

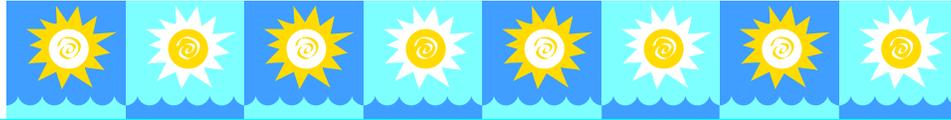


# Positive Outlook



**UPSTATE**  
MEDICAL UNIVERSITY

**ID Clinic Newsletter**  
**July/August 2010**  
**315 464 5533**



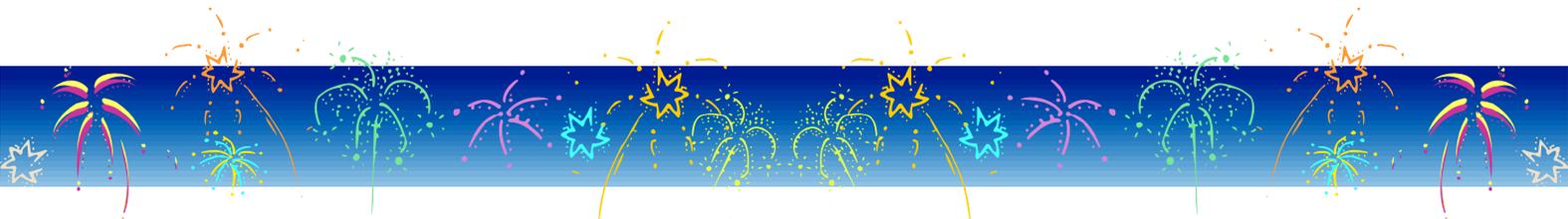
**Life may not be the party we hoped for, but while we're here we should dance.**  
**-Author Unknown-**



## **CNY**CONNECTIONS

CNY Connec+ions is a service provided by the CNY Health Systems Agency. Check out their website for information about HIV/AIDS, local HIV service providers, events and trainings. The website content will be updated with new information on an ongoing basis. You will even be able to check out future issues of the Positive Outlook newsletter on the site.

<http://www.cnyhsa.com/hiv-care-network/cny-connections/>



**Clinic is Closed Monday July 5<sup>th</sup>, 2010 in observance of Independence Day.**  
**Please call by Wednesday June 30<sup>th</sup>, 2010 for refills on your prescriptions.**

### **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.

## July is UV Safety Month



Sponsor: American Academy of Ophthalmology

UV Safety Month is a great time to spread the message of sun, fun and UV safety to your community. Ultra-violet (UV) radiation is the main cause of skin cancer. UV rays can also damage your eyes.

Anyone can get skin cancer, but the risk is greatest for people with:

- White or light-colored skin with freckles
- Blond or red hair
- Blue or green eyes

You can take these steps to help prevent skin cancer:

- Stay out of the sun between 10 a.m. and 4 p.m.
- Use sunscreen with SPF 15 or higher.
- Cover up with long sleeves and a hat.

Check your [skin](#) regularly for any changes.

For more information please visit <http://www.healthfinder.gov/nho/JulToolkit.aspx>

## August is National Immunization Awareness Month



Sponsor: Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases

National Immunization Awareness Month is the perfect time to promote immunizations and remind family, friends, and coworkers to get caught up on their shots.

Immunizations (or vaccinations) aren't just for babies and young kids. We all need shots to help protect us from serious diseases and illness.

Young children:

- Children under age 6 get a series of shots to protect against measles, polio, chicken pox, and hepatitis.

Preteens:

- All 11- and 12-year-olds need shots to help protect against tetanus, diphtheria, whooping cough, and meningitis.
- Doctors recommend girls also get the HPV vaccine to protect against the most common cause of cervical cancer.

Adults:

- All adults need a tetanus shot every 10 years.
  - Adults age 50 and older need a flu shot every year.
  - People age 65 need a one-time pneumonia shot.
- Talk to your doctor or nurse about which shots you and your family need.

For more information please visit: <http://www.healthfinder.gov/nho/AugToolkit.aspx>



## Taking Your Medication & Traveling

Sometimes not missing medicines can become challenging. Especially when you are going on vacation. Here is some “heads up” information for when you are traveling out of town, out of state or even out of the country.

1. Bring extra medications in your carry on bag, in case your luggage is misplaced.
2. If you are leaving the country, be aware of the generic name for your medications because the brand name can be different.
3. If your prescriptions need to be refilled while you are away, be aware that you need new prescriptions because of the change of pharmacy. It is best to have paper copies on hand.
4. Before leaving you may want to get a vacation override to fill your prescriptions ahead of time.

