



ODC NEWS & VIEWS

MARCH & APRIL 2007

Who's ODC's New Medical Director, Dr. Huston?

By: Dean Bockman

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I was able to catch the very busy Dr. Marcia Huston the other day in between ODC and her other responsibilities and she graciously agreed to an interview.

D: Thank you Dr. Huston for agreeing to speak with me. I am sure that our readers are as interested as I am in getting to know you better. Many of us have seen you around the Clinic since you began with ODC in Aug. '06 but have not had much opportunity to get to know you.

D: Why did you decide to come to Open Door Clinic?

Dr. Huston: When I visited Open Door Clinic (with Dr. Lucks) I saw how the staff is so helpful to the clients.

D: Why did you decide to become a doctor specializing in infectious disease?

Dr. Huston: I knew Dr. Lucks while he was at Open Door and visited him at the clinic and I was inspired.

D: Who was your inspiration in becoming a doctor?

Dr. Huston: I was in a graduate program and a professor in that program inspired me.

D: How long have you been practicing medicine and what would you say is your treatment philosophy?

Dr. Huston: I like science and have a Master Degree in Biology. I have been treating people since 1991 with the philosophy of working with the patient and the treatment program that works best for them.

D: Besides working at ODC and Dreyer Medical Clinic what other

responsibilities do you have?

Dr. Huston: I am the Director of the TB clinic at the Kane County Health Department and have my private practice.

D: OK, on a lighter note...What kinds of things do you like to do to unwind?

Dr. Huston: I like going to the movies and to the gym to exercise. I also spend time with my son, doing activities and Boy Scouts with him.

D: Can you tell us something about yourself that you want our readers to know about you?

Dr. Huston: I general care what happens to people and my job is to be your medical doctor to advise you. I keep updated on information and if I am not sure of something I will do the research to give you the correct answer.

So when you see Dr. Huston (Open Door Clinics Medical

Director) Please stop and say HI.

SPECIAL POINTS OF INTEREST:

- TB Testing Coming
- Traveling With HIV
- Support Groups
- Nutrition
- Dr. Huston
- Kim A Legacy Story
- For the Record
- Upcoming Events

Support Groups

ODC offers a variety of support groups for people living with HIV/AIDS (PLWHIV/AIDS) to go to talk to other PLWHIV/AIDS for support, to get ideas, suggestions, knowledge and information on situations that we all have gone through or might be going through in our lives. The

groups also have guest speakers that keep us informed on different topics.

The groups are also social so that we can talk to different people who are in the same situation that we might be in.

Please contact : Mary Hodges in Aurora @ ext. 11

for the Aurora and Elgin mixed and female support groups.

Michelle Villar in Elgin @ ext. 12 for the bingo support group.

Marcos Bostho in Elgin @ ext. 24, in Aurora @ ext 14 for the Hispanic and mixed support groups.

Nutrition and how it helped me.

By: Dean Bockman



Carla Heiser, MS, RD, LD. (ODC's Nutritionist) asked me to write what nutrition has done for me and how going to her has helped me with managing my HIV health.

When I first started going to Carla I was looking for help to loose weight do to the fact that I found out that heart disease ran on both sides of my family and I was a good candidate for heart trouble due to that I am over weight.

When I started to see Carla at ODC I was a little hesitant as I usually am do to the fact that I did not know her. But after we met for the first time, she made me feel comfortable and answered all my questions. After we talked she made so suggestions on some things I needed to do and they worked for awhile I stopped loosing weight. When I saw Carla again I took some blood tests and after I she looked at the blood test, we found out that I was producing too much insulin and she recommended a prescription. I took the medication and it helped. In one year taking the medication and doing what she recommended I have lost about 55 lbs in one year. I can't believe how much better I feel and the energy that I have not to mention that I can fit into smaller cloths.

