Positive Outlook

UPSTATE MEDICAL UNIVERSITY

DAC Newsletter
April 2012
315 464 5533

> And as we let our own light shine, we unconsciously give other people permission to do the same.
> - Nelson Mandela -

Nearly half of all new STD cases occur in people aged 15 to 24.

STD Awareness - Reaching Young People

http://www.cdc.gov/std/sam/default.htm

April is Sexually Transmitted Diseases (STD) Awareness month, an annual observance to call attention to the impact of STDs and to promote STD testing across the country. Adolescents and young adults are particularly vulnerable to STDs. In fact, young people between 15 and 24 years of age account for nearly half of all STD cases. Healthcare providers can make a difference by educating young patients about sexual health and STD prevention. The following resources are designed to assist healthcare providers in talking to young people about the subject of STDs.

Why You Should Talk with Your Patients about STDs

- Young patients may be afraid to initiate a conversation about STDs and will be looking to you to begin the discussion.
- Every year STDs cost the U.S. healthcare system $17 billion—and cost individuals even more in immediate and long-term health consequences, including infertility.
- Estimates suggest that even though young people between 15 and 24 years of age represent only 25% of the sexually-experienced population, they acquire nearly half of all new STDs.

GYT: Get Yourself Tested
National campaign to inform young people about STDs and promote testing and treatment.

http://www.itsyoursexlife.com/gyt

CDC Fact Sheet: The Role of STD Prevention and Treatment in HIV Prevention
www.cdc.gov/std/hiv/stds-and-hiv-fact-sheet.pdf

Testing and treatment of sexually transmitted diseases (STDs) can be an effective tool in preventing the spread of HIV, the virus that causes AIDS. An understanding of the relationship between STDs and HIV infection can help in the development of effective HIV prevention programs for persons with high-risk sexual behaviors.

What is the link between STDs and HIV infection?
Individuals who are infected with STDs are at least two to five times more likely than uninfected individuals to acquire HIV infection if they are exposed to the virus through sexual contact. In addition, if an HIV-infected individual is also infected with another STD, that person is more likely to transmit HIV through sexual contact than other HIV-infected persons (Wasserheit, 1992).

Clinic News

Clinic News

Clinic News

Clinic News

epic care

UPSTATE
UNIVERSITY HEALTH SYSTEM

Dear Patient:

Upstate is excited to be implementing our EpicCare electronic health record. This new electronic record will help us to provide improved, seamless, quality health care for you and your family.

We are pleased to announce we will be providing a unique service to this area. With our new service, you will be able to access many of your health records via a secure web browser or Smartphone (iPhone or Android devices) application. This would include current medications, instructions from your provider and other educational materials. You will also be able to request appointments and prescription refills through this system. Please ask your provider about this exciting opportunity.

Upstate will be converting to EpicCare throughout 2012. There may be brief times when we will have a reduced patient schedule. This reduced schedule will allow us to take the additional time we need to learn our new system, and to minimize any inconvenience to you. This initial time commitment for us will be well offset by the benefits of our new EpicCare electronic record, including the benefit of increased quality of care.

The DAC will be going live May 1, 2012. We ask your patience during this time as we work to implement this high quality platform for your care. If you need additional information, please contact our office. Thank you for your understanding and support.

Sincerely,

David Paar M.D.

David P. Paar MD
DAC Medical Director

DAC HIV/HCV Clinic

The DAC has been providing HIV/HCV treatment services for many years. Treatment options for Hepatitis C have changed recently. There are now two additional medications available to help treat certain types of Hepatitis C and more are expected to be available in the next few years.

Hepatitis C treatment is individualized for each patient. The DAC has started a new clinic to provide HIV/HCV co-infection on Thursday afternoons.

We have a team within the DAC who will specialize in providing your Hepatitis C treatment. During the course of your treatment, Dr. David Paar and Martha Roman, NP, will provide the majority of your care. After you complete treatment your original physician and NP or PA will resume your care. In addition to Dr. Paar and Martha Roman NP, the other members of the HIV/HCV team are: Mary Beth Albert, RN, Erin Day, LMSW, Marilyn Brown-Shakir, MSW, CASAC, Terry Podolak, RD, Brian Amidon, LMSW, Cheryl Palmer, LMSW and our peer educators: Ralf Bernecker and John Wikiera.