5. Also be sure to check your health care coverage before leaving the state or the country. Be clear about what they will cover and where!

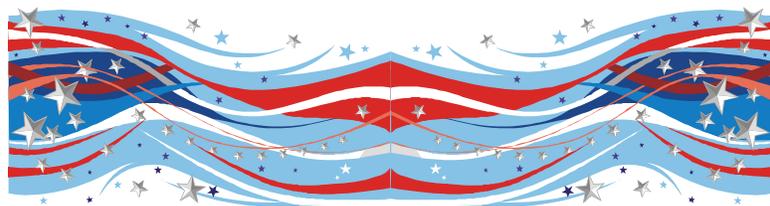
We hope this information will be of some assistance.

The Treatment Adherence Program at the DAC

Linda Bartlett, RN  
Alza Johnson, LPN



**Safe travels!**



## Firecracker Roll-Ups

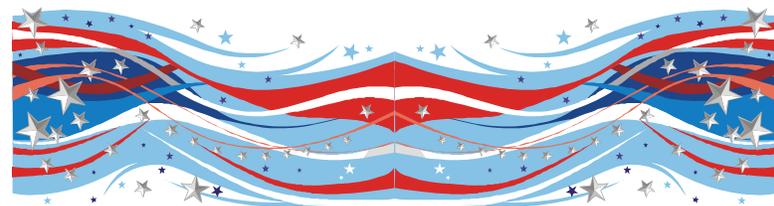
### Ingredients:

- 1 medium green pepper, cut into 3/4-inch strips
- 1 medium red onion, cut into 1/2-inch strips
- 1 medium zucchini, cut into 1/4-inch slices
- 2 cups quartered fresh mushrooms
- 3 teaspoons dried basil, divided
- 2 teaspoons garlic powder, divided
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup mayonnaise
- 2 teaspoons dried parsley flakes
- 4 flour tortillas (8 inch)
- 1-1/3 cups shredded lettuce

### Directions:

- ◆ Place vegetables in greased 15 X 10 X 1-inch baking pan
- ◆ Spritz with nonstick cooking spray.
- ◆ Sprinkle with 2-teaspoons basil, 1 teaspoon garlic powder, salt and pepper.
- ◆ Broil 4-6 inches from the heat for 16 minutes or until vegetables are browned, stirring once.
- ◆ Meanwhile, in a bowl, combine mayonnaise, parsley and remaining basil and garlic powder.
- ◆ Warm the tortillas; spread 1-tablespoon of mayonnaise mixture on each.
- ◆ Spoon 3/4-cup vegetables down the center, top with 1/3-cup lettuce.
- ◆ Fold bottom of tortilla over filling and roll up.

Recipe makes 4 servings.





## Generalized Anxiety Disorder (GAD)

Approximately 4 million adult Americans are affected by Generalized Anxiety Disorder, or GAD. People with GAD experience daily exaggerated anxiety and worry about life events without an obvious reason to worry. They tend to always expect disaster and can't stop worrying about health, money, family, work or school. Their worry is unrealistic or out of proportion to the situation. The anxiety becomes so dominant in a person's life that it interferes with daily functioning including work, school, social activities and relationships.

HIV positive people and others living with serious medical conditions are more prone to anxiety symptoms. Up to 70% of people with HIV report anxiety symptoms and 40% meet the criteria for an anxiety disorder.

Symptoms are physical as well as mental and include: excessive worry and tension, an unrealistic view of problems, restlessness and feeling "edgy," irritability, muscle tension, headaches, sweating, difficulty concentrating, nausea, the need to go to the bathroom frequently, tiredness, trouble falling or staying asleep, trembling and being easily startled. Symptoms can become worse during times of stress, even "good" stress such as moving to a better apartment or a promotion at work. Sufferers often are also depressed or abuse drugs or alcohol in an effort to self-treat.

The cause of GAD is not known, but genetics, brain chemistry and environmental factors are all contributing factors. Treatment involves first getting an accurate diagnosis from a mental health professional, then medication and/or counseling.

Although the following suggestions are not a treatment for anxiety, they can help reduce the symptoms: eat a well-balanced diet and take a good multi-vitamin; avoid alcohol and reduce or eliminate sugar and caffeine; take time out for yourself every day, even 20 minutes of relaxation can be helpful; avoid a hectic schedule or activities you don't find relaxing. You might also keep an anxiety journal, rating your anxiety on a scale from 1 -10. Make note of the event that caused you to feel anxious and jot down any feelings or thoughts you had before you got anxious. Keep track of things that make you feel more or less anxious. Incorporate into your life the things that make you feel less anxious.

