



# Positive Outlook

## UPSTATE MEDICAL UNIVERSITY

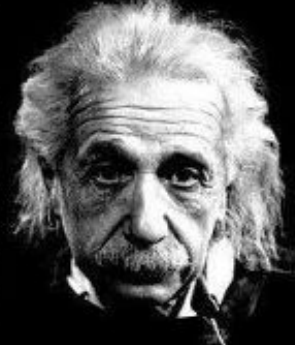
### DAC Newsletter

March 2012

315 464 5533



"WE CANNOT  
SOLVE OUR  
PROBLEMS  
WITH THE SAME  
THINKING WE  
USED WHEN WE  
CREATED THEM"



March 10<sup>th</sup>, 2012 is National Women and Girls HIV/AIDS Awareness Day.

#### What is National Women and Girls HIV/AIDS Awareness Day?

National Women and Girls HIV/AIDS Awareness Day is a nationwide observance coordinated by the Office on Women's Health (OWH), within the Office of the Assistant Secretary for Health at the U.S. Department of Health and Human Services. Its goal is to encourage people to take action in the fight against HIV/AIDS and raise awareness of its impact on women and girls. This National Women and Girls HIV/AIDS Awareness Day, OWH is partnering with the Greater Than AIDS campaign and asking, "What's your deciding moment?" According to Greater Than AIDS, deciding moments are everyday opportunities to take action against HIV, whether it is getting tested, talking with friends and family, using condoms, practicing abstinence, or taking medications as directed.

#### When is National Women and Girls HIV/AIDS Awareness Day?

It is observed on March 10 every year, but OWH encourages organizations to hold events throughout the month of March. For more information please visit <http://www.womenshealth.gov/nwghaad/about/>

#### Mar. 20th National Native HIV/AIDS Awareness Day

National Native HIV/AIDS Awareness Day is a collaborative effort between these organizations:

Asian Pacific Islander Wellness Center: <http://apiwellness.org>

CA7AE: HIV/AIDS Prevention Project: <http://www.happ.colostate.edu>

Great Plains Tribal Chairmen's Health Board: <http://gptchb.org>

Inter Tribal Council of Arizona, Inc.: <http://www.itcaonline.com>

National Native American AIDS Prevention Center: <http://nnaapc.org>

March 20<sup>th</sup>, as the first day of spring, is an important time of awakening, birth and renewal. It is an important time for many native peoples. It is also National Native HIV/AIDS Awareness Day. This is a day to remember who we have lost as a result of AIDS and to reignite our commitment to end the spread of this disease among native peoples. On this day, we encourage all native communities to plan events to support HIV Awareness. We need to continue to fight the stigma of this disease, encourage HIV testing, and raise the level of knowledge and awareness about HIV and AIDS. For more information, please visit [www.AIDS.gov](http://www.AIDS.gov), or to find a testing center near you, visit [www.HIVTEST.org](http://www.HIVTEST.org). Remember, one way to protect our future and to protect our people is to TAKE THE TEST! We have the ability to make a difference!

Public Service Announcement from <http://www.nnhaad.org/index.html>



## What are Sprouts ?

A sprout is produced when a seed starts growing into a vegetable. Sprouts contain nutrients that vegetables have, as well as protein and essential fatty acids . A wide assortment of seeds, nuts, grains and beans can be sprouted. These various types of sprouts have different tastes and great nutritional value. Sprouts can make a healthy addition to sandwiches or salads. They are especially valuable when salad ingredients are less plentiful.

Tasty Seeds to Try	
<b>Alfalfa sprouts</b> have a long thin shoot and a delicate flavor. They contain vitamins C,D, E, K, iron, and potassium,	<b>Mungbean sprouts</b> have a delicious, strong flavor and contain vitamins A, C and E.
<b>Adukibean sprouts</b> have a pleasant, savory flavor and contain vitamins B1, B2, iron, and potassium.	<b>Fenugreek sprouts</b> have a spicy, curry flavor. They contain vitamins A and C, as well as iron.

When purchasing sprouts in the store, look for plump, crisp sprouts and use within 2 days. Also, it is important to rinse before using since they are a common source of bacterial contamination.

### Sprouted MungBean Salad

Serves 5

#### Ingredients

- 5 cups mung bean sprouts
- ½ bunch cilantro leaves, chopped
- ¼ cup lemon juice
- ¼ cup olive oil
- ½ tablespoon curry
- pinch of cayenne pepper
- 1 tablespoon soy sauce
- ½ tablespoon garlic, minced
- ½ tablespoon ground mustard

#### Method

Toss all of the ingredients together in a large bowl, serve, and enjoy!



