



Positive Outlook

UPSTATE MEDICAL UNIVERSITY

ID Clinic Newsletter

December 2011

315 464 5533



“Travelers, there is no path, paths are made by walking.”

Antonio Machado

A Warm Welcome...

The ID Clinic would like to welcome

David P. Paar, MD as the new Medical Director of the ID Clinic.

Dr. Paar comes to us from the University of Texas Medical Branch where he served as Adjunct Associate Professor in the Department of Internal Medicine, Division of Infectious Disease. Dr.

Paar also served as the Director of the Division of Clinical Virology and Medical Director, Respiratory Therapy for the University of Texas Medical Branch Correctional Managed Care.

And

Martha Roman, NP. Martha has joined the ID Clinic part time.
She comes to us from Syracuse Family Planning.

Please sure to say “Hello!”



Follow us on [Twitter](#)

@UpstateDAC

CLINIC IS CLOSED

Monday December 26th, 2011 & January 2nd, 2012.

Please call all prescription refills in no later than Wednesday December 21st.

Vitamin D - The Sunshine Vitamin

With cold and flu season around the corner, it may be helpful to make sure your vitamin D level is good. Since we live in the northern climate, we don't get strong enough sunshine through the winter months to keep our Vitamin D at a good level. Ask your Dr. to check a blood level called 25(OH) D next time you have blood work done.

What should my blood level be?

30 and above is considered good. Depending on how low your level is, your Dr. may put you on a prescription of vitamin D2. The usual prescription is 50,000 IU D2. This dosage is taken once a week for 3 months and may be continued depending on how your blood level improves.

Another form of Vitamin D is called D3. This form is better for long term maintenance but cannot be obtained by prescription.

The usual recommended dose for D3 is 1000-2000 IU daily.

Interesting fact: 15-20 minutes of sunshine provides ~10,000 IU

Vitamin D can also be obtained from foods though it is only contained in small amounts. Supplements are often the best way to meet your vitamin D needs since we are not able to obtain enough through sunshine.

A few examples of food sources of Vitamin D are:

- Wild salmon 3.5oz. = 988 IU
- Farm salmon 3.5 oz. = 245 IU
- Sardines 3.5 oz. = 300 IU
- Egg yolk = 20 IU
- Fortified orange juice 8oz. = 100 IU
- Fortified cheese 3oz. = 100 IU
- Cod liver oil (1 T) = 1360 IU *(As a supplement)*

Vitamin D is very important for our bodies and is being studied for a wide range of diseases including - depression, chronic fatigue, pain, diabetes, high blood pressure, cancer along with bone diseases.

Any questions, ask your Dr. or Dietitian

Sources:

<http://vitaminhealth.org>

Idaho Kidney Center

N Eng J Med 357; 3

Diced Pear Parfait with Greek Yogurt Mousse and Ginger Cookies


Ingredients:

2 ripe pears, diced
Ground cinnamon
Brown sugar
2 oz butter
1 pint Greek yogurt
Maple syrup
Ginger cookies
Heavy cream (optional)



Directions:

1. Sauté diced pears in butter, brown sugar and cinnamon
2. Crush about half the box of ginger cookies in a plastic bag with a rolling pin
3. In a bowl, whisk together Greek yogurt and maple syrup. If the mix is too stiff, add a little heavy cream until fluffy.
4. Using a rubber spatula, put mixture in a piping bag.
5. In a parfait dish, layer mousse, crushed ginger cookies and pears. Continue to layer. Garnish with thinly sliced wedges of pears.



Usually in this column we share articles or parts of articles we find dealing with the mental health aspects of living with HIV/AIDS. This time, however, we'd like to just share some thoughts with you and encourage each and everyone to make a New Year's promise to yourself to make 2012 a good and healthy year.

The fact is that mental health issues – especially depression, anxiety, post-traumatic stress disorder (PTSD) and personality disorders – are substantially higher in the HIV/AIDS population than in the general population. Some mental health professionals have stated that just finding out about one's diagnosis can result in PTSD. Many of our clients have not been able to tell their partners, family, friends and other loved ones about their condition for fear of being rejected, so they have no one to talk to.

