

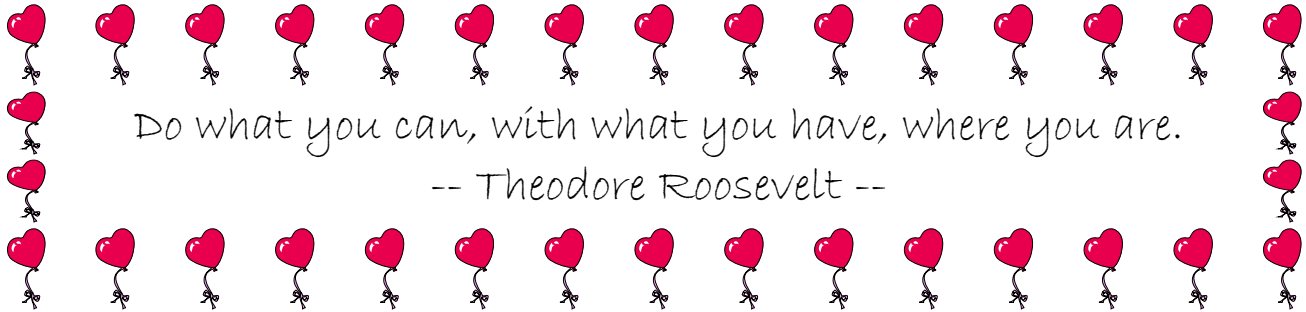
Positive Outlook

UPSTATE
MEDICAL UNIVERSITY

ID Clinic Newsletter

February 2011

315 464 5533



Do what you can, with what you have, where you are.

-- Theodore Roosevelt --

Spread *The Heart Truth*[®] Message on National Wear Red Day[®]

Friday, February 4, 2011, is National Wear Red Day—a day when Americans nationwide will take women's health to heart by wearing red to show their support for women's heart disease awareness. Join *The Heart Truth* on National Wear Red Day to help spread the critical message that, "Heart Disease Doesn't Care What You Wear—It's the #1 Killer of Women."

Everyone can participate in the national movement by wearing their favorite red dress, shirt, tie, or [Red Dress Pin](#) on Friday, February 4, 2011. *The Heart Truth* launched the Red Dress as the national symbol for women and heart disease awareness in 2002 to deliver an urgent wakeup call to American women. For more information on how to get involved, visit the [National Wear Red Day toolkit](#) which provides useful information and resources that you can use to help celebrate National Wear Red Day in your community.

<http://www.nhlbi.nih.gov/educational/hearttruth/>



SISTER TO SISTER

THE WOMEN'S HEART HEALTH FOUNDATION

Helping each other live longer, live better.

For information on heart disease, healthy living suggestions and great recipes for heart healthy foods please visit Sister to Sister, The Women's Heart Health Foundation at

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

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.



Counselor's Corner

February is the month of **Valentine's Day** and our thoughts turn to LOVE. We usually think of romantic love, showing our love to others. However, not everyone is involved in a relationship with a special partner. If this is you, instead of becoming depressed or feeling left out, try to focus on loving yourself and your life.

Here are five simple steps to help you love yourself and your life:

