

Positive Outlook

UPSTATE
MEDICAL UNIVERSITY

ID Clinic Newsletter

June 2010

315 464 5533

Do what you can, with what you have, where you are.
-Theodore Roosevelt-

2010
JUNETEENTH
An African American Cultural Festival

Dr. Henry A. Washington Health Pavilion

The Juneteenth Festival Health Pavilion is organized by the Syracuse Black Nurses Association. The Health Pavilion consists of valuable health-related information provided by the areas medical community. A few of the topics that will be addressed are blood pressure, blood chemistries, children's health, HIV/AIDS, obesity, nutrition, exercise, posture screenings, cancer awareness, healthy heart, and fitness.

Saturday June 19th, 2010 Clinton Square—Syracuse, NY

The ID Clinic and the CNY HIV Care Network will be providing information in the health pavilion. Stop by and see us!

For more information please visit www.syracusejuneteenth.org



CNY Pride Parade & Festival

Saturday June 19th, 2010

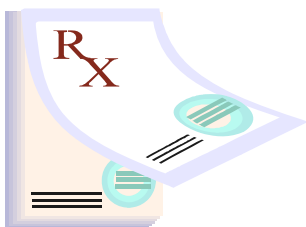
Downtown Syracuse, NY

2010 Theme: Unity in the Community

2010 Grand Marshal: Stephanie A. Miner, Syracuse Mayor

For more information please visit www.cnypride.org

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.



Quinoa – A Popular New Food

Although quinoa is considered to be and is often treated as a grain, it is actually the seed of a plant. Quinoa is related to greens such as Swiss chard and spinach. This seed has a subtle nutty taste with a creamy texture and slight crunch.

Quinoa is a high-energy protein that eases digestion and is rich in minerals, especially calcium. Quinoa is one of the few plant foods that contain all nine essential amino acids, making it a complete protein and a great choice for vegetarians. It is gluten free so it is also an important food for those that have wheat allergies.

Quinoa is very easy to prepare and cook, making it a good option for quick dinners. You must be sure to wash the quinoa before cooking since it has a bitter coating that needs to be rinsed away. To remove this bitter coating, soak the quinoa in a small sauce pan and move them around with your fingers to rinse thoroughly. Drain and repeat three or four times until the water is clear.

Roasted Quinoa Recipe

- 1 cup Quinoa
- 3 cups water or stock
- 1 tablespoon fresh herbs (thyme, sage, parsley)
- Pinch of salt

- First wash the quinoa well then lay it on a baking sheet and toast in the oven for approximately 15 minutes on 350° F. Turn occasionally to ensure even browning.
- When quinoa is gently browned, place it in a rice cooker (or sauce pan) with water. Bring to a boil, add salt and herbs and then reduce to simmer until cooked (about 15 minutes). Or add salt and herbs and turn rice cooker on.
- When quinoa is done, fluff and serve.

You can also sauté vegetables such as carrots, celery and onions to add to the quinoa.

Sources: *One Bite at a Time* by Rebecca Katz; Kripalu healthy living programs nutrition and cooking immersion; Quinoa Health Benefits from *Healthy Lifestyles* by Charlotte Bradley

Announcing

"TALK TO AN ATTORNEY"

Co-Sponsored by
ACR & Legal Services

Every first Thursday of the month beginning June 3rd, 2010
10:00 AM to 12 Noon

ACR
627 East Genesee St. Syracuse, NY

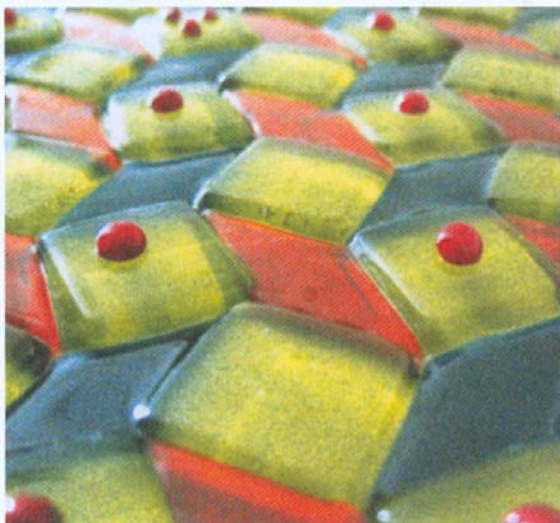
No Appointment Necessary

The only REQUIREMENT is that you MUST have a child who is age 17 or under to be eligible.

