

Positive Outlook

UPSTATE
MEDICAL UNIVERSITY

ID Clinic Newsletter
April 2011
315 464 5533



Anyone can hide.
Facing up to things, working through them, that's what makes you strong.
-- Sarah Dessen --

April is Alcohol Awareness Month



Alcohol Awareness Month is an opportunity to raise awareness of alcohol abuse and encourage people to make healthy, safe choices.

Warning Signs of Alcohol Abuse

If you answer "yes" to any of the following questions, you may have a problem with alcohol:

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hangover after drinking?

Source: [How to Cut Down on Your Drinking](#)

Strategies to Cut Back or Quit Drinking

There are many strategies you can try to cut back or quit drinking. To get started:

- Keep track of your drinking and set a drinking limit.
- Try to avoid places where heavy drinking occurs.
- Ask for help from a doctor, family, or friends.
- If you keep alcohol in your home, keep only a limited supply.

Information found at: <http://www.healthfinder.gov/nho/AprToolkit.aspx>

Local Alcohol/Substance Abuse Treatment and Support Programs

Alcoholics Anonymous: Support, 315-463-5011

Conifer Park: Inpatient treatment center, 315-453-3911

CNY Services: MICA outpatient services, 315-478-0610

Crouse Chemical Dependency Services: Inpatient, Outpatient and methadone maintenance programs, 1-800-727-6873

Syracuse Recovery Services, Inc.: Outpatient treatment program, 1-866-395-1680

Syracuse Behavioral Healthcare: Inpatient and Outpatient Services, 315-471-0568

For more information talk to a staff member at your next clinic visit.



Alcohol Use/Abuse and Mental Health

Drug and alcohol problems and mental illnesses often go hand in hand. Among alcoholics, nearly 50% have overlapping mental illness. At least 50% of the 2 million Americans with severe mental illness abuse drugs or alcohol. The problem for medical professionals trying to help these patients is trying to make an accurate diagnosis.

The Diagnostic and Statistical Manual-IV defines abuse as recurrent use that results in failure to fulfill major role responsibilities at work, school or home (i.e. poor work attendance, expulsion from school, and neglect of children); recurrent substance use in physically dangerous situations (i.e. driving a vehicle or operating a machine when impaired); recurrent substance related legal problems; continued substance use in spite of problems caused by use (i.e. arguments with spouse, physical fights, etc.).

A clinician relies on interviews and self-reports to assess how much and how often a person is drinking. They determine the risk for abuse based on how much and how often.

They will use such questions as

“How many days a week do you drink alcohol?”

“On a typical day how many drinks do you have?”

“What is the most you have had to drink in one day during the last month?”

A drink is defined as 12 grams of alcohol. This is equal to 12 ounces of beer, or 5 ounces of wine or 1.5 ounces of 80 proof liquor.

The CAGE questionnaire is commonly used to determine the risk of alcohol related problems:

C: Have you ever felt you should CUT down on your drinking?

A: Have people ANNOYED you by criticizing your drinking?

G: Have you ever felt bad or GUILTY about your drinking?

E: Have you ever had an EYE opener—a drink first thing in the morning to steady your nerves or get rid of a hangover?

Alcohol or drugs are often used to self-medicate the symptoms of mental health issues or to hide the issue. Unfortunately alcohol and drug abuse can both increase the underlying risk for mental health disorders and make the symptoms of a mental health problem worse.

There is hope.

Information for this article found at:

Alcohol Abuse Diagnosis. <http://www.mentalhealthchannel.net/alcohol/diagnosis.shtml>

Dual Diagnosis—The Problem. <http://alcoholism.about.com/cs/dual/a/aa981209.htm?p=1>

Overcoming Alcohol and Drug Addiction while Coping with Depression or Anxiety. http://helpguide.org/mental/dual_diagnosis.htm

Living Well with HCV

A peer facilitated group for co-infected clients.

Do you have Hepatitis C (HCV)?

Are you considering or currently receiving Hepatitis C treatment?

Do you have questions or concerns about HCV treatment?

We offer a weekly Peer facilitated group. The goals of the group are to provide: Education, Encouragement and Empowerment. The Peer facilitators have first hand experience with HIV and HCV

Hepatitis C treatment is challenging and we want to help give you the tools needed to be successful. The more information you have, the better able you are, to make the best health care decisions for yourself.

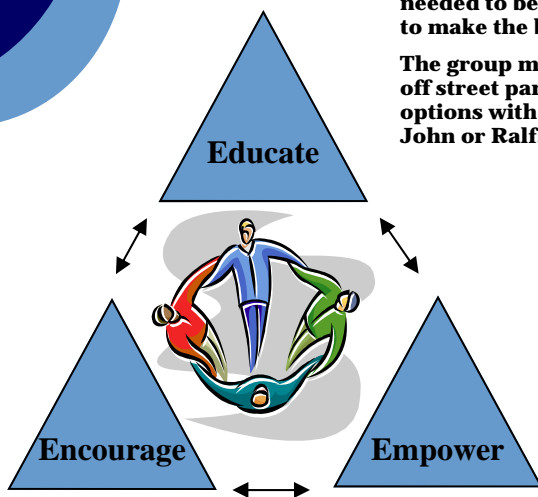
The group meets once a week from 6-7:30 PM. The location of the group has free, off street parking. If you need transportation assistance, we can discuss possible options with you. If you are interested in attending the group, please call Kelley , John or Ralf.

