

# HIV Care Network

## NEWS

September/October 2002

*Serving Broome, Chenango & Tioga Counties*

Broome County Health Department, Lead Agency  
225 Front Street  
Binghamton, NY 13905  
Phone: (607) 778-3066  
Fax: (607) 778-3888

Network Coordinator: Sandy Kosty, BSN, MHSA  
Network Chair: Tina Barber  
Network Co-Chair: Greta Immermann

## WORLD AIDS DAY

**SUNDAY, DECEMBER 1, 2002**

**Theme: "Live....and Let Live"**

***We Stand United in the Ongoing Fight Against AIDS***

**Join Us In a Tribute to the Many Friends  
and Loved Ones Lost to AIDS**

3:00 PM Gathering at the Broome County Courthouse  
Reading of Names

To Follow March of Remembrance

4:30 PM Celebration of Life and Message of Hope

Featuring music and speakers at the:  
American Civic Association  
131 Front Street, Binghamton, NY  
(near corner of Front and Court)

Reception to follow program.

**Call (607) 778-2858 or 778-3066 for more information**

Parking available in downtown parking ramp, Broome County Social Services parking lot and at the American Civic Association.

Sponsored by the Community Awareness Committee of the Binghamton Tri-County HIV Care Network

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The XIV International AIDS Conference was held in Barcelona, Spain in July 2002. Locally, Dr. Barbara Chaffee attended the conference. Dr. Chaffee shares her impressions of the conference with us in the following article.

## **Impressions of Barcelona**

By Barbara Chaffee, M.D.

The International Conference on AIDS held at Barcelona this summer was a wonderful experience, but disappointing in that there were no great breakthroughs reported. However, slow progress continues in many areas.

**Antiretroviral therapy:** Several new agents are on the horizon, including the fusion inhibitor, T-20 and a new protease inhibitor, atazanavir, which promises to be good to your lipids. The concept of strategic treatment interruption continues to be debated; long-cycle interruptions (one month, on one month off) do NOT seem to be very effective, but there is still a small study using 7 days on 7days off with some success in some patients.

It is still not clear when the best time to start therapy is, but the debate seems to be hovering around 200-350 helper cells.

**Epidemiology:** the worldwide picture continues to be grim. 40 million infected and 5 million new cases per year. Lots of evidence of a renewal of high risk behavior, possibly because people think it's "no big deal" as the partner of one of my patients said last week. We somehow have to keep the safer sex message out there.

**Overall:** Barcelona is a beautiful city and I loved the limited sightseeing we did. But Spain is for people who keep a late schedule; you are looked on as strange if you want dinner before 8:30 or 9 pm. So I loved being there but was glad to get home. Barb Chaffee

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As a follow-up to Dr. Chaffee's letter, I asked Dr. Chaffee if she could expand on her statement regarding renewal of high-risk behavior. I specifically asked what high-risk behaviors she and her co-workers may be seeing in our community. Dr. Chaffee stated that she has seen a rise in unsafe sex with both men who have sex with men and heterosexual individuals. She believes that some individuals think that since HIV is treatable they do not appreciate that HIV is still a major life-threatening condition.

A big thank you to Dr. Chaffee for sharing her impressions of the conference in Barcelona with us.

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## **Federal Legislative Update**

Source: [Sept 5, 2002] Kaiser Daily HIV/AIDS Report

In August, President Bush rejected a \$5 billion dollar spending package that would have included \$200 million for international HIV/AIDS funding. In early September, President Bush asked Congress to allocate \$200 million dollars in international HIV/AIDS spending. The funding is requested in fiscal year 2003 that begins October 1<sup>st</sup>, 2002. As of September the amendment was still pending in Congress.

## Upcoming Events At a Glance

**Thursday, November 7, 2002 6 – 9 PM**  
***Southern Tier AIDS Program: Annual Dinner & Silent Auction*** at The Binghamton Club, 83 Front St, Binghamton, NY. RSVP by November 1, 2002 to STAP by calling (607) 798-1706 or 1-800-333-0892.

