



# Positive Outlook

**UPSTATE**  
MEDICAL UNIVERSITY

DAC Newsletter  
May 2012  
315 464 5533



If you can dream it, you can do it.  
Walt Disney



**May is Hepatitis Awareness Month**

**Hepatitis B and Hepatitis C can become chronic, life-long infections which can lead to liver cancer. Millions of Americans are living with chronic viral hepatitis, and many do not know they are infected.**

<http://www.cdc.gov/hepatitis/HepAwarenessMonth.htm>

## **Raising Awareness of Viral Hepatitis: National Hepatitis Testing Day, May 19, 2012**

The first-annual National Hepatitis Testing Day is May 19, 2012. This action is a direct result of the report, "Combating the Silent Epidemic of Viral Hepatitis: Action Plan for the Prevention, Care and Treatment of Viral Hepatitis," issued by the U.S. Department of Health and Human Services (HHS) in 2011. Viral hepatitis is a silent epidemic in the United States that affects an estimated 5.3 million people. In fact, hepatitis B and hepatitis C are 3.5—5 times more prevalent than human immunodeficiency virus (HIV).

Viral hepatitis can lead to cirrhosis, liver failure, and liver cancer, but infection is often silent and symptomless until development of significant liver disease, which can occur years after the initial infection.

Fortunately, care and treatment can reduce the progression of liver disease caused by viral hepatitis. In many cases, treatment for hepatitis C can eliminate the virus from the system, essentially providing a cure. To help people living with viral hepatitis benefit from care and treatment, HHS has made viral hepatitis testing a national health priority.

To help the general public determine its risk of viral hepatitis infection, and to help clinicians determine their patients' risk of infection, the Centers for Disease Control (CDC) is developing an interactive online risk-assessment tool. The tool will allow individuals to answer questions based upon CDC guidelines for viral hepatitis testing and vaccination and will produce individualized recommendations, which can be printed and shared with a person's health-care-provider. The risk-assessment tool is scheduled to be released in May.

Hepatitis is a hidden epidemic with significant public health consequences. National Hepatitis Testing Day is designed to raise awareness of one's hepatitis B and hepatitis C infection status.

Excerpts taken from the Benjamin, Regina M. Surgeon General's Perspective. *Public Health Reports*. May-June 2012. Volume 127.

NEW YORK STATE HCV HOTLINE: Call 1-800-522-5006.  
The AIDS Institute Viral Hepatitis Program [www.nyhealth.gov/hepatitis](http://www.nyhealth.gov/hepatitis).



# UPSTATE

UNIVERSITY HEALTH SYSTEM

Dear Patient:

Upstate is excited to be implementing our EpicCare electronic health record. This new electronic record will help us to provide improved, seamless, quality health care for you and your family.

We are pleased to announce we will be providing a unique service to this area. With our new service, you will be able to access many of your health records via a secure web browser or Smartphone (iPhone or Android devices) application. This would include current medications, instructions from your provider and other educational materials. You will also be able to request appointments and prescription refills through this system. Please ask your provider about this exciting opportunity.

Upstate will be converting to EpicCare throughout 2012. There may be brief times when we will have a reduced patient schedule. This reduced schedule will allow us to take the additional time we need to learn our new system, and to minimize any inconvenience to you. This initial time commitment for us will be well offset by the benefits of our new EpicCare electronic record, including the benefit of increased quality of care.

The DAC will be going live May 1, 2012. We ask your patience during this time as we work to implement this high quality platform for your care. If you need additional information, please contact our office. Thank you for your understanding and support.

Sincerely,

David P. Paar MD  
DAC Medical Director

**Clinic News**



**Clinic News**



**Clinic News**



Foods that are good for our heart health include ones that are low in saturated and trans fat, cholesterol, and sodium, while also high in omega-3 fats and fiber. Foods that contain saturated fat include some meats and dairy products. These kinds of fats can raise the “bad” type of cholesterol in our body and are not good for our heart health. Small substitutions in different types of meats, meat alternatives, and cooking preparation can be beneficial for your heart health. Try cooking with oils high in monounsaturated or polyunsaturated fats, such as extra virgin olive oil or canola oil. These types of fats are healthier for your body. There are also different types of meats and meal alternatives that are healthy for you.

