



Positive Outlook

**UPSTATE**  
MEDICAL UNIVERSITY

DAC Newsletter  
January 2012  
315 464 5533



“A moment’s insight is sometimes worth a life’s experience.”

*Oliver Wendell Holmes*



**wishing you a very  
happy and healthy  
New Year!**



**CLINIC IS CLOSED**

**Monday January 2<sup>nd</sup>, 2012**

**Please call all prescription refills in no later than Wednesday December 28<sup>th</sup>.**

**Monday January 16<sup>th</sup>, 2012**

**Please call all prescription refills in no later than Wednesday January 11<sup>th</sup>.**

## Terry & Becca's Tips for Weight Control in the New Year

### **Exercise:**

1. Form a walking club with your co-workers or friends.
2. Keep comfortable shoes near your desk so you can take a stroll at lunchtime.
3. Don't let cold weather stop you! Keep a jacket in your office for your lunchtime stroll.
4. Take a stroll around your neighborhood on a regular basis for weight management or if you are feeling stressed.
5. Listen to music, the sounds of the city or nature on your walk.
6. Turn on music and dance for some exercise. (This works great when you are cleaning too!)
7. Park at the far end of the parking lot to get in some extra exercise and try to use the stairs instead of the elevator.
8. In bad weather, choose mall walking for exercise.

### **Lunch/Dining Out:**

1. Pack a healthy lunch instead of going out to eat.
2. If you go out, only eat half and save the other half for tomorrow.
3. Choose a familiar restaurant, within walking distance, which has healthy menu options.
4. Bring a frozen portion-controlled meal to work.
5. Split your sandwich in half and save the rest for a mid-afternoon snack.
6. Encourage a lunch time potluck where co-workers can share healthy recipes.
7. When ordering food out, ask for the dressing or gravy on the side.
8. If you know you'll have a busy day, make extra dinner the night before to bring healthy leftovers for lunch.
9. Wash and cut up some fresh fruit to accompany your lunch.
10. Choose 100% wholegrain bread when preparing your sandwich.
11. Add tomatoes, lettuce and onion to your burger.
12. Use mustard to make a healthy spread for sandwiches.
13. Add salad to your lunch for extra vitamins and fiber.
14. Ask for a cup of soup instead of a bowl.
15. Skip the super-size promotions.
16. Choose a side salad instead of fries when ordering fast food.

### **Dinner/Shopping/Planning:**

1. Go ahead and leave a few bites on your plate if you have reached your fullness level.
2. Make time to sit down at the table and enjoy your meals. Eat slowly with attention and mindfulness.
3. Make a healthy pizza for dinner.
4. During the winter months, create your own soup using vegetable or chicken broth and toss in all your favorite vegetables.
5. Remember to make a grocery list, stick to it and always eat something before you go food shopping.
6. When possible, choose fresh fruits and vegetables and leave the frozen for the off season.
7. Fill your omelet with vegetables.
8. Pay attention to serving sizes, some foods and drinks contain 2 or more servings.
9. Enjoy canned fruit packed in water or natural juices.
10. Try a creating a weekly meal menu.

### **Beverages:**

1. Replace soft drinks with water for meals.
2. Enjoy iced tea with no added sugar or flavor tea and water with 100% fruit juice.
3. Use a small glass (4-8oz) for juices.
4. Avoid alcohol.

### **Mindfulness with snacking & sweets:**

1. Satisfy mid-morning munchies with a mindful snack of fruit and nuts.
2. Replace vending machine selections with a handful of almonds or other nuts.
3. Satisfy your sweet tooth with a sliver, bite, or taste instead of a full portion.
4. Share your dessert with someone else.
5. Control portions by pouring an individual serving of pretzels or chips into a bowl instead of eating from the bag.
6. Satisfy your chocolate craving by choosing 1 small "fun size" candy and savor.
7. Avoid being hungry which causes you to eat too fast and make poor choices.
8. Avoid being overfull. Look ahead to the next meal or snack when you start to feel hungry.

## **ANGER MANAGEMENT: 10 TIPS TO TAME YOUR TEMPER BY MAYO CLINIC STAFF**

<http://www.mayoclinic.com/health/anger-management/MH00102>

## **Counselor's Corner**

**Keeping your temper in check can be challenging. Use simple anger management tips—from taking a timeout to using “I” statements—to stay in control.**

Do you find yourself fuming when someone cuts you off in traffic? Does your blood pressure go through the roof when your child refuses to cooperate? Anger is a normal and even healthy emotion—but it’s important to deal with it in a positive way. Uncontrolled anger can take a toll on both your health and your relationships.