In December 2006 and I was not loosing the weight as fast as I was before. I ran into Carla at ODC and she asked me to make another appointment to see her. I met with Carla in January, we talked about what I was doing and talked about other things, she asked me some questions and she asked me if I wanted to loose even more weight and im-

prove my heath. She suggested for me to change some things in my diet. Instead of eating breads, pasta and sugar, I started to use splenda instead of sugar, eating more eggs and fruit smoothies instead of cereal, bread or pancakes, and I just ate more veggies instead of pasta. This opened the door to a whole different way of eating. It took some getting used to the changes I need to make but so far it has been worth it.

I just want to let you know what Carla has helped me accomplish and she has helped me fight my HIV naturally and keep off medication. I am going on 16 of being HIV + with out medication and I am going to fight this disease naturally until I need to take medication and when that time comes I will keep going to her to help me with the medication. I will let you know in a couple of months the results of this eating regimen and what it did for me.

**Be
Aware
Of
What
You
Eat**

For The Record

AFC estimates that **40,000 - 42,000** people were living with HIV/AIDS in Illinois in 2005. Just over 31,000 of these individuals have been tested for HIV and know there HIV status. **An estimated 10,000 HIV-positive Illinoisans (25%) do not know they are infective with HIV.**

Of the reported **31,376** PLWHIV/AIDS in Illinois who know, **16,166 are African-American; 9,970 are white; and**

4,398 are Latinos.

Gay men and men who have sex with other men (MSM) continue to make up the majority of reported HIV cases. 57% of men living with HIV in Illinois were infected through sex with another man. In Chicago, 84% of whites, 61% of Latinos, and 45% of African-American men living with HIV/AIDS were infected through male to male sex.

In Illinois, reports indicate that **African-American woman represent more than two out of three (68%) woman living with HIV.**

About 14% of people reported with an HIV diagnoses in Illinois were infected by **injection drug use.** An additional 14% were infected through heterosexual sex.

In Illinois, 84% of people reported with an HIV diagnoses

reside in the Chicago metro area, 16% of reported HIV cases are among people who live down state.

Sources:

- U.S Center for Disease and Prevention*
- Illinois Department of Public Health*
- Chicago Public Health*
- Kaiser Family Foundation*

ALL THINGS CHOCOLATE



Open Door Clinic is hosting its seventh annual, premier fundraiser "ALL THINGS CHOCOLATE" on

April 7 2007, in the Heritage Ballroom at The Centre of Elgin, 100 Symphony Way, Elgin, IL. **An evening of elegant decadence** in the name of raising funds and awareness. "Legacy 2007, a

celebration of life forever changed through HIV/AIDS" is this year's theme. All proceeds go directly to ODC's two Clinic locations (Elgin and Aurora) the only non-profit HIV/AIDS clinics in the Fox Valley area.

A champagne reception kicks off the evening at 7:00, followed by lite hor'deorges, an open bar and live entertainment, but the star of the show is still the chocolate. The areas finest Chocolatiers show-case their creations and seduce your palate. A silent auction tugs at others competitive natures.

Bidding on donated treasures: fine art, dining at upscale area restaurants, theatre and sporting event tickets, the latest in electronics, themed baskets and more, usually results in a steal for the highest bidder. Thus, good-natured bidding wars are common.

The evening also possesses a 50/50 raffle, a live raffle for \$1500 in travel and a 42" HD Plasma TV, and a door prize.

Tickets are \$50 in advance and \$60 at the door, and can be purchased at Open Door Clinic Elgin,

or by phone at (847) 695-1093 ext 0, **ask for Craig.**



Kim - Legacy Campaign



12.

I was running the bars at 17 and of course, having several sex partners. I remember why I began the crazy lifestyle at 17: my sister (6 years older) slept with every man I went out with or cared about. Continuing on...at the age of 20, I got pregnant by a so-called pimp. He never had me on the streets, and never even wanted me around him or his friends, 'cause they all shot dope. Anyway, he got locked up for a year so I ended up putting our son up for adoption (my father was prejudiced, and my baby's daddy was African American). I went through a lot of depression, alcohol and men after that, even some of his friends. I guess you could say I got buck wild!