Try using these different meats or meat alternatives:

- Fish such as salmon, tuna, sardines, mackerel
- Beans, peas, barley
- Soybeans, soy-based foods such as tofu
- Nuts such almonds, walnuts, pecans, hazelnuts



### Pasta Fagioli

Servings: 12 one cup servings

Prep and cooking time: 45 mins



#### Ingredients:

½ cup white or yellow onion, chopped  
 1 garlic clove, minced  
 ¼ cup extra virgin olive oil  
 3 cans of stewed tomatoes  
 (14.5 oz can)  
 2 cans reduced-sodium chicken broth  
 (14 oz can)  
 ½ cup Italian leaf parsley, chopped  
 1 teaspoon dried basil  
 1 teaspoon dried oregano  
 4 cans cannellini or Great Northern  
 beans, drained and rinsed  
 ½ lb ditalini pasta  
 Salt and black pepper to taste

#### Directions:

- Sauté onion in olive oil.
- Add garlic and cook until soft.
- Add tomatoes, chicken broth, parsley, pepper, basil, and oregano.
- After bringing to a boil, add the beans.
- Bring to a boil again, lower heat, and simmer for ½ hour.
- Boil water for pasta, cook pasta, and drain, reserving 2 cups of pasta water.
- Add the pasta to the soup along with the pasta water.
- Serve with freshly grated Romano cheese along with crusty Italian bread.



# Climb Out of the Downward Spiral

*If you find yourself fixating on slights and mistakes, here's how to move past it*

"I JUST CAN'T GET what happened out of my mind!"

Ever find yourself thinking about a situation over and over (and over)? Maybe you had a bad day at work, a conflict with a coworker, or what felt like mistreatment from your boss. It could've been that someone on the street or in the next car acted thoughtlessly or aggressively, or a family member yet again disrespected your feelings. Maybe you're blaming yourself for your status or for being lax in your exercise, diet, or medication routine.

Later that day, you find yourself replaying the details in your mind like a movie scene stuck in a continuous loop, watching every single detail, obsessing about the whats and whys—what you said and did, what was done to you, what you wish you had said or done, what you wish you hadn't done.

This unhealthy obsessing is called fixation. It's all too easy for anyone, regardless of circumstance or status, to move from contemplation to fixation—there are a number of reasons for this:

Some people fixate on perceived slights and bad choices to avoid their feelings. They fall into their intellect and, as in a courtroom scene, go through every last detail, over and over, to try and make sense of what happened. It's a kind of analysis paralysis.

Other people fixate to reexperience feelings. These may be very unpleasant feelings—loss, sadness, fear, anger—but they are nonetheless familiar feelings and therefore comfortable in their own way. It's kind of like beating up on yourself.

Either way, fixation is an ongoing process of gathering evidence that will keep you emotionally stuck and disempowered. But here's the good news: No one has a life sentence to relive the past.

**Give yourself a pep talk.** Tell yourself that you did the best you could. You were who you were during that time and you can't go back and change anything. You're at a different place in your life now, and you're handling life on life's terms.

**Don't take things so personally.** We can't control how other people behave. They act out of their own self-interest or out of their own suffering, or they're just not paying attention. Bad behavior toward you may have arisen out of ignorance, or maybe you just happened to be the convenient target. You are not doomed to being mistreated by others.

**Meditate on acceptance.** You might want to use the serenity prayer, which encourages us to accept what

we cannot change. Life isn't fair, and we don't get to control what happens. Stop fighting the facts.

**Talk to someone.** Tell your story to an objective friend or a counselor and ask them to help you gain a new perspective on the situation you are obsessing over. Learn some alternative ways to look at your situation and develop strategies for dealing with your feelings. Don't go through this alone.

**Look around you.** What's positive in your life right now? There are likely people who care about you and whom you care about in return. Revel in the things you enjoy doing, be it exercise, painting, or watching old movies. Appreciate the fact that you are taking care of yourself. Get your mind engaged in what's right in the world.

**Look forward.** Make the decision to consciously let the past be in the past and focus your attention on the road ahead. Life goes on, and it even gets better.

*McClain is a counselor in New York City with a specialty in coping with chronic health conditions. His books include The Complete Idiot's Guide to Breaking Bad Habits and Empowering Your Life With Joy.*



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, physician assistant or social worker.

# Managing Your Meds When You Travel

As most people taking anti-HIV meds have learned from experience, no treatment regimen is completely free from side effects. These usually manifest within a few weeks after beginning treatment or making a switch, so it's smart to give yourself a solid month or two before wandering too far from home.

It is also a good idea to carry with you your doctors' contact information and a list of all of the prescription drugs, over-the-counter medications, and alternative treatments you use (and their dosages).

If your trip involves flying, pack as much of your medication in your carry-on bag as possible, since there is always a chance your luggage could be lost or delayed. According to the U.S. Transportation Security Administration (TSA) regulations, prescription and non-prescription medications do not need to be packaged in the usual quart-size clear plastic bag. If your medications are in liquid, gel, or aerosol form in containers greater than three ounces, you must declare them at the screening checkpoint. And if the name on your prescription label does not match the name on your passport or driver's license, be prepared to explain why to a security officer.

