

# Positive Outlook

**UPSTATE**  
MEDICAL UNIVERSITY

ID Clinic Newsletter

April 2010

315 464 5533



Wednesday April 7<sup>th</sup>, 2010  
5:30pm

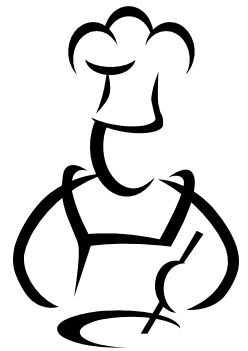
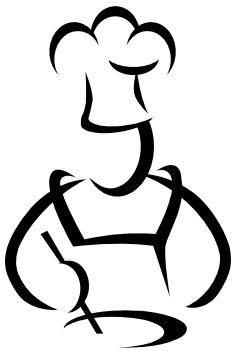
When to Start, What to Start & How to Succeed:  
Maximizing HIV/AIDS Treatment

Lisa Capaldini, MD, MPH

Lemon Grass Restaurant  
238 West Jefferson Street

A CNY HIV Care Network Dinner & Peer Discussion  
Sponsored by Merck & Company

Spring is here...and here are a few opportunities to get out for some fresh air.



Thursday April 29<sup>th</sup>, 2010  
5-7pm

Honey Baked Ham Dinner and Fellowship  
for those HIV Infected/Affected  
First Lutheran Church  
501 James Street

For more information please contact:

Paul Carr  
CNY HIV Care Network  
315.472.8099

very little is needed to make a happy life;  
it is all within yourself, in your way of thinking.  
-Marcus Aurelius-

## April is National Stress Awareness Month

“Research has linked chronic stress with life-threatening illnesses such as heart attacks, stroke, depression, and chronic pain. It can also be a major contributor to bad habits and excessive drinking, smoking and drug abuse.”

### Signs of Stress

If you experience some or all of these signs of stress, and they persist, it may be time to seek help.

- Constantly overwhelmed
- Strained relationships
- Poor work performance
- Overly emotional
- “little things” set you off frequently
- Insomnia
- Fatigue
- Headaches and backaches
- Rise in blood pressure



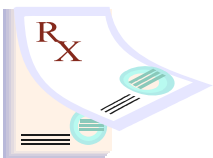
### Stress Management Strategies

- **Treat your body right.** Eating right and exercising can increase your tolerance to stress.
- **Set realistic goals.** Do what is possible and carry on.
- **Set and re-set your priorities.** Take care of important and difficult tasks first.
- **Take one task at a time.** Divide large projects into smaller tasks, and make “to do” lists
- **Take Five.** Taking a short break can help slow your mind.
- **Learn to relax.** Studies show that just 10 to 20 minutes of quiet time a day can bring relief from chronic stress.
- **Give your self a break.** No one is perfect. Striving to be the best in everything will lead to worry, anxiety and failure.
- **Learn to say “no.”** Slow down and be honest about what you can comfortably do.
- **Be flexible.** Make allowances for other people’s opinions and be prepared to compromise.
- **Avoid excessive competition.** It can be dangerous emotionally and physically.
- **Go easy on criticism.** You may expect too much of yourself or others. Try not to feel let down or frustrated when your expectations are not met.
- **Manage your anger.** Retreat before you lose control. Allow cool down time.
- **Talk it out with a loved one.** Talking it out can help you see things more clearly, release negative feelings, and get emotional support.

*Asking for help is not a sign of weakness—taking care of yourself is a sign of strength.*

*The above information was taken from the Florida Department of Juvenile Justice Office of Health Services Employee Health Update dated April 10, 2007.*

### 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 calling 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 several days before you will run out. This will help to avoid any medication interruption.



## Egg safety reminders for spring:

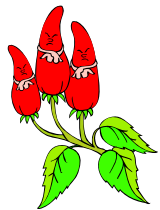
- ✓ Always open egg cartons before buying. Don't buy cartons with cracked eggs.
- ✓ Eggs should be kept away from other foods such as raw meat, fish, seafood, and poultry. In the refrigerator, make sure eggs are kept away from meat and poultry that might drip juice.
- ✓ Before any step in preparing eggs – whether for Easter eggs or to be eaten- be sure to wash hands thoroughly in warm, soapy water.
- ✓ Since they are high in protein, eggs (raw or cooked) shouldn't be left out of the refrigerator for more than 2 hours.
- ✓ To minimize health risks, cook 2 sets of eggs – one for Easter or display and the other for eating. That way, the eggs you eat can stay properly refrigerated.
- ✓ Be sure to cook eggs to completion. To properly hard-boil eggs, bring a pot of cold water and eggs to a rapid boil and then remove from heat. Let the eggs stand in water for 15 minutes. They will be ready when the white and yolk are completely set.
- ✓ Be careful when decorating eggs to avoid cracking, which invites bacteria. If you plan to eat decorated eggs, be sure to refrigerate them promptly.
- ✓ To prevent foodborne illness, use all leftover cooked eggs within 1 week. Add the eggs to salads, make egg salad, or eat them sliced on a piece of toast.
- ✓ Store eggs on a shelf inside the refrigerator and not on the door.

