

# Positive Outlook

**UPSTATE**  
MEDICAL UNIVERSITY

DAC Newsletter  
November 2012  
315 464 5533



Learn from yesterday, live for today, hope for tomorrow.

–William James–

November is American Diabetes Month



## About Diabetes

### Prevalence

- Nearly 26 million children and adults in the United States have diabetes.
- Another 79 million Americans have prediabetes and are at risk for developing type 2 diabetes.
- Recent estimates project that as many as 1 in 3 American adults will have diabetes in 2050 unless we take steps to Stop Diabetes.

### The Toll on Health

- Two out of three people with diabetes die from heart disease or stroke.
- Diabetes is the leading cause of kidney failure.
- Diabetes is the leading cause of new cases of blindness among adults.
- The rate of amputation for people with diabetes is 10 times higher than for people without diabetes.
- About 60-70 percent of people with diabetes have mild to severe forms of nerve damage that could result in pain in the feet or hands, slowed digestion, sexual dysfunction and other nerve problems.

### Cost of Diabetes

- The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$174 billion.
  - Direct medical costs reach \$116 billion and the average medical expenditure among people with diabetes is 2.3 times higher than those without the disease.
  - Indirect costs amount to \$58 billion (disability, work loss, premature mortality).
  - Further published studies suggest that when additional costs for gestational diabetes, prediabetes and undiagnosed diabetes are included, the total diabetes-related costs in the U.S. could exceed \$218 billion.
- The cost of caring for someone with diabetes is \$1 out of every \$5 in total healthcare costs.

For more information in English and Spanish call 1-800-DIABETES or visit [stopdiabetes.com](http://stopdiabetes.com). Also, please follow us on Facebook ([www.facebook.com/AmericanDiabetesAssociation](http://www.facebook.com/AmericanDiabetesAssociation)) and Twitter ([www.twitter.com/AmDiabetesAssn](http://www.twitter.com/AmDiabetesAssn)).

Information available at <http://www.diabetes.org/in-my-community/programs/american-diabetes-month/american-diabetes-month-2012-fact-sheet.pdf>

**CLINIC IS CLOSED: Thursday November 22—Friday November 23 for Thanksgiving**  
**Please call all prescription refills in no later than Wednesday November 14<sup>th</sup>.**



# Election Day 2012

Tuesday November 6, 2012

Don't forget to go out and vote!



The American Cancer Society is marking the 37th [Great American Smokeout](#) on November 15 by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk.

Tobacco use remains the single largest preventable cause of disease and premature death in the US, yet more than 45 million Americans still smoke cigarettes. However, more than half of these smokers have attempted to quit for at least one day in the past year. As of 2010, there were also 13.2 million cigar smokers in the US, and 2.2 million who smoke tobacco in pipes.



Quitting is hard, but you can increase your chances of success with help. The American Cancer Society can tell you about the steps you can take to quit smoking and provide the resources and support that can increase your chances of quitting successfully. To learn about the available tools, call the American Cancer Society at 1-800-227-2345.



***World AIDS Day  
2012***

***A time for  
“Remembrance & Reflection”***

**November 30<sup>th</sup> University United Methodist Church  
1085 E. Genesee St Syracuse**

**CNY HIV/AIDS Programs & Pharmaceutical  
Information available at 10:00 am**

**CNY Names Project  
AIDS Memorial Quilts will be displayed**

**November 30<sup>th</sup> 12:30pm – 1:30pm  
HIV Timeline Education Luncheon  
\*\*Pre registration requested**

**Candlelight Walk 5:00 pm  
Beginning at Forman Park, East Genesee St**

**Interfaith Service following  
Candlelight walk**

**Dinner served after Interfaith service**

**Raffle tickets on sale until Dec 1<sup>st</sup> – Drawing Dec 3<sup>rd</sup>**

***\*Organized by:* CNY HIV Care Network Education & Awareness Committee  
American Indian Community House and Upstate Medical University DAC**

**For more information please contact John @ 315-542-1703 or [jwikiera@aol.com](mailto:jwikiera@aol.com) or  
Becky @ 315-475-1544 or [bfenner@liberty-resources.org](mailto:bfenner@liberty-resources.org)**



Intuitive eating, or mindful eating, is an approach to teach us to listen to our physical feelings of hunger. It helps us decide if we are truly hungry for food or if we are trying to distract our feelings with food.

