

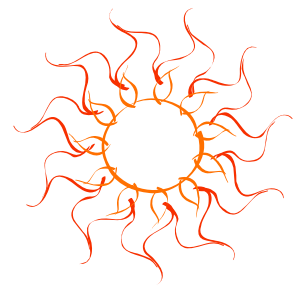
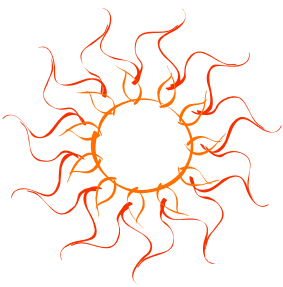
Positive Outlook

UPSTATE
MEDICAL UNIVERSITY

ID Clinic Newsletter

June 2011

315 464 5533



Nothing is impossible, the word itself says "I'm possible!"
-- Audrey Hepburn --



Each year on June 27, the **National Association of People With AIDS (NAPWA)**, organizes **National HIV Testing Day (NHTD)**, in partnership with other national and local entities across the country. This unique initiative sends the message to those at risk from those already living with HIV that there are powerful reasons for learning one's HIV status. NAPWA was one of the first AIDS organizations to advocate that people at risk of infection should seek out voluntary HIV counseling and testing. As people living with HIV/AIDS, we know that knowledge of HIV status has been essential to making informed decisions about our lives. We took this knowledge one step further in 1995 and launched the NHTD campaign. NHTD was developed in response to the growing number of HIV infections in communities of color and other heavily impacted communities. Today, CDC estimates approximately 21 percent of the 1.3M Americans living with HIV are unaware of their HIV status. NAPWA believes voluntary HIV counseling and testing is a critical first step in taking control and responsibility over one's health, hence our message: **"Take the Test, Take Control."**

<http://www.napwa.org/>

As of May 1, 2011 the ID Clinic accepts the NY Bridge Plan.

Please ask your social worker if you have any questions.

Prescription Reminder

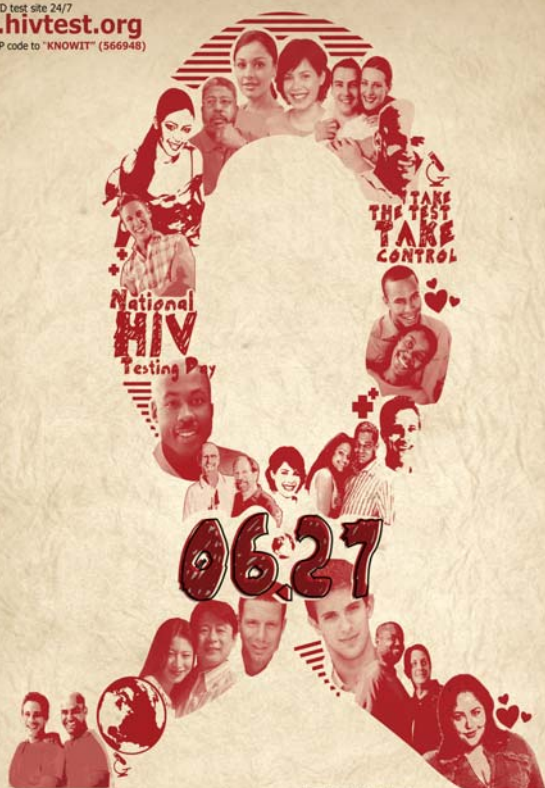


If you want to know if your prescription is ready at your pharmacy, please call your pharmacy and not our office. Once you leave a message concerning prescription refills or renewals **please**

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.

Find an HIV/STD test site 24/7
www.hivtest.org
 or Text your ZIP code to "KNOWIT" (566948)



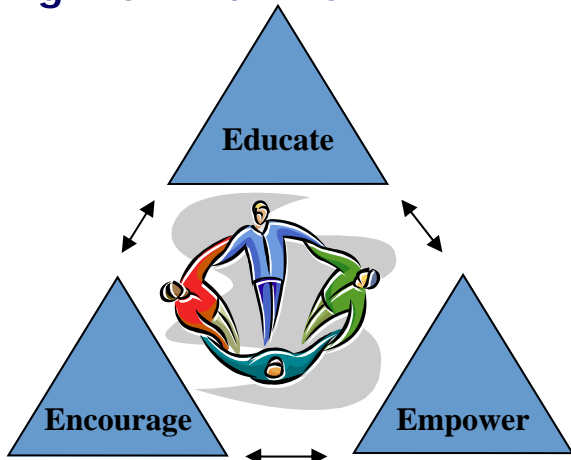
**TAKE
 THE TEST
 TAKE
 CONTROL**

NATIONAL HIV TESTING DAY



Free HIV testing is available on
Wednesday, June 29, 2011 from 9 AM to 3 PM
John H. Mulroy Civic Center, Basement Room 80
421 Montgomery Street
Syracuse, NY

Living Well with HCV



A peer facilitated group for co-infected clients.

