

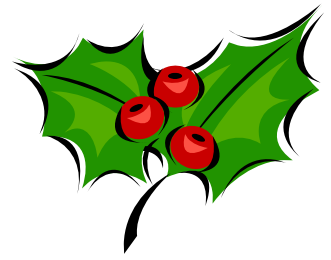
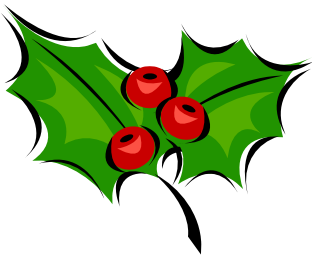
# Positive Outlook

**UPSTATE**  
MEDICAL UNIVERSITY

ID Clinic Newsletter

December 2010

315 464 5533



I never had a policy; I have just tried to do my very best each and every day.

-- Abraham Lincoln --



## World AIDS Day is December 1<sup>st</sup>



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](http://www.worldaidscampaign.org) and [www.avert.org](http://www.avert.org)

Clinic will be closed Friday, December 24, for Christmas. Please call by Wednesday December 22, for refills on your prescriptions.

Clinic will be closed Friday, December 31 New Year's. Please call by Wednesday December 29 for refills on your prescriptions

# Holiday Depression and Stress

The holiday season can be a time full of joy, cheer, parties and family gatherings. But for many people, it is a time of self-evaluation, loneliness, reflection on past failures and anxiety about an uncertain future.

## What Causes Holiday Blues?

Many factors can cause the ‘holiday blues’: stress, fatigue, unrealistic expectations, over-commercialization, financial constraints, and the inability to be with one’s family and friends. The demands of shopping, parties, family reunions and house guests also contribute to feelings of tension. People may also develop other stress responses such as headaches, excessive drinking, overeating and difficulty sleeping. Even more people experience post-holiday let down after January 1. This can result from disappointments during the preceding months compounded by the excess fatigue and stress.



## Coping with Stress and Depression During the Holidays

- Keep your expectations for the holiday season manageable. Try to set realistic goals for yourself. Pace yourself. Organize your time. Make a list and prioritize the important activities.
- Be realistic about what you can and cannot do. Don’t put the entire focus on just one day. Remember that it’s a season of holiday sentiment, and activities can be spread out to lessen stress and increase enjoyment.
- Remember the holiday season does not banish reasons for feeling sad or lonely; there is room for these feelings to be present, even if the person chooses not to express them.
- Leave “yesteryear” in the past and look toward the future. Life brings changes. Each season is different and can be enjoyed in its own way. Don’t set yourself up in comparing today with the “good ol’ days”.
  - So something for someone else. Try volunteering some of your time to help others.
  - Enjoy activities that are free, such as taking a drive to look at holiday decorations, going window shopping or making a snowperson with children.
  - Be aware that excessive drinking will only increase your feelings of depression.
  - Try something new. Celebrate the holidays in a new way.
  - Spend time with supportive and caring people. Reach out and make new friends, or contact someone you haven’t heard from in a while.
- Save time for yourself! Recharge your batteries! Let others share in the responsibility of planning activities.



# Eating with Elegance

During the holidays, it is OK to take time to slow down. It is important for our health and our digestion. Give yourself time to enjoy your favorite recipes and holiday foods. Make your eating environment pleasant and peaceful.

What happened to elegance in eating? When did the concepts of “eating-on-the-go” or devouring plastic-wrapped or boxed meals become appropriate methods of dining? How did eating in front of the TV or in the car become alternatives to the dinner table?



Our modern lives are often hectic and mindless; jumping from work to family to social and community obligations. Running down the long-to-do list, barely crossing each item off, even exercise has to be scheduled. Many of us have lost touch with what food is and what it does. For many, it is merely a means to quench hunger, rather than to nourish. Our health and meals have sadly become an inconvenience.

Elegance in dining brings to mind fresh, whole food and ingredients and time to touch, smell and taste flavors. Chopping, slicing, cooking, putting love into your foods is elegance. Presentation on a plate with silverware and cloth napkin at a dinner table with candles and the scent of flowers in a nearby vase is elegance. Spending time nourishing yourself and those you love is elegance. Welcome back elegance and mindfully prepare and eat your next meal.

