



Positive Outlook

UPSTATE
MEDICAL UNIVERSITY

ID Clinic Newsletter

March 2010

315 464 5533



Though no one can go back and make a brand new start,
anyone can start from now and make a brand new ending.

-Anonymous-

Are you satisfied with the services you are receiving? Share your thoughts with us.

If you are receiving services for any of the following: Mental Health, Nutrition, Substance Use/Abuse or Mental Health Case Management we would like to hear your thoughts on the services provided, the staff providing the services and the impact the services have had on your life. If you are interested in helping us to improve the services our staff provide or if you would just like to let them know how you feel please speak with them about completing a Ryan White Patient Satisfaction Survey.

And if you are really interested in shaping the future of our Ryan White services please join one of upcoming focus groups. For more information please call Kelley.

WELCOME



Greetings,

My name is Patricia Woodruff, LMSW, and I would like to take this opportunity to introduce myself as the newest Social Worker at Upstate University Hospital's Infectious Disease Clinic. I am a native of Central New York, and am therefore very knowledgeable about resources available to clients in the community. I attended Syracuse University, and obtained my BSSW in Social Work in 2004. I then went on to attend graduate school at Syracuse; obtaining my MSW in 2006. I have had the pleasure of completing field placements and having gained work experience in a variety of settings, with diverse client populations. I interned as a residence counselor at the Salvation Army Transitional Apartments and Parenting Center, which later lead to employment providing support and teaching independent living skills to pregnant and/or parenting teens. I have interned at Huntington Family Center providing preventive services and counseling to families at-risk of having children placed in foster-care. I also interned as a primary therapist at OPCC, now the Brownell Center for Behavioral Health. Upon graduation, I worked as a Social Worker at Elmcrest Children's Center Agency-Operated Boarding Homes, providing assessment and individual, group, and family therapy to emotionally disturbed youth. In June 2008, I joined Upstate's staff as a Social Worker assigned to the Emergency Department. I thoroughly enjoyed the many experiences and relationships I cultivated in the Emergency Department, but was interested in moving to an area of service that would allow me to work with patients more intensively and follow them over time. I am very excited to be a part of the DAC team, and am looking forward to getting to know all of you better!

Sincerely,

Patricia Woodruff, LMSW
DAC Social Worker



What is NWGHAAD?

National Women and Girls HIV/AIDS Awareness Day (NWGHAAD) is a nationwide initiative coordinated by the Office on Women's Health (OWH) to raise awareness of the increasing impact of HIV/AIDS on women and girls. It serves as an opportunity for organizations across the country to come together to offer support, encourage discussion, and educate women and girls about prevention, the importance of getting tested, and how to lead a normal, healthy life despite being infected. www.womenshealth.gov



DISCLOSING HIV STATUS

Telling others about one's HIV status is usually a difficult task; however, there are mental health benefits to sharing this information. Studies show that people who disclose their status "are more likely to get necessary medical help ... are more likely to get social support and are less likely to engage in risky sexual behavior and are less likely to be depressed." As difficult as it is to tell, the long-term consequences are generally positive. Benefits range from the relief of not having to keep a secret to getting additional support and medical care.

There are things to consider before disclosing one's status. The first step is to make a list of persons to be considered for disclosure. This list should include family, friends, sexual partners, co-workers, etc. The list can then become a list of whom to tell and why, whom not to tell and why (too young, elderly or too ill, untrustworthy) and whom to tell later. Research has shown that strong, healthy relationships are not damaged by disclosure and in fact, may be strengthened; therefore, the next thing to be considered is the nature of each relationship. A poor relationship might mean telling the person later, after the quality of the bond has been worked on, or not at all.

There may be special circumstances which affect the decision to tell. Young children have to be told in a way that is appropriate to their developmental level. Some may not want to disclose to elderly relatives, but many have found that older persons handle the news remarkably well. Other special circumstances include mental stability, physical health or personal crises of the person being considered.

The HIV infected person needs to consider the possible reactions of the recipient(s) of disclosure. Does the recipient know other HIV infected persons? What is the relationship like with others whom they know? How opinionated are they regarding issues of sexual orientation, sex, drugs? Do they already suspect something? The primary fear of disclosing is the fear of being rejected. How to handle rejection should be considered. The next step is to examine closely why one would reveal his or her status to others. Reasons include needing help from others for things like childcare and running errands to needing emotional support or a desire to warn others or protect them. There should be good reasons to disclose.

Once the decision to disclose has been made, here are some tips:

Trust your instincts; disclose when you are ready.

Think about what you are going to say ahead of time.

Choose your time and place; don't be rushed.

Use your own words.

Let them know who else knows or tell two people so they can have each other and not depend entirely on you for information. The people you tell will need support, too.