Ready to get your anger under control? Start by considering these 10 anger management tips.

**1: Take a timeout.**

Counting to 10 isn’t just for kids.. Before reacting to a tense situation, take a few moments to breathe deeply and count to 10. Slowing down can help defuse your temper. If necessary, take a break from the person or situation until your frustration subsides a bit.

**2: Once you’re calm, express your anger.**

As soon as you’re thinking clearly, express your frustration in an assertive but non confrontational way. State your concerns and needs clearly and directly, without hurting others or trying to control them.

**3: Get some exercise.**

Physical activity can provide an outlet for your emotions, especially if you’re about to erupt. If you feel your anger escalating, go for a brisk walk or run, or spend some time doing your favorite physical activities. Physical activity stimulates various brain chemicals that can leave you feeling happier and more relaxed than you were before you worked out.

**4: Think before you speak.**

In the heat of the moment, it’s easy to say something you’ll later regret. Take a few moments to collect your thoughts before saying anything—and allow others involved in the situation to do the same.

**5: Identify possible solutions.**

Instead of focusing on what made you mad, work on resolving the issue at hand. Does your child’s messy room drive you crazy? Close the door. Is your partner late for dinner every night? Schedule meals later in the evening—or agree to eat on your own a few times a week. Remind yourself that anger won’t fix anything, and might only make it worse.

**6: Stick with “I” statements.**

To avoid criticizing or placing blame—which might only increase tension—use “I” statements to describe problem. Be respectful and specific. For example, say I’m upset that you left the table without offering to help with the dishes,” instead of, “You never do any housework.”

**7: Don’t hold a grudge.**

Forgiveness is a powerful tool. If you allow anger and other negative feelings to crowd out positive feelings, you might find yourself swallowed up by your own bitterness or sense of injustice. But if you can forgive someone who angered you, you might both learn from the situation. It’s unrealistic to expect everyone to behave exactly as you want at all times.

**8: Use humor to release tension.**

Lightening up can help diffuse tension. Don’t use sarcasm, though—it can hurt feelings and make things worse.

**9: Practice relaxation skills.**

When your temper flares, put relaxation skills to work. Practice deep breathing exercises, imagine a relaxing scene, or repeat a calming word or phrase, such as, “Take it easy.” You might also listen to music, write in a journal or do a few yoga poses—whatever it takes to encourage relaxation.

**10: Know when to seek help.**

Learning to control anger is a challenge for everyone at times. Consider seeking help for your anger issues if your anger seems out of control, causes you to do things you regret or hurts those around you. You might explore local anger management classes or anger management counseling. With professional help, you can:

- \* Learn what anger is
- \* Identify what triggers your anger
- \* Recognize signs that you are becoming angry
- \* Learn to respond to frustration and anger in a controlled, healthy way
- \* Explore underlying feelings, such as sadness or depression

Anger management classes and counseling can be done individually, with your partner or other family members, or in a group. Your health insurer, employee assistance program (EAP), clergy, or state or local agencies also might offer recommendations.

***If you need help with anger management issues please ask to see one of our mental health counselors or talk with your social worker about other programs available in the community.***

The Infectious Disease Clinic offers on-site individual , group, and case management mental health services.

All of our patients are eligible to receive services appropriate for their care.

If you would like to receive mental health services

please discuss with your doctor, nurse practitioner or social worker.

## Treatment Adherence Program at the DAC

### Happy New Year

The New Year is here and you know what that means...New Year Resolutions. This is often a time for self examination. We all can look back over the year and wish we had done some things differently. That is what life is about; learning from our mistakes and creating a better, stronger you.

Maybe 2011 was a very hard year for you but you are still determined to live your life. It is not about who gets to the finish line first, but more so being able to stay in the race. Everyone has their own set of struggles so don not diminish who you are, embrace your life experiences. Use the lessons life has taught you and put a positive spin on it. It is never too late to make better decisions.

The New Year always brings a sense of new beginnings. You can accomplish whatever you set your mind to. If you continue to limit yourself then you will always be limited. You must believe in yourself and believe you can achieve your goals. Sometimes we can be our own worst critics. Begin to nurture a new way of thinking this year. Push yourself, be less judgmental, and see the glass as half full rather than half empty. And with that half full glass, take your meds.

Alza Johnson LPN  
Linda Bartlett RN

# **January is Cervical Health Awareness Month?**

The United States Congress designated January as Cervical Health Awareness Month.