If you would like to speak to a peer facilitator about the group please contact:
 John Wikiera at 315-542-1703 or Ralf Bernecker at 315- 476-1125

2011 JUNETEENTH

An African American Cultural Festival

Dr. Henry A. Washington Health Pavilion

The Juneteenth Festival Health Pavilion is organized by the Syracuse Black Nurses Association. The Health Pavilion consists of valuable health-related information provided by the areas medical community. A few of the topics that will be addressed are blood pressure, blood chemistries, children's health, HIV/AIDS, obesity, nutrition, exercise, posture screenings, cancer awareness, healthy heart and fitness.

Saturday June 18th , 2011
 Clinton Square—Syracuse, NY
 The ID Clinic and the CNY HIV Care Network will be providing information in the health pavilion.

Stop by and see us!
 For more information please visit
www.syracusejuneteenth.org

SOUTH SIDE COMMUNITY HEALTH FAIR

"Connecting the Community to Care"

FRIDAY, JUNE 10, 2011
4:00 - 7:00 PM
BOYS & GIRLS CLUB
212 VANBUREN STREET
SYRACUSE, NY 13202



FREE Health Care Screenings **FREE** Giveaways **FREE** Food
 Register to Win a Free Apple iPad 2

Featuring
UNITED PRAISE, GREGORY B. COLLINS AND OTHER LOCAL ARTISTS

For more information contact
 Rev. Colette Matthews (315) 476-3737

Promoting Health and Disease Prevention

THE CENTRAL NEW YORK COMMUNITY FOUNDATION

CROUSE HOSPITAL SYRACUSE 100
 Your care. In our hands.

NEW YORK HEALTH State Department of Health

AIDS Community Resources

Joanne M. Mahoney
 County Executive

Cynthia B. Morrow, MD, MPH
 Commissioner of Health
www.on.gov.net/health

Syracuse BLCA

MEN'S HEALTH MONTH

Awareness. Prevention.
Education. Family.

www.menshealthmonth.org

Goal of Men's Health Month

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. The response has been overwhelming with thousands of awareness activities in the USA and around the globe.

Information courtesy of
<http://www.menshealthmonth.org/>

JUNE is Men's Health Month!

Anchored by a Congressional health education program, Men's Health Month is celebrated across the country with screenings, health fairs, media appearances, and other health education and outreach activities.

MEN'S HEALTH MONTH



Health Facts:
Men die at higher rates than women from the top 10 causes of death and are the victims of over 92% of workplace deaths. (BLS)
In 1920, women lived, on average, one year longer than men. Now, men, on average, die almost six years earlier than women. (CDC)

Prevention:
Women are 100% more likely to visit the doctor for annual examinations and preventive services than men. (CDC 2001)

Cause & Rate ¹	Men	Women
Heart Disease	248.5	162.2
Cancer	220.1	153.6
Injuries	55.2	25.5
Stroke	43.9	42.6
HIV/AIDS	5.9	2.2
Suicide	9.7	2.5

Silent Health Crisis
There is a silent health crisis in America...it's that fact that, on average, American men live sicker and die younger than American women."
Dr. David Gremillion
Men's Health Network

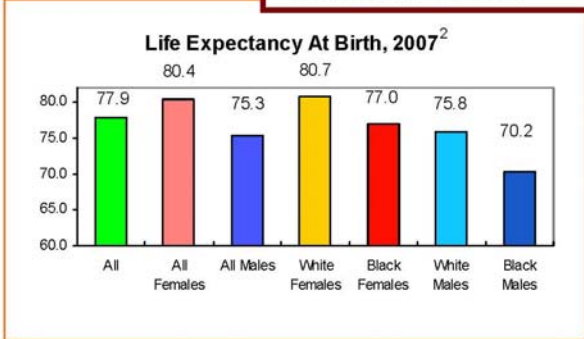


Men as Victims of Homicide
The chance of being a homicide victim places African-American men at unusually high risk.
Chance of being a Homicide Victim*
1 in 30 for black males 1 in 179 for white males
1 in 132 for black females 1 in 495 for white females
*BJS DATA REPORT, 1989

Depression and Suicide¹
Depression in men is undiagnosed contributing to the fact that men are 4 x as likely to commit suicide.
♦ Among 15- to 19-year-olds, boys were 4 x as likely as girls to commit suicide.
♦ Among 20- to 24-year-olds, males were 6 x as likely to commit suicide as females
♦ The suicide rate for persons age 65 and above: men...28.5 – women...3.9.