For many of us, we choose to ease our stress with food. We have “soul hunger”, which tries to fill our emotional needs instead of listening to our stomach hunger. When we eat to help with stress or eat when we are not physically hungry, we may overeat and gain weight. Instead of coping with stress through emotional eating, seek out support from your friends, family, therapist, or dietitian. Try to relax by going for a walk, attending a meditation support group, or by calling a friend for connections and to talk instead of eating for emotional reasons.

Circle any of the following statements that apply for you. The greater the amount of circled statements, the more likely you may be eating for more emotional reasons rather than for physical reasons.

1. I find myself eating when I'm feeling emotional (anxious, sad, depressed), even when I'm not physically hungry.
2. I find myself eating when I am bored, even when I'm not physically hungry.
3. I cannot stop eating when I feel full (not overstuffed).
4. I find myself eating when I am lonely, even when I'm not physically hungry.
5. I use food to help me soothe my negative emotions.
6. I find myself eating when I am stressed, even when I'm not physically hungry.



Help to satisfy your physical hunger with this quick apple recipe:

### Apple Cranberry Fruit Salad Servings: 8

#### Ingredients:

- 3 apples, red and green, cored and chopped
- 1 cup celery, sliced
- $\frac{3}{4}$  cup dried cranberries
- $\frac{1}{2}$  cup hazelnuts, toasted and coarsely chopped
- $\frac{1}{2}$  cup plain, low-fat yogurt
- 3 tablespoons orange juice concentrate, thawed
- $\frac{1}{8}$  teaspoon salt

#### Directions:

- Mix apples, celery, cranberries, and hazelnuts in a large bowl.
- Blend yogurt, orange juice concentrate, and salt until smooth.
- Pour over apple mixture and mix all ingredients together.



# Treatment Adherence

## Stribild

The new “Quad pill” from Gilead, called Stribild, has been approved for use in HIV. It is the newest in a growing number of single pill treatments for HIV – joining Atripla and Complera. Unlike these triple therapy pills, though, it is a mix of four HIV medications:

- Emtricitabine (Emitriva)
- Tenofovir (Viread)
- Elvitegravir (a new integrase inhibitor in the same family as Isentress)
- Cobicistat (a new drug that boosts the action of Elvitegravir).

Stribild is one pill taken once a day with food. It is stored at room temperature. It appears to have few side effects - the most common are nausea and diarrhea.

Stribild is not for everyone, but increases the options available for treatment. Please ask your medical provider for more information, to see if this new medication may be appropriate for you.

U.S. Department of Health & Human Services [www.hhs.gov](http://www.hhs.gov)

## Medicare Open Enrollment



[SHARE](#)

People with Medicare can use new star ratings to compare the quality of health and drug plans being offered for 2013, and select the plan that best fits their needs.

[Medicare Open Enrollment](#) runs from October 15th through December 7th.

Find and compare plans using the [Medicare Plan Finder](#).

[Read the Press Release >>](#)

Use this button to share this message with others: [SHARE](#)

# IMPORTANT MEDICARE PRESCRIPTION DRUG BENEFIT INFORMATION

ANNUAL ELECTION // ENROLLMENT October 15, 2012 to December 7, 2012

Helpful facts and tips to make this process easier and best cover YOUR prescription needs:

Help can be gained by contacting your **County's Office for the Aging.**

Onondaga Co. (315) 435-2362

Oswego Co. (315) 349-3484

Cayuga Co. (315) 253-1226

Madison Co. (315) 697-5700

Cortland Co. (607) 753-5060

**Help is also available through most of the major retail Pharmacy Chains:**

They have computer programs available that input all of your current medications, and generate a report showing the 3 best programs to cover your list. This is very helpful because not all program formularies cover all medications. Therefore you have to be sure that you are choosing a program that covers the medications that you are taking and that are required to treat your current medical conditions.