If you have questions about your Hepatitis C status or our services, please speak with a staff member.

Sodium

A Word from the Nutritionist

Too much salt can lead to problems such as high blood pressure, heart disease, stroke, and kidney disease. You don't need to worry about having a little salt now and then but it's good to know that the foods that have the highest amount of sodium are processed foods. Some examples of these processed foods include canned soups, sauces, deli meats, pizza, bacon, crackers, and cheese. Rinsing canned beans and veggies helps to reduce their sodium content. You can also try using fresh herbs and spices or lemon juice instead of adding salt to recipes.

When looking for healthier, low-sodium food packages you can look at the ingredient list to make sure. Don't just look for the word "salt", these words are other names for salt:

- ◊ Sodium alginate
- ◊ Sodium ascorbate
- ◊ Sodium bicarbonate
- ◊ Sodium benzoate
- ◊ Sodium chloride
- ◊ Sodium saccharin

Remember to also look at the food label for the amount of sodium. For single serving items it is best to choose food items with less than ➔ 250 mg of sodium per serving. When eating out, choose entrees that contain 800 mg or less of sodium.

Chicken Noodle Soup

Nutrition Facts

Serving Size 1/2 cup (120 ml) condensed soup
Servings Per Container about 2.5

Amount Per Serving		
Calories	60	Calories from Fat 15
		% Daily Value*
Total Fat	1.5g	**2%**
Saturated Fat	0.5g	**3%**
Trans Fat	0g	
Cholesterol	15mg	
Sodium	890mg	**37%**
Total Carbohydrate	8g	**3%**
Dietary Fiber	1g	**4%**
Sugars	1g	
Protein	3g	

Vitamin A	4%	**Calcium**	0%
Vitamin C	0%	**Iron**	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400m	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

A healthy spring vegetable: Asparagus

Asparagus is a great source of important vitamins and antioxidants that help our body function well. It is a excellent source of folic acid, vitamin C, thiamine, and vitamin B6. In ancient times, the Greeks and Romans used asparagus for medicinal purposes such as treating bee stings, heart illnesses, and toothaches. Asparagus also helps with our digestive health, by promoting the growth of good bacteria in our body, and with heart health.

Selection and Storage Tips:

Choose bright green asparagus with closed, compact, firm tips.
If the tips are slightly wilted, freshen them by soaking them in cold water.
Keep fresh asparagus moist until you want to use it. You can do this by trimming a little of the bottom off and storing upright in a cup with a little water in it.

Asparagus with Fresh Citrus Dressing and Toasted Almonds

Servings: 6

Ingredients:

2 tablespoons almonds, sliced
1 ½ - 2 lbs asparagus stalks, washed and trimmed
¼ teaspoons freshly grated orange zest
1 tablespoon orange juice
1 teaspoon fresh lemon juice
2 tablespoons olive oil
salt and pepper to taste

Directions:

* Preheat oven to 375°.
* Toast almonds in small baking dish for 4-5 minutes.
* Steam asparagus until crisp for 4-5 minutes, then transfer to platter.
* In a small bowl, whisk together orange zest, orange juice, lemon juice, olive oil, and salt and pepper
* Spoon orange dressing over top of asparagus and sprinkle with almonds.

Sources: Healthy Choices by Elaine Ambrose (Wegmans magazine); 101 Foods That Could Save Your Life by David Grotto; Mild Sodium Restricted Diet – Morrison Management Specialists, Inc. 2002; Food Label from ***http://nutrition.about.com/od/recipesmenus/ss/learnlabels.htm***

Panic attacks and Panic Disorder

Counselor's Corner

By Mayo Clinic staff

Definition:

A panic attack is a sudden episode of intense fear that develops for no apparent reason and that triggers severe physical reactions. Panic attacks can be very frightening. When panic attacks occur, you might think you're losing control, having a heart attack or even dying. You may have only one or two panic attacks in your lifetime. But if you have had several panic attacks and have spent long periods in constant fear of another attack, you may have a chronic condition called panic disorder. Panic attacks were once dismissed as nerves or stress, but they're now recognized as a real medical condition. Although panic attacks can significantly affect your quality of life, treatment is very effective.

