinued. There are up to 20 lines that can be used for this call, and we have plenty of room for new callers to join.

To join the call you simply dial a toll free number provided once the caller has registered. Calls usually range from an hour fifteen minutes (1.15) and have lasted for an hour forty-five minutes (1.45). Callers can join and leave when they so choose.

Callers are known by the facilitator or the lead agency only. The reports generated by the facilitator for review by the Care Network and DOH AI, only have bullet points of the topics discussed. Confidentiality is always adhered to at all times. Callers may share contact information with each other on the calls, but it is strictly their choice. This has been helpful if someone needed a ride to a medical appointment or education forum, etc.

This call is intended more for information sharing, education, HIV Care Network activity, networking within various regions, advocacy, problem solving regarding HIV health care issues, dissemination of HIV-related health care information from NYS DOH AI, NLM or CDC, etc. This really has been a great way to reach many without asking everyone to travel to a meeting.

For more information or to register for *CNY Connec+ions for Poz MSM* please contact CNYHSA at (315) 472-8099 or you may contact me directly at (315) 542-1703.

Sincerely,  
John Wikiera  
Email: [jwikiera@aol.com](mailto:jwikiera@aol.com)

Dear Poz Women and HIV service providers:

My name is Lynn Atwood; I am a facilitator for a weekly *CNY Connec+ions for Poz Women* Conference Call, supported by the Department of Health AIDS Institute (DOH AI) and the National Library of Medicine (NLM). This is an initiative of the Central New York HIV Care Network, a program of Central New York Health Systems Agency (CNYHSA). Please post this where Poz Women meet at your agency or are seen by staff, Case Managers, Doctors, etc. I am available to do a presentation at your agency, if requested.

I am a Women living with HIV. I am involved in many committees, including the Women's subgroup of the New York State HIV Prevention and Planning Group (PPG) and the Central New York HIV Care Network Consumer Advisory Committee. I am the liaison to the financial committee of PPG, and speak and advocate for Women's Health issues around New York State (NYS). Additionally, I am the former co-chair of the Consumer Advisory Committee at the SUNY Infectious Disease Clinic.

*CNY Connec+ions for Poz Women* Conference Call is open to all women living with HIV/AIDS across NYS. By posting this flyer and letter, hopefully we can reach many more Poz Women who may have an interest in joining. This is a good opportunity for those that have seen their local support groups discontinued. There are up to 18 lines that can be used for this call, and there is plenty of room for new callers to join.

To join the call you simply dial a toll-free number provided once the caller has registered. Callers can join and leave when they so choose. Callers are known by the facilitator or the lead agency only. Names or personal information are not shared for any reason. The reports generated by the facilitator for review by the HIV Care Network and DOH AI, only have bullet points of the topics discussed. Confidentiality is always adhered to at all times. Callers may share contact information with each other on the calls, but it is strictly their choice. This has been helpful if someone needed a ride to a medical appointment or education forum, etc.

The purpose of the Conference Call is for information sharing, education, HIV Care Network activity, networking within various regions, advocacy, problem solving regarding HIV health care issues, dissemination of HIV-related health care information from NYS DOH AI, NLM, CDC, etc. This really has been a great way to reach many without asking everyone to travel to a meeting.

For more information or to register for *CNY Connec+ions for Poz Women* please contact CNYHSA at (315) 472-8099 or you may contact me directly at (315) 378-4436.

Sincerely,  
  
Lynn Atwood

### **CNY Connec+ions for Poz Women Conference Call**



**Every Tuesday  
10 am – 11:30 am**

**Toll-Free Call!**

**Space is limited to 18 Callers**

**The Call Facilitator is a Poz Woman**

**You must register to participate:  
Contact CNYHSA at  
(315) 472-8099**

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## Treatment Adherence Program at the DAC

### Getting the most from your Office visit

Health care visits are often short. Patients can sometimes leave the office with more questions than when they arrived. So how can you prepare for your next office visit? How can you get the most from your health care provider?