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**Thursday, November 21, 2002 1 – 3 PM**  
***Teleconference: “Public-Private Partnerships: A New Model for Community Mobilization Against AIDS”*** – a live satellite broadcast and Webcast. To register, call Nancy Evans at (607) 778-8886.  
Location: Broome Developmental Center, 249 Glenwood Road, Binghamton, NY 13905

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**Sunday, December 1, 2002**  
***World AIDS Day***  
3 PM: Gathering at the Broome County Courthouse  
Reading of Names  
March of Remembrance to follow  
4:30 PM “Celebration of Life and Message of Hope” at the American Civic Association, 131 Front St, Binghamton, NY

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**July 2002 – June 2003**  
***Yearlong Health Survey***  
The Broome County Health Department and the New York State Department of Health will be conducting a yearlong telephone health survey to help state and local officials develop health care programs and services designed to respond to the needs of Broome County residents. The survey is part of the Expanded Behavioral Risk Factor Surveillance Survey, which is being conducted in 38 localities statewide. Professional health researchers from the Idaho-based survey company Clearwater Research will ask 630 randomly selected Broome County residents questions about their health behaviors, such as exercise, smoking habits and access to care.



**Save the Date!!!!!!**

September 23 – 25, 2003  
2003 HIV/AIDS Statewide Policy Conference  
Location: New York City

## Upcoming Network Meetings:

**Thursday, November 7, 2002 3 – 5 PM**  
***Steering Committee Meeting***  
Topic: Review and approval of revised by-laws and new member evaluation, more!  
Broome County Health Department

**Tuesday, November 19, 2002 Noon – 1:30 PM**  
***Consumer Advisory Board***  
Topic: Development of CAB Workplan  
Broome County Health Department

**Thursday, November 21, 2002 10 AM – Noon**  
***Case Management Committee***  
Topic: Review and approval of draft of Case Management brochure  
Broome County Health Department

**Thursday, December 19, 2002 3 – 5 PM**  
***Quarterly Network***  
Topic: Review and vote of revised by-laws; member evaluation, more!  
Broome County Health Department

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**Note:** There is no November meeting planned for the Community Awareness Committee due to planning for the World AIDS Day Event on December 1st.

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## **Regional GAPS Analysis Schedule:**

**Thursday, November 14, 2002 1 PM**  
Focus: Rural Health Network Committee  
Location: Whitney Point

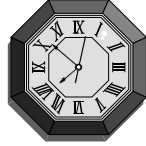
More RGA Discussion Groups to be scheduled.

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Send your suggestions for items to include in the Newsletter to:  
[skosty@co.broome.ny.us](mailto:skosty@co.broome.ny.us) or call 778-3066



*The Mission of the HIV Care Network is to improve the quality of life of individuals and families impacted by HIV and AIDS. This mission is achieved by fostering a coordinated, comprehensive, and accessible system for health and social support services for persons and their families who are infected with or affected by HIV and AIDS. Network committees play an integral role in promoting this system of care and in making recommendations to continuously improve accessibility and quality of care in the region, as well as increasing awareness of HIV/AIDS issues for the general public and among our legislators.*



## Committee News...

### **Community Awareness Committee.....**

**Chair: Alan NeJame, Co-Chair: Alfreda Archie**

This committee hosted the 2003 HIV/AIDS Statewide Conference Focus Group on September 11<sup>th</sup>. Mabel Pruden & Dan Tietz from the AIDS Institute asked attendees for input on the 2003 conference that will be held in New York City Sept. 23 – 25, 2003.

**World AIDS Day** planning is well under way by this committee and some community representatives, and the group has been meeting weekly since late September. This year, World AIDS Day is on Sunday, December 1<sup>st</sup> and an afternoon program is being planned. See page 2 for details. If you would like more information about the planning committee or to volunteer to help, call Beth at 778-2858.

**Next scheduled meeting is Feb. 13, 2003 from 10 AM – Noon at the Broome County Health Department.**

### **Case Management Committee.....**

**Chair: Nancy McGowan, RN  
Co-Chair: Beverly Arnold**

A Case Management Committee meeting was held on Sept. 26 with Mr. Charles Lobosco from the Case Management Unit of the AIDS Institute attending. The committee is developing an educational guide for the community regarding case management.