It's wise to count out your pills ahead of time, and to bring extras along in case you experience any delays or decide to extend your trip. Depending on how long you plan to be away, you may also want to carry your meds in something other than their original containers (such as zip-top plastic bags) to avoid extra bulk in your luggage -- just be sure to keep a copy of the prescription or the prescription label with you. If any of your medicines come with a desiccant (a drying agent), transfer it to the new container.

If you're carrying any medicines that might be controlled substances (some pain medications, for instance), it's a good idea to keep them in their original containers with your prescription information attached. Carrying a letter from your doctor that states you are taking the drugs for a chronic medical condition can also be helpful. Always be prepared to replace your medicines, just in case. You may want to ask your doctor to give you extra copies of your prescriptions.

If any of your medications are temperature-sensitive, consider storing them in a small, insulated lunch bag with an artificial-ice freezer pack until you get to your destination. And make arrangements for a refrigerator where you'll be staying. Some medications will retain their efficacy for up to a month at room temperature. Just keep them out of direct sunlight and avoid extreme temperatures. Always read the manufacturer's guidelines and check with your doctor to confirm your options for storing medications.  
(from Poz.com)

## National Physical Fitness and Sports Month

**Sponsor:** [President's Council on Fitness, Sports, & Nutrition](#)

National Physical Fitness and Sports Month is a great time to promote the benefits of physical activity.



Getting active increases your chances of living longer and can help you:

- Control your blood pressure, blood sugar, and weight.
- Raise your "good" cholesterol.
- Prevent heart disease, colorectal cancer, and type 2 diabetes.

Here are some tips to help you get active:

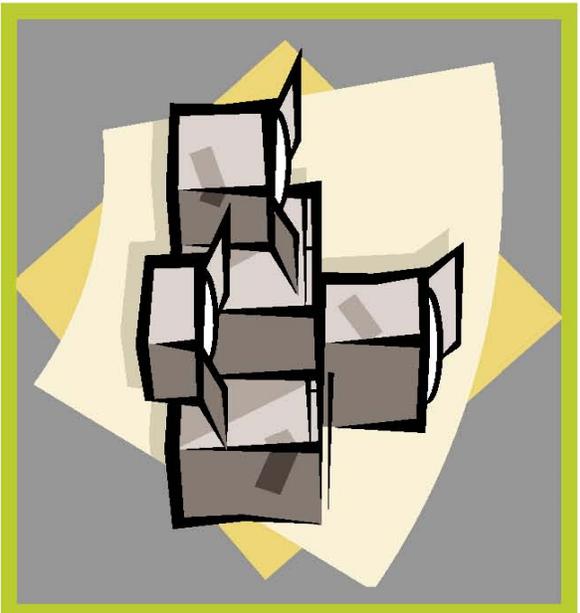
- Aim for at least 2 hours and 30 minutes of moderate activity a week. This includes things like walking fast, dancing, or biking.

Do muscle-strengthening activities at least 2 days a week. Be sure to strengthen all major muscle groups including the legs, hips, back, chest, stomach, shoulders, and arms.

<http://www.healthfinder.gov/nho/MayToolkit.aspx>

# We're Moving!!!!

The Living Room will now be at 2000 Lodi Street on May 1<sup>st</sup> 2012



As of May 1<sup>st</sup> Liberty Resources HIV Services including: housing, employment, counseling and nutrition, will now be located on 2000 Lodi St. We are looking forward to starting fresh with the Spring Season!

A few things to look forward to:

- Community Garden and fresh grown veggies!
- New Cooking Workshops and recipes
- A cozy new environment to meet new people!

"If everyone is moving forward together, then success takes care of itself."  
Henry Ford



**New Hours for:**

**Pantry**

**Tuesday 8:30am – 1:30pm**

**Thursday: 8:30am – 3:00pm**

**Vouchers**

**Wednesday 8:30am – 3:00pm**



**The ID Clinic now offers 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 in the waiting room or call Melissa @ 315-464-7313.**

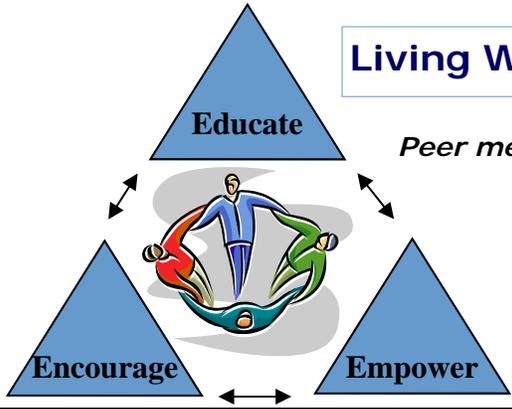


Follow us on [Twitter](#)  
@UpstateDAC



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

### Living Well with Hepatitis C



*Peer mentor support 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 May 17, 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

### 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.