Source: ADA, Manuel F. Villacorta, MS RD  
[www.eatright.org/media/blog](http://www.eatright.org/media/blog)

## A Holiday Corn Pudding a Nine-Year Old Can Make

3 cups corn kernels  
2 eggs, beaten  
1 cup milk  
1 cup grated Gouda or Jack cheese  
2 tablespoons parsley (dried)  
1 tablespoon marjoram (dried)  
Salt and pepper to taste

Combine ingredients and pour into greased baking dish. Bake at 350 degrees for 45 minutes or until top is puffy and golden.



From *Animal, Vegetable, Miracle: Our Year of Seasonal Eating*,  
by Barbara Kingsolver

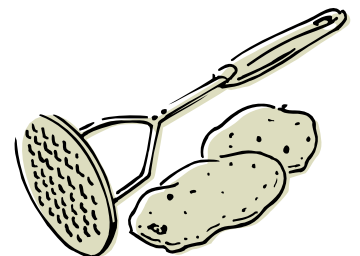
## Eating Right Tip

When it comes to potatoes, some of the richest nutrition is found just beneath the skin. Increase the nutritional value of your potato diet by using the whole potato—skin and all.

While some of the most common potato dishes land on the less healthy list—French fries and twice-baked recipes—there are plenty of healthy ways to enjoy this vegetable.

- Make a potato mash with low-sodium chicken broth and low-fat milk instead of cream and butter.
- Roast red-and-purple-skin potatoes in olive oil with garlic cloves and herbs.
- Sauté potato slices with dark green, such as kale, using heart-healthy oils such as olive oil

A cold-weather staple, potatoes are easy to store and are a good source of fiber and rich in potassium. And just one medium potato provides nearly one-third of your recommended daily intake of vitamin C.



# AIDS Law Project

## Free Law Clinic & Lunch



Tuesday, December 14  
12-2pm

The Step Center  
at Our Savior Lutheran Church  
1640 Genesee St, Utica NY

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

Thursday, December 30, 5—7 pm at the  
First English Lutheran Church ,501 James St.  
Topic to be announced

For more information contact Paul Carr at the  
CNY HIV Care Network, 315 472 8099

Please RSVP:

Regina Brown: 315 272 1302 or John Wikiera: 315 542 1703

Get your legal questions answered!

## World AIDS Day



The Central New York HIV Care Network will observe World AIDS Day 2010 with a Service of Remembrance and Hope on Wednesday December 1<sup>st</sup>, 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 2<sup>nd</sup> floor cafeteria of University Hospital.

## 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.



## 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 inter-



# Treatment Adherence Program at the DAC

## A Word about Azithromycin (Zithromax)

Azithromycin is an antibiotic drug used to fight bacterial infections in anyone with a CD4 count of less than 50. Once your CD4 cell count begins to recover then you may not need to continue to take Azithromycin. One of the reasons Azithromycin is prescribed for HIV positive people is to prevent a certain kind of opportunistic infection called MAC (*mycobacterium avium complex*). Opportunistic infections take advantage of people with weak immune systems. They can cause serious illnesses. Azithromycin is a medicine that can be used to prevent an infection from starting. It is used as a prevention (or prophylactic) medicine. The prevention dose is just two 600mg tablets one time a week. If you have been prescribed Azithromycin remember to keep taking it on the same day each week. MAC can cause a serious infection so it is important to keep protecting yourself. Azithromycin is usually prescribed for anyone with a CD4 cell count below 50. Once your CD4 cell count begins to recover then you may not need to continue to take Azithromycin. Azithromycin can be taken with or without food but should be taken with plenty of water.



Linda Bartlett, RN  
Alza Johnson, LPN

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## Hepatitis C Education and Information Group

Are you Hepatitis C positive?  
Are you considering your treatment options?  
Are you currently on treatment?  
Do you have questions or concerns about Hepatitis C?  
Would you like to know more about Hepatitis C and HIV?

You are not alone—help and support is available to you.

We will be starting a group in January for our consumers with HIV and Hep C. If you think you may be interested in attending, please give Melissa or Kelley a call at 464-5533 or ask your medical provider when you are here for an appointment. Additional details will be available in a few weeks.

**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

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### 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.