**The next meeting is scheduled for November 21, 2002 from 10 AM - Noon at the Broome County Health Department.**

### **By-Laws Ad-hoc Committee**

An ad-hoc committee met on September 30, 2002 to review the current by-laws and suggest changes to the by-laws. The draft of the new by-laws will be presented to the Steering Committee on November 7<sup>th</sup> for review and to the full Network on December 19<sup>th</sup> for review and vote.

### **Consumer Advisory Board.....**

**Chair: Bill Hartrum**

This committee last met in August. We would like to congratulate Bill Hartrum on his recent election as Chair of the committee.

**The next meeting is scheduled for November 19<sup>th</sup> at Noon at the Broome County Health Department.**  
Call Beth at 778-2858 to reserve a lunch.

### **Steering Committee .....Chair: Tina Barber**

**Co-Chair: Greta Immermann**

A combined Steering Committee and Quarterly Network meeting was held on September 18<sup>th</sup>. Nancy McGraw presented a draft of the Updated Regional Service Delivery Plan. The draft was thoroughly discussed and members voted to accept the draft as written. The Plan will be sent to area executive directors of organizations for review and additional input. The full Executive Summary will be updated and sent to the AIDS Institute following a review by the Steering Committee and a public comment period. Anyone with questions should call the Network Coordinator at 778-3066.

**The next Steering Committee meeting will be held on Thursday, November 7<sup>th</sup> from 3 – 5 PM at the Broome County Health Department.**

**The next Quarterly Network meeting will be held on Thursday, December 19<sup>th</sup>, from 3:00 to 5:00 PM at the Broome County Health Department, 225 Front Street, Binghamton.**

### **Nominating Committee**

The Nominating Committee met on August 21<sup>st</sup> to discuss the need for a Chair for the Consumer Advisory Board and to present a candidate for that position. In addition, the committee approved a tool for the Coordinator to use to assess the current full membership of the Network. The Nominating Committee will meet again in October to review the information from the membership assessment to make recommendations to the Steering Committee for future member recruitment.

**For more information on any of the above committees, or to join a committee, call 778-3066.**

## Network Program Review

Many thanks to our Network Chairs and Co-chairs who attended our Program Review on August 1<sup>st</sup>. Julie Laden, Contract Manager, and Tara Tate, Statewide AIDS Service Delivery Consortium (SASDC) Associate Director, conducted our Program Review with our Network Chairs and Co-Chairs; Nancy McGraw, Deputy Director of the Broome County Health Department; and Sandy Kosty, Network Coordinator.

### **SASDC highlighted the following accomplishments of the Network:**

- General Membership meetings are well attended by consumers and providers, and agendas are timely and include relevant topics;
- Network established a Consumer Advisory Board; Jack Patterson, immediate past Chair of the Board was commended for his efforts in recruiting new members;
- Case Management Committee was congratulated for sponsorship of a successful conference on the triply diagnosed client that had 125 attendees;
- Community Awareness Committee was recognized for the development of the HIV Prevention Calendars that won first place in the HIV/AIDS Materials Development Award from the Statewide Regional Community Educators Committee;
- An ad-hoc committee had met with the focus of increasing awareness of HIV/AIDS in our faith based organizations;
- The region's service priorities were updated;
- Recognized the Network's involvement with the Regional Gaps Analysis Project;
- Recognized Network staff for being responsive and timely to SASDC and AIDS Institute staff, and completion of all requests in a timely and thorough manner.

### **The reviewers made the following recommendations:**

- **Rotate** location of meetings and events when possible;
- **Include** title, service category & county each meeting participant represents on attendance sheets;
- **Increase** attendance of consumers in meetings;
- Develop a Workplan for the Consumer Advisory Board;
- Conduct an annual assessment of the membership to target outreach for new members; and
- Revise quality assurance tools.

The Lead Agency has submitted a plan to SASDC that has been accepted. The plan notes how the Network will put the above recommendations into action.

For more information regarding the Program Review, call the Network Coordinator at 778-3066.

## Congratulations

Congratulations to Alfreda Archie, our Community Awareness Co-Chair and a very active community representative! Alfreda has been appointed to the Prevention Planning Group (PPG). The PPG is a group of representatives affected by the epidemic and is composed of representatives from all geographic areas of New York State. The PPG plays an active role in planning for HIV prevention services in our state.

