

FITTING ALL THE PIECES

Central Michigan District Health Department
Case Management Program

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TIPS TO EASE SIDE EFFECTS

Sometimes beginning an HIV regimen can have some let's say unpleasant moments. So here are some tips to help ease some of the more common problems.

Nausea and Vomiting:

- Leave dry crackers by your bed. Before getting out of bed in the morning, eat a few and sit in bed for a few minutes.
- Sip cold carbonated drinks like ginger ale, 7-Up or Sprite to ease the nausea. If vomiting occurs, replenish fluids with: broth, non-carbonated beverages, juice diluted with a little water, jello, Gatorade, popsicles, or Pedialyte.
- Avoid hot (spicy not temperature), spicy, high fat, fried, and greasy foods.
- Talk to your doctor about prescription medications available to ease nausea and vomiting.

Diarrhea:

- Eating foods high in soluble fiber can slow diarrhea by absorbing the water not being absorbed by the body. Examples of soluble fiber include: white bread, oatmeal, white rice (drinking the water the rice is cooked in also helps), bananas, or applesauce.
- Avoid foods that have insoluble fiber such as: raw fruits and vegetables, fruit and vegetable skin, whole grain bread, muffins, pasta, or brown rice.
- Avoid greasy or spicy foods such as: fried foods, fast food, bacon or sausage, gravy, salad dressings, peanut butter, or most desserts.
- Increase your calories
- Eat small but frequent meals and healthy snacks
- Decrease your intake of caffeinated beverages such as coffee, tea, or soda (pop)

And most importantly, talk with you ID physician and a clinic dietician about these problems. Chances are they will have even more ideas and tips to help. Also, consider registering for Dr. Gulick's patient education session on September 28th. There you will have an opportunity to learn more about side effects of HAART and ask every question you've ever had. Just call me at 989-539-6731 ext. 8221 to register.

Catrina's Corner

So, what makes a relationship with your doctors, nurses, case managers, etc a good therapeutic one? Just one little word: Honesty. It's a small word for such a difficult thing. Sometimes, it's hard to be honest with the people in our lives, especially when we think that our honesty may cause those people to be disappointed in us or even angry with us or they may tell us to stop doing what we want to do. For example, when I drank underage, I sure as heck didn't tell my parents. I knew that they'd not only be extremely disappointed in me, but they would try to force me to stop, and I definitely didn't want to do that. However, when it comes to the professional people in our lives, our doctors, therapists, and especially case managers, honesty is critical to be able to best help and understand us. Speaking as a professional now, I know that if the folks that I work with are not honest about using drugs, having unprotected sex, needing help, etc. I can't possibly know what to do to best help them. So, the bottom line is don't be afraid to be honest with the professionals in your life. Not only will they appreciate your honesty, respect your right to make your own decisions, and not be angry with you, but they will also have a better idea of what they can do to help in whatever way you need them to. So, give me a call and test me out, or drop that whopper of a truth you've kept secret on your ID doctor. I promise you won't be disappointed.



Clinic Dates

September 25, 2009
9:00 am - 4:30 pm

October 23, 2009
9:00am - 4:30pm

November 13, 2009
9:00am - 4:30pm



Our office will be closed on Monday, September 7th in observance of Labor Day.

Commitment To Change

Ready.

Willing..

And Able...

Making Health A Priority

KATI'S TIPS - The Fast Food Dilemma: Making Nutritious Choices at the Drive Thru

We all go out to eat from time to time. In fact, with today's hectic pace, eating on the go has become commonplace. Although many of the foods available at fast food restaurants and convenience chains have been given a bad rap, not all of it is terrible. In fact, with a little knowledge about their products and a little modification to your menu selections, you can eat relatively healthy on the run. If you find yourself eating on the go frequently, or even just once in awhile, try using some of the tips below to eat a little healthier as you go from place to place.

Choose the smallest size offered of each meal item. Instead of super-sizing, stick with a small! It will still be just as satisfying, but won't add as many empty calories to your diet.

Instead of ordering regular soda, order a diet...or water...or low-fat milk! Low-fat milk is a great source of protein and calcium. Water is great for hydration. Another bonus when ordering water: it's free!

Share your meal with a friend. If you order an extra large sandwich or an extra large fry, give 1/2 or 1/3 of your order to someone eating with you.

Try substituting an order of fries for a side salad or a yogurt parfait. These taste just as good but have many more nutrients your body needs to stay healthy.

Go easy on the fried foods. Fried foods are very high in calories, saturated fat, cholesterol, and trans-fats. Its okay to eat these types of foods occasionally; however, most of the time you should select items that are broiled, baked, steamed, or grilled.

When eating at a sub or sandwich shop, order your sandwich with lean meats. Lean meats include turkey breast, chicken, lean beef, and lean ham.

Load up your sandwiches! That's right! Load them up with lots of vegetables, but go easy on the condiments. Tomatoes, onions, peppers, and other

vegetables add great taste and texture to any sandwich. It is also a great way to "sneak" vegetables into your everyday diet.

When dining out at restaurants that emphasize convenience, remember that there are just a few things that we nutrition professionals do not like. The portions are usually way too big, many of the items are prepared with lots of excess fat, and sodium levels run rampant. By using the tips above you should be able to curb many of these issues and still enjoy the fast food dining experience every now and then. Remember, moderation is key!

As we are talking about fast food this month, it did not seem appropriate to have a recipe listed this month. Instead, I am going to leave you with the top 5 highest calorie foods I could find from McDonald's, Burger King, Wendy's, and Subway. Notice where they come from and notice which restaurants aren't listed! Are you surprised?

Triple Whopper Sandwich with Cheese	Burger King	1250 calories
Triple Whopper Sandwich	Burger King	1160 calories
Chocolate Triple Thick Shake (32 fl oz)	McDonald's	1160 calories
Deluxe Breakfast (Large size biscuit) without syrup or margarine	McDonald's	1150 calories
Strawberry Triple Thick Shake (32 fl oz)	McDonald's	1110 calories
Vanilla Triple Thick Shake (32 fl oz)	McDonald's	1110 calories



Support Group

Sept. 28, 2009 Dr. Gulick/Carol Salisbury
*location and date change

Oct. 19, 2009 To Be Announced

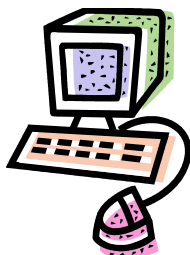
Nov. 16, 2009 Cooking with Kati
*location change

Dec. 14, 2009 Holiday Party
*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
www.aidsinfo.nih.gov



Questions? Comments? Concerns?

Contact:

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