

The VidaCare View



Volume 7



Fall
2007



VidaCare members, staff, family and friends participated in this year's AIDS Walk New York on May 20th. The VidaCare Team raised \$1,700 for HIV/AIDS organizations in New York City.

Plan to join us next year!



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Upcoming VidaCare Live Your Life Events For VidaCare Members Only

September 26th ~ Healthy Meals on a Budget

October 10th ~ Finding Peace Within

November 14th ~ Healing Yourself with Touch

Times and Locations to be determined

**To pre-register or get more information, call Member Services
at 1-800-556-0689.**

- ✓ Each event is limited to the first 40 members who pre-register.
- ✓ A **healthy dinner** will be served & **MetroCards** will be provided.
- ✓ Wear comfortable clothing that you can move freely in.
- ✓ **Gift Bags** for all members who attend!

September is
Prostate Cancer
Awareness
Month

Prostate Cancer Prevention

Prostate cancer is the **most commonly diagnosed type of cancer** in men. One in six men will get prostate cancer, but if it's caught early, nearly 100% will survive. African American men have an even higher risk: one in four men.

Risk factors include age, ethnicity, and family history. While most prostate cancer is diagnosed in men 65 years of age or older, men at high risk of developing prostate cancer should begin screening for the disease at the age of 45. Early prostate cancer has no symptom, that's why screening is so important.

Prostate screening can help detect prostate cancer at an early stage. Prostate screening tests include the prostate-specific antigen (PSA) blood test and digital rectal examination. **Ask your PCP about getting a prostate exam!**

Although there are no clear links between HIV and prostate cancer, keeping your immune system working as best it can is important to controlling and preventing cancer.

Sources: <http://bethesdatrials.cancer.gov>; <http://www.thebody.com>



NEWS & EVENTS

The **Campaign to End AIDS** reveals its (previously) secret plan to stage a "swim-in" at the RV resort that barred an HIV-positive toddler from its pool. More than 150 activists from the Campaign to End AIDS (C2EA) and their supporters can't wait to slip into swimsuits bearing the words "HIV positive" and frolic in the pool at the Wales West RV Resort in Silverhill, Alabama, on Labor Day.

Wales West owner Ken Zadnichek outraged the country in July when he banned HIV-positive 2-year-old Caleb Glover from the pool, showers and other common areas of his resort until he could verify that Glover wasn't a transmission risk. C2EA's innovative action was a secret until organizers decided they wanted to give Zadnichek the chance to show he had learned from his mistakes. HIV-Positive C2EA national field organizer Larry Bryant called Zadnichek on Tuesday to discuss C2EA's impending arrival. "I was very happy that Mr. Zadnichek told us we were welcome", Bryant said. "We've heard from local organizers that there's been progress since the incident happened and this shows it's true."

Source: *Housing Works AIDS Issues Update*; <http://www.hwupdate.org>



September is Alcohol and Drug Recovery Month



If you've struggled with alcohol and/or drugs, *you're not alone!* In 2005, some 74% of Americans said that addiction to alcohol had impacted their lives or the lives of a friend or family member.

Studies show that as you enter treatment and recovery, your mental and physical health improves. Your job or school performance (and often your income) also improve.

VidaCare wants to help you get the treatment you may need. If you are struggling with alcohol/drug addiction; we're here to help. Maybe you are affected by a loved one's addiction and need help to cope. **Call Member Services (800-556-0689)** to find out about treatment options and support that are available to you.



Source: www.recoverymonth.gov

NEWS: Heavy drinking linked to lower CD4 counts.



According to a new study reported in the *Journal of Acquired Immune Deficiency Syndromes*, "heavy alcohol use appears to speed HIV progression". Boston University Researchers looked at the connection between alcohol use and HIV progression. 595 people that had HIV and either past or current alcohol problems were included.