- 1. Value your daily diversions.** While you're busy doing the necessary things of life, don't forget the good stuff. Make time to do something you LOVE, such as reading in bed, listening to music, having coffee with a friend, taking a walk or playing with a pet. Life isn't always about the have tos and should dos.
- 2. Build your strength.** Tell yourself you only need to do 10 minutes of exercise each day. Once you're up and moving, you may find yourself extending the time. Sticking with an exercise plan helps you feel good about yourself, **STRENGTHENS YOUR IMMUNE SYSTEM**, and enhances production of mood-boosting hormones.
- 3. Squash your stressors.** Practice stress reducing strategies. Try taking deep breathing breaks throughout the day. Inhale through your nose and exhale slowly through your mouth. Repeat three or four times to get more oxygen into your bloodstream, creating a feeling of calm. Progressive muscle relaxation, yoga and meditation are also effective ways of reducing tension, stress, depression and anxiety. A brisk 10 minute walk will help reduce your stress and provide beneficial exercise.
- 4. Celebrate and share your skills.** Volunteer at a local school, club or community organization such as, the Salvation Army, Rescue Mission, a local hospital, animal shelter or HIV Service organization. Research shows that volunteering can make you happier and improve your emotional well-being. Being involved in the community provides an opportunity to learn new skills and meet new people. It just makes you feel good about yourself.
- 5. Appreciate the people around you.** Unwind and share a few laughs with your family and friends at least once or twice each month. Talk on the phone with those you love and miss. Regular connections have a positive impact on your **HEALTH**, especially if you share a good laugh. **Laughing LOWERS BLOOD PRESSURE, REDUCES STRESS HORMONES AND RELEASES CHEMICALS IN THE BRAIN** that can ease pain.

Loving yourself and treating yourself kindly is an essential part of your emotional and physical health. You'll find a pay-off in more independence, self-assurance, skills and improved relationships with others. You'll be amazed at how good you'll feel in body, mind and spirit.

This was adapted from RealAge.com. Please go to: www.realage.com/print-this/soothe-stress/mind-and-mood/love-your-life-5-simple-steps



CHOCOLATE!!!!

What is chocolate?

Chocolate is made using beans harvested from the cocoa tree. The beans are removed from their pod, fermented, dried, roasted and then ground to produce a cocoa mass or cocoa liquor. This is then pressed to yield cocoa butter and cocoa cake which is ground up into cocoa powder.

Treat yourself and your valentine to some dark chocolate (also known as “bittersweet” or “semi-sweet” chocolate).

Why?

Dark chocolate and cocoa powder contain antioxidants that have been shown to improve heart health. Milk chocolate is not a source of antioxidants because the milk binds the antioxidants making them unavailable. To get the full benefit of dark chocolate avoid drinking milk with it.

When shopping for dark chocolate look for labels listing 70% cocoa or more.

Source of information: <http://www.med.umich.edu/umim/clinical/pyramid/chocolate.htm>

A Yummy Valentine's Day Dessert

Double Chocolate Cupcakes

- 1 cup all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup granulated sugar
- 3 tablespoons butter, softened
- 1 egg
- 1 teaspoon vanilla
- 1/2 cup reduced-fat buttermilk
- 2 tablespoons miniature semi-sweet chocolate chips
- 2 tablespoons powdered sugar

Preheat oven to 350degrees

Line standard 12 cup muffin pan with foil baking cups

Combine flour, cocoa, baking soda and salt in a medium bowl. Beat granulated sugar and butter with electric mixer at medium speed until well blended. Add egg and vanilla; beat until blended. (Batter will be thin.) Alternately add flour mixture and buttermilk, beating until just combined after each addition. Stir in chocolate chips. Spoon batter evenly into muffin cups.

Bake about 15 minutes (or until inserted toothpick comes out clean). Cool in pan 5 minutes. Transfer to wire rack to cool completely. Sprinkle with powdered sugar just before serving or add Raspberry Filling. (See recipe below.)

Raspberry Filling

- 2 (10 ounce) containers of frozen red raspberries (sugar added)
- 2 tablespoons cold water
- 1 tablespoon cornstarch

Defrost berries. Reserve 1/4 cup juice and discard remaining juice. In a small saucepan combine berries and 1/4 cup juice; cook on low heat until slightly thickened. While berries heat, mix cold water with cornstarch and stir until cornstarch is dissolved. Add cornstarch mixture to berries and continue heating until mixture becomes the consistency of jam. Remove from heat; refrigerate until ready to use.



Treatment Adherence Program at the DAC

Thinking of starting HIV Medications?