Who is the Weaker Sex?

- ♦ 115 males are conceived for every 100 females.
- ♦ The male fetus is at greater risk of miscarriage and stillbirth.
- ♦ 25% more newborn males die than females.
- ♦ 3/5 of SIDS victims are boys.
- ♦ Men suffer hearing loss at 2x the rate of women.
- ♦ Testosterone is linked to elevations of LDL, the bad cholesterol, and declines in HDL, the good cholesterol.
- ♦ Men have fewer infection-fighting T-cells and are thought to have weaker immune systems than women.
- ♦ By the age of 100, women outnumber men eight to one. (NYT Magazine 3-16-03)



To learn more, call:
Men's Health Network
P.O. Box 75972
Washington D.C. 20013
202.543.MHN.1 (6461) x 101
info@menshealthnetwork.org
www.menshealthnetwork.org

¹ NCHS 2009
² NVSR- Volume 56, Number 19 - Preliminary Data for 2007 released March 2010

NATIONAL MEN'S HEALTH WEEK

June 14-20, 2010
Awareness. Prevention.
Education. Family.

www.menshealthweek.org

Climb Out of the Downward Spiral

If you find yourself fixating on slights and mistakes,
here's how to move past it

By Gary McClain, PhD

“I just can't get what happened out of my mind!”



Ever find yourself thinking about a situation over and over (and over)? Maybe you had a bad day at work, a conflict with a coworker, or what felt like mistreatment from your boss. It could've been that someone on the street or in the next car acted thoughtlessly or aggressively, or a family member yet again disrespected your feelings. Maybe you're blaming yourself for your status or for being lax in your exercise, diet, or medication routine.

Later that day, you find yourself replaying the details in your mind like a movie scene stuck in a continuous loop, watching every single detail, obsessing about the whats and whys—what you said and did, what was done to you, what you wish you had said or done, what you wish you hadn't done.

This unhealthy obsessing is called fixation. It's all too easy for anyone, regardless of circumstance or status, to move from contemplation to fixation - there are a number of reasons for this:

Some people fixate on perceived slights and bad choices to avoid their feelings. They fall into their intellect and, as in a courtroom scene, go through every last detail, over and over, to try and make sense of what happened. It's kind of analysis paralysis.

Other people fixate to reexperience feelings. These may be very unpleasant feelings—loss, sadness, fear, anger—but they are nonetheless familiar feelings and therefore comfortable in their own way. It's kind of like beating up on yourself.

Either way, fixation is an ongoing process of gathering evidence that will keep you emotionally stuck and disempowered.

But here's the good news: No one has a life sentence to relive the past.

Give yourself a pep talk. Tell yourself that you did the best you could. You were who you were during that time and you can't go back and change anything. You're at a different place in your life now, and you're handling life on life's terms.

Don't take things so personally. We can't control how other people behave. They act out of their own self-interest or out of their own suffering, or they're just not paying attention. Bad behavior toward you may have arisen out of ignorance, or maybe you just happened to be the convenient target. You are not doomed to being mistreated by others.

Meditate on acceptance. You might want to use the serenity prayer, which encourages us to accept what we cannot change. Life isn't fair, and we don't get to control what happens. Stop fighting the facts.

Talk to someone. Tell your story to an objective friend or a counselor and ask them to help you gain a new perspective on the situation you are obsessing over. Learn some alternative ways to look at your situation and develop strategies for dealing with your feelings. Don't go through this alone.

Look around you. What's positive in your life right now? There are likely people who care about you and whom you care about in return. Revel in the things you enjoy doing, be it exercise, painting, or watching old movies. Appreciate the fact that you are taking care of yourself. Get your mind engaged in what's right in the world.

Look Forward. Make the decision to consciously let the past be in the past and focus your attention on the road ahead.

