



# Positive Outlook

## UPSTATE MEDICAL UNIVERSITY

### ID Clinic Newsletter

November 2011

315 464 5533



“Write it on your heart that every day is the best day in the year. ”

-- Ralph Waldo Emerson --

# November is American Diabetes Month

With nearly 26 million children and adults in America living with diabetes, and another 79 million at high risk for developing type 2 diabetes, the disease is taking a devastating physical, emotional and financial toll on our country. Yet, most Americans don't consider diabetes a serious matter. They feel it is someone else's responsibility; someone else's problem.

Recent numbers by the Centers for Disease Control and Prevention paint a desperate situation of where we are at, and where we are headed:

- \* Every 17 seconds, someone is diagnosed with diabetes.
- \* Diabetes kills more people each year than breast cancer and AIDS combined.
- \* Recent estimates project that as many as 1 in 3 American adults will have diabetes in 2050 unless we take steps to Stop Diabetes.

Now is the time to act.

Visit <http://www.diabetes.org/in-my-community/programs/american-diabetes-month/> to find out how you can become involved in American Diabetes Month 2011.

### National Diabetes Fact Sheet, 2011



#### Citation

Centers for Disease Control and Prevention. National diabetes fact sheet: national estimates and general information on diabetes and prediabetes in the United States, 2011. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011.



National Center for Chronic Disease Prevention and Health Promotion  
Division of Diabetes Translation

CD17000A

#### FAST FACTS ON DIABETES

**Diabetes affects 25.8 million people  
8.3% of the U.S. population**

**DIAGNOSED**  
18.8 million people

**UNDIAGNOSED**  
7.0 million people

All ages, 2010

- Among U.S. residents aged 65 years and older, 10.9 million, or 26.9%, had diabetes in 2010.
- About 215,000 people younger than 20 years had diabetes (type 1 or type 2) in the United States in 2010.
- About 1.9 million people aged 20 years or older were newly diagnosed with diabetes in 2010 in the United States.
- In 2005–2008, based on fasting glucose or hemoglobin A1c levels, 35% of U.S. adults aged 20 years or older had prediabetes (50% of adults aged 65 years or older). Applying this percentage to the entire U.S. population in 2010 yields an estimated 79 million American adults aged 20 years or older with prediabetes.
- Diabetes is the leading cause of kidney failure, nontraumatic lower-limb amputations, and new cases of blindness among adults in the United States.
- Diabetes is a major cause of heart disease and stroke.
- Diabetes is the seventh leading cause of death in the United States.



For more information and a review of the fact sheet pictured please visit

[http://www.cdc.gov/diabetes/pubs/pdf/ndfs\\_2011.pdf](http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2011.pdf)

## CLINIC IS CLOSED

### Thursday November 24<sup>th</sup> & Friday November 25<sup>th</sup>.

### Please call all prescription refills in no later than Wednesday November 16<sup>th</sup>.



# *World AIDS Day 2011*

## *Exhibit*

*A time for  
"Education & Remembrance"*

**Nov 29 Opening Ceremony 9:30am Close 7pm**  
**Nov 30 Exhibit Opens 10am Close 7pm**  
**Dec 1 Exhibit Opens 10am Closing Ceremony 3:30pm**  
**Dec 1 Exhibit Closes 4:30pm**

**Dec 1 World AIDS Day**  
**Interfaith Service of Remembrance 6pm**  
**Dinner served after Service of Remembrance**

**CNY Names Project**  
**AIDS Memorial Quilts will be displayed**

**Free HIV Education Classes offered to**  
**School groups or Youth Service Providers**

**Volunteer registrations now being accepted**

**Raffle tickets on Sale until Dec 1 – Drawing Dec 2**

**Anyone can attend the Exhibit & Memorial Service**

*\* Exhibit location & Host:*

**FACES Program, South West Community Center 401 South Ave. Syracuse NY**

*\*Service of Remembrance:*

**University United Methodist Church 1085 E. Genesee St. Syracuse NY**

*\*To register your student/youth group, volunteer or buy raffle tickets:*

**John 542-1703 [jwikiera@aol.com](mailto:jwikiera@aol.com) Lewis 671-5844 [lwatts@swccsyr.org](mailto:lwatts@swccsyr.org)**