Kelley Flood, LMSW
Infectious Disease Clinic
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Phone: 315-464-5533
Fax: 315-464-5579

If you would like to speak to a peer facilitator about the group please contact:

John Wikiera at 315-542-1703

Ralf Bernecker at 315- 476-1125





CDC recognizes April as STD Awareness Month, an annual observance to raise awareness about the impact of sexually transmitted diseases (STDs) on the health of Americans and the importance of individuals discussing sexual health with their healthcare providers and, if sexually active, their partners.



[GYT: Get Yourself Tested](#)

National campaign to inform young people about STDs and promote testing and treatment.

http://www.itsyoursexlife.com/gyt?utm_source=gytnow



findSTDtest.org

Easy-to-use ZIP-code based resource to locate STD testing sites throughout the U.S.

<http://www.hivtest.org/STDTesting.aspx>

Sexually transmitted diseases (STDs) remain a major public health challenge in the United States. CDC estimates that there are approximately 19 million new STD infections each year — almost half of them among young people 15 to 24 years of age. Yet, most infections have no symptoms and often go undiagnosed and untreated, which may lead to severe health consequences, especially for women. The only way to know for sure is to be tested. Talk to a health care provider about which STD tests are right for you.

Information found at <http://www.cdc.gov/std/>



Health Consequences of Untreated STDs

Untreated gonorrhea and chlamydia can result in pelvic inflammatory disease in women, a condition that can cause infertility. Each year, STDs cause at least 24,000 women in the U.S. to become infertile. Untreated syphilis can lead to serious long-term complications, including brain, cardiovascular and organ damage. Syphilis in pregnant women can also result in congenital syphilis (syphilis among infants), which can cause stillbirth, death soon after birth, and physical deformity and neurological complications in children who survive. Untreated syphilis in pregnant women results in infant death in up to 40 percent of cases. Studies suggest that people with gonorrhea, chlamydia or syphilis are at increased risk for HIV.

<http://www.cdc.gov/std/stats09/trends2009.pdf>



What is the link between STDs and HIV infection?

Individuals who are infected with STDs are at least two to five times more likely than uninfected individuals to acquire HIV infection if they are exposed to the virus through sexual contact. In addition, if an HIV-infected individual is also infected with another STD, that person is more likely to transmit HIV through sexual contact than other HIV-infected persons (Wasserheit, 1992).

There is substantial biological evidence demonstrating that the presence of other STDs increases the likelihood of both transmitting and acquiring HIV.

<http://www.cdc.gov/STD/hiv/STDFact-STD-HIV.htm>

How Do I know if I have Drug Resistance?

Resistance is common. Between 5 and 20% of newly-infected people are infected with strains of the virus that are resistant to at least one HIV medication. This means that some newly infected people, who have never taken any medicine, already have drug resistant HIV and have more limited selection of HIV treatments to choose from. HIV+ people who have already received HIV therapy are even more likely to have resistant virus and fewer drug choices.

The best way to tell if you have drug resistance is to have regular viral load tests. If your HIV drugs are working well to control your virus, your viral load should be “undetectable,” so low that the test cannot detect any virus in your blood. If you are taking HIV drugs and your viral load does not become undetectable or goes up after you have been taking the drugs for a while, that may mean that your virus has developed drug resistance.

Resistance Testing

According to guidelines put out by the US Government, resistance testing is recommended for:

- People who have just become infected with HIV, whether or not they are going to take HIV drugs right away
- People who have never taken HIV drugs and are starting to receive medical care, whether or not they are going to take HIV drugs right away
- People who have never been on HIV drugs and are planning to start
- People who are on HIV drugs and see their viral load go up
- People who have recently started HIV drugs and their viral load is not coming down enough
- HIV+ pregnant women

Resistance testing is not usually recommended for:

- People who have stopped HIV drugs for four weeks or more
- People who have a viral load below 500 copies

There are several ways to test for resistance:

- **Genotype test**
This test uses HIV from your blood to check for mutations associated with drug resistance
- **Phenotype test**
This test challenges your virus with all HIV drugs (in a test tube) to determine which ones are still effective against your HIV
- **Virtual phenotype test**
This is a genotype test that goes one step further—it uses phenotype data to predict which drugs will be effective against your virus (and its mutations)

In most cases, the genotype is the preferred test. For people who have been on HIV treatment before and may have HIV that is resistant to a number of different drugs, including protease inhibitors, the phenotype test should be done in addition to the genotype.

Resistance tests are helpful when choosing a drug regimen. The tests are only a guide, however. Other factors, such as past medications, side effects, and adherence must be taken into account as well.