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### Consumer Advisory Board Brochure

A Consumer Advisory Board Brochure has been developed to inform consumers about the Network and the Consumer Advisory Board. The brochure includes an application that can be completed to join the Network. STAP included a copy of the brochure with their mailing in September. If you would like a copy, call Beth at 778-2858 to have one mailed to you.

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### **"Vitamin Intake Affects Mom-to-child HIV Spread Risk"**

[Oct. 25, 2002] CDC HIV/STD/TB Prevention News Update

Multivitamin (MVI) supplements may help some pregnant women decrease the chance of transmitting the virus to an unborn child and assist to improve their babies' health. Women with low hemoglobin who gave birth to low birth weight babies were less likely to transmit HIV if they received MVI while pregnant. Research shows that giving Vitamin A supplements alone may increase mother-to-baby HIV transmission during pregnancy or breast feeding. The research, by Dr. Fawzi and colleagues of Harvard School of Public Health, was published in AIDS (2002;16: 1935-1944). Dr. Fawzi advocates for providing pregnant women with multivitamins.

Reuters Health (10.10.02):Alison McCook

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### Local Public Service Announcements to be Aired

WILD 104, a radio station with a 30 mile radius of Binghamton, is planning to air public service announcements with messages regarding HIV/STD prevention for a month, from approximately mid-November to mid-December. They will also be informing listeners of the World AIDS Day Program planned for December 1<sup>st</sup>. Wild 104 is also planning to do several live remotes in Binghamton to help get our public service messages related to HIV/AIDS and sexually transmitted diseases. Staff from the Broome County Health Department, the Southern Tier AIDS Program, Binghamton University, BOCES and the New York State Department of Health, Bureau of STD Control is coordinating this project.

## **Eastern Europe and the former Soviet Republic see major rise in HIV Infection Rate**

Source: CDC HIV/STD/TB Prevention New Update, 9/20/02.

The HIV infection rate in Eastern Europe and the former Soviet Republic more than doubled from 1998 to 2001. One million people are infected with the highest incidence - nearly 80% of new infections - in young people under the age of 29. Lack of knowledge regarding HIV transmission and risky behaviors account for much of the increase. The report states that due to current trends, the peak in infections has not been reached yet.

Associated Press (09.18.02): Barbara Borst

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## **HIV Positive Females Face Different Challenges**

[Sept. 5, 2002] CDC HIV/STD/TB Prevention New Update

A report released this summer by the Massachusetts Department of Public Health showed an increase of 10% in a decade in women with HIV infection in that state and some cities and towns had a 45% increase. Almost two thirds of women infected are women of color. Women with HIV present different challenges to health care providers. Women tend to have family obligations that may impede their keeping medical appointments. Women are hospitalized more for failure to take their medications. Since most research and treatment have been done with men, women may experience different side effects with the disease and treatment.

Boston Globe (Sept. 2, 2002): Emily Ramshaw.

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## **HIV Drug Fuzeon gets FDA Priority Status**

[October 14, 2002] CDC HIV/STD/TB Prevention New Update

Hoffman-LaRoche, Inc. and Trimeris, Inc. received notice that their drug Fuzeon has been granted a priority review status by the FDA. A 24-week study of Fuzeon showed that when used with other antiretrovirals Fuzeon reduced viral loads in HIV patients, even those whose virus was resistant to other HIV drugs. Fuzeon is a fusion inhibitor that blocks HIV from entering human immune cells and is active against HIV resistant to other current drugs. Fuzeon is injected twice a day. The FDA is expected to review the new drug application for Fuzeon by March 16, 2003.

Wall Street Journal (10.11.02).

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## **Senior Citizens and HIV**

[Aug. 12, 2002] Aging of AIDS. The silent risk group for HIV infection: senior citizens. USNews.Com By Mary Brophy Marcus.

People over age 50 make up 13% of total AIDS cases, up from 11% ten years ago, according to the CDC. Factors for the rise in this age group include the use of Viagra, seniors enjoying sex later in life and increased screening of seniors for HIV. The report notes a concern that health care providers may not discuss sexual history with seniors or may misdiagnose symptoms of HIV for age related diseases; thus delaying testing and diagnosis. Seniors have unique challenges to HIV treatment as they may have other health problems in addition to HIV infection and may be taking medications for other illnesses that may interfere with HIV medications. The report noted that when diagnosed with HIV infection, seniors tend to get sicker faster but prognosis is good.

