



Positive Outlook

UPSTATE
MEDICAL UNIVERSITY

ID Clinic Newsletter

July/August 2011

315 464 5533



“You can’t change people, but people change all the time.”

-- Margaret Wheatley --

CNY Pride Festival

The 2011 CNY Pride Parade and Festival Saturday, June 18, 2011



Patty & John



Patty & Kelley



Patty's safer sex hat



Monday July 4th Clinic will be **closed** for Independence Day.

Please call by Wednesday June 29th, 2011 for all prescription refills.



When you are diagnosed with HIV, your physical health is not the only thing you have to deal with. Your mental health – your moods, emotions and behavior – will likely be affected as well. It is normal to have feelings such as fear, anger, a sense of unreality, sadness and anxiety. No matter what you are feeling, you have a right to feel that way. There are no right or wrong feelings and different emotions may come and go. You make the choice of how to deal with whatever feelings you experience.

Denial is a common reaction. You may believe the test was wrong or got mislabeled. This is a normal first reaction, but it must be dealt with so that you reach out for the necessary help and medical support you will need. Anger is also common and natural. Your anger can be about how you became infected or that you didn't know you had the virus or because you feel betrayed or frightened. You can deal with these feelings by talking about them with a counselor, friend or social worker. Try to get some exercise to relieve some of the tension you might be feeling and avoid certain people, places and events that cause you to feel angry or stressed out.

Sadness and/or depression are common at the beginning, but if the sadness doesn't go away or gets worse, talk with your doctor, nurse practitioner/physicians assistant. They may refer you to a counselor, psychiatrist or start you on antidepressants. If you **EVER** feel like committing suicide, call your doctor right away. Not knowing what to expect from HIV or how others may treat you if they know, may create fear and anxiety. Ways to control your feelings of fear or anxiety include: learn as much as you can about HIV, get your questions answered by your health care provider, connect with others who have been diagnosed or help others by volunteering at an HIV service organization. Talk to your doctor if your feelings don't lessen with time or become worse.

If you are HIV+, you and your loved ones constantly have to deal with stress. Stress is unique and personal to each individual. Some ways to handle stress are just ways to take good care of yourself, such as trying physical activity to release tension, get enough sleep and eat well, talk to someone you trust, practice deep breathing or sometimes, just let yourself have a good cry.

To sum it up, it is normal and okay to have a strong emotional reaction to a diagnosis of HIV, but these feelings should not last forever. Seek help from your doctor, nurse or social worker. There are many ways to care for your emotional health, which is just as important as your physical care. Remember, you are not alone in this. There are support systems in place to help you deal with HIV.

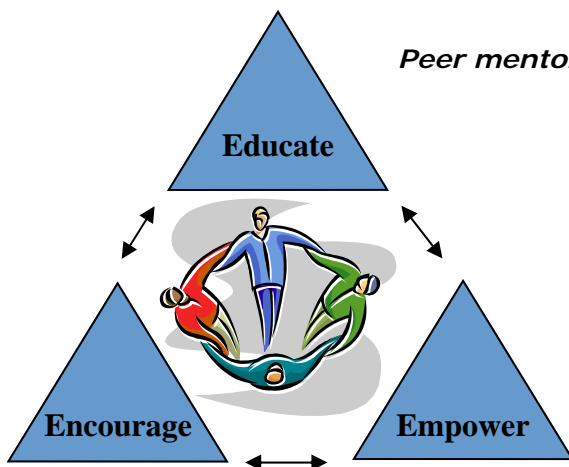
Information taken from HIV Insite: <http://hivinsite.ucsf.edu/insite?page=pb-daily-mental>

The Infectious Disease Clinic offers on-site individual and group mental health services, mental health case management services and support groups.

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 and/or nurse practitioner.

Living Well with HCV



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

Adherence...it's not just about the meds!