## Garlic

Garlic is a member of the lily family and is related to other foods such as onions and leeks. This tasty addition to meals contains phytochemicals, which are naturally occurring compounds found in plants. Phytochemicals in garlic have been shown to have healthy effects in the body such as fighting bacteria and lowering bad cholesterol levels.

Garlic is available in fresh "bulb" form, powder, oil, and chopped or pureed versions. For fresh garlic, be sure to store it in a cool, dark place but do not refrigerate! Peeling, crushing, and cutting garlic actually increases the number and variety of active, health promoting compounds in it, so using garlic in your recipes can be good for health and your taste buds!

Sources: 101 Foods that could save your life, by David Grotto  
<http://www.yummly.com/recipe/Sprouted-Mung-Bean-Salad-Food-Network?servings=5>



## National Nutrition Month 2012

- Make half your plate fruit and vegetables.
  - Make at least half your grains whole.
  - Switch to fat-free or low-fat milk.
  - Vary your protein choices.
  - Cut back on sodium and empty calories from solid fats and added sugars.
  - Be physically active your way.
- <http://www.eatright.org>



Because we have been seeing a number of new and recently diagnosed clients in our offices, we thought we should offer some information regarding Adjustment Disorder; however, this information should not be overlooked by those affected by HIV for a longer period of time. Adjustment disorder can occur at any time of life, in any population.

Adjustment disorder is a short-term condition that occurs when a person is unable to cope with, or adjust to, a particular source of stress, such as a major life change, loss or event. Because people with adjustment disorders often have symptoms of depression, such as tearfulness, feelings of hopelessness and loss of interest in work or activities, adjustment disorder is sometimes called "situational depression."

The type of stress that can trigger adjustment disorder varies depending on the person, but can include: the ending of a relationship or marriage, losing or changing a job, death of a loved one, developing a serious illness (you or a loved one), being a victim of a crime, having an accident, undergoing a major life change (such as getting married, having a baby or retiring from a job) or living through a disaster, such as a fire, flood or hurricane.

A person with adjustment disorder develops emotional and/or behavioral symptoms as a reaction to a stressful event. These symptoms generally begin within 3 months of the disorder and rarely last for longer than 6 months after the event or situation, but may become more long-term, or chronic. The symptoms may cause problems with a person's ability to function, such as the ability to sleep, work or study. Adjustment disorder is not the same as PTSD (post traumatic stress disorder). PTSD occurs after a life-threatening event and tends to last longer.

An adjustment disorder can have a wide variety of symptoms which may include: feelings of hopelessness, sadness, frequent crying, nervousness, worry, headaches or stomachaches, heart palpitations, isolation from people and social events, absence from work or school, dangerous or destructive behavior, overeating or lack of appetite, problems sleeping, tiredness or lack of energy or increase in the use of alcohol or other drugs. It can affect anyone, regardless of gender, age, race or lifestyle.

Psychotherapy (counseling) is the most common treatment for adjustment disorder. Therapy helps the person understand how the stressor has affected his or her life. It helps the person develop better coping skills. If you suspect you may have an adjustment disorder, talk to your doctor, nurse practitioner or physician's assistant. They can make a referral for evaluation and treatment. Major depression may develop if the adjustment disorder is not treated or a substance abuse problem may result if you turn to alcohol or drugs to help you cope with stress or anxiety. Most people with an adjustment disorder recover completely.

<http://www.webmd.com/mental-health/mental-health-adjustment-disorder>

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**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, physician assistant or social worker.**

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### **Substance Abuse & Mental Health Services Administration (SAMHSA) News Release**

#### **National report finds one-in-five Americans experienced mental illness in the past year.**

Substance dependence and abuse rates higher among those experiencing mental illness.

A new national report reveals that 45.9 million American adults aged 18 or older, or 20 percent of this age group, experienced mental illness in the past year. The rate of mental illness was more than twice as high among those aged 18 to 25 (29.9 percent) than among those aged 50 and older (14.3 percent). Adult women were also more likely than men to have experienced mental illness in the past year (23 percent versus 16.8 percent).

Mental illness among adults aged 18 or older is defined as having had a diagnosable mental, behavioral, or emotional disorder (excluding developmental and substance use disorders) in the past year, based on criteria specified in the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV; American Psychiatric Association [APA], 1994).