Other clients are so afraid of someone finding out their HIV status that they hide their medications and/or do not always take them as prescribed, for fear of being found out. Keeping secrets can be exhausting, physically as well as mentally.

Some clients seek courage and comfort in alcohol or illegal substances, further complicating their lives.

We encourage you to talk to your doctor, nurse practitioner, physician's assistant or social worker if you find yourself struggling to deal with your thoughts, your emotions, your anger, or if you just need someone to talk to. They will be happy to refer you to us or to other mental health providers in the area.

Our goal is to help you maximize your sense of control over your own life and therefore your well-being.

Here's to the hope of peace in the world, love in your life and a Happy New Year!

Brian, Cheryl, Martha and Marilyn.



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.**

Treatment Adherence

The December holiday's are around the corner and sometimes we get carried away with family, friends and fun. This year don't let the good times be an excuse for you to miss taking your medications. Come on, haven't you heard pills and pie go well together! Okay, maybe that's a bit much but instead of thinking about the many distractions you face being HIV positive, let's look at it from another perspective. I would like to take a moment to remind you of the many HIV specific resources available in Syracuse. Everybody has challenges, but help is available.

Here in the **DAC (Designated AIDS Center)** we offer mental health counseling services on site. If you would prefer to receive mental health services outside of our clinic, your social worker will refer you to an appropriate program. We also offer Peer support services for consumers with Hepatitis C.

F.A.C.E.S (Fighting AIDS via Case management, Education and Support) has an awesome team who will help you get through the toughest of times. They offer case management, prevention, education and testing services. F.A.C.E.S is part of the Syracuse Model Neighborhood Facility, also known as Southwest Community Center. They offer programming for children, teens and adults.

ACR (AIDS Community Resources) offers case management, HOPWA, education, prevention, syringe exchange, programs for teens and adults as well as several support groups. ACR covers 9 counties. They regularly schedule presentations that will leave you full literally and with knowledge and power through testimonies and education.

The **Living Room** (a program of Liberty Resources) is another important resource that offers services to people with HIV. Nutrition, housing case management (including HOPWA/EHAP) and mental health services are offered. Liberty Resources also has two housing programs: Depalmer House and Mesa Commons. Depalmer House is a co-ed transitional living program and Mesa Commons is permanent housing. Liberty Resources also has a large mental health program, the Brownell Center.

Collectively these programs provide a wide range of services: education, awareness and prevention, case management, counseling, housing, emergency financial needs and nutritional information/assessment and support. This year I want to celebrate the lives lost, affected and infected. I am thankful that there is a network of non-judgmental, supportive, caring and understanding people who are working and advocating for you every day. If you need help there are a lot of people willing to assist you to get your needs met. Please take advantage of the resources available in this community. If you live outside of Onondaga County, we can still help you find the support you need.

We want to see you at your healthiest at all times and your friends and family here in the DAC want to wish you a Happy Healthy Holiday season.

From the Treatment Adherence team: Alza Johnson
Linda Bartlett

NEED FINANCIAL HELP?

**Emergency financial assistance is
available for qualifying individuals
and families!**

- **Short term financial assistance**
- **Emergency Rental Assistance**
- **Emergency Utility Assistance**
- **Moving expenses**
- **Security Deposits**

**Referral Sources or qualifying individuals may
contact:**

**Liberty Resources Financial Assistance Program
(FAP)**

**Tony Mascato
Housing Specialist
@ The Living Room
(315)701-0293 ext. 23**

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.



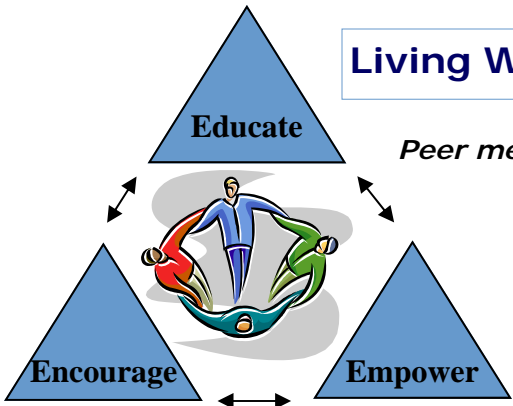
Anger Management



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 January 19, 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

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

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.