In recent years there has been increasing recognition that HIV adherence is more than just taking HIV medications alone. It should also include adherence to medical care -sometimes known as "engagement in care". This includes getting care soon after your initial HIV positive diagnosis – ideally within 3 months. It also means continuing to receive care on a regular basis (seeing your Doctor, Nurse Practitioner or Physician Assistant at least three or four times a year). Engagement in care also means encouraging those who have dropped out of care to reconnect with their medical provider. Those who stay engaged in HIV care do better than those who go it alone.

According to the Center for Disease Control and Prevention (CDC) nearly one third (31%) of people newly diagnosed with HIV are not linked to outpatient HIV medical care within 6 months of a positive test and only 59% are retained in care.

Here at the Designated AIDS Center we want to encourage you to keep connected! We are open to any ideas or suggestions that might help make it easier for you and other patients to stay in care. One way you can do this is through the Consumer Advisory Board (CAB). The CAB, which includes a mixture of consumers and staff, meets each month. Share your thoughts!



F.A.C.E.S Program Presents the First Annual
DIVERSITY OF PRIDE
A DAY OF UNITY
A TIME TO UNITE!
A TIME TO TALK, LEARN AND UNDERSTAND!
"OPEN, HONEST CONVERSATION"
GOOD FOOD **GREAT FUN**
THORNDEN PARK
SATURDAY JULY 9, 2011 10:00 AM - 6:00 PM
SIGN UP TODAY!
•• For more information call
Junior @ (315) 671-5836,
Lewis @ (315) 671-5844
or visit us online @
[Facebook.com/FACES.SYRACUSE](https://www.facebook.com/FACES.SYRACUSE)
SYRACUSE MODEL NEIGHBORHOOD FACILITY, INC.
more than just you think... since 1975
ACC Creations 2011 (716) 948-7462



Southwest Community Center
FACES
Presents:
"CARAS de Salud"
July 16, 2011
11:00 am-4:30 pm Ward Bakery Park
(Corner of Shonnard and Oswego Streets)
Food **Music**
Gifts **Raffles**
Much more
Free HIV Testing
For more information call: **Teresita Mann 671-5838**
Funded by:
New York Department of Health-AIDS Institute-Syracuse Model Neighborhood Facility, Inc. FACES-
Spanish Action League

The Dirty Dozen and The Clean 15

Finally, its time for farmer's markets and fresh fruits and vegetables from our gardens and local produce in the grocery stores!

What is the dirty dozen food list and clean 15??

(See lists) (1)

The Dirty Dozen is the 12 fruits and vegetables that, after research, had the highest amount of pesticides and the Clean 15 is the list that has nearly no pesticides. The 2 lists were established by the Environmental Working Group. (2)

Organic means grown without pesticides and yes it can be more expensive unless you've grown your own or you know of farmers that are organic. We should all demand more organic food at reasonable costs. In the meantime, know that at least you can purchase from the clean 15 list and fit in where you can the organic purchases from the dirty dozen. I tried growing my own potatoes last year and though I didn't have a lot- at least I had some organic potatoes for a week or 2. It wasn't hard at all (see [Planting Potatoes 3](#)) and yes cut the green spots out. (4)

I love peaches but they are very hard to find organic. I eat peaches and nectarines but in mindful, small portions. Unfortunately, the pesticide residue can also be in the flesh. Experts say the benefits of still eating at least 5 servings of fruits and vegetables a day or ½ plate with fruits and vegetables outweighs the risk of pesticide exposure.

Remember it's important to buy local and in season due to better taste, nutrition and less pesticide needed since the produce didn't have to travel far.

What's the fuss over pesticides on our fruits and vegetables??

In Michael Pollen's book – *In Defense of Foods*, he refers to pesticides and fertilizers destroying the normal biological activity of the soil forcing plants to live on a fast food diet of chemicals which leaves the plant more vulnerable to pests and disease (pg 115) – just the opposite goal of putting the pesticide on to begin with. It also can make the plant grow faster but this gives the plant less time to accumulate the nutrients it's meant to have.

Mr. Pollen also says plants grown organically or without pesticides (meaning the soil is biologically active as Mother Nature intended it to be) have a higher amount of phytochemicals. (pg 120) These phytochemicals are not only what we need but also what the plant needs to defend themselves from pests and disease!!! What a wonderful circle of life!

