

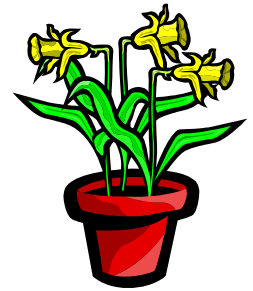
Positive Outlook

UPSTATE MEDICAL UNIVERSITY

ID Clinic Newsletter

May 2011

315 464 5533



 * You are never too old to set another goal or to dream a new dream. *
 * -- C.S.Lewis -- *

May is Hepatitis Awareness Month

Earlier this year the [Institute of Medicine \(IOM\) released a report on Viral Hepatitis](#) in the United States and called for efforts to increase knowledge and awareness of this major public health problem. During the month of May, the CDC and our public health partners are celebrating the 15th anniversary of National Hepatitis Awareness Month and, on May 19th, World Hepatitis Day.

These observances are intended to increase awareness about the large but often under-recognized burden of disease and premature death associated with viral hepatitis. An estimated 4.5 million Americans have chronic Hepatitis B or Hepatitis C, which together account for the major cause of chronic liver disease and liver cancer.

<http://www.cdc.gov/HEPATITIS/hepatitismonth.htm>

As of May 1, 2011 the ID Clinic
 will be accepting the NY Bridge Plan.

Please ask your social worker if you have any questions.



Monday May 30th Clinic will be **closed** for
 Memorial Day.

Please call by Wednesday May 25th, 2011
 for all prescription refills.



HEPATITIS C AND DEPRESSION

Hepatitis C affects almost 2% of the population of the United States. Several medications have been used to successfully treat hepatitis C; unfortunately they can cause significant side effects, including depression.

Depressive symptoms are very common with interferon treatment, as high as 40% or more of cases. Unlike the physical effects of treatment, psychiatric side effects tend to develop slowly over weeks or months, but can become so severe a patient may start thinking of suicide.

Symptoms of depression include: changes in sleep patterns, lack of interest in activities, withdrawn or irritable behavior, feelings of guilt or worthlessness, decrease in energy, problems with concentration, appetite changes, low energy or fatigue and/or thoughts of suicide. A diagnosis of depression is made when several of these symptoms occur more days than not over a 2 week period. The problem with diagnosing depression in a patient taking interferon is that a number of these symptoms, such as sleeping problems and eating problems, are common physical side effects of interferon treatment.

One of the ways to minimize the chances that depression will occur is to begin to make some changes before interferon treatment begins. Before starting treatment, patients should concentrate on decreasing stress, getting plenty of rest and starting an exercise plan. If possible, attend a hepatitis support group which can provide insight into what to expect from treatment and advice on treating most side effects. The ID Clinic currently has a support group meeting on Wednesday evenings. For more information please see the information below.

Engaging in mental health counseling is encouraged. A therapist can help work through the emotions associated with depression and living with a chronic illness. Talk with your doctor or nurse practitioner to get the facts and their opinion of what is best for you and your particular situation.

www.texasliver.org/plugins/p2_news/printarticle.php?p2_articleid=29
www.hcvadvocate.org

Living Well with HCV

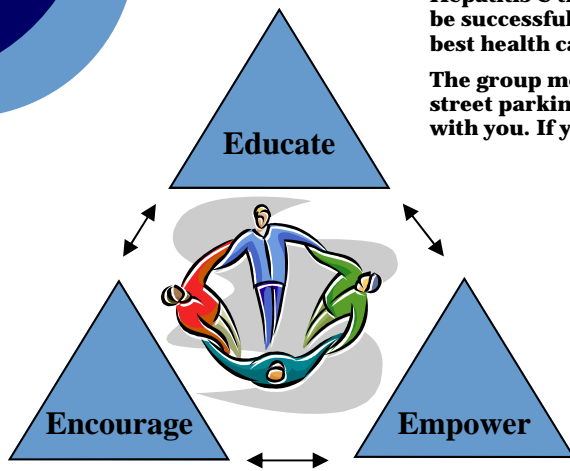
A peer facilitated group for co-infected clients.