#### Prepare ahead of time

Write a list of what has been going on since your last appointment:

- Do you have any new health problems or symptoms? How long have they been going on? How serious are they?
- Any new or increasing side effects or reactions to medications?
- How well have you been taking your medications? If you have been missing doses – why?
- Any new medications or treatments prescribed by other providers?
- Any supplements or alternative therapies that your doctor/NP doesn't know about?
- Any major changes in your living situation – employment, relationships, housing?

You may not have time to discuss all of these, so focus on the most important items.

#### Keep track of time

Show up on time for your appointments. If you arrive late you can throw off the office schedule and may have less time to spend with your doctor/NP.

#### Don't be a hero

If you are having a hard time taking your medications then say so! Maybe a side effect can be dealt with. Maybe you'd do better with a simpler medication schedule. Your health care provider can only help you if they know about these issues. Don't worry about not being a good patient or upsetting your doctor/NP. They want the best for you.

#### Get your questions answered

Bring your most important questions with you. It is a good idea to write them down before you are seen. This helps you to organize your thoughts and know if you are missing something. Take your list in with you and show your doctor/NP.

- Medications: If a new medication is prescribed ask how it should be taken. What is the dose? How often? Does it matter if you take it with food? How should it be stored? Should you expect any side effects? Are there things you can do to deal with side effects? When should you call the doctor?
- Tests: If tests are ordered ask what they are supposed to show. When will your doctor/NP be able to share the results with you? When you discuss the results ask again if you are not sure what the test is for or what the results mean.

Don't be embarrassed if you don't understand the answers to your questions. Tell your doctor/NP that you don't understand and ask them to explain it a different way.

#### Take the answers with you

There is usually a lot of information to take in. Here are some tips to help you:

- Take notes during or directly after your appointment
- Ask for written material about what you have just discussed
- Ask to talk to someone else like a nurse or TAP counselor to go over what happened at your appointment.
- Bring a friend with you to your appointment. Let them know your concerns before the office visit. Ask them to make sure you get your questions answered. They can also pay attention to what the doctor says. Sit down together after the appointment to be sure you didn't miss anything.

(Material adapted from [aidsinfont.org](http://aidsinfont.org))

## Prescription Reminder



If you want to know if your prescription is ready at your pharmacy, please call your pharmacy and not our office. Once you leave a message concerning prescription refills or renewals **please allow at least 4 hours** before call-

ing to check on the status of your request. Most prescriptions requests are called into your pharmacy the same day. Messages received late in the day may not be called in till the following business day. Please call for prescription renewals sev-

eral days before you will run out. This will help to avoid any medication interruption.



## Add a Dash of Cinnamon!

On cold mornings I add a dash of cinnamon to my hot cereal. Cinnamon contains compounds called antioxidants. Antioxidants help decrease inflammation in our bodies to help fight disease. Just a 1/2 teaspoon of ground cinnamon has as many antioxidants as a 1/2 cup raspberries.

Some studies have also shown cinnamon to help lower blood sugar and lipids in people with diabetes.

Cinnamon adds flavor without the calories!

Cinnamon & Raisin Bread Pudding (6 servings)  
Tram Le, RD

6 slices (1/2 inch thick) yeast bread or buttermilk bread, cut into small squares  
2 teaspoons ground cinnamon  
1/3 cup (or 1.5 ounce box) seedless raisins  
2 large eggs  
1/4 cup granulated sugar  
1 Tablespoon brown sugar  
1 teaspoon vanilla extract  
1/4 teaspoon salt  
1—1/4 cup nonfat (skim) milk  
1/4 cup half & half  
Nonstick cooking spray

Preheat oven to 350 degrees F. Place six 4 ounce ramekins on a baking sheet and lightly coat with nonstick spray. In a bowl, toss bread with cinnamon and raisins. In another medium bowl, whisk together eggs, sugar, brown sugar, vanilla extract, salt, nonfat milk and half & half. Add cubes, gently fold to evenly soak bread and spoon into ramekins. Bake about 40 minutes or until a toothpick comes out clean. Cool & serve.

