



Positive Outlook

UPSTATE
MEDICAL UNIVERSITY



ID Clinic Newsletter
September 2010
315 464 5533

**People will forget what you said, people will forget what you did,
but people will never forget how you made them feel.**

-Maya Angelou-

We bid a fond farewell...

After many years as a health care provider here at the DAC Dr. Shelley Gilroy has taken a position in Albany.
We wish her the best of luck.

Dr. Madhu Choudhary has taken a position in Louisiana.
We wish her the best of luck.

Beginning with your next visit your attending physician may be different. If you have any questions or concerns please contact your nurse practitioner at 315.464.5533 and follow the voice prompts to leave a message.

Update on Brian!

As many of you may know Brian Amidon, a member of our Ryan White Mental health care team, was involved in a serious automobile accident and is currently on extended medical leave. Brian is doing very well. However we do not have a date for his return. We are looking at temporarily filling Brian's position.

If you have any questions regarding the mental health services please call the office at 315.464.7319.

Clinic is Closed Monday September 6th, 2010 in observance of Labor Day.
Please call by Wednesday September 1st, 2010 for refills on your prescriptions.

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.



HIV/AIDS AND OLDER ADULTS

HIV (Human Immunodeficiency Virus) affects everyone and does not discriminate against gender, race and ethnicity, where one lives, and of course, age. The 50 and older population is the fastest growing population in the world. In 2008, the 50 and over population comprised greater than 23% of the total United States population [5].

In 2007, the Centers for Disease Control and Prevention reported persons aged 50 and older accounted for approximately :

- ◆ 16% of new HIV/AIDS diagnoses [3]
- ◆ 27% of persons living with HIV [3]
- ◆ 33% of persons living with AIDS [1]
- ◆ 19% of all AIDS diagnoses [1]
- ◆ 38% of deaths of those living with AIDS [1]

Despite the documented cases, there are still older adults who are not aware of their HIV/AIDS status. This may be due to the following reasons:

- I. Health care providers do not always test older people for HIV/AIDS and may miss cases during routine checkups.
- II. People who are 50 years and older may mistake signs of HIV/AIDS for the aches and pains of normal aging.
- III. They are less likely than younger people to get tested.
- IV. Older Americans know less about HIV/AIDS than younger people and may not know how it spreads or the importance of using condoms, not sharing needles, and getting tested for HIV.
- V. Older people are less likely than younger people to talk about their sex lives or drug use with their health care providers.
- VI. Health care providers may not ask older patients about their sex lives or drug use or talk to them about risky behaviors.

When someone knows he/she has HIV/AIDS, it is imperative to know and understand that there can be serious mental health issues associated, like depression. Depression may be a major problem for older people who may not have a strong network of friends or family who can help. People who are 50 and older may be coping with other diseases common to aging, like high blood pressure, diabetes, or heart disease. Older adults living with HIV/AIDS need support and understanding from their health care providers, family and friends [1].

PROTECT YOURSELF, GET TESTED

Syracuse Regional Anonymous HIV Counseling & Testing Program 1-800-562-9423

AIDS Hotline 1-800-541-AIDS (2437)

New York State HIV Counseling Hotline 1-800-872-2777

New York State Deaf HIV Counseling Hotline 1-800-369-2437 TDD



THE AIDS INSTITUTE

National HIV/AIDS and Aging Awareness Day is sponsored by The AIDS Institute is a national nonprofit and nonpartisan public policy research, advocacy, and education organization with offices in Washington, DC and Tampa, Florida. Begun as a grass roots community mobilization effort in the late 1980s, The AIDS Institute's mission is to promote action for social change through public policy research, advocacy, and education.

For more information about HIV/AIDS and Older Adults or to become involved with The AIDS Institute's National HIV/AIDS and Aging Awareness Day Campaign (September 18th), Please contact Aging@TheAIDSInstitute.org or visit www.TheAIDSInstitute.org for additional resources.

