



# Positive Outlook

**UPSTATE**  
MEDICAL UNIVERSITY

**ID Clinic Newsletter**

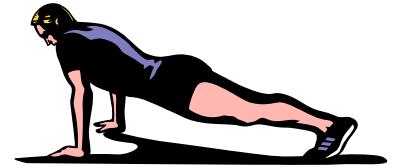
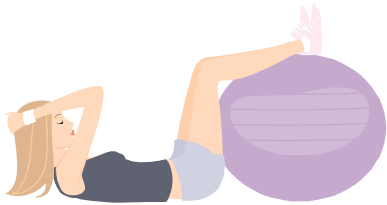
**May 2010**

**315 464 5533**



**The best thing about the future is that it comes one day at a time.**

**-Abraham Lincoln-**



**May is National Physical Fitness and Sports Month!**

**Sponsored by the President's Council on Physical Fitness and Sports**

Physical activity not only increases your chances of living longer, it also reduces your risk of high blood pressure, heart disease, and some types of cancer.

The Physical Activity Guidelines for Americans recommend 2 hours and 30 minutes of moderate aerobic activity per week. This would include walking fast, dancing or even raking leaves. The recommendations also say do strengthening activities such as sit-ups and pushups at least 2 days a week. Getting active will help you sleep better, strengthen your bones and lower your risk of depression.

During the month of May challenge yourself to do 30 minutes of physical activity each and every day!

For more information visit [www.healthfinder.gov/nho/MayToolkit.aspx](http://www.healthfinder.gov/nho/MayToolkit.aspx)

# Memorial Day

**Clinic is Closed!**

**Please call in your prescriptions by Wednesday May 26<sup>th</sup>, 2010.**

## 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.



Tieraona Low Dog, MD, education director for the integrative medicine program at the University of Arizona, reported that spices and culinary herbs can turn ordinary foods into mouthwatering delicacies. Curcumin, curry, turmeric, and cumin are closely related spices that can impart many health benefits as well as a great flavor to a variety of dishes, such as vegetable curries and rice dishes.

**What is the difference between these spices?**

Yellow curry powder is a blend of spices that includes turmeric, coriander, cumin, fenugreek, black pepper, and ginger. I will highlight two of the spices in curry powder, turmeric and cumin.

Turmeric is a shrub related to ginger that is known for its warm, bitter taste and golden color. Turmeric is what gives yellow curry its color. Turmeric was used in traditional Chinese medicine and Ayurvedic medicine to aid in digestion and liver function, relieve arthritis pain, and to regulate menstruation. Today it is used for these functions as well as for heartburn, stomach ulcers, and gallstones.

Cumin is also a very important spice. This seed is used to flavor many spices, curries, soups, and bread. Cumin seeds aid in digestion and are a good source of iron. Whole cumin seeds should be lightly roasted to bring out their peppery flavor and strong aroma.

Curcumin, which is in turmeric and curry powder, is known as the super spice. The compounds in this spice appear to have antioxidant, anti-inflammatory, antiviral, antibacterial, and antifungal properties. It also promotes wound healing.

**Sunflower Burgers:**

- 1 ½ cup cooked brown rice
- 2 cup raw sunflower seeds
- 1 cup washed parsley
- ½ cup carrots, grated
- ½ teaspoon sea salt
- Pinch of cumin powder

- Place sunflower seeds in a food processor and blend until well ground.
- Add parsley and blend until parsley is well chopped.
- Add remaining ingredients and blend to combine. Do not over blend rice or it will get goeey.
- Shape mixture into burger size and bake in the oven at 325°F for 15 minutes.

Enjoy. Burgers freeze really well and will keep in the refrigerator for up to a week.

*Resources: Kripalu Healthy Living Programs Nutrition and Cooking Immersion; McCormick Spices for Health; World's Healthiest Foods newsletter*



**Pick a Card, Pick a Plan**  
**How and where to get financial support to help pay for your meds.**

With the ongoing economic crisis, the large number of people who are unemployed, and the mounting costs associated with health care, patient assistance to co-pay programs may be a way to offer much-needed assistance to those who are uninsured and underinsured, or are being adversely affected by the rising costs of drug co-pays, health insurance premiums, and other expenses associated with health care.

*Excerpted from Pick a Card, Pick a Plan by Jeff Berry, March/April 2010 positivelyaware.com*

For more information on Patient Assistance Programs please review the article at [www.thebody.com/content/art51554.html](http://www.thebody.com/content/art51554.html)

## Treatment Adherence Program at the DAC

### What is a CD4 count and what does it tell me?

CD4 cells are the "bosses" of the immune system. They organize the battle against invading germs and viruses. Your CD4 count tells you how many CD4 cells you have: a "normal" CD4 count is anywhere from 600 to 1200 cells/mm<sup>3</sup>. That's how many CD4 cells are in a "cubic millimeter" of blood (about the size of a grain of rice). If you have HIV, your CD4 count will probably be lower than normal. That may be OK--your immune system can still keep you healthy even with a CD4 count below normal. But a count of 200 or lower means a much greater danger of getting sick. Staying healthy means keeping your count well above 200.