When shopping at your markets, ask if the farmer uses pesticides. I have found those that don't say they are organic to be honest and say yes I use some pesticides- then it's my choice. Bottom line is to enjoy our summer produce!!! Purchase organic when you can but more important, keep fruits and vegetables in your meal planning. As quoted on the cover of Michael Pollen's book- "Eat food, Not too much, Mostly plants."

Look for the USDA/Organic label on foods. If you have questions, ask your Dietitian.

Summer reading recommended books- Michael Pollens – *Food Rules*, or *Animal, Vegetable, Miracle* by Barbara Kingsolver

Resources

1. (Source: Martha Stewart, New York Times, May 28 '07) A large amount would have to be consumed to cause any harm.) Dirty/dozen, clean 15 list- On the news has been the top 5 fruits and veggies of the dirty dozen list. Keep your eyes open for updated research on the use of pesticides.

2) EWG (Environmental Working Group) - is a team of experts that review studies and lab tests regarding our health and the environment.

3) Planting potatoes – source: Book of Gardening by Karyn Morris

4) Green spots – are caused by when potatoes are exposed to light and form a green, bitter toxin. It is recommended to cut off the green portion or peel till only the white flesh is exposed





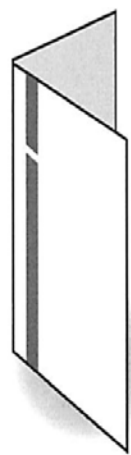
EWG's 2011 Shopper's to Pesticides in Produce™

✂ Cut along line



Instructions:
1. Cut along outside line
2. Fold along middle line.

Close together

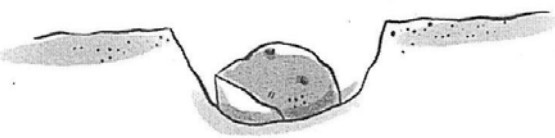


Planting Potatoes

1 Cut each potato into four pieces, making sure each piece has at least two eyes. Let the pieces sit for a few days before planting.



2 Plant the potato pieces 10 cm (4 in.) deep — with the eyes pointing up — about 30 cm (12 in.) apart.



3 As the plant grows, mound soil up around it to prevent the growing potatoes from being exposed to sunlight. They turn green with too much light, and the green part can make you sick.



4 After the plant stems and leaves die in the fall, it's time to dig up your potatoes.



I Imported
D Domestic

Dirty Dozen™ Buy these organic.

- WORST**
- 1. Apples
- 2. Celery
- 3. Strawberries
- 4. Peaches
- 5. Spinach
- 6. Nectarines **I**
- 7. Grapes **I**
- 8. Sweet bell peppers
- 9. Potatoes
- 10. Blueberries
- 11. Lettuce
- 12. Kale/collard greens

foodnews.org

I Imported
D Domestic

Clean15™ Lowest in Pesticides.

- BEST**
- 1. Onions
- 2. Corn
- 3. Pineapples
- 4. Avocado
- 5. Asparagus
- 6. Sweet peas
- 7. Mangoes
- 8. Eggplant
- 9. Cantaloupe **D**
- 10. Kiwi
- 11. Cabbage
- 12. Watermelon
- 13. Sweet potatoes
- 14. Grapefruit
- 15. Mushrooms

foodnews.org

EWG's 2011 Shopper's to Pesticides in Produce™

Scan to see more! Get a QR Code app from www.i-nigma.mobi



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.

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

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 in September 15, 2011.

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



Staff News



We bid a fond farewell to Sue Gaskins, LMSW. We have enjoyed working with her and we wish her the best.

We are excited to say that effective July 14th, 2011 Brian Amidon, LMSW and Cheryl Palmer, LMSW will officially become employees of University Hospital. We welcome them on staff at the ID Clinic and look forward to continuing to work together.

The Calendar will return in September.
Have a great Summer!



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 about mandatory Medicaid managed care enrollment.