*\*Organized by:* **CNY HIV Care Network Education & Awareness Committee  
& FACES Program @ Syracuse Model Neighborhood Facility**

The ID Clinic will staff an information table at Southwest Community Center on November 29<sup>th</sup> and November 30<sup>th</sup>.



The American Cancer Society is marking the 36th [Great American Smokeout](#) on November 17 by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk.

Tobacco use remains the single largest preventable cause of disease and premature death in the US, yet more than 46 million Americans still smoke. However, more than half of these smokers have attempted to quit for at least one day in the past year.

Quitting is hard, but you can increase your chances of success with help. The American Cancer Society can tell you about the steps you can take to quit smoking and provide the resources and support that can increase your chances of quitting successfully. To learn about the available tools, call the American Cancer Society at 1-800-227-2345. You can also find free tips and tools below.



## Stop Smoking

Every year in the U.S. over 392,000 people die from tobacco-caused disease, making it the leading cause of preventable death. Another 50,000 people die from exposure to secondhand smoke. Tragically, each day thousands of kids still pick up a cigarette for the first time. The cycle of addiction, illness and death continues. What can be done to stop smoking? The American Lung Association is working to strengthen laws and policies that protect everyone from secondhand smoke and prevent young people from starting. We are also committed to helping smokers quit with our smoking cessation programs

Quitter in You is a new smoking cessation campaign designed to help people quit smoking for good. Multiple quit attempts are normal and are necessary steps along the way to quitting for good. Whether it's your second quit attempt or your seventh, we're here to provide every smoker the support they need to quit successfully. [www.QuitterInYou.org](http://www.QuitterInYou.org)

So, you tried to quit smoking and didn't succeed. Don't feel badly. It takes most people several tries before they can quit for good. We applaud you for going out of your comfort zone and attempting one of the most difficult things in life. And even if your quit attempt only lasted a few days, you learn from it and are one step closer to quitting for good.

We encourage you to make a plan, talk to your doctor, nurse practitioner or physicians assistant about how to quit smoking and seek support and resources. At this site ([www.lungusa.org](http://www.lungusa.org)) we're here for you every step of the way. Visit often for tools, tips on how to talk to your doctor about quitting smoking and stories from smokers, who with our help, became ex-smokers. And you can, too. The important thing is to keep trying to quit, until you quit for good.

## ANNUAL FOOT CARE CLINIC

Amaus Health Services  
259 E. Onondaga Street, Syracuse  
Wednesday, November 16, 2011



### it's time to treat your feet!

Get a foot soak, toenail care, and foot screening for injury and disease and pick up some socks and maybe even a pair of boots! Flu vaccine is also available. You need not be a patient at Amaus...all are welcome! 9:00AM-2:30PM, 315-424-1911 [www.cathedralsyracuse.org](http://www.cathedralsyracuse.org)



**A treat for you this holiday season!**

**Wednesday November 16th, 2011**

**9:00 am—2:30 pm**

**Amaus Health Services**

**259 East Onondaga Street, Syracuse**

**For more information please call 315-424-1911**

Stress and Depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.

The holiday season often brings unwelcome guests—stress and depression. And it's no wonder. The holidays present a dizzying array of demands—parties, shopping, baking, cleaning and entertaining, top name just a few.

But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

### **Tips to Prevent holiday stress and depression**

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

#### **Acknowledge your feelings.**

If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

#### **Reach out.**

If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.

#### **Be Realistic.**

The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails, or videos.

#### **Set aside differences.**

Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.

#### **Stick to a budget.**

Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives: Donate to a charity in someone's name, give homemade gifts or start a family gift exchange.