I really don't know where to start...looking back, I can remember drinking and using drugs the at age of

My life went downhill from that; my son's father got put away for life without parole for a murder I never believed he committed. I met a man after that that became the love of my life (RIP). He was wild, a thug gangster, feared by all, but he was mine (and everyone else's). I know he loved me; he was just young and didn't know what he wanted. Anyway, he went to prison for a year.

I met another guy who was totally opposite. He was fun loving and could get along with anyone. However, he got me smoking crack cocaine, and my life spiraled down: I was going to jail, ended up pregnant, smoked crack every day of my pregnancy. Yes, God blessed me with a perfectly healthy baby boy. I tell him every day he is my miracle baby. I went to treatment for almost the first year of my son's life. Of course, his father was not around. Thank God for my family.

I started going to church, got baptized, and the Holy Spirit helped me live a happy, clean

life. My son and I got our own 2-bedroom house, which we lived in for 3 years. The love of my life came back and stayed with my son and me for a while. My son loved him and even told him; "I wish you were my father". "Black Folks", as he was called, said, "I was supposed to be". Anyhow, things were good for a minute, till he told my son to go into the bedroom and get his socks. When my son left, I found money in one and crack in the other. It wouldn't have bothered me if I hadn't had my son, so I put Charlie out. That was hard for me because he held my heart. But, I was the mother of a four year old.

His father came back into the picture, and for the next 6 years we were on and off, always smoking crack, until we lost that, too. In December of 2000, I got really sick, had a miscarriage at 3 months, and then lost a job I loved and had held for 5 years, which had been good for me. I got another job, but kept getting sicker and sicker. I started losing my hair, and by March of

2002 I could hardly move. I was so weak and had lost a lot of weight. Then I got a call from DuPage County Health Dept. saying that I had been named as partner of someone who tested positive for HIV. I totally broke down and freaked out. A Lady from the Health Dept. came to test me. I was tested positive as well. I had a Doctor, so I started taking meds. My counts were so bad they considered it AIDS. Anyway, 6 months later I lost my job, insurance, and all hope. I went to a Food Pantry, and there, I totally broke down. A very nice lady there gave me a list of different places to go for help.

Fortunately, I called the right place. I called Open Door Clinic! I started taking meds and within 6 months my HIV was undetectable. Open Door Clinic saved my life. The whole staff there became my friends, which is true to this day as well.

To find out how this story ends and to read other stories go to www.opendoorclinic.org

Traveling with HIV

BY: Tom Burke



There was a time when the only place you would be traveling to with HIV was your primary care provider, the hospital or worse. Today thanks to truly miraculous drugs many of us are living out very normal lives. There is no reason for those of us living with HIV not to travel. It does require just a little more fore thought. Here are some thoughts and ideas based upon my own experiences and observations of others mistakes as well as great ideas.

Do not forget your meds ! Make sure you have all your meds and

extra for your trip. Know what meds you are on as well as dosage rates. If I have way more than I need for the trip, I prefer to leave the extra at home so they could be sent to me if something happens to the ones I brought. If you are flying don't check your meds and info, keep them with you like your life depends on them. Your meds aren't much use to you in San Francisco if you got off in Denver. Keep them in the original containers, if you are searched the TSA agent will want verify that they are not illicit drugs.

If your meds need refrigeration or you have a special dietary need, make arrangements in advance so that your needs are met in a timely fashion.

Some meds are time sensitive so if you are crossing time zones do

your calculating as to when you should be taking your meds so as to keep your dosages on time to your body clock.. It sounds like a no brainier but traveling across several time zones and throw in a day light savings time change while driving can be an added stress you don't need to dealing with.

Carrying a notebook with all your info can be especially helpful, a copy of your prescription

(especially if you are traveling out of the country), Your last lab results (your entire history is even better), Contact info for your primary care provider, A list of any allergies or other things a Doctor should know in case of emergency.