Anxiety about one's health when living with HIV is perfectly normal; it is important to recognize when normal anxiety has become an anxiety disorder. Anxiety has been shown to contribute to poor adherence to antiretroviral regimens. Fortunately anxiety is manageable through a combination of treatments and self-care techniques. Don't hesitate to speak to your health care professional if you are experiencing the symptoms listed above.

Mental Health services are available here at the DAC or through referral to other Mental Health providers.

Information found on: <http://www.webmd.com/anxiety-panic/understanding-anxiety-prevention>



2010  
**JUNETEENTH**  
An African American Cultural Festival

Saturday June 19<sup>th</sup> , 2010 Clinton Square  
Syracuse, NY

In attendance at the DAC table were (from left to right) Kelley Flood, social worker; Alza Johnson, treatment adherence nurse; Patty Woodruff, social worker.

# LATINO

## JULY-HIV Testing Month

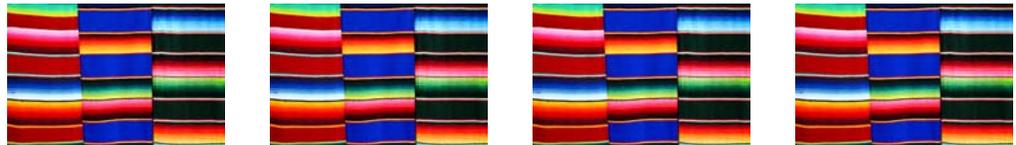
- Every 9.5 minutes, someone in the United States is infected with HIV, the virus that causes AIDS.
- Of the estimated 1 million people living with HIV in the United States, 1 out of 5 do not know they are infected.
- Latinos in New York State represent 16.0% of the population but account for 31.0% of people living HIV/AIDS
- In New York State, the highest HIV transmission rates for adult Latino men were among those who engaged in intravenous drug use followed by men who engaged in sex with other men.
- In New York State, the highest HIV transmission rates for adult Latina



women were among women who engage in heterosexual sex followed by women whose risk category is unknown.

### LATINO, HIV/AIDS IS REAL. GET TESTED!

HIV has had a devastating and disproportionate impact in our Latino communities. It is estimated that approximately 200,000 Latinos are currently living with HIV/AIDS in the United States [1]. Sadly, over 40% of those infected continue to learn of their HIV status late in the disease, with some receiving an AIDS diagnosis within a year of their HIV diagnosis. This does NOT have to be. Don't delay getting tested! Finding out about HIV infection in an early stage, gives individuals the best chance to benefit from better health care and social support services. [+]



Information found at: [www.latinohivtesting.org](http://www.latinohivtesting.org)



### 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.

Meditation is offered 4—5pm

The Church Clothing closet is open 5-7pm the 1st & 3rd Thursdays.

The Computer lab is open 6—8 pm

For more information contact Paul Carr at the CNY HIV Care Network, 315.472.8099

Next dinner is Thursday July 29<sup>th</sup>





## 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.

- 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)

### **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

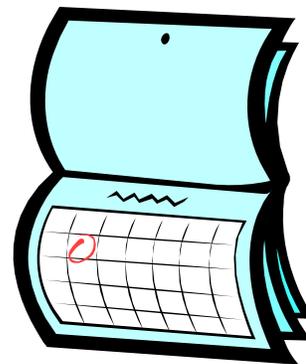
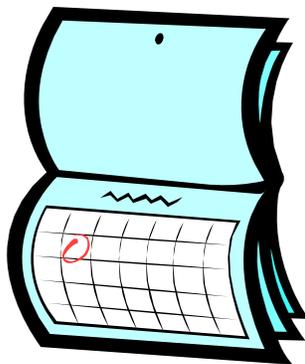
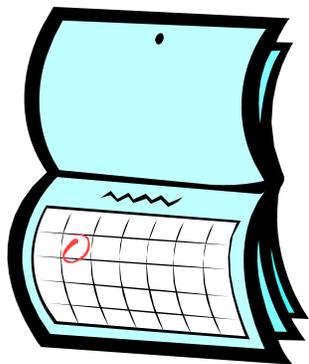
Vera House: 315-468-3260



## **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.

Next Meeting Date is: 9/16 at 4:15pm.



The monthly calendar of events, special days and meetings will return with the next edition of our newsletter in September 2010.

Enjoy your summer!