



# Positive Outlook

## UPSTATE MEDICAL UNIVERSITY

DAC Newsletter  
September 2012  
315 464 5533



A PROBLEM IS A CHANCE FOR YOU TO DO YOUR BEST.  
-DUKE ELLINGTON-



### 20th Annual AIDS Walk/Run June 3, 2012

Team Upstate raised \$3,353 to support AIDS Community Resources programs. Thank you to everyone who participated.

*cnny*  
**Pride**

central new york pride



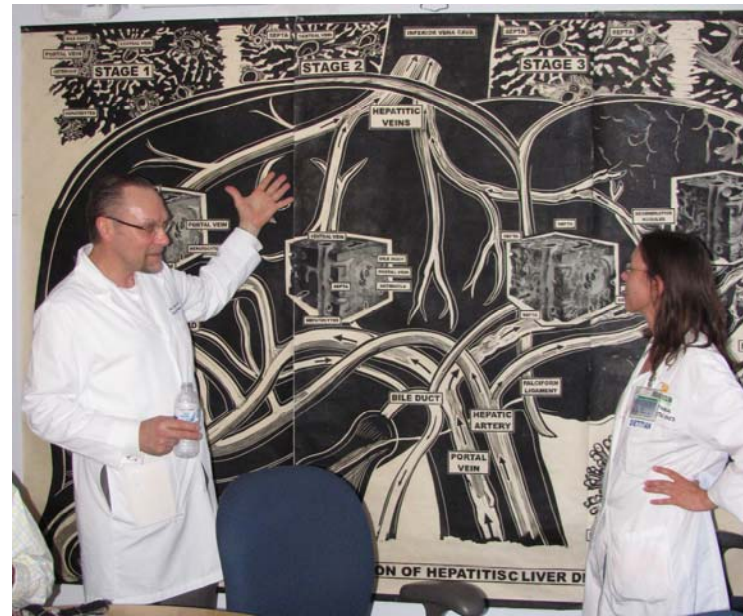
Kelley and Patty manned the Designated AIDS Center booth handing out information, condoms and candy!



Judith Rees, NP, Program Director of the Designated AIDS Center for over 24 years will be retiring September 26, 2012.

Please join us in wishing her well as she begins this new chapter in her life.

# Living Well with Hepatitis C Program Open House Thursday June 7<sup>th</sup>, 2012



Our Open House went wonderfully.

David Paar, MD spoke with attendees about the progression of Hepatitis C liver disease.

John Wikiera was on site to introduce himself and speak about the services he can offer as a peer mentor. John will continue to meet one on one with patients, take phone calls for peer mentoring and also lead group discussions two Thursdays a month at the Designated AIDS Center. Ralf Bernecker is also available by phone for peer mentoring.

For more information about the Living Well with Hepatitis C program services please speak with a provider at your next visit.

## Living Well with Hepatitis C

**Educate**

**Encourage**

**Empower**

*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

## Sadly we must bid adieu!

Please join us in wishing our medical director, Dr. David Paar, and our department administrative assistant, Giovanna Perry, well as they leave our clinic to pursue other adventures.

We will miss them.

## Simple Guide to Eating Locally Year Round

Try some of these simple goals to help increase the amount of local, sustainable foods that you and your family consume.

Choose a dinner entrée recipe that uses many vegetables, i.e. stew, soup, an Indian recipe, a stir-fry, a chili, vegetable lasagna.

Completed , Date \_\_\_\_\_

Go to a farmers market or natural food co-op and choose at least 3 vegetables that you can use in your veggie entrée from #1.

Completed , Date \_\_\_\_\_

Make the recipe you chose in #1. Try to continue this process every 2-3 weeks.

Completed , Date \_\_\_\_\_

Watch a film on eating sustainable foods, such as Food Inc, The Future of Foods, Food Matters, The Garden, Super Size Me, or Killer at Large.

Completed , Date \_\_\_\_\_

While at the farmers market talk to a farmer who grew your food, ask for a recipe. If you are at the co-op, ask the staff about a food item.

Completed , Date \_\_\_\_\_

Commit yourself. Plan a trip to the farmers market with a friend every other week or more, or plan to meet them there.

Completed , Date \_\_\_\_\_

Taste something new at the farmers market or co-op.

Completed , Date \_\_\_\_\_

Shop share with a close friend. Maybe 1 time a month you shop for yourself and a friend and they do the same in return the following month.

Completed , Date \_\_\_\_\_

Take a child to a market where they can learn about and purchase local sustainable whole foods.

Completed , Date \_\_\_\_\_

### References:

Mary Beth McCue, Saratoga Nutrition Blog available at <http://www.saratoga.com/nutrition-blog/2011/11/simple-guide-to-eating-local-sustainable-foods-year-round.html>

David Grotto- *101 Foods That Could Save Your Life* - pages 84-85, 176-177 and 332-333





## National HIV/AIDS and Aging Awareness Day, September 18<sup>th</sup>, 2012

The AIDS Institute launched this day in 2008 and is the lead. The 2012 theme for NHAAD is *Aging is a part of life: HIV doesn't have to be.*

The AIDS Institute would like to invite you to join us for the 5th annual National HIV/AIDS and Aging Awareness Day (NHAAD), observed on September 18, 2012. National HIV/AIDS and Aging Awareness Day focuses on the challenging issues facing the aging population with regards to HIV prevention, testing, care and treatment. In addition, there is an increased need for prevention, research, and data targeting the aging population, medical understanding of the aging process and its impact on HIV/AIDS.