Works Cited

1. Centers for Disease Control and Prevention. (2009). HIV/AIDS Surveillance Report. <http://www.cdc.gov/hiv/topics/surveillance/resources/reports/>
2. Epigee: "HIV Symptoms", 2009, www.epigee.org/health/hiv_symptoms.html
3. Gay Men's Health Crisis. (2010). Growing Older with the Epidemic: HIV and Aging.
4. National Institute on Aging: "HIV, AIDS & Older People", March 2009, www.nia.nih.gov/HealthInformation/Publications/hiv-aids.htm
5. The Census Bureau. (2008). Age Data of the United States.

What is Recovery Month?

Recovery Month is an annual observance that takes place during the month of September.

The Recovery Month observance highlights the societal benefits of substance abuse treatment, lauds the contributions of treatment providers and promotes the message that recovery from substance abuse in all its forms is possible. The observance also encourages citizens to take action to help expand and improve the availability of effective substance abuse treatment for those in need. Each year a new theme, or emphasis, is selected for the observance.

Recovery Month provides a platform to celebrate people in recovery and those who serve them. Each September, thousands of treatment programs around the country celebrate their successes and share them with their neighbors, friends, and colleagues in an effort to educate the public about treatment, how it works, for whom, and why. Substance abuse treatment providers have made significant accomplishments, having transformed the lives of untold thousands of Americans. These successes often go unnoticed by the broader population; therefore, Recovery Month provides a vehicle to celebrate these successes.

Recovery Month also serves to educate the public on substance abuse as a national health crisis, that addiction is a treatable disease, and that recovery is possible. Recovery Month highlights the benefits of treatment for not only the affected individual, but for their family, friends, workplace, and society as a whole. Educating the public reduces the stigma associated with addiction and treatment. Accurate knowledge of the disease helps people to understand the importance of supporting treatment programs, those who work within the treatment field, and those in need of treatment.

<http://www.recoverymonth.gov/About-Recovery-Month.aspx>

If you are in recovery from your addiction – CONGRATULATIONS! Keep up the good work! If you are not in recovery and need help, don't be afraid to ask for it.

There is a connection between HIV and alcohol and drugs. First of all, alcohol and drugs can alter people's judgment and they might take risks which might expose themselves or others to HIV, hepatitis and other sexually transmitted or blood borne infections. Unsafe sex and sharing needles for injected drug use are just two of the risks taken.

Other risks of drug and alcohol use for persons living with HIV/AIDS may not be as well known. Such risks include:

- Too much alcohol can weaken your immune system. A weakened immune system has a harder time fighting off common infections such as a cold, as well as AIDS related infections. A weakened immune system also increases the chance of side effects from your HIV medications.
- Smoking cigarettes, marijuana and other drugs irritates the lungs and makes a person more susceptible to serious lung infections such as pneumonia
- Other common drugs such as cocaine and methamphetamine can leave the body dehydrated and lead to skin irritation making it easier to acquire infections
- Alcohol and drugs have a toxic effect on your liver, weakening it. A weakened liver is less efficient at filtering the waste products of the chemicals you put in your body including your prescription HIV meds. If you also have hepatitis of any kind, the liver is already working very hard to fight that disease and deal with the strong drugs used to treat it.
- It is very important to take your HIV medications as prescribed and on time. Alcohol and drugs can cause you to forget or miss your dosage. This can lead to treatment failure.
- Some street drugs and alcohol interact with your HIV medications and can lead to an overdose of the medication or the drug.

Frequently addiction to drugs or alcohol can lead to malnutrition. Poor nutrition is a serious problem for persons infected with HIV, making them become sicker faster.

