



ODC NEWS & VIEWS

MARCH & APRIL 2008

What You Should know about BLOOD

Blood: What's In It For You

Your blood is composed of cells that move around in a watery substance called plasma. In fact, plasma, which is an essential ingredient for human survival, is 90 percent water.

The three basic types of cells that "swim around" in your blood are: (1) **red cell** (2) **white cell** (3) **platelets**. It takes all three types

of cells working properly together to perform your blood's vital bodily tasks. Let's look at each cell type.

Red Cells

These cells are the greatest number of blood cells in your body. They are made in the red bone marrow and their main job is to carry oxygen throughout the body. The red cells have an iron-containing substance, called hemoglobin, that gives your blood its red color and gives the red cells their ability to take up oxygen in the lungs.

White Cells

These cells are made in your bone marrow and in certain lymphoid tissue. White cells are larger than red cells, but they are fewer in number. Their main role is to safeguard your body from infection and disease.

Platelets

The smallest cells in your body, platelets, are responsible for clotting. When a blood vessel is cut for example, they gather together at the wound and attempt to block the blood flow until your blood clots to plug the hole.

Your Bloodstream: The River of Life

Like a river, your bloodstream is the fluid of life that flows through your body. Without blood, the human body would stop working because blood supplies our cells with much needed energy.

An average adult has between five and six liters of blood in his or her body. As it carries the necessities of life - oxygen, water and food - to all the cells in your body.

What Blood Does In Your Body

Blood which your heart rapidly pumps throughout your body via miles of blood vessels, does many things to keep you alive and healthy. Its most vital functions include transportation of oxygen from the lungs to your body tissue and carbon dioxide from your body tissues to your lungs.

Blood also carries food and water to cells, removes harmful wastes, distributes heat produced by working muscles, and transports nutrients and hormones throughout your body. Additionally, it plays a critical role in fighting disease because it contains several kinds of disease substances.

To protect against the loss of blood, your body is capable of producing enormous quantities of fresh blood as needed.

Blood Disorders

Blood disorders can be caused by many conditions, including overproduction or excessive destruction of blood cells. Genetics, nutrition and certain infections can play a part in blood disorders

White-Cell Abnormalities

Sometimes people do not have enough, or have too many, white blood cells. An excess of white cells is called leukemia. An unusually low number of white cells produces leukopenia. People with neutropenia, the most common type of leukopenia, have an increased risk of infection because their blood lacks enough neutrophils to defend the body against harmful bacteria.

Platelet Deficiency

A shortage of platelets in the blood is called thrombocytopenia and results in leaks in the blood vessel walls. Signs of platelet deficiency include easy bruising.

An abnormality of the platelets can also result in abnormally low levels of clotting factors. This disorder, known as hemophilia, is a hereditary condition in which the blood clots extremely slowly. Hemophiliacs risk severe bleeding from minor injuries.

Red Cell Abnormalities

One of the most common blood disorders is anemia, which develops from abnormally low red blood cells, or hemoglobin levels. There are many causes of anemia. Severe anemia can lead to heart failure, low blood pressure or shock.

A nutritional cause of anemia is iron deficiency.

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Body Positive Creed - You Are Not Alone

Part 4 of 5

Starting Over

By Jim Lewis and Michael Slocum, former editors of Body Positive

There are nearly a million of us in the United States.

Don't isolate yourselves.

One of the truths of testing HIV-positive is that once you know, you can never not know again. For better or worse, your life will always be different now. You may be experiencing great feelings of loss about this. You may feel that certain areas of your life are now in the hands of doctors, insurance companies, or symptoms. This can make you feel as though you have less control over your own life and may cause you incredible anxiety.

Know this -- you do not have to give up control of your life. By arming yourself with information and deciding what is right for you, you will soon realize that you are still the same person you were. It is

your life, your body, your health, and no matter how well-meaning your family, your friends, or your doctor may be, they have no right to take control of your life. Allow yourself to take time to decide what you want to do. Then go do it.