**Do you have Hepatitis C (HCV)?
 Are you considering or currently receiving Hepatitis C treatment?
 Do you have questions or concerns about HCV treatment?**

We offer a weekly Peer facilitated group. The goals of the group are to provide: Education, Encouragement and Empowerment.

Hepatitis C treatment is challenging and we want to help give you the tools needed to be successful. The more information you have, the better able you are, to make the best health care decisions for yourself.

The group meets once a week from 6-7:30 PM. The location of the group has free, off street parking. If you need transportation assistance, we can discuss possible options with you. If you are interested in attending the group, please call Kelley, John or Ralf.



Kelley Flood, LMSW
 Infectious Disease Clinic
 725 Irving Ave, Suite 211
 Syracuse, NY 13210
 Phone: 315-464-5533
 Fax: 315-464-5579
www.upstate.edu/id/healthcare/dac/

If you would like to speak to a peer facilitator about the group please contact:
 John Wikiera at 315-542-1703 or Ralf Bernecker at 315- 476-1125

What happens when you mix alcohol and hepatitis C (HCV)?

- ◆ Your liver will become damaged more quickly; alcohol by itself can cause liver damage
- ◆ Your body's natural defenses will not be able to fight off HCV as well as someone that does not drink alcohol
- ◆ HCV will make more copies of itself
- ◆ HCV medical treatment may not work as well
- ◆ Most doctors will not give you HCV medications to fight your HCV infection

<http://www.hcvadvocate.org/hepatitis/easyfacts/alcohol.pdf>

If you have hepatitis C and are using alcohol or other drugs please ask to see our substance abuse counselor, Marilyn Brown-Shakir.

We are pleased to announce that the Upstate Medical University 2011 President's Employee Recognition Award Committee has chosen the Designated AIDS Center as the recipient of the "Outstanding Team Contribution of the Year—Clinical" Award. This award acknowledges and recognizes the staff of the Designated AIDS Center for going above and beyond their job responsibilities by exhibiting a strong work ethic, creative problem solving, and sustained excellence in executing their work.



30th Commemoration of HIV/AIDS

<http://hivstory.ning.com/?source=govdelivery>

This year, CDC will commemorate 30 years of fighting the HIV/AIDS epidemic in the United States. To highlight our collective progress and examine existing challenges, CDC is launching an online community that will serve as an information and communication portal. Here, we invite you to share your voice to remind us of the accomplishments, inspire one another with stories of perseverance and success, and position ourselves and our work for the road ahead.

This unique social networking community will allow members to share events, stories, photos, videos, and much more from the past 30 years. Many of us have been personally affected by HIV/AIDS over the past 3 decades, from receiving a diagnosis, to living with HIV or AIDS, to caring for a friend or family member with the disease. Our personal stories speak of challenges, but they also speak of hope. Please share your personal story with us and with others who have become a part of this epidemic's history.

Furthermore, some of us have worked in HIV since its beginning 30 years ago—in clinics, community organizations, the hardest-hit areas, health departments, and federal agencies. Some of us have more recently enlisted in this fight. But all of us have had moments that defined our work and our dedication to reducing the burden of HIV and AIDS. Please join the online community and share your defining moment in HIV prevention.

The Web community features a calendar of events and host guest bloggers ranging from CDC leaders to community activists and partners in our collective struggle to end the epidemic. We encourage you to spend some time in this section of the portal and invite you to respond to blog posts with memories, lessons learned, or words of encouragement. To further commemorate the first reported case of AIDS, CDC will convene the lecture series, "HIV/AIDS: 30 Years of Leadership and Lessons" moderated conversations with leaders describing defining moments that changed the course of the epidemic. The series will begin early June 2011 and run through the final day of the CDC's National HIV Prevention Conference, which will be held August 14-17 in Atlanta. The conference will provide another opportunity to look back at the successes and challenges of the first 30 years of the epidemic, the lessons learned, and how we can apply these lessons today to have an even greater effect on the HIV epidemic.