Treatment Adherence Program at the DAC

Choosing Health for Life

Your Health Journal



"Kimono"-Detail of fused-glass installation by Kevin Huang-Cruz, HIV-positive artist

Choosing Health for Life

- Are you trying to keep track of your appointments?
- Every time you go to a medical provider, do they ask what medications you are taking?
- Is it hard for you to keep track of the phone numbers and addresses of your providers?
- Do you know what vaccinations you have received and if you are due to have any soon?

If you have answered yes to any of these questions we may just have the solution you are looking for.

You need a Patient Health Journal!

This journal is for your personal use to help you track and stay on top of your health care. It can help you make more informed decisions about the kind of care you receive. Your health information at your fingertips. The best part is that it doesn't cost you a thing. The Treatment Adherence Program has them available upon request. So take advantage and get on top of your health.

Linda Bartlett, RN
Alza Johnson, LPN



Home Safety Month is a perfect time to prepare yourself and your family for an emergency. Planning ahead can keep you and your family safe if a flood, fire, flu pandemic, terrorist attack, or other public health emergency strikes.

Take these steps to prepare for an emergency:

- Do a walk-through of your home. Check your smoke alarms, child safety locks, and first aid supplies.
- Get an emergency supply kit.
- Make a family emergency plan.
- Stay informed.

For more information please visit www.homesafetycouncil.org

CNYConnections



"Helping you put the pieces together"

CNYConnections

seeks to simplify access to and use of health information by persons in Central New York affected by HIV/AIDS through:

- User-friendly website with links to HIV/AIDS health information and local resources.
- **CNYConnections Live** moderated telephone and web conferencing sessions for Persons Living with HIV/AIDS (PLWHAs).
- Confidential Social Networking site that enables PLWHAs to stay abreast of the latest news, information and events.
- "How to" access training for PLWHAs, HIV/AIDS service providers and the general community.



CNY Connections is an AIDS Community Information Outreach Project funded by the National Library of Medicine to improve information access.

Visit us on the web at
www.cnyhsa.com

National HIV Testing Day

The National Association of People with AIDS (NAPWA) began National HIV Testing Day in 1995. Every June 27 is set aside for this observation. It is estimated that approximately 250,000 people in the United States are HIV+ and do not know it because they have not been tested.

It is estimated that more than 56,000 new infections occur each year. Somewhat surprisingly, the greatest incidence of newly diagnosed cases is in the age group of persons 40-49. Almost three-quarters of new cases are men (74%). Fifty-three percent of cases are men who have sex with men (MSM).

Regardless of age, sex or method of transmission, early diagnosis improves the outcome for any infection. Treatment slows the progression of HIV to AIDS and leads to a higher quality of life for infected persons. Encourage everyone you know to get tested.

<http://www.napwa.org>

NATIONAL HIV TESTING DAY

RU + UR -

FREE ANONYMOUS TESTING

9am-3pm

Civic Center
411 Montgomery Street
Syracuse, NY

For more information:
www.cnyhsa.com
or call the Network
at 315.472.8099

Central New York
HIV Care Network
a collaboration that works ...

take the test take control

6.30.2010

Hepatitis C

Part II

How is hepatitis C spread?

Hepatitis C is usually spread when blood from a person infected with the hepatitis C virus enters the body of someone who is not infected. Today, most people become infected with the hepatitis C virus by sharing needles or other equipment to inject drugs. Before widespread screening of the blood supply began in 1992, hepatitis was also commonly spread through blood transfusions and organ transplants. Although rare, outbreaks of hepatitis C have occurred from blood contamination in medical settings.