## **Listeriosis – a serious bacterial infection**

[Sept. 23, 2002] NYS DOH letter from Dr. Birkhead

Listeriosis is a bacterial infection that has occurred in ten cases in New York State recently. This infection can be a very serious illness for newborns, elderly, pregnant women, and adults with weakened immune systems, such as found in people with HIV/AIDS. To decrease your risk of Listeriosis: thoroughly cook raw food from animal sources; wash raw vegetables before eating; keep uncooked meats separately from vegetables and cooked foods and ready-to-eat foods; avoid raw milk or foods made from raw milk; wash hands, knives, and cutting boards after handling uncooked foods. Recommendations for those at high risk include avoiding food from a deli counter or reheating cold cuts before eating; heat leftover foods and ready-to-eat foods; and avoid soft cheeses, such as feta, Brie, Camembert, blue-veined, and Mexican style cheeses.

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## **“Dementia in HIV-Positive Individuals Can Negatively Affect Treatment Regimen”**

[October 16, 2002] Kaiser Daily HIV/AIDS Report

HIV-infected patients are living longer and HIV-related memory problems are getting more attention by doctors. The symptoms of dementia may be misdiagnosed as depression or stress. To assist HIV infected patients remember to take their medications at the appropriate time, some patients are now using electronic beepers or cell phones which are programmed to signal times to take medication. Studies are being done to research dementia in HIV infected patients.

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## **“Early Data Finds HIV Patients Do Well with Organ Transplants”**

[Aug. 30, 2002] Associated Press: Laura Meckler.

At the International Congress of the Transplantation Society, researchers noted that HIV patients with liver or kidney transplants as just as likely to survive the transplantation surgery as non-HIV infected transplant recipients. HIV infected transplant recipients need special attention to their medications as medications prescribed to keep their body from rejecting the transplanted organ may interfere with HIV medications. It is hoped that this research will cause transplantation centers who previously did not accept HIV patients as candidates for transplantation will rethink their policies and expand access for transplants to HIV infected patients.

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## **“United Way Report Finds HIV/AIDS Has Passed The Epidemic Stage in Certain Areas of New York City”.**

[Aug. 14, 2002] United Way Press Release

The United Way of NYC reports that some neighborhoods in NYC have passed the epidemic stage for HIV/AIDS among minority women and children. HIV/AIDS is the leading cause of death for women aged 25-34 in NYC and the second leading cause of death for women aged 35-44 in NYC. Women of color are primarily affected. More adolescents are becoming infected with at least half of those newly infected are under age 25. The report notes that the origins of this epidemic lie in poverty, IV drug use, homelessness and incarceration. For a copy of the full report, go to: [www.uwnyc.org](http://www.uwnyc.org) or call Vanessa Reed at (212) – 251-4185.

# Community Resources Page

## Domestic Violence Resources

- ❑ **NYS Domestic Violence Hotline:**  
1-800-942-6906 English  
1-800-942-6908 Spanish
- ❑ **SOS Shelter**  
(Serving Broome and Surrounding Counties)  
754-4340 24 hr hotline
- ❑ **A New Hope Center**  
(Tioga & Surrounding Counties)  
1-800-696-7600 OR 687-6866
- ❑ **Safe Against Violence**  
(Delaware County)  
(607) 746-6278
- ❑ **Catholic Charities**  
(Chenango County)  
Crime Victims/Domestic Violence  
(607) 336-1101
- ❑ **Crime Victims Assistance Center**  
Non-residential services for domestic violence  
722-4256 24hr hotline

**Legal AID For Broome and Chenango, Inc.**  
(607) 723-7966 Binghamton  
(607) 336-8256 Norwich

**FRIENDS: Weekly Dinner & Social Hour**  
For persons infected or affected by HIV/AIDS,  
their friends and family members.  
Trinity Episcopal Church, For information,  
call Jack at 723-0523 or Bill at 724-0103

Website URL for the *HIV Care Network*:  
[www.gobroomecounty.com/safety/HIVindex.html](http://www.gobroomecounty.com/safety/HIVindex.html)



## AIDS DRUGS ASSISTANCE PROGRAM (ADAP) 1-800-542-2437

If you have questions or concerns about access to AIDS medications, are eligible for the AIDS Drug Assistance Program, and are on a Medicaid spend-down, please call the ADAP program. They will be happy to answer your questions.