Symptoms:

Panic attack symptoms can make your heart pound and cause you to feel short of breath, dizzy, nauseated and flushed. Because panic attack symptoms can resemble life-threatening conditions, it's important to seek an accurate diagnosis and treatment.

Panic attacks typically include a few or many of these symptoms: A sense of impending doom or death, rapid heart rate, sweating, trembling, shortness of breath, hyperventilation, chills, hot flashes, nausea, abdominal cramping, chest pain, headache, dizziness, faintness, tightness in your throat or trouble swallowing.

Panic attacks typically begin suddenly, without warning. They can strike at almost any time — when you're driving, at the mall, sound asleep or in the middle of a meeting. Panic attacks have many variations, but symptoms usually peak within 10 minutes and last about half an hour. You may feel fatigued and worn out after a panic attack subsides.

One of the worst things about panic attacks is the intense fear that you'll have another panic attack. If you have had four or more panic attacks and have spent a month or more in constant fear of another attack, you may have a condition called panic disorder, a type of chronic anxiety disorder. With panic disorder, you may fear having a panic attack so much that you avoid situations where they may occur. You may even be unable to leave your home (agoraphobia), because no place feels safe.

When to see a doctor:

If you have any panic attack symptoms, seek medical help as soon as possible. Panic attacks are hard to manage on your own, and they may get worse without treatment. And because panic attack symptoms can also resemble other serious health problems, such as a heart attack, it's important to get evaluated by your health care provider if you aren't sure what's causing your symptoms.

Causes:

It's not known what causes panic attacks or panic disorder. Things that may play a role include: genetics, stress and certain changes in the way parts of your brain function.

Some research suggests that your body's natural fight-or-flight response to danger is involved in panic attacks. For example, if a grizzly bear came after you, your body would react instinctively. Your heart rate and breathing would speed up as your body prepared itself for a life-threatening situation. Many of the same reactions occur in a panic attack. But it's not known why a panic attack occurs when there's no obvious danger present.

Treatments and drugs:

The goal of treatment is to eliminate all of your panic attack symptoms. With effective treatment, most people are eventually able to resume everyday activities.

The main treatment options for panic attacks are medications and psychotherapy. Both are effective. Your doctor likely will recommend starting with just one type of treatment, depending on your preference.

See the complete article at:

http://www.mayoclinic.com/health/panic-attacks/DS00338

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.

April is Alcohol Awareness Month

Sponsored by the Substance Abuse and Mental Health Services Administration

Alcohol Awareness Month is an opportunity to raise awareness of alcohol abuse and encourage people to make healthy, safe choices.

Warning Signs of Alcohol Abuse

If you answer "yes" to any of the following questions, you may have a problem with alcohol:

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hangover after drinking

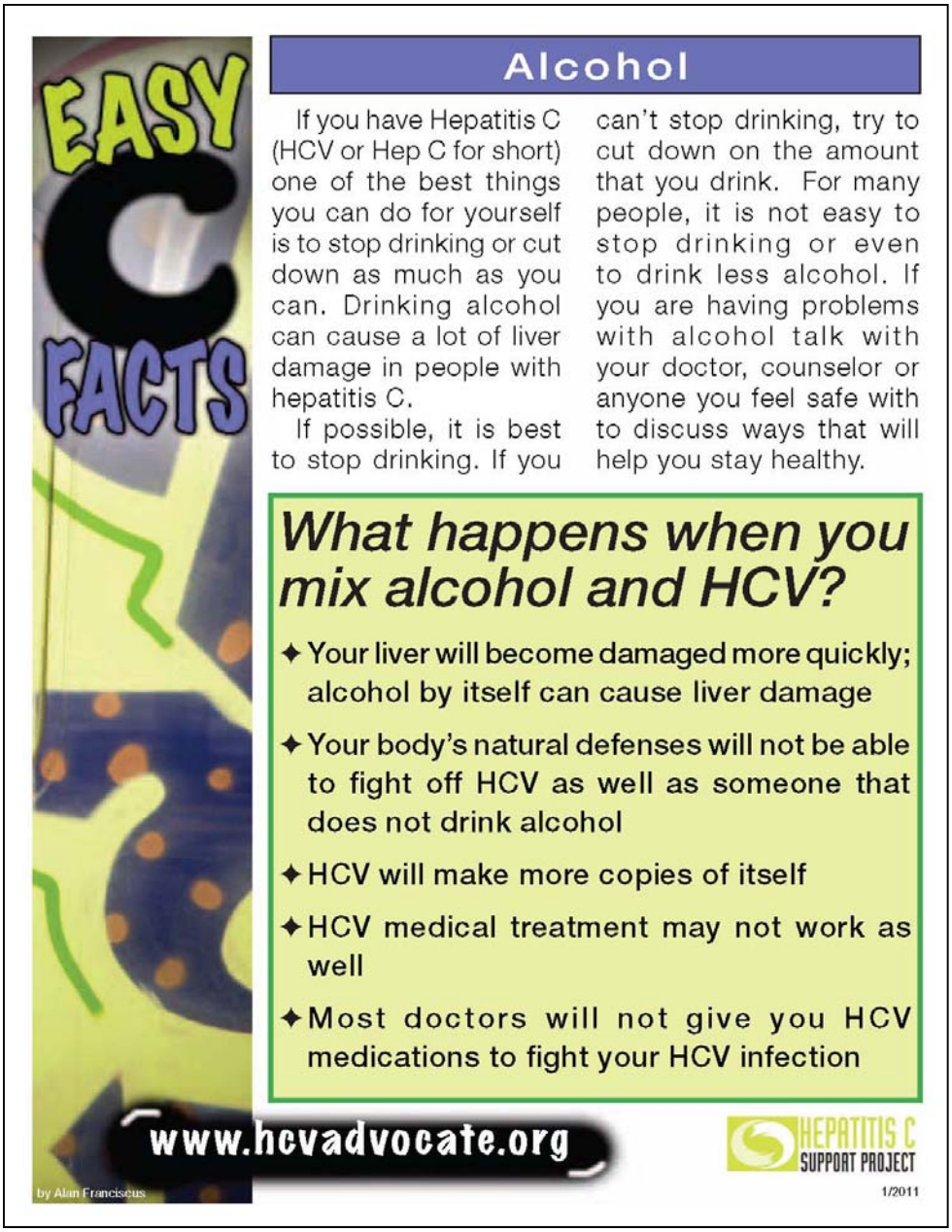
Strategies to Cut Back or Quit Drinking

There are many strategies you can try to cut back or quit drinking. To get started:

- Keep track of your drinking and set a drinking limit.
- Try to avoid places where heavy drinking occurs.
- Ask for help from a doctor, family, or friends.
- If you keep alcohol in your home, keep only a limited supply.

For more information visit ***http://www.healthfinder.gov/nho/AprToolkit.aspx#resources***

CAUTION CAUTION CAUTION



Local Alcohol/Substance Abuse Treatment and Support Programs

Alcoholics Anonymous: Support
315-463-5011

Conifer Park: Inpatient treatment center
315-453-3911

CNY Services: MICA outpatient services
315-478-0610

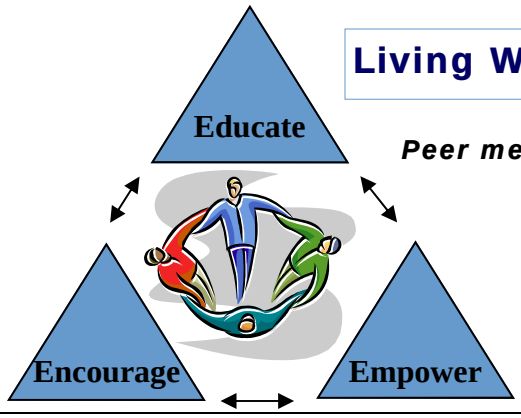
Crouse Chemical Dependency Services: Inpatient, Outpatient and methadone maintenance programs
1-800-727-6873

Syracuse Recovery Services , Inc.: Outpatient treatment program
1-866-395-1680

Syracuse Behavioral Healthcare: Inpatient and Outpatient Services
315-471-0568

For more information talk to a staff member at your next clinic visit.

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 support 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 April 19, 2012.

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

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.