Consult your physician about any shots you may need if traveling to

third world countries. If you are prone to travelers diarrhea bring the meds to combat it with you. Lets face it is hard to have fun when you can't leave the sight of a toilet. Make a list of questions you may have for your physician, so you don't forget them, remember there is no such thing as a stupid question.

I have spent most of my life traveling for work and play so being organized for travel is second nature to me. Being organized makes it much easier to tell if something is missing. " A place for everything and everything in it's place" Being organized leaves more time for fun, searching for things you misplaced is not fun.

So pack your bags, go through your checklist and have a great trip. Don't forget your camera!!

**OPEN DOOR CLINIC
ELGIN AURORA**

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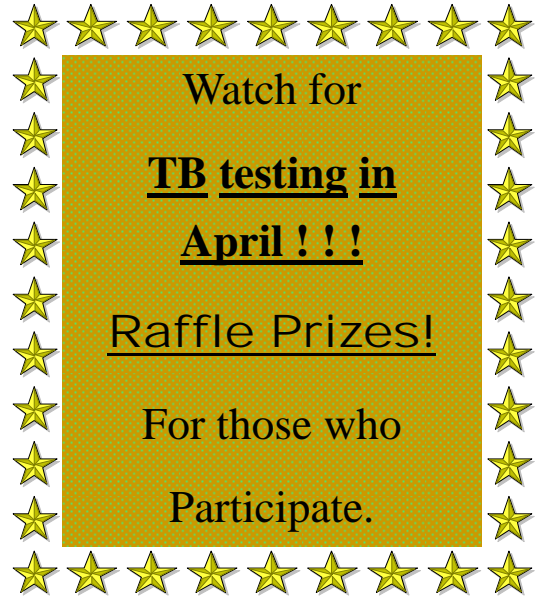
New to Care Group

BY: Perry Maier

The New to Care group is a new intervention that is being offered on a quarterly basis in Aurora and Elgin. This group is to assist a new and or potential client of Open Door Clinic in navigating the services that they may need. The group also exposes the individual to the holistic approach to HIV care. The group runs for 5 weeks. The topics include HIV 101, Medication and Adherence, Mental Health and Substance Abuse, Prevention, and Nutrition. An additional goal of this group is to decrease the isolation and the stigma associated with HIV. You might meet someone just like you and maybe establish new friendships.

Men's Health Summit

We are currently planning a health summit this June for the men receiving medical and case management services at ODC. Keep your eyes open for more information as June draws closer!



UPCOMING EVENTS

MARCH

- 4 -10 - Black Church week of Prayer
 - 6 - Female Support Group 5:00p (E)
 - 7 - Mixed Support Group 5:00p (E)
 - 9 - Mixed Support Group 5:30p (A)
 - 11 - Daylight Savings Time Begins
 - 12-18 - National LGBT Health Awareness Week
 - 13 - CAC Meeting 6:00p (St. Charles)
 - 17 - St. Patrick's Day
 - 19 - Mixed Support Group 5:00p (E)
 - 22 - Bingo 5:30p to 8:00(E)
 - 21 - Spring Begins
 - 23 - Mixed Support Group 5:30p (A)
- (A) Aurora (E) Elgin

APRIL

- 2 - Hispanic Support Group 5:00p (A)
 - 3 - Female Support Group 5:00p (E)
 - 4 - Mixed Support Group 5:00p (E)
 - 6 - Good Friday
 - 6 - Mixed Support Group 5:30p (A)
 - 7 - All Things Chocolate
 - 8 - Easter
 - 9-11 - Shop and share Days Jewel (Fundraiser)
 - 16 - Mixed Support Group 5:00p (E)
 - 19 - Bingo 5:30p to 8:00p (E)
 - 20 - Mixed Support Group 5:30p (A)
 - 23 - Newsletter Released Available at Clinics
- Dates are subject to change
Please call to verify dates*