**Binghamton Area Rainbow Association (BARA)** – a GLBT information resource & social activities. Phone: 607-772-3216 or check out the web site at: [www.barabing.org](http://www.barabing.org)

The following programs are **Ryan White Title II funded services**. It is not our intention to exclude other programs that may serve persons with HIV/AIDS. If you would like your program listed in the Newsletter, please call the Network office at 778-3066.

### *HIV/AIDS Counseling Program*

Outpatient Mental Health Clinic  
Binghamton General Hospital  
Summit Building, 33 Mitchell Ave., Binghamton  
(607) 762-3254

### *Project Uplift / Mental Health Association*

Counseling & Psychiatric Consultation Serving  
Mentally Ill/Chemically Addicted  
164 Court Street, Binghamton  
(607) 771-8353

### *The S.M.A.R.T. Initiative*

Education and consultation on HIV Treatment Issues  
for Health and Human Service Providers  
(607) 798-1706 OR 800-333-0892  
The Southern Tier AIDS Program  
122 Baldwin Street, Johnson City

## *Community Free Clinic for Uninsured Adults*

The clinic is open on

**Monday & Thursday Evenings**

**5:00 – 7:30 PM**

Broome County Health Department

(The clinic uses their facilities, but is not part of the health department)  
225 Front St., Binghamton NY

As of August 1, 2002 all new patients will be placed on a waiting list and called when they have the ability to see them.

Walk-Ins only-- no appointment necessary; Medicaid clients are not eligible For more information call Sally at (607) 772-3519. Free HIV Testing is now available.

## *Anonymous\* & Confidential HIV Testing Sites:*

- \* Broome County Health Dept..... (607) 778-2839
- \* Tioga County Health Dept..... (607) 687-8600
- \* Southern Tier AIDS Program..... 1-800-333-0892

Others in New York State, call..... **1-800-541-AIDS**

\* Anonymous testing is free.

**Partner Notification Assistance Program..... 1-800-541-2437**

**HIV/AIDS Support Group** 1st & 3<sup>rd</sup> Wednesday each month. For information contact Betty Pomeroy, 763-6003

**Broome County Health Department  
HIV/AIDS Training Program Course Schedule  
November – December 2002**

<i>Course Title</i>	<i>Date (s) offered</i>	<i>Time</i>	<i>Location of Training</i>
<i>Overview of TB and the TB/HIV Connection</i>	<i>November 12</i>	<i>1 pm – 4:00 pm</i>	<i>Binghamton</i>
<i>Servicing Families: From Assessments to Service Plans</i>	<i>December 17-18</i>	<i>9 am – 4:30 pm 1 ½ days</i>	<i>Binghamton</i>
<i>Domestic Violence in L, G, T, and B Communities</i>	<i>November 20</i>	<i>9 am – 4:30 pm</i>	<i>Binghamton</i>

*Note: All of the above trainings are free!!!!!!!!!!*

*You may register online at [www.gobroomecounty.com](http://www.gobroomecounty.com), click health, and click HIV Training Program.*

*Or Call for a registration form: Brenda Crone (607) 778-2855*

*The Spring 2003 HIV/AIDS Training Program Schedule is being developed.  
Call Brenda at 778-2855 to be sent a copy when it is completed!*

**People Living with HIV/AIDS Leadership Training Institute**

- PWA/LTI Core Training**, Rochester, NY: November 6 – 8. Call Tony Santana at 866-792-5323 for more information. A registration form is available at: [www.Cicatelli.org/lti/pwa\\_application.htm](http://www.Cicatelli.org/lti/pwa_application.htm)  
Fax completed registration form to: Tony Santana at: 212-629-3321.