Heavy alcohol use seemed to cause lower CD4 cell counts for people who were not on antiretroviral therapy. The people who were taking antiretroviral medications did not have lower CD4 results. **The doctors who did this research suggested that HIV-infected persons, who are not on antiretroviral therapy, should not drink alcohol.**

Source: [MedPage Today](#) (8/22, Smith)

A New Place to Begin *Your* Path to Recovery:

Amanecer Recovery Center

1776 Clay Ave

Bronx, NY 10457

Promesa has opened a new, a state of the art facility, equipped with a detoxification unit and a rehabilitation unit. This medically supervised program has bilingual staff, great groups, compassionate and respectful approach to helping you help yourself! For more information, call (718)-960-7501 or visit Promesa on the web at www.promesa.org.

October is Breast Cancer Awareness Month

Although breast cancer is common form of cancer; it does not happen more often in women with HIV than anyone else. This means that you should get a breast exam including a mammogram, just as often as if you were not HIV positive.

Women in their 20s and 30s should have a breast exam by a doctor or nurse at least every 3 years. After age 40, women should have a breast exam by a doctor or nurse every year.

Women age 40 and older should have a screening mammogram every year.

Breast Self Exam (BSE) should be done by women starting in their 20s. If you notice any changes in your breast, you should report it to your doctor right away. If you have any questions about how to do BSE ask your provider or call VidaCare member services for a free 'How-to-do' BSE card.

There are good treatments for women with breast cancer. Should you be found to have breast cancer, you can be treated for your breast cancer and continue treatment for your HIV.

Breast cancer *can* occur in men but it is *very rare*. (Breast cancer is about 100 times more common among women) Men should also let their doctor know if they notice a change, such as a breast lump or discharge.

Source: www.cancer.org . www.thebody.org



What is a Mammogram?

A mammogram is an x-ray of the breast. A screening mammogram is usually just two pictures of each breast. More pictures may be needed for some patients, to include as much breast tissue as possible.

For this x-ray, the breast is pressed between 2 plates to flatten and spread the tissue. Although this may be uncomfortable for a moment, it is necessary to produce a good, "readable" picture. The pressure only lasts a few seconds. The whole process of having a mammogram only takes about 20 minutes from start to finish. The pictures can then read by a doctor specially trained to read x-rays.

Source: www.cancer.org

Remember: Members may see a women's health provider (OB/GYN) without a referral!

October is Domestic Violence Prevention Month

Did you know that VidaCare can help, educate connect people to treatment of domestic violence?

Have you ever thought that you or someone you know is a victim of domestic violence (see the checklist below)?



If you answer YES to any of the questions below; **VidaCare** is here to help. Call our Domestic Violence Coordinator, Marva Deane at 917-637-3780; or VidaCare Member Services at 800-556-0689; or

New York's 24 Hour Domestic & Sexual Violence Hotline

English: 1-800-942-6906 English TTY: 1-800-818-0656

Spanish: 1-800-942-6908 Spanish TTY: 1-800-780-7660

Does your partner (if yes, check the box):

- Constantly criticize you and your abilities as a spouse or partner, parent or employee?**
- Behave in an over-protective manner or become extremely jealous?**
- Threaten to hurt you, your children, pets, family members, friends or himself?**
- Prevent you from seeing family or friends?**
- Get suddenly angry or lose his temper?**
- Destroy personal property or throw things around?**
- Deny you access to family assets like bank accounts, credit cards, or the car, or control all finances and force you to account for what you spend?**
- Withhold medication or deny you access to health care?**
- Threaten to reveal your HIV status?**
- Force you to work in jobs not of your choosing?**
- Use intimidation or manipulation to control you or your children?**
- Hit, punch, slap, kick, shove, choke or bite you?**
- Deny you access to your immigration documents?**
- Prevent you from going where you want to, when you want to, and with whomever you want to?**
- Make you have sex when you don't want to or do things sexually that you don't want to do?**
- Control your expression of gender identity or sexual orientation?**
- Threaten to out you if you are lesbian, gay, bisexual or transsexual?**
- Humiliate or embarrass you in front of other people?**