You may find that many of the priorities in your life change rapidly. If you are considering making major changes in your life, just make sure that you think them through carefully. Many HIV-positive people have made huge changes in the way they live. Many have broken bad habits, such as drinking too much or smoking. Some have gotten out of bad relationships or quit jobs they really hated. Facing the possibility of getting sick or dying has made many of our lives much better because it has made us take action in areas we have previously ignored or repeatedly put off. Mortality can be a great motivator.

Some people blame themselves for being HIV-positive. This kind of guilt and self-hate is very destructive. Regardless of how you were infected, you

did not go somewhere or do something with the intention of infecting yourself -- so why

There are nearly a million of us in the United States.

beat yourself up about it? You are facing enough right now; you don't need to punish yourself for testing HIV-positive also.

Grief, or extreme sadness, is one of the emotions that most HIV-positive people face at some point. You may be grieving for yourself, facing the possibility of your own death. For many of us, the virus is not only affecting our lives, but the lives of those we love. Many have lost friends

and loved ones to HIV, or have many people in their lives who are also HIV-positive. Allow yourself to express grief and fear in some way. Permit yourself to cry. These feelings are valuable and normal; ignoring them will not make them go away.

You may also feel that you are now damaged in some way -- that no one will want to touch you or love you or that you are less desirable because you are HIV-positive. You may feel that you will never be able to love again, that no one would want to be with you if they knew that you were HIV-positive. These feelings will pass. You are not "damaged goods." You are still a valuable person, as capable of giving and receiving love as ever. You can make your own decisions, relax, and enjoy each day. This may be a struggle and you may have to find new ways of coping with daily life, but it's worth it.

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Here's Dr. Schroeder



Dr. Laura Schroeder

Job Title- Open Door Clinic Doctor in Elgin

How long have you been with

ODC? I don't remember, ask Phyllis

What types of things do you do with ODC? Patient care at the clinic and in the hospital.

Describe your family (define family however you want)? Partner Chris and I and two dogs split time between City home in Chicago and Country home near Elgin. We visit Mom,

Dad, Sissy, Bro-in-law niece and nephew in Quad Cities.

What do you enjoy doing in

your free time? Golf, Bowling, Cooking, Travel (Florida has been a recent favorite)

Where is the farthest place from home you have ever been? Amsterdam in Gay Games 1998-Softball....

What is your favorite food?

What do you mean food, its foods! (Pleural) I've never turned down a meal that is for sure!

What one thing do you want to

do that you haven't done yet?

Become president of the medical staff at St Joes

Who is the most impactful person in your life or most impactful person on humanity (dead or alive)? Bono, who is a

contemporary artist and AIDS activist, allows us to by overpriced cool (product) RED for those in Africa. It is the American way! Music is good too.

LIFE IS BEAUTIFUL

BY LISA

My Name is Dean and I am a Legacy speaker for Open Door Clinic. I went to a local drug rehabilitation center to speak to a group of people about HIV. When I was done talking I answered their questions. I was pleasantly surprised when this young lady asked if she could read something that she wrote, she stated that me coming there and talking to them inspired her to write this. I thought that I would share this with you. I hope that this would inspire you to write your story and maybe share it with the anyone that would like to listen.

Life is Beautiful
 Life is Kind
 Take a break, sometimes, to relax and unwind.
 The blessings from above are always endless and bountiful.
 Life is one of the greatest mysteries.
 I believe it.
 How we help and touch the hearts of others; this makes a better part of you in many more years.
 Also to one day become a part of your future history.
 Life is not supposed to be lived in misery.

Each and every life needs to touch as well as be touched.
 Life at times does get rough.
 Don't ever give up because you can never live enough.
 In life from misery you must refrain
 You still have a lot of a full loving life yet to be gained.
 I would like to say "thank you" for coming and sharing.
 You and your messages are

very thoughtful and caring.
 Most Important of all is the beautiful message you are bearing.
 Dean, these keep helping you as well as others.
 Your faith, courage, and message I will always bear.
 It is a beautiful blessing that you are aware.
 And, for yourself from me to you, please take very good care.
 More blessings for all of us are yet to come.
 My heart is where this poem from me to you comes from.