Can hepatitis C be spread through sex?

Yes, although scientists do not know how frequently this occurs. Rough sex, sex with multiple partners, or having a sexually transmitted disease or HIV appears to increase a person's risk for sexual transmission of hepatitis C. There also appears to be an increased risk for sexual transmission of hepatitis C among gay men who are HIV positive.

Can a person get hepatitis C from a tattoo or piercing?

There is little evidence that hepatitis C is spread by getting tattoos in licensed, commercial facilities. Whenever tattoos or body piercings are performed in informal settings or with non-sterile instruments, transmission of hepatitis C and other infectious diseases is possible.

How common is hepatitis C?

An estimated 3.2 million people in the United States have chronic hepatitis C, and many are unaware of their infection. Each year, about 17,000 Americans become infected with hepatitis C.

How serious is chronic hepatitis C?

Chronic hepatitis C is a serious disease that can result in long-term health problems, including liver damage, liver failure, and liver cancer. Approximately 8,000—10,000 people die every year from hepatitis C—related liver disease.

How is hepatitis C diagnosed?

Doctors diagnose both acute and chronic infection using one or more blood tests. Typically, a person first gets a screening test that looks for “antibodies” to the hepatitis C virus. Antibodies are chemicals released into the bloodstream when a person becomes infected. They remain in the bloodstream, even if the person clears the virus. If the screening test is positive for hepatitis C antibodies, different blood tests are needed to determine whether the infection has been cleared or has become a chronic infection.

How is hepatitis C treated?

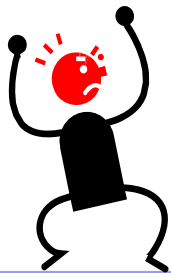
Acute hepatitis C rarely causes symptoms and often goes undiagnosed. When it is diagnosed, doctors recommend rest, adequate nutrition, fluids, and antiviral medications. People with chronic hepatitis C should be monitored regularly for signs of liver disease. Even though a person may not have symptoms or feel sick, damage to the liver can still occur. Antiviral medication can be used to treat some people with chronic hepatitis C, although not everyone needs or can benefit from treatment. For many, treatment can be successful and results in the virus no longer being detected.

What can people infected with hepatitis C do to take care of their liver?

People with chronic hepatitis C virus infection should see a doctor regularly. They also should ask their health professional before taking any prescription pills or over-the-counter medications—including herbal supplements or vitamins—as they can potentially damage the liver. People with chronic infection should also avoid alcohol since it can accelerate liver damage.

For more information

Talk to your health professional, call your health department, or visit www.cdc.gov/hepatitis

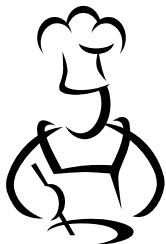


Anger Management

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

A support group is offered Mondays from 2:00 PM to 3:00 PM to help you learn to manage your feelings.

For more information contact Cheryl at 315-464-7319.



Free Dinner and Fellowship for HIV Infected/Affected

Last Thursday of the month, 5—7 pm at the First English Lutheran Church, 501 James St.

Meditation is offered 4—5pm

The Church Clothing closet is open the 1st & 3rd Thursdays.

The Computer lab is open 6—8 pm

For more information contact Paul Carr at the

CNY HIV Care Network, 315.472.8099

Thursday June 24th & Thursday July 29th



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

• **Looking for some information?**

• **Want to hear about other's experiences?**

• **Just want a place to look for answers?**

• **How about a few websites that can give you good information?**

• **POZ Magazine website:**

• www.POZ.com

• **AIDSMEDS website:**

• www.aidsmeds.com

• **THE BODY: The Complete HIV/AIDS Resource**

• www.TheBody.com

Coping Effectiveness Group:

This group has been put on hold temporarily while we update the curriculum to better meet the needs of our consumers.

For more information please contact Brian at 315-464-7319.

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 starting a Speakers Bureau and 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 you must complete a membership application and speak to Kelley or Judy prior to attending. Next Meeting Date is: 6/17 at 4:15pm.