Avoiding Resistance

The best way to avoid resistance is to follow your medication regimen closely. Try not to skip doses. Also, try to take your drugs at the same time every day. If you follow your doctor’s instructions, you give the drugs a chance to work as well as possible.

Although resistance may seem overwhelming, remember that you have the power to help prevent it. If you follow your medication schedule, the virus will not reproduce as quickly. And if it’s not reproducing, it can’t make the mistakes that lead to resistance.



A Word from the Nutritionist

At the request of many of our patients please see the article below on Gluten and Celiac Disease.

What is Gluten?? What is Celiac Disease??

Gluten is a protein found in wheat, rye barley and possibly oats*. Gluten gives food its elasticity or springy texture. The word gluten comes from the Latin word for glue.

The American strains of wheat have much higher gluten content.

Some people suffer from a digestive disorder, caused by eating foods with gluten, known as celiac disease. Their immune system responds to gluten by causing a release of antibodies that damage the finger like projections in the small intestine called villi. The villi are flattened down. This flattening prevents the villi from absorbing nutrients which can lead to malnutrition, no matter how much a person eats.

Symptoms can be obvious such as diarrhea, constipation, stomach pain, and bloating or not as obvious such as depression, numbness, joint pain or rash.

The only treatment for celiac disease is to follow a gluten free diet. Thankfully, there are many more tasty options and recipes available as more and more people are diagnosed with this condition.

Celiac disease can be hard to diagnose. The first step is to start with a blood test – checking for certain antibodies but not all labs are using up to date lab tests. The second step may be a taking a sample (or biopsy) of intestinal lining tissue to look for the flattened villi. Some people simply choose to follow the gluten free diet and see if they feel better.

What foods to avoid or where does gluten hide?

Main foods to avoid are:

Bread, crackers, cereal, pasta, cookies, cakes and pies, gravies/sauces with flour, packaged meats, soups broths, bacon bits, beer, soy sauce, fillers in pills and beauty products.

What foods could I have?

Fruits and vegetables, meats, fish, poultry (unbreaded), most dairy products, gluten-free flours (rice, soy, corn, potato, nut), quinoa, beans, teff¹, millet, rice

Don't hesitate to talk to your doctor or a dietitian if you think you may have celiac disease or trouble digesting wheat.

*Oats do not contain the specific type of gluten that triggers Celiac Disease however oats are very likely to be cross contaminated by other gluten containing grains.

1. Teff– a gluten free grain that is native to Ethiopia.

Information for the above article was gathered from:

CNY Celiac Newsletter, February 2011. www.cnyceliacs.org

Celiac Disease: The Advantage of a Gluten-Free Diet, December 2009. www.Doctoroz.com

Gluten Free for Celiac Disease, May 2008. Wegmans Nature's Marketplace.

Gluten Free, Worry Free, October 2009. Wegmans Nature's Marketplace.

Gluten Free Diet for You, May 2010. Wegmans Nature's Marketplace.



Corn Cakes

From the TASTE FOR LIFE test kitchen

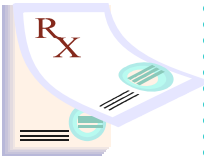
10 minutes prep time; Serves 4.

- 1 cup corn meal
- 1/4 cup rice flour
- 1/4 cup potato starch flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- Salt to taste
- 1 Tablespoon oil
- 1 cup corn (frozen or canned)
- 1 cup soymilk (add more for a thinner consistency)



1. Mix all ingredients together in a large bowl. Pour out batter by large spoonfuls onto a pan or griddle set over medium-high heat. Cook until golden.
2. Turn with spatula and cook other side until golden.
3. Serve with applesauce or maple syrup.

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

Anger Management

Worried about always feeling angry?
Wondering how to get through a day without feeling that way?

A support group is offered on Wednesday afternoons to help you learn to manage your feelings.

For more information contact Cheryl at 315-464-



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.

The next meeting of the CAB will be March 17th at 4:15.

April 15th is the Tax Deadline!

Onondaga County Public Library has links to federal and state tax forms as well as information regarding agencies offering tax assistance on their webpage: http://www.onlib.org/web/search_tools/links/taxes.htm

For information on Onondaga County assistance programs including assistance in filing income taxes please visit http://www.needhelppayingbills.com/html/onondaga_county_assistance_pro.html

For a list of New York State VITA (Volunteer Income Tax Assistance Program) Sites by county please visit <http://www.irs.gov/individuals/article/0,,id=234169,00.html#Onondaga>



Friday April 1st is APRIL FOOL'S DAY

You Know What They Say About Fools...

- It's better to keep your mouth shut and be thought a fool than to open it and leave no doubt. --Mark Twain
- However big the fool, there is always a bigger fool to admire him. -- Nicolas Boileau-Despréaux
- Looking foolish does the spirit good. -- John Updike
- The first of April is the day we remember what we are the other 364 days of the year. -- Mark Twain

Quotes found at: <http://wilstar.com/holidays/aprilfool.htm>



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

For people who have Twitter accounts. If you are interested in Hepatitis C issues check out Hepatitis NY on Twitter.