



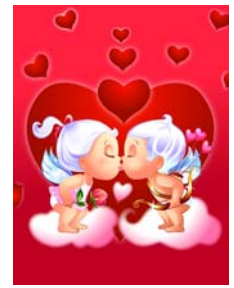
Positive Outlook

UPSTATE
MEDICAL UNIVERSITY

DAC Newsletter

February 2012

315 464 5533



"Friendship improves happiness and abates misery by doubling our joy and dividing our grief."

~ Joseph Addison ~

American Heart Month

Sponsor: [The American Heart Association](#)



American Heart Month is a time to battle cardiovascular disease and educate Americans on what we can do to live heart-healthy lives.

Heart disease, including stroke, is the leading cause of death for men and women in the United States. Heart disease can be prevented.

You are at higher risk of heart disease if you are:

- A woman age 55 or older
- A man age 45 or older
- A person with a family history of early heart disease

To keep your heart healthy:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.
- Talk to your doctor about taking aspirin every day if you are a man over the age of 45 or a woman over 55.
- Manage stress.

THE *Heart* TRUTH®
A National Awareness Campaign For Women About Heart Disease



***The Heart Truth*® Kicks Off 10th Anniversary during American Heart Month**

In 2012, *The Heart Truth* marks a decade of commitment to women's heart health. During February's American Heart Month, the National Heart, Lung, and Blood Institute (NHLBI) reaffirms its commitment to increasing awareness about heart disease among women and helping women take steps to reduce their own personal risk of developing heart disease.

One of the campaign's signature American Heart Month activities, the Red Dress Collection Fashion Show, serves as a red alert to women that heart disease doesn't care what you wear—it's the #1 killer of women. With the generous support of celebrities and the fashion community, the Red Dress will take center stage on the runway again this February as the national symbol of women and heart disease awareness. While millions of women will be reached with NHLBI's heart health message as a result of Red Dress Collection 2012, the real "heart" of the campaign—hundreds of *Heart Truth* partners, Champions, and individuals—will organize events and activities across the country to spread *The Heart Truth*.

[Join them.](#) And help us celebrate our 10th anniversary this year by giving the women in your life a personal and urgent wakeup call about their risk of heart disease.

Savor and eat mindfully.

We all deserve a sweet treat but if we are not careful, we can easily over do with sugar in our American Diet. Much of our sugar intake is from added sugars instead of what is found naturally in our foods.

1 teaspoon sugar = 4gms

One 20 oz. bottle of regular soda has ~65gms of sugar equals ~16 teaspoons sugar

Would you believe there is sugar hiding in pasta sauce? ~3-4gms or ~1 teaspoon in 1/2 cup of sauce.

Be a sugar detective and look for these words that are different forms of sugar:

- ◇ Sucrose- most familiar since this is table sugar
- ◇ Fructose- fruit sugar- form of sugar that is naturally occurring in our foods
- ◇ Glucose- basic sugar the body uses for energy. Also known as dextrose
- ◇ Lactose- milk sugar
- ◇ Maltose- known as malt sugar
- ◇ Invert sugar-processed for very fine sugar crystals and used in making candies, syrups
- ◇ Raw sugar – regular sugar less processed, contains very small amount of molasses
- ◇ (Sugar comes from crushed sugar cane plants. The sugar cane juice is heated making molasses which is then spun out and leaves us with the white sugar)
- ◇ High Fructose Corn Syrup (HFCS) - made from corn syrup and found in many processed foods such as breads, cereals, beverages. It has replaced table sugar in foods because it is less costly. Critics say it is more harmful than table sugar because it is more quickly absorbed into our cells, does not trigger our normal control with appetite and leads to increase intake and weight gain.

