

Happy Birthday to Our June, July and August Birthdays!



June 1st-Ulysses B, 4th- Marvinna D, 5th- Jessie B, 6th- Mikey H, 7th- Antonio O, Cleven J, 9th- Juan R, 10th- Bobby W, John B, 13th- James L, Juan L, Stephen B, 14th- Jose P, 15th- Eugene T, Frank F, 17th- Gilberto D, Charese W, 18th- Efrain R, Jose J, 19th- Benjamin C, 20th- Jesus M, Joao S, 24th- Juan S, 29th- Edwin T, Arnolndo G, Lawrence P, 30th- Cookie C
July 1st-George L, Angel A, 6th- Minerva M, Richard D, 8th- Jerome C, Kenneth L, 9th- Carlos A, Gregory D, Hector D, 13th- Carroll C, 14th- Joel A, 5th- Luis P, Tokyo K, Lorenzo M, 16th- Eusebia R, Van W, 18th- Pearl B, 19th- David R, 20th- Gregory H, Jeffrey W, 21st- James W, 22nd- Julio C, 24th- Robert J, 25th- George R, 2nd- Michael W, 27th- Louis V, Willie M, 29th- Cassandra S
August- 1st- Jose R, 4th- Eric R, 6th- Johnny T, Laura B, Michael P, 12th- Myrna W, 13th- Robert B, 21st- Michael P, Willie S, Steven J, 25th- Jamal M 26th- Eduardo R, 29th- Jay M, 30th- Tracey A, 31st- Cookie C

Upcoming Events—Save the Date!

Bronx Zoo, Blue Man Group, Natural History Museum, Musical Performances, Fashion Show, Wax Museum, Schomburg Center (Malcolm X Exhibit), Great Adventures

Look for flyers posted announcing trips and events for the summer!

Announcements from Our HW Family

* **Welcome to our new staff!** We have many new staff members here at HW. Some of them are: Donalyn Edwards-Medical Social Worker (title)- will be responsible for SW services for all VidaCare clients and primary care non-ADHC clients, Keisha Peebles- Housing Specialist- assisting with housing issues, placements, evictions, repairs, etc., Christina Hertel- Art Therapist and CM, Cesar Bujosa- Psychiatric Social Worker/ Therapist, Diane Wuestman & Karen Ferries- Nutritionists, Dr Melanie Spritz- Part Time Psychiatrist, Merrick Buckingham (Physician Assistant), Jon-David Settell (Transgender Program Social Worker) starts 6/20; Joseph Kranz (Nurse) starts 6/21; Vanessa Baque (Medical Assistant), and Nelson Santiago (MSW). Coming Soon: Medical Director- Vaty Poitevien starts 8/1.

* **New Groups**— Cesar Bujosa, our new therapist will be conducting groups in **Mindful Meditation**, focusing on how meditation helps to boost the immune system and promote good health. For more information, ask your case manager. We will be starting a **Computer Basics Group**, **"Face Your Fears"** on Wednesday, June 22nd. It will be a 12 week commitment and a certificate and other incentives will be given for completion of the series. There will also be other certificate groups started this month as well. Watch the Group Board for complete scheduling.



Take the Testosterone Screening Test...

- | | |
|---|----------------|
| Do you have a decrease in sex drive? | Yes ___ No ___ |
| Do you have a lack of energy? | Yes ___ No ___ |
| Has your strength or endurance decreased? | Yes ___ No ___ |
| Have you lost height? | Yes ___ No ___ |
| Are you enjoying life less? | Yes ___ No ___ |
| Are you sad or grumpy? | Yes ___ No ___ |
| Are your erections less strong? | Yes ___ No ___ |
| Have you noticed a recent deterioration in your ability to play sports? | Yes ___ No ___ |
| Do you fall asleep after dinner? | Yes ___ No ___ |
| Has your work performance decreased lately? | Yes ___ No ___ |

If you answer YES to question 1 or 7 or at least three of the other questions, you might have low testosterone levels. **Ask your doctor if testosterone replacement could help you.**

13th Street Newsletter



Notes From Carmela

Your Health is in Your Hands...

