

FITTING ALL THE PIECES

Central Michigan District Health Department
HIV/AIDS Case Management Program

April 2009

Volume II, Issue 4

Ten Things You Can Do to Adhere to Your Medication Schedule

1. **Watch clocks and calendars.** Clocks and calendars rule in managing adherence. Buy a cheap plug-in clock with numbers so bright you'll see them for miles. Set the alarm if that helps. Calendars help track when prescriptions need refills. Buy calendars with whatever kind of pictures keep you looking at each month.
2. **Buy a wristwatch** that allows you to set at least three alarm times in 24-hours. Adherence is achieved when you keep to your pill-taking schedule of every 6 or 12 hours, depending on your regimen.
3. **Free pill trays** are often available from your AIDS service organizations. Grab two trays. Keep one filled with a week's worth of meds. It's time consuming to count out each dose, each time, on time, more than once daily. In the second pill tray keep a day's worth of pills in your car or at work, just in case you forget.
4. **Put medicines in sight** such as on the kitchen counter or where you throw your keys once inside or next to the TV remote. If you can "see" your meds routinely, there's a better chance you remember to take them on time, every time.
5. **If you have food requirements** be sure to chart out exactly what and when you can and cannot eat. Generally, high-fat foods don't go well with HIV meds, although some meds will advise you to eat fatty foods to help you absorb the drug.
6. **Agree with a friend to accept calls** reminding you to take your medicines. Make a telephone-tree of all your friends on HIV meds. Commit to calling around the circle to insure adherence.
7. **Take your morning and/or night dose when you brush your teeth.** Maybe there's another daily routine that could be easily combined with taking meds, like immediately before or after you exercise.
8. **Reward yourself.** If you make it through a week or month without missing a dose, reward yourself. If you miss a dose, be gentle. Adherence is a lifelong commitment.
9. **The best defense against side effects** involves knowing what they are and how they affect you. For example, keep a log for a week or longer. Write down all your side effects, when they occur, for how long. Note any links to mealtime or certain foods. Then avoid the foods and situations that lead to your discomfort.
10. **Always coordinate your care with a health care provider.** Don't be afraid to ask questions and seek guidance. If your doctor or case manager is annoyed by questions, find another one.

Catrina's Corner

Breaking news...did you know that no one's perfect! Now I'm really in shock since I sort of figured that I was as perfect as they come. Okay, I'm just kidding, but realistically speaking as close to perfection as possible is the goal when it comes to adherence to medications. It doesn't matter if you're taking HIV medications or a plain ole antibiotic. Taking it on time and every day will help the medicine do it's job effectively. But, you and I both know that it's never that simple. Well, not only do we have some helpful tips included in this newsletter, but we also have an awesome dinner (i.e. free meal) planned during which time Dr. Gulick and his colleague, Carol Salisbury will be discussing this very issue. Out of respect to Dr. Gulick, I'm **strongly encouraging** each of you to attend this event. Just remember to RSVP to me ASAP so I can plan on how much food to have.

Also, if you haven't completed a budget worksheet for me yet, please do so ASAP. We definitely need that when it comes time to help with any emergencies that may come up. As always, feel free to call with any questions or concerns. Happy Spring!!

Clinic Dates

April 24, 2009

8:30 am - 4:30 pm

May 22, 2009

8:30am - 4:30pm

June 26, 2009

8:30am - 4:30pm

Clinic is located on the 2nd floor of the courthouse in Harrison. Look for the Family Planning clinic sign

Our office will be closed on April 10, 2009 in observance of Good Friday



Commitment To

Change

Ready.

Willing..

And Able...

KATI'S TIPS - MAKING GREENS FUN

A well-rounded meal plan is essential to the successful management of HIV. By eating a wide variety of foods, an HIV positive individual is better equipped to maintain an appropriate weight, avoid malnutrition, and better manage any side effects they may experience because of their medication regimen.

One of the best ways to achieve a well-rounded diet is by incorporating foods that are made up of many different food components. Salad, when properly prepared, is one example. The beauty of salad is that it can consist of many ingredients and can be tailored to an individual's own preferences. This allows for flexibility, creativity, and fun! It also allows for multiple nutrient needs to be met at one sitting.

To make your own salad nutrient-rich and appetizing, try a few of the tips listed below. If you still find yourself

unable to develop a good salad recipe, I suggest you check out this month's featured recipe entitle "Crab Cobb Salad". It is a recipe that incorporates many of the tips suggested, is easy to prepare, consists of many nutrients, and is overall satisfying. Enjoy!

Vary your greens. Instead of iceberg lettuce, try romaine, spinach, watercress, or chicory. These types of greens are typically richer in nutrients and antioxidants.

Add some meat. Grilled or roasted fish, chicken, and tuna all make wonderful accents to any salad. They are also rich in protein which will make your salad more filling.

Bring in some fruit. Apples and mandarin oranges can add a unique flavor to any salad combination.

Mix in some beans and nuts. Nuts and beans are great sources of protein and "god" fats. Like meat, these items will help make your meal more satisfy-

ing.

Don't forget the cheese. Cheese is a great source of calcium and protein and can add lots of flavor. Make sure the cheese you add is made with low fat milk to avoid raising your cholesterol levels.

Use Seasonings. Seasonings are a great way to add a little kick to any meal. If you find your salad lacking in flavor, this might be just the thing you are looking for.



Add Some Color. Try

adding as many different colored vegetables and fruits to your salad as possible. The more color, the more variety and the more nutrients. This could also be a great way to use any leftover vegetable or fruit pieces from earlier meals.



Support Group

April 20, 2009 Dr. Gulick/Carol Salisbury
* location change

May 20, 2009 Cooking with Kati
* date and location change

June 15, 2009 To Be Announced

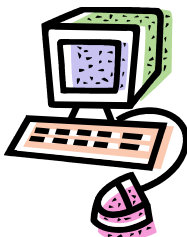
July 20, 2009 Independence Day Picnic
*location change

August 17, 2009 Cooking with Kati
* location change

Support Group meets 5:30-7:00pm. Call Catrina at 989-539-6731 ext. 8221 for location and directions

Websites

www.thebody.com
www.cmdhd.org



Questions? Comments? Concerns?

Contact:

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