#### **Plan ahead.**

Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.

#### **Learn to say no.**

Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for lost time.

#### **Don't abandon healthy habits.**

Don't let the holidays become a free for all. Over indulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and physical activity.

#### **Take a breather.**

Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Take a walk at night and stargaze. Listen to soothing music. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

#### **Seek professional help if you need it.**

Despite your best efforts, you may find yourself felling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

#### **Take control of the holidays.**

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.

*Original article: <http://www.mayoclinic.com/health/stress/MH00030>*

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 or social worker.

## The History of Fad Diets

**With the holidays approaching, you can keep your weight in control. Practice moderation and avoid fad diets.**

Susan Yager is the author of the book, "The Hundred Year Diet." The book is about the history of dieting and has some of the crazy weight loss ideas that people have tried over the past 100 years.

Dr. Horace Fletcher created one of these early fad diets. This diet was based on the idea that people could lose weight if they chewed their food at least 100 times before swallowing. The idea is that you will get so tired of having to chew so much so you will just eat less.

During Prohibition, the Nicotine diet became pretty popular. This diet urged people to smoke instead of eating. There was also the Metrecal diet in the 1960s in which a can of Metrecal, originally baby formula, was used to replace a whole meal.

Richard Simmons, a well-known diet and fitness enthusiast, may have the best weight loss solution. Having been obese as a kid, Simmons knows what it's like to successfully lose weight and keep it off. Simmons believes in one method for weight loss, which is to eat less food and keep on moving. Most people don't like this idea because it is hard and it is not a quick fix to weight issues. But if there really was a quick and easy way to lose weight, then wouldn't everyone be thin?

The most important thing about weight loss and healthy living is that even small changes to eat better can make a big difference in your health. Maintaining health involves a lifestyle change so it takes time and effort but the rewards are worth it. Small steps towards eating less and moving more can safely bring you to a healthy weight that you can maintain.

Make a list of small changes that you could do for example:

- ◇ I will make ½ my dinner plate have fruit and/or vegetables and plan my menu for the week ahead.
- ◇ I will avoid fast foods and pack a lunch to save money and have less salt in my diet
- ◇ I will walk with a friend at the mall, park or local school at least 2 times per week
- ◇ I will walk up a flight of stairs every day or take the stairs instead of the elevator
- ◇ I will drink water with my meals
- ◇ I will plan healthy snacks – examples: fruit and nuts and eat them if I am hungry and to help avoid over eating at meals
- ◇ I will keep a good sleep schedule so I will have more energy and awareness during my day so that I am able to make good choices.

*Information from CBS News Online Article: To Diet For (11/21/10)*



### Paula Deen's Healthier Mac & Cheese

#### Ingredients:

- 2 cups whole wheat or regular elbow macaroni (8oz)
- 2 cups shredded reduced fat cheddar cheese (8 oz)
- 1/2 cup low fat evaporated milk
- 2 large eggs, lightly beaten
- 1/4 cup reduced fat sour cream
- 1 tablespoon Dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1/3 cup grated parmesan cheese

Makes 4-6 servings

#### Directions:

- Preheat oven to 350.
- Coat 13 X 9 baking dish with non stick cooking spray.
- Cook macaroni according to package directions.
- Drain macaroni well and transfer to a large bowl.
- Add cheddar and stir until pasta is coated & cheese is melted.
- In a medium bowl whisk together evaporated milk, sour cream, mustard, salt, & cayenne pepper.
- Add mixture to cheese coated pasta and stir well to combine.
- Scrape mixture into prepared baking dish.
- Sprinkle parmesan over the top.
- Bake until golden brown and crispy around the edges, approximately 35 to 40 minutes.

# EASY C FACTS

## What is Hepatitis C?

Hepatitis C (HCV for short) is a virus that lives in human blood. A virus is one of the smallest living things known to exist inside plants and animals. HCV makes new hepatitis C viruses by infecting the liver, and after many years the liver can become so damaged by hepatitis C that it cannot perform many of the important jobs that it must do to keep us healthy.