If you are battling with addiction, or aren't sure if you abuse alcohol or other drugs, and have HIV, talk to your doctor, nurse practitioner, social worker or mental health provider for an evaluation and treatment referral. The life you save – or improve – will be your own.

www.aidsinfonet.org Fact Sheet Number 154

<http://hivinsite.ucsf.edu/hiv?page=basics-00-16>

<http://hivinsite.ucsf.edu/insite?page=pb-daily-alc>

Understanding HIV Medications and Resistance

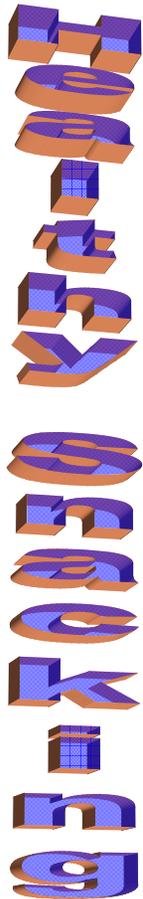
There are 5 classes of HIV medications. Each attacks the HIV virus in its own way.

- + Entry Inhibitors
- + NRTI's (also known as “nukes”)
- + NNRTI's (also known as “non-nukes”)
- + Integrase Inhibitors
- + Protease Inhibitors

When you are prescribed a medication it is very important that you are ready to start therapy and to take your medicine as prescribed. Looking at a HIV medication chart, it can seem like there are many medications to choose from. In reality this is not always the case. When you start and stop your medications you are at risk of creating drug resistance. This means that your medications will no longer work well against your HIV. Resistance may not be specific to the medication you are taking but may include all the other medications in that class.

Example: Atripla contains the medicine Sustiva (a NNRTI), Viread (an NRTI) and Emtriva (an NRTI). If, for example, you become resistant to Sustiva then usually most (or all) of the other medicines in the NNRTI class will no longer work. If Sustiva no longer works then you are in effect only taking two medicines instead of the three you really need. This can lead to resistance to the other medicines as well—in this example Emtriva and Viread. That is why your health care providers are very concerned when it comes to sticking with taking your medications. It looks like there are many options but this is not always true. If you understand how resistance works you begin to understand the importance of taking your medication as prescribed.

Linda Bartlett, RN
Alza Johnson, LPN
Your Treatment Adherence Team



Guilt-Free Snack Mix

Courtesy of allrecipes.com

Prep Time: 10 minutes

Ready In: 10 Minutes

Servings: 25

Ingredients:

- 4 cups crispy corn cereal squares
- 1 cup dried mixed fruit, chopped
- 1/4 cup yogurt covered raisins
- 1/3 cup chopped mixed nuts
- 2/3 cup banana chips

Directions:

In medium bowl, mix together crispy corn cereal squares, dried fruit mix, yogurt covered raisins, mixed nuts and banana chips. Store in sealed, airtight containers.

Nutritional Information

Amount Per Serving:

Calorie: 74

Total Fat: 2.6g

Cholesterol: < 1mg

Sodium: 64mg

Total Carbs: 12.6g

Dietary Fiber: 0.6g

Protein: 1.1g

Please Join Us On
Thursday September 30th

Dinner and Discussion 5-8PM

For those
HIV Infected/Affected
PJ Dorsey's
116 Walton Street
(In Armory Square)

I AM

For Dinner, Brief Movie and Discussion to Follow

Please RSVP:
315.472.8099 or pcarr@cnyhsa.com

Supported by:

 **Central New York
HIV Care Network**
a collaboration that works ...



CNY CONNEC+IONS

Please note that this will replace our monthly dinner at
First English Lutheran Church for September

YOU ARE **NOT**
ALONE

**If you are HIV+, you are not alone.
You deserve respect and good treatment.
Call and connect for life.
English 1-800-541-AIDS
Spanish 1-800-233-SIDA**

Connect For LIFE

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or log on to nyhealth.gov/aid

9/24 New York State Department of Health 4/10

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



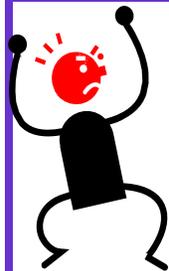
THE BODY

The Complete HIV/AIDS Resource

**HIV/AIDS
Resource Center
For Gay Men**

<http://www.thebody.com/content/art57068.html?ic=700101>

This site offers information and advice, personal stories, a question and answer section, and a news link specific to the men who have sex with men population.



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.

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.

Next Meeting Date is: 9/16 at 4:15pm.