Once you are a member of the online community, you can connect with colleagues past and present, meet new friends, honor loved ones affected by HIV or AIDS, and remember those who died from the disease. We have made significant progress, but much more remains to be done.

Hepatitis C Treatment Adherence

Medication regimens for the treatment of hepatitis C are becoming more complex which could possibly lead to the development of resistance if the medications are not taken properly.

Some possible side effects that may lead people to not taking their medication properly are:

Fatigue and weakness

Headaches

Body, muscle, joint aches

Irritability, anxiety, depression, and concentration problems

Don't worry...there is help. Your treatment team can help you manage any side effects. Also ask your medical provider about the Treatment Adherence Program (TAP). The TAP staff can work with you to learn how to best manage all of your medications.

Let us help you start, maintain and finish treatment for your hepatitis C.

Source: Weiss, Jeffrey. *Hepatitis C Treatment Adherence: Building on the HIV Model*. March 16, 2010

2nd ANNUAL

Syringe Clean Out Day

May 14, 2011
9 am—1 pm

St. Joseph's Hospital
Across from the Main Entrance



Safely get rid of your used syringes and other sharps!
Must be contained in a special sharps container or a laundry detergent bottle.










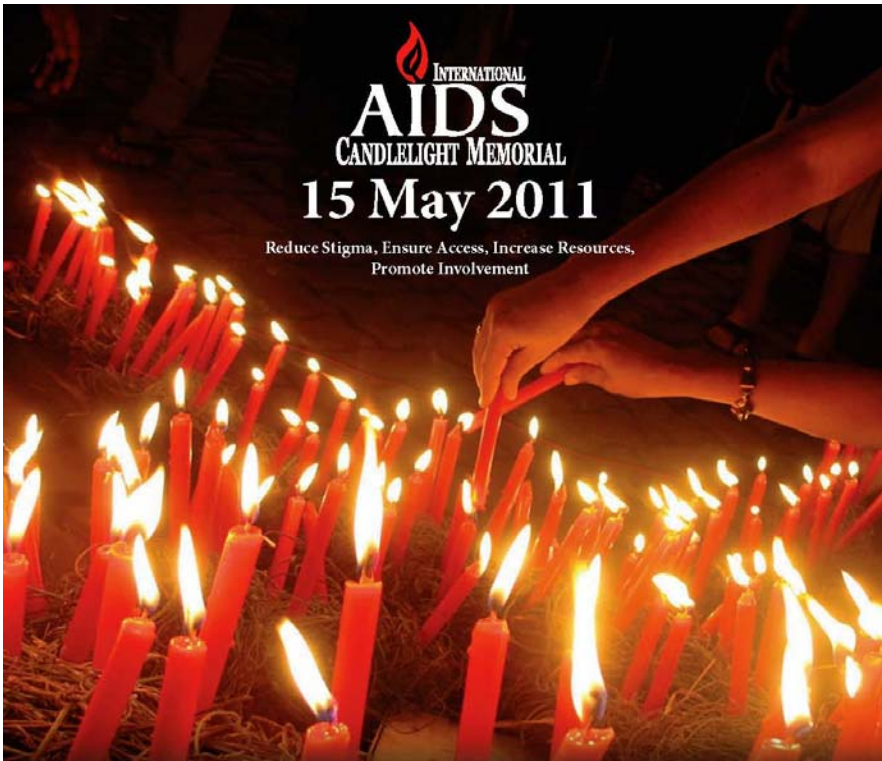


INTERNATIONAL AIDS CANDLELIGHT MEMORIAL

15 May 2011

Reduce Stigma, Ensure Access, Increase Resources, Promote Involvement





Touching Lives...