As you are no doubt aware of, this is Men's Health Week at 13th St and there were many groups and activities geared towards men's health topics.

Most men, and this is not a stereotype, hate going to the doctor. WHY? There are as many answers to that as there are grains of sand on the beach. "It takes too long" "they don't know what they are doing" "I don't want to take any more medications" "It's a pain in the neck and it interferes with what I have to do" "It'll go away by itself" "I'll take care of it when I don't have so much going on"...

Frankly, this attitude is wrong, wrong, wrong!!! Early detection and intervention are key elements in maintaining good health. Many illnesses can be addressed aggressively if caught early.

One key to keeping healthy is the relationship you have with your primary care physician. A better relationship usually means that you'll have an easier time talking to your doctor about possibly sensitive or embarrassing conditions. If you don't have a very good relationship with your doctor, remember the primary care and VIDACARE services available at 13th Street.

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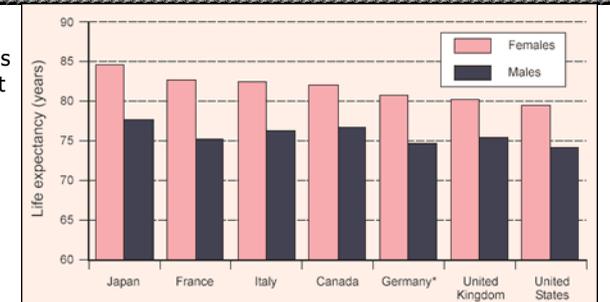


The Silent Health Crisis

According to the Men's Health Network, there is a silent Health Crisis in America...it's a fact that on average, American men live sicker and die younger than American women.

Who is the Weaker Sex?

- *115 males are conceived for every 100 females
- *The male fetus is at greater risk of miscarriage and stillbirth
- *25% more newborn males die than females
- *3/5 of SIDS victims are boys
- *Men suffer hearing loss at 2X the rate of women
- *Testosterone is linked to elevations of LDL, the bad cholesterol, and declines in HDL, the good cholesterol
- *Men have fewer infection-fighting T-cells and are thought to have weaker immune systems than women
- *By the age of 100, women outnumber men eight to one



Peace of Mind and Our Immune Function

Heads Up! Mindful Meditation has demonstrated its ability to not only make you feel better, it boosts the immune function.

The Journal of Psychosomatic Medicine (2003) reported on a very relevant research study in which 25 subjects were provided 8 weeks of training in mindfulness meditation. Another group of 16 were not provided the training.

Here is how the research was done:

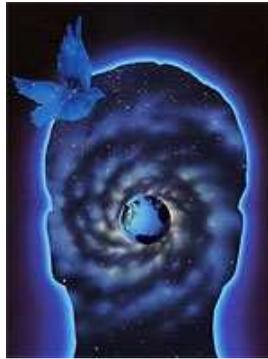
Before and directly after the eight week period, electrical activity in the left-front part of the brain was measured. This part of the brain is associated with positive feelings and thoughts. The "meditators" had a significant increase in the "left side anterior" part of the brain. The "meditators" readings suggested that they had greater "ease of mind" But it doesn't stop there!

One more test was administered at the end of the 8-week training period. Subjects in both groups were vaccinated with influenza vaccine to measure their immune response. The study found significant increases in antibodies to influenza vaccine among the "meditators". They had a stronger immune response!

Lastly, there was a direct correlation between the amount of left side brain activity and the degree of immune response. This suggests that positive feelings may be linked to stronger immune functions.

Some good news: Housing Works is adding two new groups to the 13th Street ADHC that draw upon Mindful Meditation techniques.

By Cesar Bujosa, Psychiatric Social Worker/ Therapist



Men's Health Facts

Last month we celebrate Men's Health Week. Normally, when we think of Men's Health Week, we tend to concentrate on the usual suspects that affect men's health, i.e., the cancers, Prostate, Lung and Colorectal. More often than not we have little information about Infertility, the relationships we share with the significant and influential men in our lives, fathers, brothers and partners or other interesting facts that influence men's health in this country.