My recommendations are:

- ◇ Look at the ingredient list for the words that mean sugar and make sure they are not one of the top 3. Ingredients are listed in descending order by weight. Those in the largest amounts are listed first.
- ◇ When purchasing beverages – avoid those that say fruit drink- look for 100% fruit juice
- ◇ If a product is labeled – reduced sugar-, it is likely to be sweetened with aspartame (also known as acesulfane potassium). I prefer fruits sweetened in its own natural juice or just plain fruit (no additional sweetening)- read the ingredients- less is better, for example applesauce- just apples and water
- ◇ Be wise with yogurt. Plain yogurt has no added sugar but it does have naturally occurring milk sugar in the form of lactose. A 6oz container has 12gms naturally-occurring sugar. If the yogurt is sweetened – there can be an additional 14gms sugar making the total 26gms. I recommend plain or vanilla yogurt and add your own fresh fruit and cinnamon for the nutritional benefit of the vitamins and fiber in the fruit.

References: *Eatright.org*

Alternative Therapies, Jan/Feb 2006, Vol. 12, No. 1

Report 3 of the Council on Science and Public Health (A-08) The Health Effects of High Fructose Syrup

Wegmans Nature's Marketplace – December 2011



Some Heart Healthy Valentine Treat Ideas:

- **Red Wine** – Pinots, shirahs, merlots - experts say all red wines are a good source of catechins and [resveratrol](#) to aid 'good' cholesterol"
- **Dark Chocolate**, (70 percent or higher cocoa content) - Nutritionists report that truffles, soufflés and even hot chocolate can be a good source of resveratrol and [cocoa phenols](#) (flavonoids) as long as dark chocolate with a high content of cocoa is used
- **Walnuts and Almonds** – Both walnuts and almonds contain omega 3 fatty acids, vitamin E, magnesium, fiber, heart favorable mono-and polyunsaturated fats
- **Blueberries/cranberries/raspberries/strawberries** – Berries are a good source of beta carotene and lutein, anthocyanin, ellagic acid (a polyphenol), vitamin C, folate, potassium and fiber

Read more: <http://galttime.com/article/health/38415/23756/8-heart-healthy-valentines-treats#ixzz1lASwufY1>

February is the month in which we celebrate Valentine's Day. This year expand your celebration to include friends as well as romantic partners. It's good for you!

Counselor's Corner

Friendships: Enrich your life and improve your health

Friendships can be good for you. Find out about the connection between your health and friendship, and how to promote and maintain healthy friendships.

<http://www.mayoclinic.com/health/friendships/MH00125>

Friendships can have a major impact on your health and well-being, but it's not always easy to build or maintain friendships. Understand the importance of friendships in your life and what you can do to develop and nurture friendships.

What are the benefits of friendships?

Good friends are good for your health. Friends can help you celebrate good times and provide support during bad times. Friends prevent loneliness and give you a chance to offer needed companionship to others as well. Friends can also:

- Increase your sense of belonging and purpose
- Boost your happiness
- Reduce stress
- Improve your self-worth
- Help you cope with traumas, such as divorce, serious illness, job loss or the death of a loved one

Encourage you to change or avoid unhealthy lifestyle habits, such as excessive drinking or lack of exercise Why is it sometimes hard to make friends or maintain friendships?

Many adults find it hard to develop new friendships or keep up existing friendships. Friendships may take a back seat to other priorities, such as work or caring for children or aging parents. You and your friends may have grown apart due to changes in your lives or interests. Or maybe you've moved to a new community and haven't yet found a way to meet people. Developing and maintaining good friendships takes effort. The enjoyment and comfort friendship can provide, however, makes the investment worthwhile.

What's a healthy number of friends?

There's no need to aim for a specific number of friends. Some people benefit from a large and diverse network of friends, while others prefer a smaller circle of friends and acquaintances. There are also different types of friendship. You may have a few close friends you turn to for deeply personal conversations, and more casual friends with whom you see movies, play basketball or share backyard cookouts. Consider what works for you. Overall, the quality of your relationships is more important than the specific number of friends you have.

What are some ways to meet new people?