Double Cinnamon Chicken Chili with Sweet Potatoes  
(Serves 4)  
Karen Ferris, RD

4 six ounce boneless, skinless chicken breasts  
3 cups low sodium fat-free chicken broth  
1 small (2 inch) cinnamon stick  
1 small onion (about 1 cup), diced  
1 Tablespoon extra virgin olive oil  
1 medium to large sweet potato, coarsely grated  
1 cup black beans, rinsed & drained  
1 cup crushed low sodium tomatoes  
1 teaspoon molasses  
1/4 teaspoon ground cinnamon  
1/4 teaspoon ground ginger

Salt & pepper to taste

Bring chicken broth with cinnamon stick to boil in medium pot, lower heat to simmer and gently poach chicken in broth for about 7 minutes or until cooked through. Remove and shred chicken, reserving poaching liquid. In a medium pot, cook onion in olive oil over medium heat for 3 minutes until softened. Add about 2 Tablespoons water to prevent browning. Add reserved poaching liquid, sweet potato, black beans, tomatoes, molasses, cinnamon, and ginger. Add shredded chicken. Bring to boil, then decrease heat and simmer for 25 minutes. Remove cinnamon stick, season to taste and serve.



### Women's Group:

Share your wisdom, your insights and your experiences to help another woman and yourself! We need you! We will begin meeting on Monday January 25<sup>th</sup>, 2010 from 11am -12pm. Please call 315-464-7319 for more information!

### Coping Effectiveness Group:

12 week educational support group for HIV+ individuals facing the challenges of LIFE. The next session will begin January 28<sup>th</sup>, 2010. 2:30pm—4:00pm.

For more information please contact Brian at 315-464-7319.

### Anger Management

Worried about always feeling angry?  
Wondering how to get through a day without feeling that way?  
Coming in March 2010 we'll have a support group to help you learn to manage your feelings.

For more information contact Cheryl at 315-464-7319.

### HIV/AIDS Services:

ACR: 1-800-475-2430

FACES: 1-866-95-FACES

STAP, Southern Tier

AIDS Program:

1-800-333-0892

NYS Dept. of Health:

English: 800-541-2437

Spanish: 800-233-7432

Liberty Resources: 315-701-0293

### Hotlines and Services:

CONTACT: 315-251-0600

CPEP: 315-448-6555

Vera House: 315-468-3260

### Come Experience the Mindful Eating Program

Mindful Eating is a non-diet approach weight control program for anyone struggling with weight issues, emotional eating or any stressors that affect your eating and digestion.

Come learn about mindfulness (eating with increased attention and enjoyment—guilt free) and by the end of the program you will feel less stress regarding your weight and reach healthier weight goals and will be more confident with your health and nutrition.

Begins Wednesday February 24, 2010 12:15—1:15pm.

For more information call 315-464-7319

### Looking for some Information?

Want to hear about other's experiences?

Just want a place to look for answers?

How about a few website's that can give you good information?

POZ Magazine website:

[www.POZ.com](http://www.POZ.com)

AIDSMEDS website:

[www.aidsmeds.com](http://www.aidsmeds.com)

THE BODY: The Complete HIV/AIDS Resource

[www.TheBody.com](http://www.TheBody.com)

### Consumer Advisory Board!

The DAC Consumer Advisory Board is looking for new members. Are you interested in working with a dynamic group of consumers? We need your input! The CAB is starting a Speakers Bureau and is involved with issues that affect you. You can be an important voice within the DAC and the regional/statewide HIV community. If you want to know more about the CAB please speak with Missy, Kelley or Judy. To become a member you must complete a membership application and speak to Kelley or Judy prior to attending. 2010 Dates are: 1/21, 2/18, 3/18, 4/15, 5/20 and 6/17.