Source: <http://www.nyscadv.org>

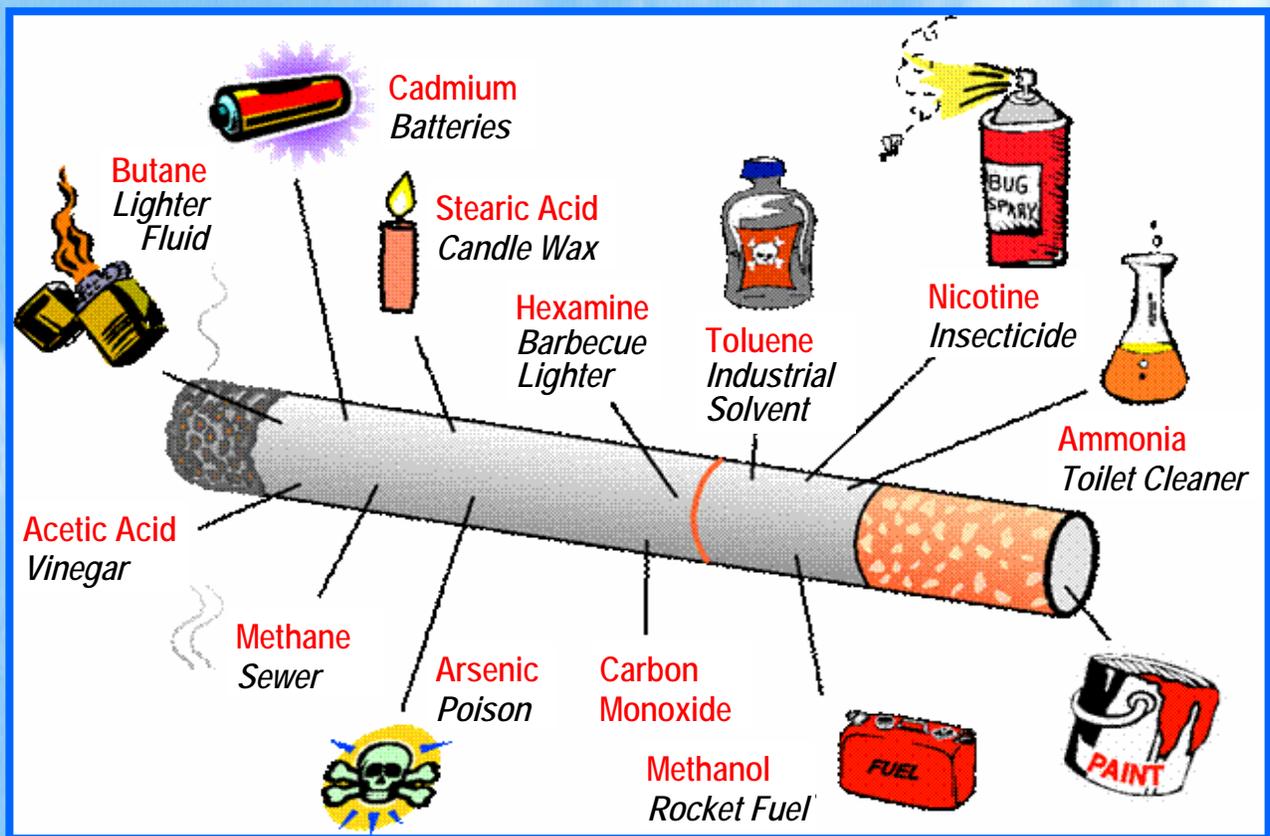


REMINDER: Use your regular Medicaid card at the pharmacy. Your medications continue to be covered by Medicaid directly. If you have any questions or problems getting your medications, call Member Services at 800-556-0689.

November is Tobacco Education

EVERYBODY LOVES A QUITTER!

Quitting takes hard work and a good effort,
What's in that Cigarette?



