



Positive Outlook

UPSTATE
MEDICAL UNIVERSITY

ID Clinic Newsletter
November 2010
315 464 5533



Great acts are made up of small deeds.
-Lao Tzu-

PWA Leadership Training Institute (PWA LTI) presents a free training Self-Management: Becoming Your Own Health Care Advocate

November 17th—19th, 2010
Syracuse, NY

Training Objectives:

- ◆ To enhance participants' skills for effective communication and partnership with care providers
- ◆ To increase participants' knowledge of HIV health care and treatment guidelines
- ◆ To improve participants' ability to effectively manage their own HIV health care

Training Topics:

- ◆ Understanding quality HIV health care & NYS HIV health care guidelines
- ◆ Interacting and communicating with health care providers
- ◆ HIV medications, adherence and drug resistance
- ◆ Understanding laboratory tests (CD4 count, viral load, CBC, Chem screen, etc.)
- ◆ Nutrition, mental health, substance use, and their impact on health and HIV treatment
- ◆ Living with HIV/AIDS and other conditions such as diabetes or HepC

Follow-up Support

Workshop graduates are matched with trained HIV+ peer mentors, who will maintain contact with them for a period of six months following the training. Mentors support and encourage graduates to implement their individual health care improvement plans.

Accommodation and transportation assistance is available!

To register for the training and/or for more information please call toll free 866.792.5323 extension 213

Registration is Required

Clinic will be Closed Thursday November 25th and Friday November 26th for Thanksgiving.
Please call by Wednesday November 17th, 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.

Thursday, November 18 is the American Cancer Society's annual event The Great American Smoke out.

On this day smokers are encouraged to quit for at least one day.

Did you know there is a correlation between smoking and mental health, especially depression?

Findings from a National Health and Nutrition Survey found that:

- About 43 percent of adults over 20 who had depression smoked compared to 22 percent of that age without depression
- Depressed smokers smoke more than smokers without depression
- Adults who are depressed and smoke are less likely to quit than smokers who are not depressed

What does this have to do with HIV?

- People with HIV are more likely than others to smoke
- Smoking weakens the immune system making it harder to fight off infections
- Smoking can interfere with the liver's job of processing HIV medications and worsen hepatitis
- HIV treatment slightly increases the risk of heart attack, but smoking is the major controllable risk factor for heart attack and stroke
- For women, smoking increases the risk and severity of human papilloma virus which increases the risk of cervical disease

The bottom line is that smoking is hazardous to your mental and physical health.

Quitting smoking can halt or reverse the damage done.

Please think about it and talk it over with your provider to help you find ways to quit, the sooner, the better.

**For assistance for quitting please call the New York State Smokers' Quitline at
1.866.NY.QUITS
(1.866.697.8787)**

Or visit the website at www.nysmokefree.com

Adapted from information found at:

http://www.aidsinonet.org/uploaded/factsheets/147_eng_803.pdf

<http://www.notalone.com/article/3110.html>

<http://www.ivillage.com/depression-and-smoking-go-hand-in-hand-us/4-a-143904>

<http://www.nysmokefree.com>

CNY Connec+ions seeks to simplify access to and use of health information by persons in Central New York affected by HIV/AIDS through:

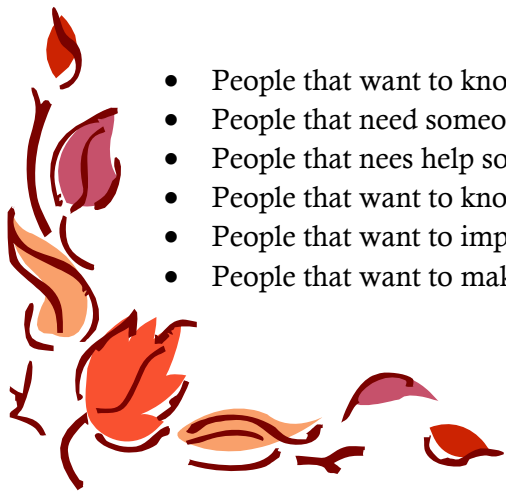
- This user-friendly website with links to HIV/AIDS health information and local resources.
- CNY Connec+ions Live: a moderated telephone and web conferencing sessions for Persons Living with HIV/AIDS (PLWHAs).
- Confidential Social Networking site that enables PLWHAs to stay abreast of the latest news, information and events.
- "How to" access training for PLWHAs, HIV/AIDS service providers and the general community.