Have books, brochures or leaflets available to give them. If someone has lots of questions, ask him or her to do research so you don't have to know it all.

Ask for what you need whether it be a hug, a shoulder to cry on, space to be alone or practical help. Whatever will help you.

Lastly remember that studies have shown that keeping a secret can be more emotionally harmful than the rejection that may result from disclosure. Just choose wisely those with whom you share your secret.

Serovich, J.M., 2000: Helping HIV-positive persons to negotiate the disclosure process to partners, family members, and friends. *Journal of Marital and Family Therapy*, 26(3). 365-372

http://the_wellproject.org/en_US/Womens_Center/HIV_and_Disclosure.jsp



Income Tax preparation assistance is available through the VITA program.

The Volunteer Income Tax Assistance Program (VITA) offers free tax help for those in a low—to moderate income bracket (generally, \$49,000 and below).

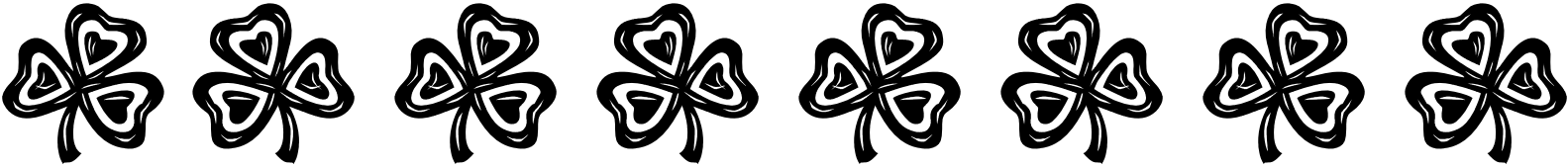
To locate the nearest site, call 1-800-829-1040

Those 60 and older who fall within the income guidelines should call 1-888-227-7668, or visit the AARP website at www.aarp.com. Appointments are required for both programs.

Need help paying for your medications?

THE BODY: The Complete HIV/AIDS Resource has a listing of articles and websites with information to help you pay for your HIV/AIDS medications.

Visit http://www.thebody.com/index/financial/drug_assist.html



Treatment Adherence Program at the DAC

Want to know more?

Next time you are in clinic check out some of the HIV journals we have available. They are often informative and can help you keep up to date on what is newsworthy. They are provided free and you are welcome to take a copy home. There are lots of journals printed each month – each with a slightly different focus. Some target specific groups such as women. Others are more medically oriented or spotlight a particular issue such as clinical trials. Many are available on-line. Here are a few web-sites to look at...

A&U Magazine <http://www.aumag.org/>

AIDS Treatment News <http://www.aidsnews.org/>

***AEGIS HIV Publications Library** <http://www.aegis.org/>

Body Positive <http://www.thebody.com/content/art30257.html>

Community Research Initiative on AIDS (CIA) Update <http://www.thebody.com/content/art14090.html>

HIV Treatment Bulletin, Positive Treatment News <http://www.i-base.info/htb/index.html>

HIV+ - a special issue from Out Magazine HIV+ - <http://www.hivplusmag.com/>

***Hopkins HIV Report (Johns Hopkins University)** http://www.hopkins-hivguide.org/publications/main/hopkins_hiv_report/the_hopkins_hiv_report.html

International Association of Physicians in AIDS Care (IAPAC) Monthly <http://www.iapac.org/index.html>

Positively Aware (Use link from home page) <http://www.tpan.com/>

POZ Magazine <http://www.poz.com/>

RITA! (Research Initiative/Treatment Action!) newsletter <http://www.centerforaids.org/publications/>

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.

Vitamin D

Most people know that a healthy dose of vitamin D is necessary for bone growth and maintenance, but what many people don't know is that there is not enough vitamin D present in our foods or in the sun during the fall and winter months in Northern states to supply our bodies with adequate amounts of this important nutrient.

In order to understand its significance in our bodies it's important to understand the physiology of the vitamin. Vitamin D comes from sun exposure and can be found in small amounts in certain foods both naturally and fortified. There are two different kinds of vitamin D, D2 and D3. Vitamin D2 is available in supplement form and is produced by plants. Vitamin D3 is produced in our skin and is also available as supplements.

The vitamin enters the liver where it is metabolized into what is known as the "storage" form of vitamin D, 25-hydroxyvitamin. After the liver, the vitamin travels to the kidney where it is turned into the potent steroid hormone.

If there is extra vitamin D in the body after it is activated by the kidneys, then the vitamin is used for other amazing benefits. The vitamin is sent to the tissues and cells where it can carry out numerous functions to protect your health. The vitamin is now being researched for its role in cancer prevention and links between vitamin D and depression and mental illness are also being explored. Vitamin D deficiency seems to be much more serious than previously believed.