The Treatment Adherence Program (TAP) is not just for people who are having trouble taking their HIV pills. It is also a resource for anyone starting HIV medications for the first time or changing the medications they take:

- ◆ We provide education about HIV treatment and can help answer your questions.
- ◆ We help you make a plan and review your regimen – what pills to take and when and what to do if you miss a dose. We also discuss possible side effects and drug interactions.
- ◆ We provide pillboxes and other adherence tools.
- ◆ We will meet with you once in clinic and then provide phone support as needed until your next clinic appointment. At this appointment your lab work will be checked. If all is well then we will graduate you from the program. If you need additional support then we will discuss continuing TAP services for a while longer.



February 14th, is National Condom Day!

Here are the facts:

- Every year, there are approximately 15 million new cases of STDs
- More than 65 million people in the US are living with a chronic STD such as herpes or HPV.
- Two-thirds of all STDs occur in people 25 years of age or younger.
- One in four new STD infections occur in teenagers.
- At least one in four Americans will contract an STD at some point in their lives.
- At least 15 percent of all infertile American women are infertile because of tubal damage resulting from an untreated STD.
- Each year it costs more than \$8 billion to diagnose and treat STDs and their complications.

"Research continues to demonstrate that condoms, used consistently and correctly, are one of the best tools in the prevention of STDs, including HIV," asserts Allen. Despite this fact, many suggest that abstinence and monogamy are the only responsible messages. "Too often, arguments of morality get in the way of sound public health practice. With more than 15 million new cases of STD infections each year, we must access every available option to stem the tide of this epidemic. Humans are sexual beings. Abstinence and monogamy are important public health messages, but to think that messages of abstinence and monogamy alone will fix the problem is shortsighted at best, and dangerous at worst," states Allen.

http://www.ashastd.org/news/news_pressreleases_condom_day_2004.cfm

Condoms Make Sense -

Condom use can be part of foreplay.

Condoms can be sexy.

Condoms come in flavors.

Five Billion Condoms are used each year...but it is not enough.

There are more than 100 different brands of Condoms on the market...try them all,

The Danish word for Condom is ...'svangerskabsforebyggemiddel'.

The first published use of the word 'Condom' was in a 1706 poem.

The first Condoms were made of animal intestines and in use in 1000 BC

The average shelf life of a Condom is two years...how long has it been in your wallet or handbag?

Condoms appeared in Cave Paintings in France in circa 200 AD

<http://hubpages.com/hub/National-Condom-Day>



February is Black History Month

In 1915, [Dr. Carter G. Woodson](#) and Rev. Jesse E. Moorland co-founded the Association for the Study of Negro Life and History (ASNLH). Their goal was to research and bring awareness to the largely ignored, yet crucial role black people played in American and world history. The following year, Woodson published and distributed his findings in *The Journal of Negro History*. He founded the publication with the hope that it would dispel popular mistruths. He also hoped to educate black people about their cultural background and instill them with a sense of pride in their race.

The son of former slaves and the second black person to receive a degree from Harvard University, [Carter Woodson](#) understood the value of education. He also felt the importance of preserving one's heritage and, upon his urgings, the fraternity Omega Psi Phi created Negro History and Literature Week in 1920. In 1926, Woodson changed the name to Negro History Week. He selected the month of February for the celebration as a way to honor of the birth of two men whose actions drastically altered the future of black Americans. [Abraham Lincoln](#), the U.S. President who issued the Emancipation Proclamation was born on February 12th and [Frederick Douglass](#), one of the nation's leading abolitionists was born on February 14th.

Woodson and the ANSLH provided learning materials to teachers, black history clubs and the community at large. They also published photographs that depicted important figures in black culture, plays that dramatized black history, and reading materials.

[Dr. Carter G. Woodson](#) died in 1950, but his legacy continued on as the celebration of Negro History Week was adopted by cities and organizations across the country. This observance proved especially important during the Civil Rights Movement of the 1950s and 1960s, a time when the inhumane and unequal treatment of black people in America was being challenged and overturned.



