



## Positive Outlook

**UPSTATE**  
MEDICAL UNIVERSITY

ID Clinic Newsletter

January 2011

315 464 5533



Happiness is not a station you arrive at, but a manner of traveling.  
-- Margaret Lee Runbeck --

### Living Well with HCV Group

Do you have Hepatitis C (HCV)? Are you considering or currently receiving Hepatitis C treatment? Do you have questions or concerns about Hep C treatment? Beginning Wednesday January 12<sup>th</sup> we will be offering a 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 Hep C treatment.

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 will meet on Wednesday's beginning January 12<sup>th</sup> 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 Flood at 464-5533.

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Clinic will be closed **Monday January 17<sup>th</sup>, 2011** for Martin Luther King Day.

Please call by Wednesday January 12<sup>th</sup> for refills on your prescriptions.

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#### 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.

## Anger Management Plan

Overreacting to anger doesn't help anyone. Not the driver you're swearing at. Not your kids who are watching you lose control. And most of all, not you.

While you may think that lashing out or hitting a pillow or punching bag helps you release tension, it doesn't. It teaches you unhealthy behavior patterns that actually escalate tension. That said, we don't want you to hold on to your anger until it eats away at you like ants on crumbs. So instead, adopt *healthy* behavior patterns that will help reduce anger and anxiety as well as their associated health problems. (Anger has been shown to lead to higher incidence of heart disease.)

If you're one of the 16 million Americans who have anger issues, try these techniques to make a change that we'll all be thankful for.

**Do the opposite.** Remember the *Seinfeld* episode when George turned his life around by doing the exact opposite of everything he thought he should do? Well, think of this as the *Seinfeld* approach to anger management, because, as it turns out, a good way to cope with anger is to do the opposite of what you feel like doing.

So the next time you feel like swearing at the guy who just cut you off, consider that maybe there's a reason he did so—like he just got a call that his wife is in labor or his mom tripped and fell and can't get up.

Remind yourself that few people are jerks on purpose.

**Find your pattern.** Keep a record—without censoring—of all the emotions you feel (and why) during the day. This will help you identify the core beliefs that are associated with your anger. Do you get angry at a lack of respect? Wasted time? Insults? Once you understand what sets you off, you'll be able to work on dealing with it.

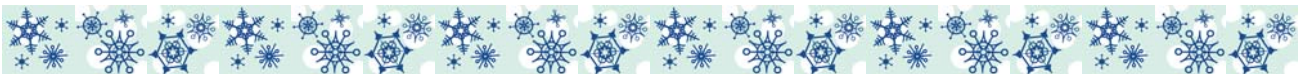
**Work it out.** Somehow, you have to acknowledge your physiological response to anger. Telling yourself to stay calm is one of the worst things you can do (second only to being *told* to calm down) because, as a human being, you're programmed to act out when you feel threatened.

So act out in a way that doesn't burn bridges, or worse. Do push-ups, go for a walk, or try deep breathing.

**Choose smart words.** When anger's talking, steer clear of words like "never" or "always." Statements like "This machine never works!" or "You're always forgetting things!" not only are inaccurate but also make you feel that your anger is justified, because there's no way to solve the problem.

**Get real.** Make sure you have realistic expectations. Don't blame yourself for things that are out of your control, and don't blame others for things that are out of their control.

Taken from <http://www.realage.com/the-you-docs/you-staying-young/anger-management>



**A Fond Farewell**

The staff at the ID Clinic would like to wish a fond farewell and best of luck to our retiring nurse practitioners and nurses...

Judith Rees, NP, Program Director

Sue Harris, NP

Louise Manor, NP

Missy Albert, ACRN



# Weight Management: Never Having to Say “It’s Back!”

Whether you have tried to lose weight on your own or with the help of a weight loss program, the focus is too often on severely restrictive diets and unrealistic goals. Not being able to reach these goals can set you up for a cycle of failure and disappointment. Also, extremely limiting your choices of food may trigger binge eating, which can undermine your efforts.