**Advanced Topic Workshops for November 2002:**

- Introduction to Community Organizing**, Nov. 4 – 5, Rochester, NY
- Working Effectively in Groups**, Nov. 18-20, 2002, Rochester, NY
- Presentation Skills**, Nov. 20 – 21, 2002; Rochester, NY

LTI will pay for transportation to and from the training site, hotel room and meals, and childcare, if needed.

For more information, check their website: [www.cicatelli.org/lti](http://www.cicatelli.org/lti). Or call 866-PWA-LEAD (it is toll free and confidential). Ask for the LTI or e-mail [john@cicatelli.org](mailto:john@cicatelli.org)

**Other Educational Offerings available include:**

- NYS Department of Health AIDS Institute. For information, go to:  
[www.health.state.ny.us/nysdoh/aids/training.htm](http://www.health.state.ny.us/nysdoh/aids/training.htm).*
- Center for Health and Behavioral Training, Rochester, provides an array of trainings in the prevention and management of STDs/HIV/TB and in the use of behavioral and social science to improve prevention programs. Check out their offerings at:[222.urmc.Rochester.edu/chbt](http://222.urmc.Rochester.edu/chbt) or call (585) 530-4382.*

*Note: All of the above trainings are free!!!!!!!!!!!!*

### **Flu Season is Approaching!**

Influenza, commonly referred to as the flu, can cause serious illness with life threatening complications, such as pneumonia and worsening of previous medical conditions. Although there are four medications approved for treating the flu, those medications *cannot cure* the flu. Three medications, amantadine, rimantadine, and oseltamivir, have been approved for flu prevention. However, those medications *are not* a substitute for a flu vaccine. The flu season in the United States peaks from late December through March. Since the flu season will be here soon, it is time to think about getting your flu shot for this year.

**The Advisory Committee on Immunization Practices recommends adults and children over the age of six months who are infected with HIV receive an annual flu shot. They also recommend that household members of persons with HIV also receive a flu shot to prevent transmission of flu from the household member to an individual with HIV.**

**The following people should talk to their doctor before getting a flu shot:**

1. People who have a severe allergy to hens' eggs;
2. People who have had a severe reaction to a flu shot in the past;
3. People who have previously developed Guillain-Barre syndrome (GBS) in the six weeks after getting a flu shot.

#### **Reminders:**

1. You cannot get the flu from a flu shot!
2. Even if you had a flu shot from a previous year, you need to get another flu shot this year.

Also, individuals with HIV infection should also talk to their primary care provider to see if their immunizations are up-to-date. It is recommended that HIV infected individuals consider immunization against pneumococcal disease and tetanus. It may also be appropriate for some HIV infected individuals at risk to be vaccinated against Hepatitis A and Hepatitis B.

### **Who to call for more information regarding Flu Clinics and immunization questions in our region:**

1. Broome County residents are urged to call the Health Department Influenza Information line at 778-3911, Option 4 to hear a recording of current clinic schedules or go to the Broome County Government website at [www.gobroomecounty.com](http://www.gobroomecounty.com).

Residents with questions concerning eligibility to receive a vaccine should call the Broome County Health Department at 778-2839.

2. Chenango County residents should call: 607-337-1660 for information regarding flu vaccine, clinic schedules and immunization information.

3. Tioga County residents should call: (607) – 687-8600 for information regarding flu vaccine, clinic schedules, and immunization information.

Sources: [www.cdc.gov/ncidod/diseases/flu/MMWR/Recommendations\\_and\\_Reports/April 12, 2002, 51 \(RRO3\); 1-31](http://www.cdc.gov/ncidod/diseases/flu/MMWR/Recommendations_and_Reports/April_12_2002_51_(RRO3)_1-31); and [HIV & Primary Care: Putting Prevention into Practice](#), a publication of the New York State Department of Health, AIDS Institute, June 1998.

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**“FDA Approves Treatment for Hepatitis C”**  
Washington Post (10.17.02): Justin Billis.

The Food and Drug Administration (FDA) approved the sale of Pegasys by F. Hoffman-La Roche, Ltd. The FDA approved Pegasys to be used by itself, although approval by the FDA to use it in combination with rebavirin is expected soon. Pegasys is an improved form of interferon. Its main competitor is the medication Peg-Intron. The FDA gave its approval for Pegasys on October 16, 2002.

CDC HIV/STD/TB Prevention News Update [10.17.02].