The Black Power Movement of the 1970s emphasized racial pride and the significance of collective cultural values. This prompted the ASNLH, now called the Association for the Study of African American Life and History, to change Negro History Week to Black History Week. In 1976, they extended the week to a month-long observance.

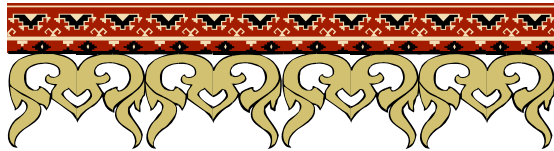
Black History Month is now recognized and widely celebrated by the entire nation on both a scholarly and commercial level. The Association for the Study of African American Life and History continues to promote, preserve and research black history and culture year-round.

<http://www.biography.com/blackhistory/black-history-month.jsp>

NATIONAL BLACK HIV/AIDS AWARENESS DAY

FEBRUARY 7, 2011

GET EDUCATED! GET TESTED! GET INVOLVED! GET TREATED!



IT'S BETTER TO KNOW

TAKE THE TEST.....TAKE CONTROL

ANY TIME: For general information about Confidential HIV Testing call the NYS Hotline: (888)541-AIDS.

ANONYMOUS HIV TESTING is available on **Wednesdays at Onondaga County Civic Center, Basement Room #80;** 9-11 a.m. and 1-3 p.m. Walk-in basis, first come, first served. **To schedule at other times or other locations, call (800) 562-9423.**

CONFIDENTIAL HIV TESTING: Available by appointment at these Syracuse locations:

~~**AIDS Community Resources**, 627 W. Genesee Street; (315) 475-2430

~~**F.A.C.E.S. Program** at Southwest Community Center; 401 South Avenue; (315) 671-5843.

~~**Onondaga County Family Planning;** Basement #30, Civic Center, 421 Montgomery Street; (315) 435-3685

~~**Onondaga County STD Clinic;** Weekdays except Wednesday; Basement #80, Civic Center, 421 Montgomery Street; hours variable; call 435-3240 for details

CENTRAL NEW YORK HIV CARE NETWORK

A Program of CNYHSA, Inc.

www.cnyhsa.com

AT RISK FOR HIV?

HOW TO GET HIV/AIDS. Risky behavior can lead to HIV/AIDS. Exchange of bodily fluids when having sex or sharing needles when injecting drugs are the greatest risks. **If you are at risk, consider a test.** More than 1.2 million in the U.S. have HIV or AIDS; more than 280,000 are living with HIV -- and don't know it. More than 56,000 persons become infected with HIV or AIDS each year. **Could you be next?**

AFRICAN-AMERICANS & LATINOS. Have significantly outpaced Whites in the epidemic.

WOMEN. Fastest-growing segment of all new cases - especially women of color.

INJECTING DRUG USE. Sharing needles remains a highly effective way to contract HIV.

MEN HAVING SEX WITH MEN. Still a leading cause of infection, even as heterosexual transmission increases.

HETEROSEXUAL EXPOSURE. Almost half of women now living with HIV or AIDS were infected through heterosexual contact.

Medical advances have reduced AIDS deaths in the U.S. Early diagnosis and treatment are essential to insure long-term survival. Being on HIV medications also reduces the risk of transmitting the virus to others. Reducing risks reduces the chance of becoming infected

AIDS kills; medicine can save lives!

**CONSIDER AN HIV TEST TODAY
FREE, SAFE, CONFIDENTIAL**

Living Well with HCV

A peer facilitated group for co-infected clients.

Do you have Hepatitis C (HCV)? Are you considering or currently receiving Hepatitis C treatment? Do you have questions or concerns about HCV treatment? Beginning in mid January 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 HCV 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 once a week 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.

Educate, Empower



and Encourage

Infectious Disease Clinic
725 Irving Ave, Suite 211
Syracuse, NY 13210

Phone: 315-464-5533

Fax: 315-464-5579

www.upstate.edu/id/healthcare/dac/

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.



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

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 February 17th at 4:15.