Increase your chances for success by focusing on—managing your weight. Weight management involves adopting a healthy lifestyle that includes healthy eating and regular exercise.



Picture reproduced from MyPyramid.gov

- ◆ Think “healthy eating” not “dieting.” Dieting is an on again—off again cycle. Healthy eating is a lifelong process.
- ◆ Make your health, not your appearance your weight management priority. The key to managing weight is a positive attitude and the right kind of motivation, such as health and increased energy.
- ◆ Set reasonable goals: Lose 1/2 to 1 pound a week until you reach a weight you can comfortably maintain.
- ◆ Keep moving. The only way to reset your metabolism is to increase regular physical activity. Dance around your living room, go for a hike—do something fun!
- ◆ Increase intake of water and foods rich in fiber—this helps make you feel full without all the calories.
- ◆ Get enough sleep. Getting plenty of sleep is essential if you want to shed some weight. A.V. Nedeltcheva et al, authors of the study “Insufficient Sleep Undermines Dietary Efforts to Reduce Adiposity” explained that a lack of sleep increases the levels of the hormone called ghrelin. This hormone stimulates hunger and promotes the retention of fat.
- ◆ Learn to recognize physical hunger. Plan your meals and snacks for the day. Don’t get over hungry.
- ◆ Eat a variety of foods from all five major food groups.
- ◆ Eat at least the minimum servings from the food pyramid.
- ◆ Don’t be afraid to eat what you like. There is no such thing as a “forbidden food” unless it is unsafe or you are a special diet for medical reasons. Simply eat smaller portions to maintain your weight.
- ◆ Alcohol has 7 calories per gram—almost twice the calories of carbohydrates or proteins. If you drink alcohol, reduce the amount you drink to help keep off the weight.
- ◆ As always talk with your doctor or nurse practitioner.



Information gathered from National Center for Nutrition and Dietetics; The Education Department of the National Live Stock and Meat Board; and Health Front: News that’s Good for You, December 2010.



## 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 January 20th at 4:15.

### 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

# Treatment Adherence Program at the DAC

## Tips on Taking Your Medicine

(Excerpt from Syracuse Post Standard 11/23/10)

Many people struggle with gagging when they try to take medicine. Here are tips from pharmacists on getting pills down easier:

### Practice with candy.

Work on Swallowing different sizes of candy, beginning with something as small as sprinkles and gradually moving to bigger types shaped like your pills.

### Take a sip of water first.

Especially if your mouth is dry, drink some water just before putting a pill in your mouth. Then take a few additional gulps to swallow.

### Place pills in the center of your tongue.

If you gag easily, try putting the pill on the tip of your tongue rather than further back in your mouth. If a pill is oval, make sure to point it length-wise toward your throat so you don't swallow it sideways.

### Don't throw your head back.

Instead, tilt it forward with your chin toward your chest. That motion should help move a pill to the back of your throat.

### Try a straw...

The suction created by a straw may help push a pill a down your throat.

### ...or a soda.

While cool water is generally the best choice, some people do better washing down medicine with a carbonated beverage.

### Ask if you can eat.

If your medicine doesn't interact poorly with food—check with your doctor—chew up a bite and place the pill in your mouth right before you swallow.

### Use relaxation techniques.

Taking a deep breath just before taking a pill may suppress the gag reflex. You can also picture yourself swallowing it with no problem.

### Don't assume you can crush or chew.

Some medications are time-released, and getting a full dose at once may be harmful. Ask your doctor.



## Anger Management

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

A support group will be offered starting  
in February to help you learn to manage  
your feelings.

For more information contact Cheryl at  
315-464-7319.



## What is Cervical Health Awareness Month?

The United States Congress designated January as Cervical Health Awareness Month. January is dedicated to highlighting issues related to cervical cancer, HPV disease and the importance of early detection.

**What is the National Cervical Cancer Coalition (NCCC) and when was it founded?**

First founded in 1996, The National Cervical Cancer Coalition (NCCC) is a growing coalition of people battling cervical cancer and HPV related issues.

For more information please visit:

<http://www.nccc-online.org/awareness.html>