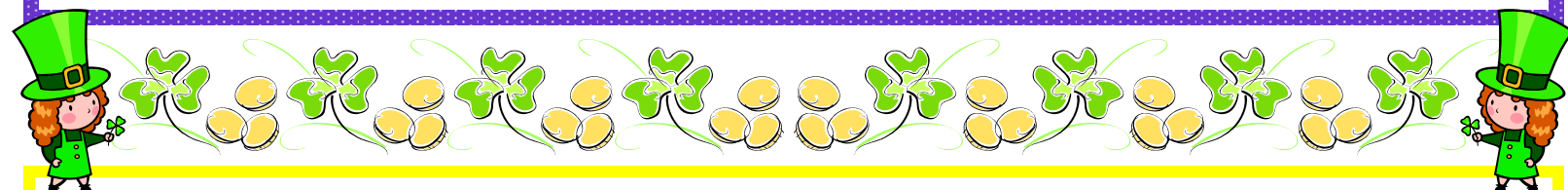
Recent research is finding that many people are vitamin D deficient. Current recommendations for vitamin D in the blood aim for a preferred range of 30-60 ng/ml. Deficiency is categorized as levels less than 20 ng/ml. The best source of vitamin D in food is found in salmon. Sardines, tuna, egg yolk, fortified milk, and fortified orange juice all contain vitamin D, but only very small amounts. Depending on the time of year and location, 5-30 minutes of sun exposure twice a week to skin without sunblock provides a healthy dose of vitamin D.

It is important to think of one's body as a storage system and when our bodies have enough vitamin D to fulfill its primary role of maintaining blood calcium levels it can be used for other amazing health benefits. Next time you visit your doctor make sure to ask to have your vitamin D level checked. If your levels are low, talk with your physician about possible supplements to bring your vitamin D up to optimal levels and improve your health.

Resources:

Robin Russell MS, RD/LD

New England Journal of Medicine article on Vitamin D Deficiency



Excerpt from:

Exercise, Aging and HIV

Sarah Robertson, RD, CDN and Margaret D. Swift, RD

"As dietitians, we spend most of our time with clients talking about what they should eat. What some people might not realize is that dietitians are the first to admit diet alone doesn't cut it (shocking, we know). In the never-ending battle to lengthen life, exercise is essential.

As we age, our bodies' ability to get up and go can sometimes be impaired, leaving us with the question, "What's so 'golden' about the golden years?" If heart disease, osteoporosis, and declining mental status are in some cases inevitable, why are we working so hard? HIV researchers may be wondering the same thing.

Since HIV attacks the immune system, and older adults in general have a greater turnover of CD4 cells, we have to ask how the combination of the two affects immune health. Older adults with HIV have a greater CD4 cell loss than younger people. It remains to be seen if those infected in their youth will experience a greater rate of CD4 cell turnover as they age."

To view the rest of this article and find out the physical and psychological benefits of exercise for HIV positive individuals over 50 please visit <http://www.thebody.com/content/art54794.html?ic=700100>



Women's Group:

Share your wisdom, your insights and your experiences to help another woman and yourself! We need you! We will begin meeting on Monday January 25th, 2010 from 11am -12pm. Please call 315-464-7319 for more information!

Coping Effectiveness Group:

12 week educational support group for HIV+ men facing the challenges of LIFE. The next session will begin January 28th, 2010. Thursdays 2:30pm—4:00pm.

For more information please contact Brian at 315-464-7319.

Anger Management

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

Beginning **March 8, 2010** we'll have a support group, 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.

Free Dinner and Fellowship for HIV Infected/Affected

4th Thursday of the month, 5—7 pm at the
First English Lutheran Church ,501 James St.

For more information contact Paul Carr at the CNY HIV Care Network, 315.472.8099
February 25th, 2010

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

Come Experience the Mindful Eating Program

Mindful Eating is a non-diet approach weight control program for anyone struggling with weight issues, emotional eating or any stressors that affect your eating and digestion.

Come learn about mindfulness (eating with increased attention and enjoyment—guilt free) and by the end of the program you will feel less stress regarding your weight and reach healthier weight goals and will be more confident with your health and nutrition.

Begins Wednesday February 17, 2010 12:15—1:30pm.

For more information call 315-464-7319

Looking for some Information?

Want to hear about other's experiences?

Just want a place to look for answers?

How about a few website's that can give you good information?

POZ Magazine website:

www.POZ.com

AIDSMEDS website:

www.aidsmeds.com

THE BODY: The Complete HIV/AIDS Resource

www.TheBody.com

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. 2010 Dates are: 1/21, 2/18, 3/18, 4/15, 5/20 and 6/17.