Life goes on, and it even gets better.

Article can be found online at HIVPlusMag.com

The Infectious Disease Clinic offers on-site individual and group mental health services, mental health case management services and support groups.

All of our patients are eligible to receive services appropriate for their care.

If you would like to receive mental health services please discuss with your doctor and/or nurse practitioner.

How to Travel with Prescription Medication

Summer is just around the corner! It isn't always easy to stay on schedule with your medications when you travel. Here are some tips that might help...

1. Pack your prescription medication properly. Use tightly closed containers, such as the containers your medicines came in, and make sure to protect your medications from heat and light.
2. Place all prescription medications in your carry on luggage. You never want to put prescription medications in your checked luggage because they may get lost. If you have your medications with you at all times, they are less likely to get lost. Also, this allows you to continue to take your prescription medications on schedule during your travels.
3. Bring extra medication just in case. If you are traveling for 3 days, for example, you may want to bring 6 days of medication. Keep your extra medication in a separate bag, if possible. This way, if one bag does get lost, you will have back-up medication. In addition, if you happen to drop a pill, you won't be a pill short during your travels.
4. Write out a medication schedule and bring this with you in your carry on bag. Since your routine while traveling will change, a written medication schedule helps you remember when to take your medications. The written schedule will also help you remember when to take your medications if you encounter time changes during travel.
5. Compile a list of each medication that you are bringing with you. Write down the medication name, the dosage and why you are taking it. If you do end up needing emergency medical care during your travels, this information will be necessary for the doctor you see.
6. Compose a list containing the names of your doctor and pharmacist and their contact information. If you need to contact them during your trip, this information will come in handy.

For other helpful hints for taking your medications please speak with Linda or Alza.

CNY Pride Parade and Festival

The 2011 CNY Pride Parade and Festival will be on Saturday, June 18, 2011

Who is CNY Pride?

CNY Pride, Inc. is an all-volunteer, tax-exempt, not-for-profit corporation which organizes events in the Syracuse, New York area to encourage, empower, and celebrate the Lesbian, Gay, Bisexual, and Transgender (LGBT) community and their friends, families, and supporters. Incorporated in New York in 1996, they qualify as a 501(c)3 corporation under the codes of the IRS.

What is the CNY Pride Parade & Festival?

The annual Pride Parade & Festival is a forum for community organizations and community members to interact with the broader Central New York LGBT community. It is not only a celebration of LGBT identity, but also an opportunity to educate the general public about who they are.

Where is the Pride Parade & Festival held?

The Pride Parade traditionally begins in front of the Syracuse City Hall right after the Rainbow Flag Raising Ceremony. The Parade proceeds through the streets of downtown and ends at the Festival site, Everson Plaza, right behind the Everson Museum of Art at 401 Harrison Street, between State Street and Townsend Street.

Why do people attend Pride?

Pride is a day of celebration, entertainment, and education. People attend to celebrate their rich heritage, to commemorate the struggles they have overcome, and to reach out to allies.



Nutrition and Your Liver

Dietary support for repair of your liver is very important.

One food group to make sure you have enough of is protein. Protein can be found in meat, eggs, fish, beans and nuts. If you are not eating well, you may want to consider supplementing your meal plan with whey protein.

What is whey protein and where can it be purchased?

Whey protein is a mixture of proteins from the liquid material created as a by-product of cheese production. It is sold in powder form and can be purchased from health food stores or in the health food section of your grocery store.

Whey protein is commonly marketed as a dietary supplement because it is easily used by the body to help rebuild muscle tissue.

Remember though, it is also important to have enough energy from carbohydrates to prevent our bodies from using our muscle for energy so please avoid high protein, very low carbohydrate diets!!!!

In addition to protein, antioxidants are also important for liver health. Glutathione is a very big word for a very powerful antioxidant. Our bodies make glutathione all the time, but we need the building blocks to keep our bodies making enough of it. This important antioxidant helps destroy damaging particles and cleans up toxins preventing damage to our livers. You cannot take glutathione as a pill. Protein helps make glutathione. In hepatitis C and HIV co-infection, many studies document low glutathione activity.

Another nutrient that can help build glutathione is the mineral selenium. Make sure to include selenium rich foods in your diet. Instead of a supplement you could eat 3 Brazil nuts/day. Other foods that help build glutathione are oats, tuna, black beans, broccoli, cauliflower, garlic and onions (see recipes below).