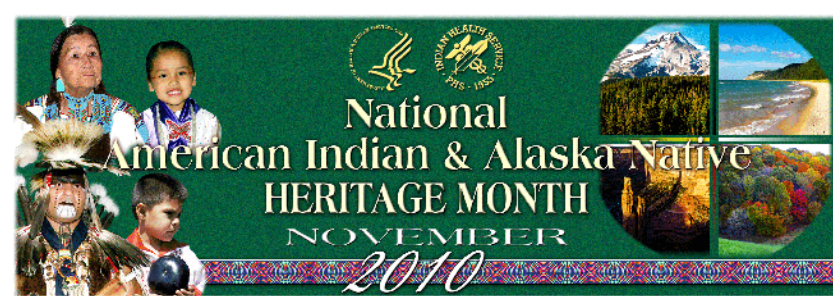
Who Should Participate?

- People that want to know more about HIV and available services
- People that need someone to talk to that understands what you are going through
- People that need help solving problems
- People that want to know what HIV-related events are happening locally
- People that want to improve their skills in using HIV/AIDS health information
- People that want to make connections through the HIV Care Network

A program of the CNYHSA, Inc.
5700 Commons Park Drive
East Syracuse, NY 13057
315.472.8099 p 315.472.8033 f
www.cnyhsa.com

CNY CONNec+IONS





Promoting Healthy Families, Cultures and the Environment

The month of November has been designated for the purpose of recognizing the significant contributions of the "First Americans" to the establishment and growth of the United States.

On September 28, 1915 Rev. Sherman Coolidge issued a proclamation which declared the second Saturday of May as American Indian Day.

In 1990 President George Bush approved a joint resolution designating November 1990 as "National American Indian Heritage Month." Similar proclamations have been issued each year since 1994.

National American Indian and Alaska Native Heritage Month is celebrated to recognize the intertribal cultures and to educate the public about the heritage, history, art, and traditions of the American Indian and Alaska Native people.

Adapted from information found at www.ihs.gov



World AIDS Day is December 1st



Started on December 1, 1988, World AIDS Day is celebrated on December 1 each year around the world. It has become one of the most recognized international health days and a key opportunity to raise awareness, commemorate those who have passed on, and celebrate victories such as increased access to treatment and prevention services. World AIDS Day is about raising money, increasing awareness, fighting prejudice and improving education. World AIDS Day is important in reminding people that HIV has not gone away, and that there are many things still to be done.

UNAIDS took the lead on World AIDS Day campaigning from its creation until 2004. From 2004 onwards the World AIDS Campaign's Global Steering Committee began selecting a theme for World AIDS Day in consultation with civil society, organizations and government agencies involved in the AIDS response.

Themes run for one or two years and are not just specific to World AIDS Day. Campaigning slogans such as 'Stop AIDS. Keep the Promise' have been used year round to hold governments accountable for their HIV and AIDS related commitments.

The theme for World AIDS Day 2010 is '*Universal Access and Human Rights*'. Global leaders have pledged to work towards universal access to HIV and AIDS treatment, prevention and care, recognizing these as fundamental human rights. Progress has been made in increasing access to HIV and AIDS services, yet greater commitment is needed around the world if the goal of universal access is to be achieved. Millions of people continue to be infected with HIV every year. In low- and middle-income countries, less than half of those in need of antiretroviral therapy are receiving it, and too many do not have access to adequate care services.