You can only get hepatitis C by getting HCV infected blood from someone who has hepatitis C, and ONLY if that infected blood gets into your body. If you have hepatitis C you should make sure that your blood does not come into contact with someone else's blood.

### Remember.....

- ◆ Many people have hepatitis C so you are not alone. It takes many years for hepatitis C to cause damage to the liver and to make someone sick.
- ◆ There are many things that people can do to help fight hepatitis C, and the best time to start is early – before hepatitis C has a chance to damage your liver.
- ◆ One of the most important things you can do is to stop or cut down on drinking alcohol.
- ◆ There are also medicines to get rid of hepatitis C that work in about 8 out of 10 people treated.
- ◆ Talk with your doctor about ways to stay healthy and about the medications that can rid the body of hepatitis C, and if they can help you.

[www.hcvadvocate.org](http://www.hcvadvocate.org)



05/2011

# Hepatitis C

# Hepatitis C

## A Guide to Hepatitis C

A Publication of the Hepatitis C Support Project

## What is The Liver?



The liver is the largest organ in your body. It is reddish-brown and is about the size of a football. The really amazing thing about the liver is that if they took away half the liver – it would grow back in a few weeks.

The liver's job is to run over 500 bodily functions to keep you healthy. It is also a very important organ because it filters everything you eat and breathe – even things that get on your skin. The problem is that things such as alcohol, street drugs,

cigarette smoke, toxic fumes, some herbs and even some regular medicines people buy without a doctor's prescription can damage the liver.

The liver helps the body by taking certain foods and turning them into chemicals that give you energy and keep you healthy.

The liver also stores many important things such as vitamins. Sometimes you can take too many vitamins and this can damage the liver.

### HEALTHY LIVER TIPS

- ✓ Stay away from toxic fumes or liquids.
- ✓ Stop drinking alcohol, smoking tobacco and taking street drugs. If you can't stop, try to cut back – talk with a doctor, counselor, family or friends about getting some help to stop.
- ✓ Eat a healthy and well-balanced diet.
- ✓ Talk to your doctor about vaccines to help protect the liver, if needed.
- ✓ Tell your doctor about all medicines you are taking, even if it's just an aspirin, vitamin, herb or Tylenol.
- ✓ Drink lots of water.
- ✓ Stay away from raw or undercooked shellfish.

### How Do You Give or Get Hepatitis C?

Hepatitis C is spread by direct blood-to-blood contact. This means that in order for someone to give hepatitis C to someone else they must get their blood into someone else's bloodstream. For this reason, it is difficult to get or give hepatitis C unless there is blood involved. So if you have hepatitis C, make sure that your blood does not come into contact with anyone. If you do not have hepatitis C, stay safe by making sure that you stay away from any blood from other people.

[www.hcvadvocate.org](http://www.hcvadvocate.org)

Beginning in January we will offer 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.



## Anger Management



Worried about always feeling angry?

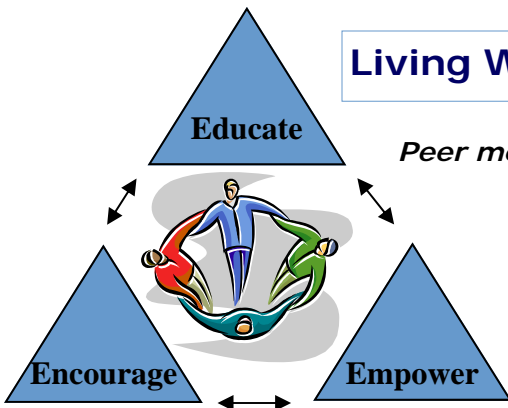
Wondering how to get through a day without feeling that way?

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.

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

## 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

## 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 in November 17, 2011.**

Please ask your social worker if you have any questions about mandatory Medicaid Managed Care enrollment.

**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

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



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.