Exercise helps filter out toxins from our liver and boosts glutathione levels – so keep that in mind to help motivate you to include activity every day!

If you have Hepatitis C, talk to your Doctor or Nurse Practitioner about whether treatment is right for you. Remember the virus can cause liver scarring and it happens silently meaning you may not have any symptoms that your liver cells are being damaged.

At present the use of complementary supplements such as milk thistle is not recommended due to the potential interference of drug-drug interactions.

Reference: *Eat Up by Charles Smigelski pages 38 and 64-66*

Department of Health and Human Resources Jan 14, '11 A Guide for Evaluation and Treatment of Hepatitis C in Adults Co-infected with HIV

Shells with Broccoli

Serves 4

1 pound pasta
(shells are best but any short chunky pasta is fine, i.e. ziti or penne.)
5—6 broccoli stalks, finely chopped (4 cups chopped)
6 garlic cloves, minced
1/2 cup olive oil
Freshly ground black pepper
3/4 cup freshly grated Pecorino Romano cheese (or to taste)
Extra-virgin olive oil for drizzling (optional)

Heat a large covered pot of water. When water comes to a rapid boil add the pasta, stir, and cover the pot until the water boils again.

Meanwhile in a large cast-iron skillet, sauté the broccoli and garlic in olive oil until the garlic is golden, but not brown, and the broccoli is bright green and crisp-tender. Add plenty of freshly ground black pepper. Pour a couple of spoonfuls of the pasta water into the skillet to steam the broccoli.

When the pasta is al-dente, drain and put into a warm serving dish. Top it with the broccoli mixture and the grated cheese.

Drizzle on a little extra-virgin olive oil if you like.

Serve immediately

Recipes: Moosewood Cookbook- Sundays At Moosewood Restaurant pt 360 and 538

Roasted or Grilled Vegetables

Serves 4 to 6

Select any or all of the following vegetables:
1 carrot (cut in two & sliced lengthwise into 1/4 inch sticks)
2 to 3 potatoes (cut into 1 inch pieces, or sliced if grilling)
1 large onion (cut into lengthwise pieces)
1 red bell pepper (cut into large pieces)
1 green bell pepper (cut into large pieces)
12 large garlic cloves (peeled)
1 zucchini or yellow squash (cut in half and sliced lengthwise)
12 asparagus stalks (trimmed)

Olive oil

Salt & Coarsely ground black pepper

First, parboil the carrot & potato pieces by dropping each in separate batches, into boiling water for 2 minutes. Drain and let cool.

To roast: Heat oven to 500. Brush 3 baking sheets with olive oil, arrange vegetables in a single layer on them. Brush vegetables with olive oil, sprinkle with salt & pepper. Bake on the top shelf. *Carrots, potatoes, onions, peppers & garlic will take about 20 minutes. Zucchini & asparagus will take about 10 minutes.*

To grill: Prepare a charcoal or wood fire. Brush vegetables with olive oil. When flames have died and coals are white, spread aluminum foil over the grill. Poke holes in the foil, brush lightly with oil, spread vegetables on the foil and sprinkle with salt & pepper. Put grill over the coals. Cooking time will vary by temperature of coals.

In general zucchini & asparagus will take 20 minutes and the other vegetables about 30 minutes.

SAVE THE DATE

New York State Department of Health - AIDS Institute
Humberto Cruz, Director

AIDS Institute Listening Forum Luncheon For Consumers

WHEN:

June 8, 2011
12:00-2:00 PM

WHERE:

Sheraton University Hotel and Conference Center
Comstock 8 Room
801 University Avenue
Syracuse, NY 13210

Please **RSVP** for the luncheon by calling Tomica Collado
at 518-473-2903 or email to airm2011@health.state.ny.us

no later than June 1st

Thank You

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 June 16 at 4:15.

For people who have Twitter accounts.

If you are interested in Hepatitis C issues check out Hepatitis NY on Twitter.

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 315-464-7319.

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

Central New York Region Consumer Conference Call

June 2
2:00-3:30

If you are **unable** to attend the
CNY Regional Listening Forum
June 8th with
AIDS Institute Director Humberto Cruz

Sign Up Now To Join This Call

This is open to
ALL CNY Region Consumers Only

**There are a limited number of lines available
So you must register in advance**

To Register Call
John Wikiera at 315-542-1703

No later than June 1st

You will be given the **conference call number**
When you register