The protection of human rights is fundamental to combating the global HIV and AIDS epidemic. Violations against human rights fuel the spread of HIV, putting marginalized groups, such as injecting drug users and sex workers, at a higher risk of HIV infection. By promoting individual human rights, new infections can be prevented and people who have HIV can live free from discrimination.

World AIDS Day provides an opportunity for all of us - individuals, communities and political leaders - to take action and ensure that human rights are protected and global targets for HIV/AIDS prevention, treatment and care are met.

Adapted from information found at www.worldaidscampaign.org and www.avert.org

Locally

The Central New York HIV Care Network will observe World AIDS Day 2010 with a Service of Remembrance and Hope on Wednesday December 1st, at University United Methodist Church, 1085 East Genesee Street, Syracuse.

The service will begin at 5:30pm following a brief candlelight vigil on the church steps facing East Genesee Street.

The traditional Bread & Soup Supper will follow immediately in the Fellowship Hall.

*** The DAC will host an information table outside the 2nd floor cafeteria of University Hospital***

Treatment Adherence at the DAC

'Tis the Season to Stick to Your Meds

With the holiday season just around the corner, sweet and saddening memories of friends, families, gift giving, gift getting, cranberry sauce, matzo balls, and holiday stress may come to mind.

This is the time to look back over the year gone by, look forward to all the indulgence of the holiday season, and make resolutions for the New Year. Since your daily routine of eating and medication taking is likely to be disturbed by all the holiday festivities, this is a particularly important time to create a schedule and stick with your medications.

If you cannot keep to your routine because of the holidays, talk to a health care professional or a friend about where it gets difficult.

Make taking meds your priority.

- Plan for days when you will be out of the house. Remember to bring your pills with you if you will be away from home. Single dose/day pillboxes that fit easily into a pocket or bag are available in our clinic – just ask.
- Make sure that you have enough medications to get you through the holidays. Place your prescription order in good time and check with your pharmacy and clinic for any changes in hours/ availability.
- Take bottled water and snacks along for those medications that require extra water or to be taken with food.

In the midst of your celebrations remember that alcohol can react with many medications, so use with moderation. Alcohol may also impair judgment, causing sleepiness after drinking and interfering with medication taking. To avoid returning home sleepy and forgetting to take your meds, it is wise to take your meds before going out with friends.

Enjoy the holiday and take good care of yourself!

The Treatment Adherence Team at the DAC

Adapted from 'Tis the Season to Stick to Your Meds: Adherence Strategies for the Holidays www.thebody.com December 1998



American Diabetes Month

Sponsored by the American Diabetes Association

American Diabetes Month is a time to raise awareness of diabetes prevention and control. In the United States, 24 million people are living with diabetes and 57 million more are at risk of developing type 2 diabetes.

Over time, if it's not controlled, type 2 diabetes can cause serious health problems like heart disease, stroke, and blindness. You may be at risk for type 2 diabetes if you:

- Are overweight
- Exercise less than 3 times a week
- Are over 45 years old
- Have high blood pressure or high cholesterol
- Are African American, Latino, American Indian, Alaska Native, Asian American or Pacific Islander
- Have a parent, brother, or sister with diabetes

You can do a lot to lower your chances of getting type 2 diabetes by:

- Eating healthy.
- Watching your weight.
- Being active.
- Controlling your blood pressure and cholesterol.

www.diabetes.org



Caring for Your Liver

Your liver is about the size and shape of football. The largest organ in your body. It's been described as a very quiet organ. It does many important functions and doesn't complain until it's very sick.

To name a few important things that your liver does for you:

- ◇ It acts as a big filter- refines and detoxifies everything you eat, breath and absorb so that it can not harm other organs.
- ◇ It acts as a power plant- converting nutrients into energy, hormones, clotting and immune factors.
- ◇ It stores certain vitamins, minerals and sugars.
- ◇ It destroys poisonous substances and processes alcohol.
- ◇ It removes bacteria from the bloodstream.

Make your liver your best friend and take good care of it.

