

FITTING ALL THE PIECES

Central Michigan District Health Department
Case Management Program

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Tips to Reduce Winter Heating Costs

Winter heating costs can really mess up an already tight budget. The good news is that there are steps that you can take to help minimize the effects on your budget. Give them a try and hopefully you'll see a difference.

1. Try turning the thermostat down. Even one or two degrees will add up to savings each month. Cut back the thermostat about ten degrees while you are away from home, returning it to normal once you get back.
2. Place weather stripping at the base of drafty entryways, even if the gap is barely visible. Seal windows with caulk to keep out chilly air and hold in warmth.
3. Heat and cold can pass through glass as well as around its edges, so choose thick window treatments. When sun shines through windows, leave them open to receive its warmth. For the rest of the day, keep them shut as much as possible.
4. You can limit the stress put on your water heater by limiting showers to ten minutes and only using cold water to wash laundry.
5. If your hot water heater is in an unfinished basement, cover it with an insulated jacket, which most hardware stores supply. In a cold room, the thin layer of padding built into the unit will not be able to effectively keep out the exterior cold, so it will have to run more often.
6. After using the oven, leave the door open so the warmth is released into the kitchen rather than being absorbed into the back of the oven and wall.
7. If you have a fireplace or wood stove, use it to burn items such as newspapers, broken tree branches, discarded wooden pallets, etc. It's a good way to get rid of these unneeded items and will really make for a toasty warm home.

Catrina's Corner

Well, our patient education group had a great turn-out. For those of you who wanted to come, but didn't, I've got some really great handouts about side-effect management that I would love to share with you. Just give me a call and let me know. Dr. Gulick is looking forward to speaking at future patient education groups so please think about what topics would be of interest to you. It only makes sense that you are able to hear information that is relevant to you and your life. If you have any thoughts, questions, suggestions, etc for these meetings, please call or e-mail me so I can pass the information on to Dr. Gulick.

Fall is here and winter will be coming quicker than we realize so be sure to winterize your home as best as you can. Much heat can be lost around windows and doors. Filling in these gaps is relatively inexpensive, easy to do, and will go a long way toward keeping your home warmer. I know that heating costs are expected to rise this winter, so if you believe that you may be faced with a heating dilemma, please contact me before it becomes a crisis. Often it takes days to get a program or emergency assistance in place to handle the situation and that may make for some really cold toes while you wait. I look forward to seeing you all soon at group and clinic. Take care and stay warm.

Clinic Dates

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

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

December 18, 2009
9:00am - 4:30pm



Happy Halloween

Commitment To Change

Ready.

Willing..

And Able...

Making Health A Priority

KATI'S TIPS - Why What You Eat Affects the Way Your Medications Work

Unfortunately, some of the medications prescribed to help manage HIV have many side effects. These side effects can sometimes change the way you eat or even make eating difficult and unpleasant at times. Making meal-time even more complicated is the fact that some foods interfere with the way your medicine works. It is therefore important to make sure that side effects are managed appropriately and that the foods known to alter the way your medicine work are avoided or eaten in moderation. By following the below guidelines you should be able to maximize your medication's usefulness as well as manage any associated side effects while still enjoying your meals. In fact, many of these guidelines will help you to eat better most of the time because when your medicine works appropriately and the side effects are under control you feel better and are more likely to eat foods high in nutritional content.

General Guidelines for Taking Your Medication:

Read the label on your medication and follow the directions.

Inform your physician about all the medications you are currently taking. This also includes herbal and multivitamin supplements as well.

If you have a question, ask it! Your physician, pharmacist, and nutrition professional will all be more than willing to help you find the answers you are looking for. We all want you to be feeling your best and will do what we

can to get you there safely.

Some Common Medication-Nutrient Interactions to be Aware of:

Alcohol alters the way many HIV medications work and is generally not recommended.

St. John's Wort can also alter the way many HIV medications work and is generally not recommended.

Antacids can also alter the way many HIV medications work and many times should generally not be taken within 2 hours before or after taking HIV meds.

Some medications work better on an empty stomach while some work better when taken with foods. Remember to check your medication label and/or talk with your physician to see which is best for each medication you are taking.

Some medications work better when taken with a high fat meal while others work better when low fat meals are consumed. Once again, check your medication label and/or talk with your physician to see which is best for each medication you are taking.

Citrus beverages can also change the way some medications work and once again you should check your medication label and/or talk with your physician to see whether or not any of the medications you are taking are affected by these types of foods

Some Common Side Effects and What You Can Do About Them:

Nausea/vomiting.
Diarrhea.
Poor Appetite.
Abdominal Pain/Upset Stomach
Fatigue.

For all of these symptoms, there is a wide variety of things you can do to help manage them. Eating smaller meals, eating more nutrient-dense foods, and drinking fluids separate from these meals are all ways you can help to manage these side effects; however, it is important to talk with your nutrition professional to come up with strategies right for you. Each person is different and will respond differently to various treatments. By working with me (or Amanda) at clinic, we can come up with some strategies just right for you that will help you feel better for the majority of the time.

And of course, keep communication with your doctor open! The information provided here is not meant to be all inclusive. Instead, it is a starting point for you and your medical team to

better manage your well-being. Good luck and keep asking questions!



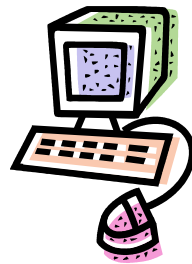
Support Group

Oct. 19, 2009	Topic to Be Announced
Nov. 16, 2009	Topic to Be Announced
Dec. 14, 2009	Holiday Party
*location change	
Jan. 18, 2010	Topic to Be Announced

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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