Join communities around the world in the largest grassroots movement against HIV and AIDS

www.candlelightmemorial.org

TO BECOME A COORDINATOR OR FIND A MEMORIAL NEAR YOU, VISIT WWW.CANDLELIGHTMEMORIAL.ORG

CNY HIV Care Network invites you to join us from 4-6 PM at:
University United Methodist Church, 1085 E Genesee St, Syracuse
Light a candle in remembrance and help in the fight to end HIV/AIDS

A Word from the Nutritionist

If you're trying to lose weight with warmer temperatures ahead, you need to make breakfast a priority!

According to a study from Harvard Medical School, men and women who eat breakfast everyday are far less likely to become obese, compared to those who skip the first meal of the day*. After a good night's sleep, your body needs to refuel.

If you are not hungry upon awakening, give yourself time to get ready for the day, and then check in with your hunger. You may just start your mornings with a mid morning snack. Once you get in the habit of eating breakfast, your body's hunger signals should become routine. You will be more aware of your hunger.

A common complaint that is often heard, is that once people start eating breakfast they find they are hungrier through the day. This is normal, since breakfast gets the stomach muscles working and the body's metabolism is increased. It's important to choose foods with fiber, such as whole grain cereals and breads. Fruits are also a good source of fiber. Protein from eggs, nuts and yogurt are helpful in giving people that "full" feeling. See the list of breakfast ideas below.

The important lesson with noticing hunger, is to be mindful the rest of the day—noticing your hunger, but also noticing when you are full so that you do not become overfull!

Remember portion control—especially with juices. Whether you drink juice at breakfast or other meals, please keep your portion small—4oz.

Breakfast Ideas:

- ◇ Whole grain cereal or muffins
- ◇ Whole wheat pita stuffed with sliced hard-boiled egg
- ◇ Whole wheat tortilla wrap with fruit and cream cheese
- ◇ Oatmeal with dried fruit, nuts, cinnamon
- ◇ Yogurt with granola and/or berries
- ◇ Peanut butter on a whole grain bagel

**Sources: Am J Clin Nutr 2005;82(suppl): 222S-5S
American Dietetic Association, www.eatright.org**



Baked Oatmeal

From the American Institute for Cancer Research, www.aicr.org

15 min prep time | Serves 4

- 1 3/4 c low fat-milk
- 2 tsp unsalted butter
- 1/8 tsp salt
- 1 c old-fashioned rolled oats
- 1/4 c dried apricots
- 1/4 c raisins
- 3 Tbsp lightly packed brown sugar, divided
- 1/2 Golden Delicious apple, peeled & cored
- 3 Tbsp chopped walnuts



1. Preheat oven to 350
2. In a 2 quart microwaveable, oven proof casserole, heat milk and butter in microwave until milk steams, about 1 to 2 minutes. Mix in salt and oats and set aside.
3. Chop apricots. Mix apricots, raisins, and 1 tablespoon of sugar into oats. Grate apple into oat mixture. Mix to combine.
4. Bake oats in oven, uncovered, for 15 minutes. Stir and then top with remaining sugar and nuts. Bake 15 minutes longer or until oats are chewy. Divide oatmeal among four bowls. Serve immediately.

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.

Anger Management

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



A support group is offered on Wednesday afternoons to help you learn to manage your feelings.

For more information contact Cheryl 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.

The next meeting of the CAB will be May 12th at 4:15.

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.



HIV Vaccine Awareness Day

May 18

May 18th is HIV Vaccine Awareness Day (HVAD). This annual observance is a day to recognize and thank the thousands of volunteers, community members, health professionals, and scientists who are working together to find a safe and effective HIV vaccine. It is also a day to educate our communities about the importance of preventive HIV vaccine research.

<http://www.niaid.nih.gov/news/events/hvad/Pages/default.aspx>

<http://aids.gov/awareness-days/#event-details>