What You Should Know About BLOOD

Continued

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Most anemia are acquired, not genetic. An example of an inherited anemia is sickle-cell anemia.

What Type Are You?

Not everybody's blood is the same. The ABO blood groups make up the leading system of blood classification. In this system, there are four different blood groups, or types: A, B, AB and O. Every human being belongs to one of these groups.

Understanding Your Complete Blood Count

In order to know how efficiently your blood cells are functioning, a commonly preformed blood test, or **complete blood count (CBC)**, measures the levels, or counts, of different types of cells in your blood.

Because some illnesses can cause blood counts to drop, a CBC is one of the most important blood tests. Regular CBC testing can help catch a low or high blood count so it can be treated before it becomes

serious.

It generally takes less than a drop of blood for a CBC. Sometimes a nurse will collect blood by pricking your finger or taking from a vein. The blood sample is then sent to a laboratory for analysis. Results are usually ready with in minutes to hours of the blood test.

Take Charge of Your Health

There are many pro-active ways to keep your CBC up:

- Have your hemoglobin (Hb)

checked regularly

- Seek nutritional advice to include iron and vitamin-rich foods and supplements in your diet.
- Plan activities to save energy and prevent fatigue.
- Be informed about all your medicines including there side effects.
- Ask your doctor any questions you have about your disease and/or treatment.



UPCOMING EVENTS

MARCH

03 - National Black
Thru Church week of
08 prayer for the
healing of AIDS in our
community
04 - Mixed Support
Group 4:00p (A)
12 - Love & Action
Ladies' Lunch
28 - Mixed Support
Group 4:00p (A)
Brian Rice Speaker
29 - All Things Chocolate
Fundraiser
29 - Aurora African
American Health
Fair 9 am to 1 pm

APRIL

04 - Mixed Support
Group 4:00p (A)
05 - Love & Action
Easter Family Dinner
18 - Mixed Support
Group 4:00p (A)
15- Newsletter Articles
Due
28 - Newsletter Released
Available at Clinics

*Dates are subject to change
Please call to verify dates*

(A) Aurora (E) Elgin

For Better Health

Eat a balanced breakfast that includes protein, good fat and limits refined carbohydrates and sugar.

Try: Egg omelet's made with vegetables Switch bacon for Canadian bacon or ham. Low fat chicken or turkey sausage Add beans to egg dishes instead of bread Use butter instead of

margarine. Margarine is fake. Butter is real.

Eat real food. Use canola oil, light olive oil instead of vegetable (corn or safflower) oil. Canola and olive oils are good for your heart.

Try: a smoothie made with a low sugar protein powder,

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fruit, ice and water
Add a Tablespoon of
Flax Oil (from the
health food store.
Also very good for
your heart.

Eat corn instead of
flour tortillas Eat
less tortillas (1-2)
at a given time Eat
fruit instead of
drinking juice

Juice has more sugar
than soda (ounce for
ounce) (12 teaspoons
per 12 oz.)

Soda has a lot of
sugar (10 teaspoons
per can) Diet soda is
related to problems
with your metabolism
and may contribute to
obesity

Don't drink soda
Try: Water, seltzer
with a squeeze of
fresh lemon, lime or
orange

Try: flavored tea
(vanilla, cinnamon,
mint, chamomile, or-
ange, licorice, rasp-
berry)

Don't drink sweet tea,
sunny D, sports drinks
Coffee may be proc-
essed with formalde-
hyde, think about
switching to organic
coffee McDonald's
serves organic coffee
(Paul Newman's brand)
Try splenda instead of
sugar or saccharine.

Disposing of OLD Medication

Expired or unused medications or drugs should never be flushed down the toilet...they go into our water system and are not necessarily filtered out. They also go into the fish we eat and into the soil. Please bring them into the Clinic and we will dispose of them properly.