The campaign targets:

- People living with HIV/AIDS (PLWHAs) who are aging with the disease or already over 50 at the time of their initial diagnosis,
- Increasing the use of protection from HIV infection, especially among the baby boomer population, and
- The increasing number of grandparents becoming the primary guardians for children who have lost their parent(s) to HIV/AIDS.

In an effort to continually expand awareness about HIV/AIDS among the aging population, organizations and community members are invited to develop, implement and participate in awareness activities and events on or around September 18th.

<http://www.theaidsinstitute.org/programs/education/national-hiv-aids-and-aging-awareness-nhaad>

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## National Gay Men's HIV/AIDS Awareness Day - September 27, 2012

NAPWA founded NGMHAAD in 2009 to help gay men remember how much we have accomplished together in the fight against HIV/AIDS, remember the quarter-million lovers and brothers we have lost, and renew our commitment to ending what is now an endable epidemic.



NGMHAAD calls on gay men across the United States to remember that the end of the HIV/AIDS epidemic may be in sight, but the epidemic isn't over -- and men who have sex with men are still at high risk. The number of gay men already living with HIV in this country may be as high as 1 in every 8, so we have to protect ourselves. Play safe!

NGMHAAD calls on gay men to lead the movement to end the epidemic. We know now how to do it. Routine HIV testing for all, every 3 to 6 months for gay men and others in high-risk groups. Immediate access to HIV treatment and support services for everyone who tests positive. An end to the HIV stigma and homophobia that keep too many of us from even getting tested. Because it's much harder for us to pass our virus on to others when we are getting effective treatment.

And NGMHAAD calls on gay men to be proud. Love is good. Sex is good. *Our* love is good.

Pride is power! Help NAPWA end this epidemic -- BECAUSE WE MATTER!

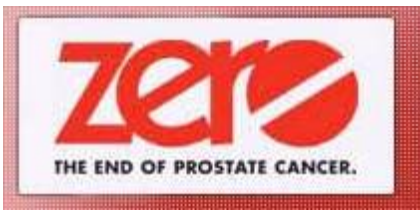
<http://www.napwa.org/>

## September is National Prostrate Cancer Awareness Month

Prostate cancer is among the most common cancers for men living in the United States, and despite the progress we have made in controlling it, the disease continues to take a devastating toll on thousands of lives every year. During National Prostate Cancer Awareness Month, we remember those we have lost to prostate cancer, and we renew our commitment to preventing, detecting, and treating this terrible illness.

While the causes of prostate cancer are still unknown, men with certain risk factors may be more likely to develop the disease. Most men who suffer from prostate cancer are over the age of 65; those whose fathers, brothers, or sons have had prostate cancer are also at greater risk. Prostate cancer is especially prevalent among African American men, who experience both the highest incidence and the highest mortality rates of prostate cancer. All men are encouraged to visit [www.Cancer.gov](http://www.Cancer.gov) to learn the warning signs of this disease.

Excerpted from the *Presidential Proclamation*, August 31, 2012. Available for review at <http://www.whitehouse.gov/the-press-office/2012/08/31/presidential-proclamation-national-prostate-cancer-awareness-month-2012>



For more information on Prostrate Cancer and the fight to end it please visit:

<http://zerocancer.org/>

## September is National Ovarian Cancer Awareness Month

This year, thousands of American women will lose their lives to ovarian cancer. They are mothers and daughters, sisters and grandmothers, community members and cherished friends—and the absence they leave in our hearts will be deeply felt forever. During National Ovarian Cancer Awareness Month, we honor those we have lost, show our support for women who bravely carry on the fight, and take action to lessen the tragic toll ovarian cancer takes on families across our Nation.

Sadly, women are all too often diagnosed with this disease when it has already reached an advanced stage. Because early detection is the best defense against ovarian cancer, it is essential that women know the risk factors associated with the disease. Women who are middle-aged or older, who have a family history of ovarian or breast cancer, or who have had certain cancers in the past are at increased risk of developing ovarian cancer. Any woman who thinks she is at risk of ovarian cancer—or who experiences symptoms, including abdominal pain, pressure, or swelling—should talk with her health care provider. To learn more, visit [www.Cancer.gov](http://www.Cancer.gov).

Excerpted from the *Presidential Proclamation*, September 6, 2012. Available at <https://www.federalregister.gov/articles/2012/09/06/2012-22148/national-ovarian-cancer-awareness-month-2012>



For more information on Ovarian Cancer and the efforts to spread awareness and end the disease please visit:

<http://www.ovarian.org>



## September is National Recovery Month

Formerly National Alcohol and Drug Addiction Recovery Month

**Recovery Month** promotes the societal benefits of prevention, treatment, and recovery for mental and substance use disorders, celebrates people in recovery, lauds the contributions of treatment and service providers, and promotes the message that recovery in all its forms is possible. **Recovery Month** spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover.

For more information please visit <http://www.recoverymonth.gov/>



**The Designated AIDS Center 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



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

NEW YORK STATE HCV HOTLINE: Call 1-800-522-5006.  
The AIDS Institute Viral Hepatitis Program [www.nyhealth.gov/hepatitis](http://www.nyhealth.gov/hepatitis).

The Designated AIDS Center 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.



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

**The next meeting of the CAB will be October 18, 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.