You can take steps to meet people and develop friendships. For example:

- **Take your child — or pet — for a walk.** Chat with neighbors who are also out and about or head to a popular park and strike up conversations there.
- **Work out.** Take a class at a local gym, senior center or community fitness facility. Start a lunchtime walking group at work.
- **Do lunch.** Invite an acquaintance to join you for coffee or a meal.
- **Accept invites.** When you're invited to a social gathering, say yes. Contact someone who recently invited you to an activity and return the favor.
- **Volunteer.** Offer your time or talents at a hospital, place of worship, museum, community center, charitable group or other organization. You can form strong connections when you work with people who have mutual interests.
- **Attend community events.** Get together with a group of people working toward a goal you believe in, such as an election or the cleanup of a natural area. Find a group with similar interests in an activity, such as auto racing, gardening, reading or making crafts.
- **Go to school.** Take a college or community education course to meet people who have similar interests.
- **Join a faith community.** Take advantage of special activities and get-to-know-you events for new members.
- Above all, stay positive. You may not become friends with everyone you meet, but maintaining a friendly attitude and demeanor can help you improve the relationships in your life and sow the seeds of friendship with new acquaintances.

How does social media affect friendships?

Joining a chat group or online community might help you make or maintain connections and relieve loneliness. However, research suggests that use of social networking sites doesn't necessarily translate to a larger offline network or closer offline relationships with network members. In addition, remember to exercise caution when sharing personal information or arranging an activity with someone you've only met online.

Continued on next page

How can I nurture my friendships?

Developing and maintaining healthy friendships involves give-and-take. Sometimes you're the one giving support, and other times you're on the receiving end. Letting friends know you care about them and appreciate them can help strengthen your bond. It's as important for you to be a good friend as it is to surround yourself with good friends.

To nurture your friendships:

- **Go easy.** Don't overwhelm friends with phone calls, texts, instant messages or emails. Respect your friends' boundaries.
- **Don't compete.** Don't let friendships turn into a battle over who makes the most money or who has the nicest home.
- **Adopt a healthy, realistic self-image.** Work on building your self-esteem by taking care of yourself — eat a healthy diet and include physical activity in your daily routine. Vanity and constant self-criticism can be turnoffs to potential friends.
- **Avoid relentless complaining.** Nonstop complaining can put a strain on your friendships. Talk to your friends about how you can change the parts of your life that make you unhappy.
- **Adopt a positive outlook.** Try to find the humor in things. Laughter is infectious and appealing.
- **Listen up.** Ask what's going on in your friends' lives. Avoid talking about your own problems all the time. Try to only give advice when your friends ask for it.
- **Don't judge.** Give your friends space to change, grow and make mistakes. Encourage your friends to freely express their emotions.
- **Respect privacy.** Keep confidential any personal information that your friends share with you. Try not to ask questions that make your friends uncomfortable.

Remember, it's never too late to build new friendships or reconnect with old friends. Investing time in making friends and strengthening your friendships can pay off in better health and a brighter outlook for years to come.



Treatment Adherence Program at the DAC

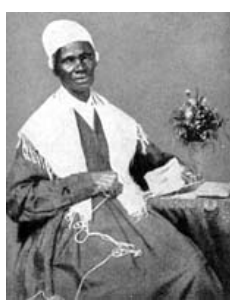
HIV and Heart Health

Having HIV places you at higher risk for heart disease. There is evidence that HIV causes chronic inflammation of the arteries and veins because of long term exposure to the virus. This is where taking your medications can help – by reducing the viral load. Although some of the anti-HIV medicines can cause increased triglycerides (fats in the bloodstream), it is still better for your heart to be on HIV treatment. Here are some things to consider for promoting a healthy heart:

