



## Positive Outlook

**UPSTATE**  
MEDICAL UNIVERSITY

ID Clinic Newsletter  
October 2010  
315 464 5533



**Limitations live only in our minds.  
But if we use our imaginations, our possibilities become limitless.**  
**-Jamie Paolinetti-**

## Announcements

### Welcome

A hearty welcome to Sue Gaskins, LMSW.

Sue will be joining us one day a week under our new Hepatitis C and HIV funding.

### Returning Faces

Terry Podolak, RD and Marilyn Brown-Shakir, CASAC will be returning to work with our HCV & HIV positive patients.

### Great News

We are happy to report Brian Amidon, LMSW is returning part time following his unexpected leave of absence. If you previously received care from Brian and would like to resume your care with him please contact Laura at 315-464-7319.

Clinic is Closed Monday October 11<sup>th</sup>, 2010 in observance of Columbus Day.  
Please call by Wednesday October 6<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.



### **AIDS Community Resources: WOMEN'S INITIATIVE - NEW PROGRAM**

AIDS Community Resources has been chosen to implement a New York State Department of Health Women's Initiative to reduce HIV and other sexually transmitted infections (STIs) in the Central, Northern, and Mohawk Valley regions. The program, to begin this summer, will offer HIV/STI prevention and related services for women ages 18-65.

Because of the high impact on African Americans, ACR's Women's Initiative will place special emphasis on reaching heterosexual African American women at high risk for HIV/STIs.

AIDS Community Resources has hired four Women's Health Advocates to implement the program in Syracuse, Utica, and Watertown. The Advocates will utilize the Safety First Outreach mobile units in Syracuse, Utica, and community settings in Watertown to counsel individuals about risk reduction; provide evidence-based group interventions; and provide confidential HIV, Chlamydia, and gonorrhea screenings in the mobile units and in approved community settings.

#### **PROGRAM SERVICES:**

Community Street-based outreach: face-to-face risk reduction sessions, distribution of HIV/AIDS, STI, and hepatitis written materials and supplies, skills-building demonstrations, and referrals.

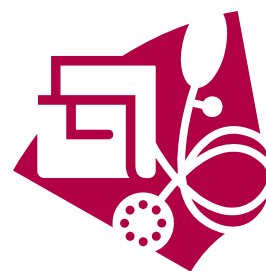
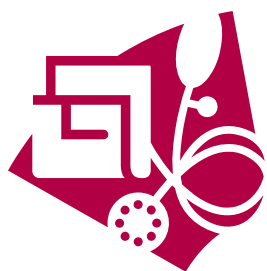
Individual Risk Reduction Counseling: Comprehensive one-on-one risk HIV/STI reduction counseling sessions to reduce risk for the acquisition and/or transmission of HIV/STIs.

Educational Groups (Utica and Syracuse): A six-session "empowerment" intervention addressing influences that place women at risk for HIV/STIs.

Educational Groups (Watertown): A single-session, video-based HIV/STI prevention session to encourage condom use and negotiation skills.

Rapid oral HIV testing and urine Chlamydia and gonorrhea screening available at ACR offices and designated community-based locations and at street-outreach sites in Syracuse, Utica, and Watertown.

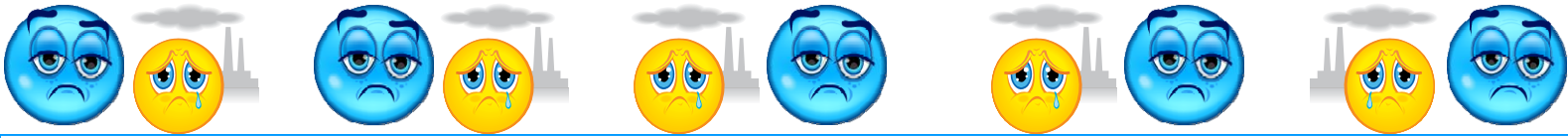
If you are interested in any of these services please call ACR at 475-2430.



### **NEW – U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES (HHS) Launches New Consumer Focused Health Care Website [www.HealthCare.gov](http://www.HealthCare.gov)**

- ◆ On July 1, 2010 the U.S. Department of Health and Human Services unveiled an innovative new on-line tool that will help consumers take control of their health care by connecting them to new information and resources that will help them access quality, affordable health care coverage.
- ◆ Called for by the Affordable Care Act, [HealthCare.gov](http://www.HealthCare.gov) is the first website to provide consumers with both public and private health coverage options tailored specifically for their needs in a single, easy-to-use tool.

**The tool can be accessed at: <http://www.healthcare.gov/>.BB**



**October 3<sup>rd</sup>—9<sup>th</sup> is National Mental Illness Awareness Week**  
**Thursday October 7<sup>th</sup> is National Depression Screening Day**

Online screening tests can be found at:

[http://www.depression-screening.org/depression\\_screen.cfm](http://www.depression-screening.org/depression_screen.cfm)

[http://www.mentalhelp.net/poc/view\\_doc.php?type=doc&id=973&cn=depression%20\(unipolar\)](http://www.mentalhelp.net/poc/view_doc.php?type=doc&id=973&cn=depression%20(unipolar))

If you suspect you are depressed, speak with your doctor or nurse practitioner for a referral to a mental health counselor. Untreated depression affects your physical health and quality of life.