CD4 counts are one of the biggest factors in deciding when to start treatment. When your CD4 count dips too low, your doctor will likely talk with you about your treatment options. You'll also talk about treatment if you've already got serious HIV-related symptoms, no matter what your CD4 count is.

It's a good idea to keep track of your CD4 counts on your own so you can see the patterns over time. You might want to ask your doctor for a copy of your blood test results.

### Why would my CD4 counts drop?

We mentioned that CD4 cells are the "bosses" of your immune system. The reason HIV is so serious is because it actually attacks the CD4 cells---the very thing your immune system depends on to stay strong and to keep you healthy.

During infection, HIV enters your CD4 cells. HIV then turns these cells into little factories that make lots of new copies of the virus. The CD4 cells are killed in the process, and this happens over and over again. Over time, your body can't produce enough CD4 cells to replace the ones killed, and so your CD4 count falls.

Abstracted from People with AIDS Foundation

### May is Mental Health Month

Mental Health America's campaign to recognize this is called "Live Your Life Well." On their website they list 10 tools to decrease stress, anxiety and depression and to improve your physical health as well.

The 10 tools are:

- ⇒Connect with others – spending time with positive people can help your mood and improve the way you feel
- ⇒Stay positive – people who focus on the positive are less upset by painful memories
- ⇒Get physically active – exercise helps relieve insomnia and reduces depression
- ⇒Help others – people who help others feel less depression, more calm and have fewer aches and pains
- ⇒Get enough sleep – not getting enough rest can lead to increased risk of weight gain, accidents, reduced memory and heart problems
- ⇒Create joy and satisfaction – positive emotions boost your ability to bounce back from stress
- ⇒Eat well – eating healthy food – and regular meals – can increase your energy and lower the risk of developing certain diseases. It can have a positive effect on your mood
- ⇒Take care of your spirit – people who have strong spiritual lives may be healthier and live longer. Spirituality seems to cut stress that contributes to disease
- ⇒Deal better with hard times – people who can tackle problems or get support in a tough situation tend to feel less depressed
- ⇒Get professional help if you need it – more than 80% of people who are treated for depression improve

Change is never easy, so pick one or two of the tools to start. Pick something that fits your personality and give yourself a pat on the back when you succeed and cut yourself some slack if you're not perfect.

Go to <http://www.liveyourlifewell.org/go/live-your-life-well/ways> for more information.

## Daily Public Parking at Upstate

Daily Public Parking is available in the Upstate Parking Garage East via either the Sarah Loguen or Elizabeth Blackwell entrances. A bridge connects this garage with the hospital. Daily parking is also available in E-Lot which is accessible from the University Hospital Circle adjacent to the Regional Oncology Center and at IHP via Madison Avenue. Daily Public Parking Rates are shown in the following tables.

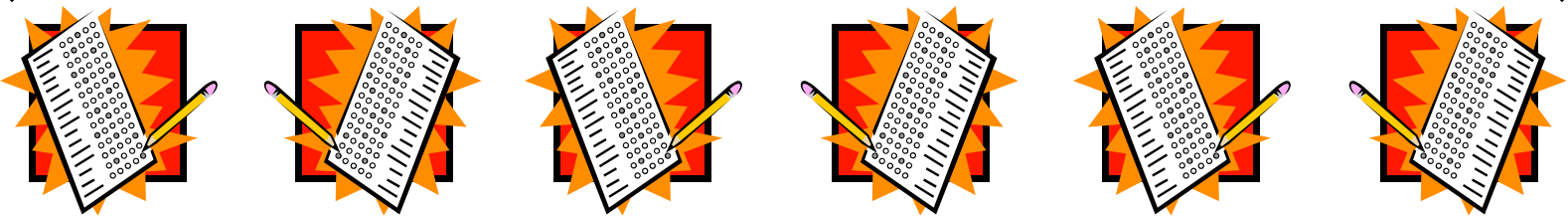
| Parking Rates effective May 01, 2010 - All Upstate pay lots |        |                   |         |
|---|--------|-------------------|---------|
| 0.0 hour - 1 hour   | \$2.00 | 4 hours - 5 hours | \$11.00 |
| 1 hour - 2 hours  | \$4.00 | 5 hours- 24 hours | \$14.00 |
| 2 hours- 3 hours  | \$6.00 |                   |         |
| 3 hours - 4 hours   | \$8.00 | Lost Ticket       | \$14.00 |



### Reduced Patient Rates

Reduced rates are available for patients and their immediate family members. Please contact the Parking Office at 464-4801, UH 1801 or see the courtesy desk in the main lobby of Upstate Medical Hospital for more information.