The Substance Abuse and Mental Health Services Administration's (SAMHSA) National Survey on Drug Use and Health also shows that 11.4 million adults (5 percent of the adult population) suffered from serious mental illness in the past year. Serious mental illness is defined as one that resulted in serious functional impairment, which substantially interfered with or limited one or more major life activities.

SAMHSA through its strategic initiative on substance abuse and mental illness prevention and recovery is working to assist states, territories, tribal governments, and communities to adopt evidence-based practices; deliver health education related to prevention; and establish effective policies, programs, and infrastructure to help address these problems. Throughout the nation new programs are underway to strengthen the capacity of communities to better service the needs of those suffering from mental illness.

<http://www.samhsa.gov/newsroom/advisories/1201185326.aspx>





## Colorectal Cancer Awareness Month: [www.preventcancer.org/colorectal](http://www.preventcancer.org/colorectal)

Colorectal cancer is cancer of the colon or rectum. It's as common in women as it is in men. This year, over 143,360 people will be diagnosed with colorectal cancer and an estimated 51,690 will die of the disease. With certain types of screening, this cancer can be prevented by removing polyps (grape-like growths on the wall of the intestine) before they become cancerous. Several screening tests detect colorectal cancer early, when it can be more easily and successfully treated.

### Colorectal Cancer Risk Factors

- People age 50 and older
- People who smoke
- People who are overweight or obese, especially those who carry fat around their waists
- People who aren't physically active
- People who drink alcohol in excess, especially men
- People who eat a lot of red meat (such as beef, pork or lamb) or processed meat (such as bacon, sausage, hot dogs or cold cuts)
- People with personal or family histories of colorectal cancer or benign (not cancerous) colorectal polyps
- People with personal histories of inflammatory bowel disease (such as ulcerative colitis or Crohn's disease)
- People with family histories of inherited colorectal cancer or inherited colorectal problems

### Colorectal Cancer Prevention & Early Detection

Although a leading cause of cancer death for both men and women, if detected early, colorectal cancer can be more easily and successfully treated.

#### Colorectal Cancer Prevention

- ⇒ Be physically active for at least 30 minutes, at least five days a week.
- ⇒ Maintain a healthy weight.
- ⇒ Don't smoke. If you do smoke, quit.
- ⇒ If you drink alcohol, have no more than one drink a day if you're a woman or two drinks a day if you're a man.
- ⇒ Eat fruits, vegetables and whole grains to help you get and stay healthy.
- ⇒ Eat less red meat and cut out processed meat.

## Treatment Adherence Program at the DAC

### Getting the Most from Your Office Visit

Health care visits are often short. Patients can sometimes leave the office with more questions than when they came in.

So how can you prepare for your next visit?

How can you get the most from your health care provider?

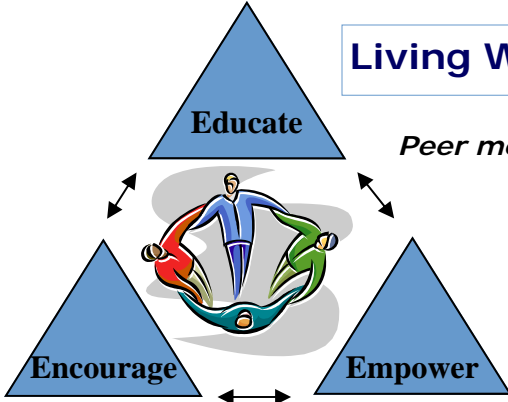
- ◆ Prepare ahead of time
  - ◇ Write a list of what has been going on since your last appointment
    - New health problems or symptoms
    - New medications you are taking
    - Side effects or reactions you have had
    - Any supplements or alternative therapies you are taking
    - Major changes in your living situation, employment, relationships
  - ◇ Write a list of questions you have
- ◆ Show up on time for your appointment
- ◆ If you don't understand an answer the doctor gives you then ask them to explain it differently
- ◆ Take notes or ask for printed information
- ◆ Bring a trusted family member or friend with you
- ◆ Don't be a hero. If you are having a hard time with a medicine tell your doctor. They can not help if they do not know there is a problem.

*Adapted from aidsinfont.org*



**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.**

## 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



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

Follow us on [Twitter](#)  
@UpstateDAC



## 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 is in progress.

## 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 March 15, 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.

## 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