**Want to feel a whole lot happier? Right now?**

Then grab a pen and a thank-you card, and share some gratitude with someone.

When a group of students wrote a series of one-page thank-you letters every 2 weeks for 6 weeks, measurements showed that their baseline happiness levels increased by 20%.

**What is Happiness?**

Science says that happiness is 50% genetic, 10% circumstances, and 40% intentional activity (i.e. , what you do). With so much happiness attributed to your own actions, it makes sense to do things that make you feel good. For the study, that meant the students expressed gratitude in writing, and their happiness increased with each letter. Every month, try writing a couple of thank-you notes to people who did something nice for you.

**The Gratitude Connection**

Seeing the world through the rose-colored lenses of appreciation and thankfulness can help boost feelings of life satisfaction and overall well-being. And *that* is great for your health.

Here are a few more ways to boost feel-good feelings:

**Get Up!** Exercise helps release endorphins.

**Get Talking!** Spending time with happy friends will do warm, fuzzy favors for your mood.

**Make a Plan.** Happy feelings don't always just happen by themselves. Make time to do things that make you happy.

**Benefit**

Taking care of your emotional health and well-being can make you feel younger and enjoy life more.

**References**

Letters of gratitude: improving well-being through expressive writing. Toepfer, S. M., Walker, K., *Journal of Writing Research* 2009 Nov; 1 (3): 181-198

Adapted from an article found at <http://www.realage.com/tips/get-happy-quickly-by-writing-one-of-these>

# Treatment Adherence at the DAC

## What is Treatment Adherence?

Adherence refers to how closely you follow the doctor's directions for taking your medications.

### Is Treatment Adherence Important?

Yes, for 2 reasons:

Taking your medications as directed (or being adherent) will decrease your viral load. When you skip even one dose the virus has a chance to reproduce more rapidly.

Being adherent helps prevent drug resistance. Resistance happens when HIV mutates (changes form) and can no longer be controlled with certain medications.

### Why is it difficult?

HIV medication regimens can be complicated. Some are taken a couple times a day, some require you to drink lots of water, and some need to be taken on an empty stomach. All of them need to be taken at the same time each and every day.

### What to do?

The very first step. Talk to your treatment team. This team includes you, your doctor, your nurse and sometimes it may include a nutritionist or a mental health provider. Discuss the medications that are being given. Have them write down each medication and the directions for taking each one and the possible side effects you will need to be aware of.

Work with your treatment team to work your medications into your schedule in a way that works best for you. Be honest with your team about personal issues that might interfere with you taking your medications and let them help you to overcome those barriers to adherence.

Most importantly if you have side effects call your doctor and nurse right away.

Tips for staying adherent:

Count out the doses in advance by using a pillbox.

Keep a checklist of the names, doses and the times they need to be taken.

Use an alarm, for example on your cellular phone, or your watch.

List your medication in your daily planner, just like a meeting or keep a medication diary.

Keep your medications in a place where you will see them and remember to take them. If necessary keep a backup supply in your purse or briefcase for the rushed days.

Keep a small snack with you for medications that require you to eat.

Make sure you plan ahead for traveling and weekends. Give yourself plenty of time to get refills before you run out.

Develop and use a support network. Friends and family that can help you to remember to take your medications.

This information is based on 3 articles: *What is Treatment Adherence?* and *Adhering to My Treatment Regimen* both from [www.thebody.com](http://www.thebody.com) and *Top 10 Medication Adherence Tips* from <http://aids.about.com>

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### Designated AIDS Center

The Designated AIDS Center (DAC) provides outpatient and inpatient medical care for HIV infected people from the 15-county Central New York area. The DAC is staffed by Infectious Disease physicians, nurse practitioners, registered nurses and licensed social workers. Patient care is provided through a medical case management model with the nurse practitioner as case manager. We provide each patient with continuity of care through the same case manager, physician and social worker for all of your outpatient care.

The DAC accepts all insurances accepted through University Hospital including: Medicaid, Medicare, Family Health Plus, ADAP Plus and most commercial insurances. If your insurance requires prior approval from your primary care physician you are required to obtain that prior to your first appointment with us. Upstate Medical University provides a wide range of medical services including vision, dental, gynecology, oncology, dermatology, pulmonary, primary care, endocrine, gastrointestinal, cardiology and orthopedics.

The DAC provides on site mental health, mental health case management, substance abuse, nutrition and treatment adherence services. For more information on these services click on the links tab.

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Visit us at: <http://www.upstate.edu/id/healthcare/dac/>



**If you are HIV+, you are not alone.  
You deserve respect and good treatment.  
Call and connect for life.  
English 1-800-541-AIDS  
Spanish 1-800-233-SIDA**



**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

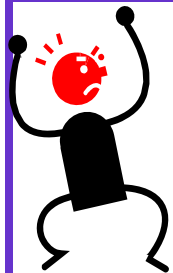


**THE BODY**  
*The Complete HIV/AIDS Resource*

**HIV/AIDS  
Resource Center  
For Gay Men**

<http://www.thebody.com/content/art57068.html?ic=700101>

This site offers information and advice, personal stories, a question and answer section, and a news link specific to the men who have sex with men population.



### **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.

### **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: 10/21 at 4:15pm.