If the program you currently have for your Medicare Part D coverage is meeting your needs, you don't have to do anything and you'll automatically be re-enrolled for the next year, unless you receive information from them stating that their program is no longer an option. If this happens you can call: **1-800-633-4227 (Medicare)**, tell them you received a letter saying your plan is not going to be offered next year and you want help choosing a new plan. This toll-free help line is available 24 hours a day, 7 days a week.

I'm sure most of you have been receiving or seeing a lot of advertisements about all the Medicare Advantage plans as well. This can be very overwhelming as well as very confusing. You have to keep in mind that these programs have "**In and Out of Network Providers**". If your current providers are not in their "Network", you will be faced with higher deductibles and co-pays.

Very often it is a much better option (if you have both Medicaid & Medicare) not to use a Medicare Advantage Plan. All of your needs, medically and prescription wise, are met with only a minimal co-pay to you. Beginning January 1, 2013, you will start paying up to \$2.65 for Generic medications, and up to \$6.60 for brand-name medications for each covered prescription you fill at one of your Medicare drug plan's participating pharmacies. This program is referred to as **EXTRA HELP**.

If you have not been in the **EXTRA HELP** program previously, and want to see if you qualify please call: 1-800-633-4227 or the Social Security Office at 1-800-772-1213.

You can also get help comparing plans by calling: The NY State Health Insurance Information Counseling and Assistance Program (HIICAP) @ 1-800-701-0501, all counseling is **FREE**.

You can always use the Medicare web site: [www.medicare.gov](http://www.medicare.gov). Medicare's official web site has tools that can help you compare plans and get answers to your questions.

Click "Find health & drug plans" to compare the plans in your area.

Finally, please remember our Social Work Staff here at the DAC may be able to assist you through this confusing process. I too, am willing to be of what ever assistance I can.

Please remember that Medicare Open Enrollment ends on 12/7/12, so the sooner you work on this the better.

**Mary Bligh**

Outpatient Administrative Specialist

# No Hitch Support Luncheon

For HIV Positive individuals, their significant others and advocates

**Sponsored by AIDS Community Resources**  
**NEW LOCATION!**

First English Lutheran Church  
 501 James St

2<sup>nd</sup> and 4<sup>th</sup> Thursday of Every  
 Month.

Meal served at 12 Noon



Formerly held at The Living Room

## 2012

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**The Designated AIDS Center now offers delivery of the Positive Outlook Newsletter via confidential e-mail. If you would like to receive the e-mail version of the Positive Outlook newsletter please complete a request card in the waiting room or call Melissa @ 315-464-7313.**

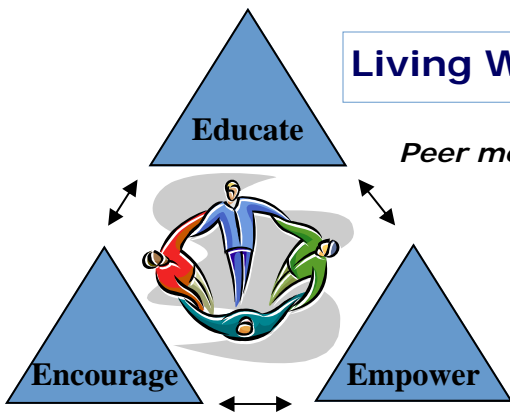


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@UpstateDAC



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

**NEW YORK STATE HCV HOTLINE: Call 1-800-522-5006.  
The AIDS Institute Viral Hepatitis Program [www.nyhealth.gov/hepatitis](http://www.nyhealth.gov/hepatitis).**



**Living Well with HCV**

*Peer mentor services for co-infected clients.*

*Individual or group*

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

**HIV/HCV Peer Group will meet November 8 & 29, 2012 at  
3:00pm in Suite 302 Conference Room**



**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 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 or Kelley. To become a member please ask a staff person for an application.

**The next meeting of the CAB will be November 15, 2012.**

**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

**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.