These rates match the Physician Office Building and CNY Medical parking garages.



### 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 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

### Medical decision making authority granted to same sex partners in New York State

The Family Health Care Decisions Act has finally become law in New York State. This act enables a loved one to make health care decisions for a patient when the patient is no longer able to do so. This act places a same sex or opposite sex domestic partner, just like a spouse, ahead of a child or parent in making these decisions.

New York State has been one of just two states where, without a health care proxy, no one—not a domestic partner, spouse or family member—could make health care decisions when the patient was unable to do so. This gap in state law had sometimes forced loved ones to seek medical decision making authority from a judge at the very time they were needed at the bedside of their partner.

It is still important to complete a Health Care proxy so that you can make your wishes known, and you can choose who makes your medical decisions if you are unable to make them yourself. Ask to see a social worker at your next appointment if you want to complete a Health Care proxy.

# Hepatitis C

## Part I

### What is hepatitis?

“Hepatitis” means inflammation of the liver. Heavy alcohol use, toxins, certain medications, some diseases, and viral infections can cause hepatitis. Hepatitis is most often caused by one of several viruses, such as hepatitis A virus, hepatitis B virus, or hepatitis C virus.

### What is hepatitis C?

Hepatitis C is a contagious liver disease that results from infection with the hepatitis C virus. It can range in severity from a mild illness lasting a few weeks to a serious, lifelong illness that damages the liver. Hepatitis C can be either “acute” or “chronic”

**Acute** hepatitis C virus infection is a short-term illness that occurs within the first 6 months after someone is exposed to the hepatitis C virus. Approximately 75%- 85% of people who become infected with the hepatitis C virus develop chronic infection. For reasons that are not known, 15% - 25% of people “clear” the virus without treatment and do not develop chronic infection.

**Chronic** hepatitis C virus infection is a long-term illness that occurs when the hepatitis C virus remains in a person’s body. Chronic infection can last a lifetime. Over time, it can lead to serious liver problems, including liver damage, cirrhosis, liver failure, or liver cancer.

### Can hepatitis C be prevented?

Yes. To reduce the risk of becoming infected with the hepatitis C virus:

- ⇒ Do not share needles or other equipment to inject drugs, steroids, or cosmetic substances.
- ⇒ Do not use personal items that may have come into contact with an infected person’s blood, such as razors, nail clippers, toothbrushes, or glucose monitors.
- ⇒ Do not get tattoos or body piercings from an unlicensed facility or in an informal setting.

### Is there a vaccine for hepatitis C?

Although there is currently no vaccine to prevent hepatitis C, research is being conducted to develop one. Vaccines are available for hepatitis A and hepatitis B.

### Does hepatitis C cause symptoms?

Most people with hepatitis C have no symptoms. If symptoms develop with acute infection, they can appear 2 weeks to 6 months after exposure and can include: fever, fatigue, loss of appetite, nausea, vomiting, abdominal pain, dark urine, clay colored bowel movements, joint pain, and jaundice. For people with chronic hepatitis C, symptoms may take years to develop. They can be similar to acute infection and can also be a sign of advanced liver disease.

### Who should get tested for hepatitis C?

People at risk include those who:

- ⇒ Currently inject drugs
- ⇒ Injected drugs in the past, even if it was once many years ago
- ⇒ Have HIV or AIDS
- ⇒ Have abnormal liver tests or liver disease
- ⇒ Received donated blood or organs before 1992
- ⇒ Have been exposed to blood on the job through a needlestick or injury with a sharp object
- ⇒ Are getting long term hemodialysis



### 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 consumers.

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?

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.

### Free Dinner and Fellowship for HIV Infected/Affected

Last Thursday of the month, 5—7 pm at the First English Lutheran Church, 501 James St.  
For more information contact Paul Carr at the CNY HIV Care Network, 315.472.8099

### 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

- 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)

Many Lights for Human Rights

INTERNATIONAL AIDS CANDLELIGHT MEMORIAL

Join communities around the world for the oldest tradition against HIV/AIDS

Reduce Stigma \* Ensure Access \* Increase Resources \* Promote Involvement

May 16, 2010  
4:00pm to 5:00pm

The Atrium, City Hall Commons  
201 E. Washington Street  
Syracuse, New York

### 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. Next Meeting Dates are: 5/20 and 6/17 at 4:15pm.