A couple important things to remember:

- * Drink alcohol in moderation or seek help. If not, your liver can become overworked and permanently damaged.
- * Always check with your doctor about taking herbal supplements. Some supplements contain substances that can be very dangerous to the liver.
- * Never mix medications and alcohol. Acetaminophen (the active ingredient in Tylenol) taken with alcohol could cause liver failure.
- * When giving children acetaminophen it is critically important to follow directions. Too much could damage the child's liver and cause it to shut down.

Source of information: Hepatitis Foundation International www.hepfi.org

Spiced Nuts

Nuts:

- 1 1/2 cup sliced almonds
- 2/3 cup shelled pecans
- 1/4 cup raw pumpkin seeds

Spice Mix:

- 1 Tablespoon granulated sugar
- 1 teaspoon sea salt
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon garlic powder

Simple Glaze:

- 2 Tablespoons water
- 1 Tablespoon unsalted butter
- 1 teaspoon light or dark brown sugar

Directions:

1. Toast nuts and seeds in a dry sauté pan; set aside.
2. Mix all Spice Mix ingredients together in a bowl; set aside.

3. Bring water, butter and sugar to a boil in a small saucepan over medium-high heat, whisking constantly. Pour over nuts and seeds, stirring constantly with a wooden spoon until almost all liquid is evaporated.
4. Transfer nuts and seeds to Spice Mix bowl and toss to coat. Spread on parchment paper to cool.

Preparation Time: 15 min

Cook Time: 2 min

Serves: 12

As prepared each serving contains:

150 calories

14g total fat

5mg cholesterol

200mg sodium

4g carbohydrate

4g protein

Add-ins: raisins, peanuts, or pretzels

Courtesy of



Recipe available at www.simplyorganicfoods.com

AIDS law Project

The Primary goal and focus of the **AIDS law Project** will be to create a network throughout Central New York to deal with and address the legal needs of individuals and their families who are living with HIV/AIDS.

The **AIDS law Project** proudly provides free legal services to people who:

- ⇒ Live with or are affected by HIV/AIDS
- ⇒ With or without minor children
- ⇒ Live in Broome, Cayuga, Chenango, Cortland, Herkimer, Jefferson, Lewis, Madison, Oneida, Onondaga, Oswego, St. Lawrence, Tioga, or Tompkins Counties.

The **AIDS law Project** also advises and/or represent clients with:

- ⇒ Health care proxies, living wills, powers of attorney, simple wills
- ⇒ Family court matters including custody, visitation, support, paternity, orders of protection, neglect, adoption
- ⇒ Assistance with denials or termination of benefits
- ⇒ Assistance in gaining access to health care services
- ⇒ HIV/AIDS–based discrimination
- ⇒ LGBTQ issues
- ⇒ Housing matters
- ⇒ Referrals to other needed services

Call for an appointment:
 Legal Services of Central New York, Inc.,
 Empire Building, 472 South Salina St., 3rd Floor, Syracuse, NY 13202
 315.703.6500
 Statewide toll free #: 866.475.9967
 TTY 315.475..3120 Statewide toll free TTY 866.475.3120

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

Group Therapy for Transgendered Individuals

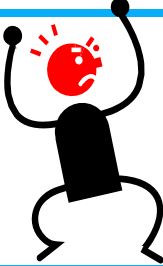
Facilitated by: Meg Malaney, PLMFT & Dara Shipman, PLMFT

The purpose of this group is to provide emotional and psychological support within the transgender community, through providing a space for people to make supportive interpersonal connections. This group will work to develop effective coping skills in an effort to manage the emotional, psychological and sometimes physical struggles experienced by transgender individuals.

This group is a space for all members of the transgender community to interact. Therefore, T girls/boys, T men/women, gender queer, questioning, gender ambivalent, and those who challenge the binary gender system are welcome! Intimate partners are also welcome to attend.

This group will meet for 8 weeks and will meet for 1 to 1 1/2 hours per session. The first group meeting will take place 11/16/10 at 6:30pm at The Brownell Center, 1045 James Street Syracuse, NY.

If you are interested please call Della at 315.472.4471.



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.