*From the American Dietetic Association: Egg-Cellent Tips for Safe Eggs*

## Herbs and Spices for Spring



**Oregano** - This popular herb has 20 times the amount of antioxidant activity as other herbs. Oregano is an anti-inflammatory herb so it fights against foodborne pathogens, antibiotic-resistant bacteria, cancer, and other illnesses. It can be used to flavor meat, stews, pasta, or casseroles. Oregano is also commonly used on pizza as well as in stuffings, seafood, potatoes, and vegetable dishes. When adding herbs to dishes, be sure to clean and cut them properly. Gently crush the herb in your hand to release its flavor.



**Cayenne** – This fiery spice supports heart health and circulation. Antioxidants found in this spice help to thin mucus which opens nasal passages. The phytochemicals aid in relieving gas and increase the action of digestive enzymes. Adding this spice to food helps people consume fewer calories because it decreases appetite and increases metabolism. A small pinch of cayenne can be added to any dish to add an extra kick. Spice up canned beans with a little cayenne, or mix with lemon juice and add to cooked greens or grilled chicken. You can also barbecue turkey or other lean meats with a little cayenne for additional flavor.

*Sources: Wegman's Nature's Marketplace magazine (November 2009) and the American Dietetic Association website*

### Are you satisfied with the services you are receiving? Share your thoughts with us.

- If you are receiving services for any of the following: Mental Health, Nutrition, Substance Use/Abuse or Mental Health Case Management we would like to hear your thoughts on the services provided, the staff providing the services and the impact the services have had on your life. If you are interested in helping us to improve the services our staff provide or if you would just like to let them know how you feel please speak with them about completing a Ryan White Patient Satisfaction Survey.
- And if you are really interested in shaping the future of our Ryan White services please join one of upcoming focus groups. For more information please call Kelley at 315.464.5533

## Treatment Adherence Program at the DAC

### Introducing the new Norvir

Many patients at the HIV clinic take Ritonavir (brand name Norvir) as part of their HIV treatment. Usually it is taken to boost the action of a Protease Inhibitor. Norvir helps medicines like Reyataz, Lexiva, Prezista and Aptivus work better and stay in your blood stream longer. Boosted medications are usually prescribed at lower doses and so they have fewer side effects.

However, Norvir has not always been easy to manage. It is a large white gel cap that can be hard to swallow and it needs to be kept in the fridge. In February 2010 the FDA approved a new formulation that will help patients take this important medication. The new Norvir will be a smaller film-coated tablet to help patients swallow it. It can also be stored at room temperature.

The new Norvir tablet should be taken whole – not broken or crushed. It should also be taken with food. A few (less than 5%) of patients experience some mild-moderate side effects with Norvir. The most common are upset stomach, mild diarrhea or nausea, and these usually lessen or go away over time. Norvir, when it is used as a booster, is prescribed at a low dose. This means that it is usually tolerated well by most people.

United States  
**Census  
2010**

IT'S IN OUR HANDS

### Looking for a Way to make some extra money?

The United States Census Bureau is currently recruiting temporary part-time census takers for the 2010 Census.

A short term job offering: good pay, flexible hours, paid training and the chance to work close to home

You may qualify if:

- You are US citizen or a legal permanent resident, or a non-resident with an appropriate work visa
- You are at least 18 years old
- You have a valid social security number
- You take a written test of basic skills
- You have a valid driver's license (The use of public transportation may be authorized in certain areas.)
- You pass a background check
- You commit to 4 days of paid training. Training is offered during daytime, evening and weekend hours.

To find an application and a practice test visit [www.2010censusjobs.gov](http://www.2010censusjobs.gov)

Or call the toll-free jobs line at 1-866-861-2010

**i know**

***"Jamie Foxx and Ludacris Partnering with CDC to Promote "i know," a New Social Media Effort to Amplify the Voices of African-American Young Adults in the Fight against HIV"***

*3/4/10 press release from the CDC*

"i know" is designed to encourage young African Americans men and women aged 18-24 to talk openly and often about HIV/AIDS with their peers, partners, and families, online and off. Follow "i know" on Twitter and become a fan on Facebook, you can also text comments or questions to 44144.

For more information visit:

<http://www.nineandahalfminutes.org/iknow/index.html>



### Women's Group:

Share your wisdom, your insights and your experiences to help another woman and yourself! We need you!

We will meet on Mondays from 11am -12pm.

Please call 315-464-7319 for more information!

### Coping Effectiveness Group:

This group has been put on hold temporarily while we update the curriculum to better meet the needs of our clients.

For more information please contact Brian at 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 websites 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)

### Anger Management

Worried about always feeling angry?

Wondering how to get through a day without feeling that way?

A support group is offered Mondays from 2:00 PM to 3:00 PM to help you learn to manage your feelings.

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

### 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>

The **Hispanic AIDS Forum (HAF)** has produced a number of videos for this campaign.

### 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

### 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.