Call **VidaCare** at **1-800-556-0689** or

The New York State Smokers' Quitline : **1-866-NY-QUITS** (1-866-697-8487)

Deaf, Hard of Hearing and Speech Disabled:

Call to see if you are eligible for a 2 Week Starter Kit of Nicotine Replacement Therapy to help you stop smoking

1-866-NY-QUITS (1-866-697-8487)

NEW YORK STATE SMOKERS' QUITLINE

DENTAL CARE



VidaCare members can get dental care from any dental provider that accepts Medicaid. Dentists bill Medicaid directly for your care.

VidaCare can help you find a dentist that specializes in the care of PWHA's. Two of these providers are: Harlem United Dental Clinic and Village Care Dental Clinic.

See below for more information!

Harlem United Dental Clinic

Harlem United's Dental Clinic was created in response to clients need for **quality, full-service dental care** that is **easy to access**.

Since 2003, this **state-of-the-art** dental facility has rivaled any Park Avenue practice. The Dental Clinic is part of Harlem United's Adult Day Health Care Center.

The office is a **comfortable and friendly environment**. If you have ever feared going to the dentist, don't worry! The **caring staff** Harlem United will help every step of the way.

The Dental Clinic offers a variety of **comprehensive services** including the following:

- ◆ **Diagnostic X-Rays and Exams**
- ◆ **Preventative Care (cleanings and oral hygiene instruction)**
- ◆ **Emergency Care (care of acute pain and swelling)**
- ◆ **Restorations (fillings)**
- ◆ **Endodontics (root canals utilizing the newest techniques)**
- ◆ **Prosthodontics (gum treatment)**
- ◆ **Oral surgery (extractions)**
- ◆ **Referrals to outside specialists for complex surgical procedures**

Call now for an appointment! (212) 531-1300 Ext. 442



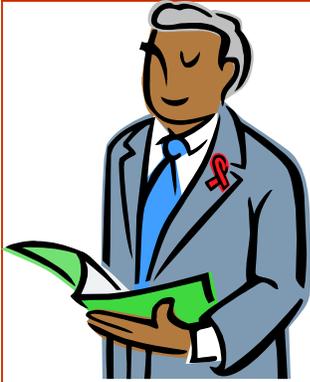
Village Care Dental Clinic

Located on the 1st floor of:

Rivington House
45 Rivington Street
New York, NY 10002

For an appointment call: 212-539-6265

Services Include: Dental Examination, Prophylaxis, Restorations, X-Rays, Extraction and much more!



World AIDS Day 2007

This year, World AIDS Day will be on Saturday, December 1st! Keep a look out as AIDS programs, faith organizations, community organizations and individuals demonstrate the importance of the fight against HIV/AIDS.

There will be many events announced in the next few months including lectures, religious services, fairs and more. Be sure that you are informed about events in your community. **Take part in all that you can. Action makes a difference in the fight against HIV/AIDS!!**

Source: <http://www.hhs.gov/aidsawarenessdays>

Quote of the Day:

"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind."

- Theodore Seuss Giesel



NEED EYEGASSES ???

If you need an eye exam or a pair of glasses call **VidaCare Member Services** (800-556-0689) or **Davis Vision** (800-999-5431) to find a Davis Vision provider that is near you. You *do not* need a referral, but you must go to a Davis Vision provider. You get a new pair of glasses every two years or sooner if your prescription changes before then. If your glasses break or are lost, you can get a replacement pair. *Talk to your PCP if you need to see an eye specialist for care of an eye disease or defect.*

**VidaCare
Member
Services**



1-800-556-0689

Call us if you have any questions, complaints, or need more information about how your health plan works.



Remember to turn your clocks back one hour on Saturday November 3rd before you go to sleep. Daylight savings time ends at 2:00 am on Sunday November 4th.

Flu Season is coming!

Flu season usually begins in January but may start earlier. **The best time to get your flu shot is October or November.** See your Primary Care Provider and get vaccinated!!

Source: www.cdc.gov