This is an opportunity to point out some of the lesser known facts about men's health.

Did you know that...

- * Unintentional injuries: Accidents, or unexpected trauma, is ranked number one for all men from ages 1 to 44?
- * Depression in men is undiagnosed, contributing to the fact that men are 4x's as likely to commit suicide. Suicide is ranked as the number 3 and 2 causes of death for men in the age groups 20-24, 25-34 respectively.
- * HIV disease is number 6, 7, and 8 in ranking for leading causes of death for men in the age groups 20-24, 25-34, and 35-44 respectively.
- * The male factor (problems attributed to the male partner) in trying to conceive a child accounts for roughly 50% in infertile couples.
- * African American males have a life expectancy of only 68 years, the lowest of men of all races.
- * Lung cancer, NOT prostate cancer is the leading cause of death in men.
- * Men suffer hearing loss 2x's the rate of females.
- * Women are 100x's more likely to visit the doctor's office for annual exams and preventative services than men.

I hope this brings attention to some of the lesser known facts affecting the overall health and well being of men's health in America.

Hopefully, we men and those who love us, will begin to pay closer attention to our health care needs and take action to avert a dangerous trend that appears to be getting worse instead of better.

By Merrick Buckingham, MPAS-RPA-C, Staff Physician Asst.

Healthy at any Age...Men Over 50

Congrats to 13th Street client, **Emilio L**, for taking the 3rd place prize in the Masters Division at the Body Building Competition in Brownsville, Brooklyn on May 27th!! But just to show you how being healthy and fit has no age limitations, it's worth mentioning that the gentleman who won first prize was 58 years old, a crowd favorite and in top shape! Emilio said, "This serves as source of inspiration to me to strive to be fit and the best at whatever I choose, regardless of my age!" Especially true for PLWA's, seeing older people as an inspiration is especially helpful. A large part of this is due to the fact that with the discovery of better HIV meds and easier regimens, people are living longer and healthier lives than ever before. While old age for PLWA's presents new, uncharted territories and problems, it also presents unique rewards and an opportunity to live a productive, meaningful, LONG life! You don't get older, you get better!



Voices From 13th Street

Men and Sexual Health

It's not always easy to talk about sexual issues. But the truth is that men talk to doctors all the time now about their sexual health. Today, treatment options are better than ever. Due to side effects from certain medications, stress and aging, you may need to ask your doctor for a little help.

The following medications may help in what is commonly called ED or erectile dysfunction in mild, moderate and severe cases.

Viagra: Comes in three strengths, 25mg, 50mg and 100mg. Should be taken 20–30 minutes prior to desired results.

Viagra does not cause an erection but with proper stimuli, great results will occur.

Side effects– may cause headaches, facial flushing, and upset stomach.

Levitra: Available in 2.5mg, 5mg, 10mg, and 20mg. The starting dose of Levitra is 10mg, taken no more than once a day. You and your doctor can decide the dose that is right for you. In Patients taking certain medications such as Indinavir, Ketoconazole, Itraconazole, and Erythromycin, lower doses of Levitra are recommended and time between doses may be extended.

Side effects– headache, stuffiness, or runny nose.

Cialis: Comes in 20mg's only. Cialis boasts that it works up to 36 hours and in some men as fast as 30 minutes. Which means that you can take Cialis and anywhere up to 36 hours you can get results with proper stimuli. So supposedly, with Cialis, you don't have to plan, you don't have to rush, and you don't have to worry about time. 'You can just let that special moment happen like you want.'

Side effects– headache, upset stomach, back pain, and muscle aches. Patients who get back pain and muscle ache usually get it 12 to 24 hours after taking Cialis. Back pain and muscle ache usually go away by themselves within 48 hours.

With all of these, if erection lasts more than 4 hours, seek medical attention!

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The Healing Power of Laughter!

As we celebrate Men's Health Week this June, let us remember the importance of laughter. Laughing is very healthy, healthier than frowning, and more appreciated than anger.

So my suggestion is for all men to go check out a comedy club, or rent a funny movie. You will find that once you've had a good laugh, you will feel much better.

I do!

Greg D, Client at E13th Street