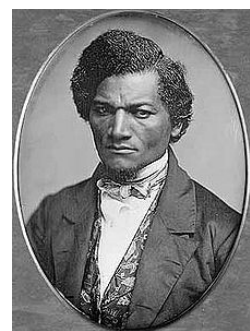
- * 60-70% of people living with HIV still smoke cigarettes, compared to roughly 20% of the adult HIV-negative population. Quitting smoking is the number one thing you can do for your heart. Ask your provider for help taking the next step to quit.
- * Boost your good cholesterol. Good Cholesterol (HDL) can help reduce inflammation in your blood vessels and improve heart health. Rich sources of HDL are oily fish (like salmon) and olive oil.
- * Lower your bad cholesterol (LDL). Bad cholesterol is found in animal fats – these are often the fats that are solid at room temperature like butter, lard, cheese and fatty pieces of meat. Sometimes your clinician may prescribe medications to help you lower LDL. Your cholesterol is usually checked once a year in clinic. To check your cholesterol and triglycerides accurately you need to have your lab work done after you have been fasting for at least nine hours.
- * Regular aerobic exercise (exercise that makes your pulse speed up) can help lower cholesterol and also strengthen your heart.
- * If you are diabetic then take care to keep your blood sugars under control.
- * Don't get overwhelmed – make small positive choices every day!

It's also important to note that HIV patients are living longer, and the risk for heart disease increases for both HIV-positive and HIV-negative people as they age. For this reason, everyone needs to be aware of cardiovascular risks and wellness strategies

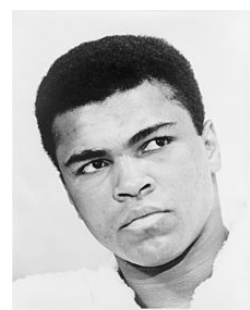
For more information check out the American Heart Association web page <http://www.heart.org>



Black History Month is an annual celebration of achievements by black Americans and a time for recognizing the central role of African Americans in U.S. history. The event grew out of "Negro History Week," the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating black history.



The story of Black History Month begins in 1915, half a century after the [Thirteenth Amendment](#) abolished [slavery](#) in the [United States](#). That September, the Harvard-trained historian Carter G. Woodson and the prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by black Americans and other peoples of African descent. Known today as the Association for the Study of African American Life and History (ASALH), the group sponsored a national Negro History week in 1926, choosing the second week of February to coincide with the birthdays of [Abraham Lincoln](#) and [Frederick Douglass](#). The event inspired schools and communities nationwide to organize local celebrations, establish history clubs and host performances and lectures.



In the decades that followed, mayors of cities across the country began issuing yearly proclamations recognizing Negro History Week. By the late [1960s](#), thanks in part to the [Civil Rights Movement](#) and a growing awareness of black identity, Negro History Week had evolved into Black History Month on many college campuses. President [Gerald R. Ford](#) officially recognized Black History Month in 1976, calling upon the public to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history." Since then, every American president has designated February as Black History Month and endorsed a specific theme. In 2010, the theme focused on the history of black economic empowerment and recognized the achievements of the painter Jacob Lawrence, the entrepreneur Annie Malone and the National Urban League, a civil rights organization.



For more information, articles and videos, check out the History Channel at www.history.com/topics/black-history-month.





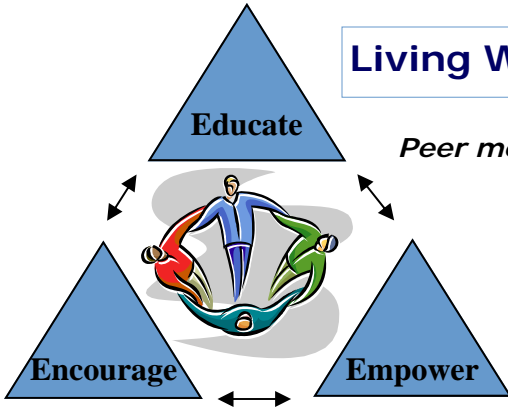
The ID Clinic now offers delivery of the Positive Outlook Newsletter via confidential e-mail. If you would like to receive the e-mail version of the Positive Outlook newsletter please complete a request card in the waiting room or call Melissa @ 315-464-7313.



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 2nd.

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 February 16, 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.