## **NATIONAL CERVICAL CANCER COALITION STRESSES IMPORTANCE OF SCREENING AND PREVENTION DURING JANUARY CERVICAL HEALTH AWARENESS MONTH**

*Women Urged to Take Action and Protect Themselves in New Year*

Approximately 11,000 American women will learn they have cervical cancer this year, and nearly 4,000 will die from an advanced form of the disease. This January, during Cervical Health Awareness Month, the National Cervical Cancer Coalition (NCCC) is focused on educating women about the importance of the Pap test as a screening tool for cervical cancer/HPV and about vaccines that can further reduce the burden of this devastating disease.

It's the start of a new year— a time many reflect on their health. To start the year right, we encourage women to contact their health care provider to schedule a Pap test to check for cervical cancer. This screening is a crucial part of a woman's health care regimen, yet one that many overlook. "It's important to remember that cervical cancer is a preventable disease— as long as it's caught early enough," says Mrs. Sarina Kaye, Executive Director of the NCCC.

While routine administration of Pap tests is the best means of detecting cervical cancer at an early stage, vaccines have the potential to protect women from the disease, by targeting cancer-causing types of the human papillomavirus (HPV). HPV, a virus transmitted through sexual contact, is the single known cause of cervical cancer. Two forms of the virus, HPV 16 and HPV 18, account for more than 70 percent of all cervical cancer cases. Some medical experts believe that through a successful education, screening and vaccination program for women, we will have the potential to nearly eliminate cervical cancer in the U.S.

"These vaccines represent a major advancement in women's health and in cancer prevention. With these new tools, we may be able to help ensure no woman in the United States has to endure cervical cancer," says Juan C. Felix, MD, chairman of the NCCC medical advisory panel and chief of OB/GYN pathology at the Women's and Children's Hospital, University of Southern California Keck School of Medicine. "We hope these vaccines will make cervical cancer a concern of the past."

### **About the National Cervical Cancer Coalition**

The National Cervical Cancer Coalition (NCCC), founded in 1996, is a grassroots nonprofit organization serving women with, or at risk for, cervical cancer and HPV. The NCCC is the only organization dedicated exclusively to helping women address concerns about cervical health and disease. The group executes its mission to improve women's cervical health outcomes through

education, support and advocacy for women and health care providers.

The NCCC supports the nation's first Cervical Cancer Hotline for women and family members who are battling issues related to cervical cancer. In addition, it promotes patient interaction and support through its Phone Pals and E-Pals Programs, which match cervical cancer survivors with other women who are now living with or have experienced similar circumstances. The NCCC

raises awareness nationally through a variety of initiatives, including the Cervical Cancer Quilts Project, a traveling exhibit that puts a personal face on the battle against cervical cancer, as well as our Cervical Cancer conference, which allows women, caregivers and family members to come together yearly to learn about the advancements of HPV and cervical cancer.

To learn more about the NCCC, visit <http://www.nccc-online.org> .

#### **CONTACT:**

**National Cervical Cancer Coalition (NCCC)**

**Mr. Alan Kaye, Chairman Board of Directors**

**akaye@nccc-online.org**

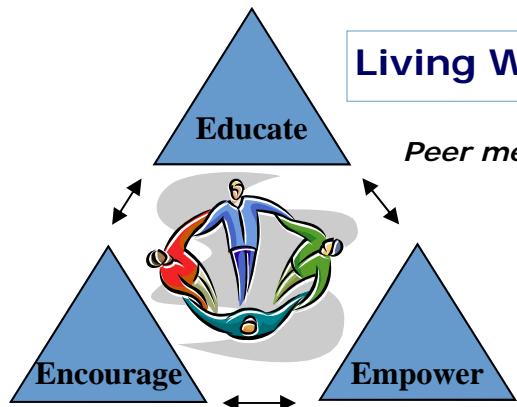
**Telephone: (818) 992-4242**



The ID Clinic 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.



Follow us on [Twitter](#)  
@UpstateDAC



## Living Well with Hepatitis C

*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



## Anger Management

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

A support group is offered on Thursday afternoons at 1:30pm to help you learn to manage your feelings.. For more information contact Cheryl at 315-464-7319. A new session will begin in February.

### 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

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

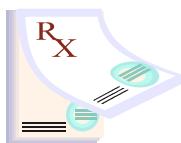


## Consumer Advisory Board!

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

The next meeting of the CAB will be January 19, 2012.

## 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.