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Health & Wellness



 **AIDS AWARENESS** AFRICAN-AMERICAN & LATINO SPECIAL – SEE PAGE 16

From unsightly veins to show-off legs: a personal story of transformation



Everybody has a perfect vacation spot. Some love the ocean, while others prefer a quiet mountain lake. Some like lots of action, while others just want peace and quiet. No matter where you go, it's likely you'll want to wear shorts, capris or a bathing suit. And this

is where all our secrets come out.

Our patient, Olivia, wanted to enjoy the beach as much as possible when she went on a vacation to Mexico. She was concerned about how her legs looked, however, because she had so-called "spider veins." Worse than that was the fact that her legs hurt and tended to get tired easily.

At home, Olivia walked with a stick, but she felt awkward taking a stick to a resort. Not sure what to do, she found herself dreading her vacation instead of looking forward to it. When she and her husband finally got to Mexico, it was hard for her to even walk by herself to the water. Her husband had to help her.

When she got home, Olivia decided she couldn't go through another vacation like that, so she came to USA Vein Clinics for help.

We talked to Olivia about her experience.

Q: You couldn't really enjoy your vacation with this condition. Why did you put off "fixing" the problem for so long?

A: To be honest, I had a hard time admitting to myself that my legs were in such poor condition. After all, it all started with a harmless mesh of veins below

the knee. Then the pain came. Soon after that, I could no longer walk without elastic bandages, and then I couldn't get along without a stick. At night I couldn't sleep because of cramps, and every morning I needed a leg massage. My condition was clearly not getting better and seemed to gradually be getting worse.

Q: So you finally decided to get help.

A: Yes. At some point I realized that I wanted to get the situation under control. I read an article in a magazine about other people who had experienced similar leg problems, and they'd gone through treatment and were walking easily afterward. Of course, they seemed much happier. Unlike me, they were enjoying life to the fullest.

Olivia found the courage to go to USA Vein Clinics. The results of a medical exam, however, really upset her. The condition of her legs was much worse than she had imagined. The clinic reassured her, however, that everything could be solved.

Q: How many treatments did you have?

A: Only two.

Q: And all went well?

A: Absolutely. Under local anesthesia, I felt hardly any discomfort at all. All the doctors and nurses were so professional

and confident that I didn't feel nervous or anxious.

Q: Did you experience any discomfort after the treatments?

A: None. I followed the doctor's advice exactly, because I really wanted to see good results as soon as possible. I wore stockings for a month. I have to say, I counted the days. I knew I'd be so glad when it was over. When I finally took off the stockings, I just couldn't believe my eyes. It was amazing. The legs were like mine and not mine at the same time. Even my kids were like, "Mom, you've got young legs." I really felt an extraordinary and unusual lightness. It was as if I had turned the clock back 15 years. I can't even describe how great it was.

Years of helping patients like Olivia

USA Vein Clinics vascular specialists are ready to assist you. The outcome largely depends on how soon you feel ready to make an appointment so doctors can evaluate your condition. After all, everyone knows — the earlier you face the issue, the easier it is to defeat it.

We asked Olivia whether she had to pay for her procedures. She told us that she didn't have to worry about it at all because the insurance covered everything.



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Before



After



Before



After



Before



After



Before



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Before



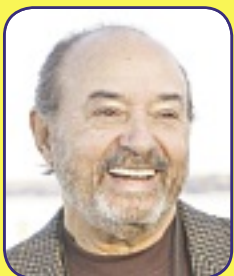
After

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- Dr. A



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The Dawn Greene Hospice is Calvary's 10-bed unit located at Mary Manning Walsh Home in Manhattan.

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Walsh Home in Manhattan.

Calvary offers comprehensive care to patients in private homes or for those who reside in select nursing facilities in the greater New York area. It offers home care in all five boroughs of New York City, as well as Westchester, Nassau, Rockland and Putnam counties, and hospice services in the Bronx, Brooklyn, Queens, Manhattan, Nassau, Westchester and Rockland counties. As needed, Calvary@Home can facilitate a seamless transition to becoming an

inpatient at our Bronx, Brooklyn or Manhattan sites. To date, Calvary Hospice has provided short-term inpatient care to more than 400 patients at The Dawn Greene Hospice, located at Mary Manning Walsh Home in Manhattan.

Calvary and Yeshiva University have collaborated on a pioneering initiative to provide observant Jewish families with the information they need to obtain quality end-of-life medical care in full accordance with Halakha (Jewish law). Calvary recently

finished restoring a 135-year-old historic Torah scroll housed at the Hospital's Bronx campus. The scroll, on permanent loan from the Memorial Scrolls Trust in London, is now once again kosher for use in services and Jewish rituals. To make a gift, please visit www.calvaryhospital.org/torahrestoration.

To learn more or sign up for the e-newsletter, Calvary Life, please go to www.calvaryhospital.org. You may also call (718) 518-2300 (inpatient) or (718) 518-2465 (Calvary@Home).



Calvary provides excellent inpatient care at their 25-bed Brooklyn Satellite located at NYU Lutheran.

"My Aunt Mary loved her Catholic religion, her Irish legacy, and a place called Calvary."



"My Aunt Mary lived life with extraordinary pride, passion and purpose. Nothing made her prouder than her loving family, her Catholic faith and her Irish heritage. She passed down to all of us a determination to always work hard and help those in need. When a terminal illness began to rob her of her life, we knew that she deserved a special place to give her the dignity and care that she so greatly deserved. Being the Chief of Counterterrorism in the NYPD, I knew the City well. So the choice for Aunt Mary was simple: Calvary Hospital's Dawn Greene Hospice at Mary Manning Walsh Home on the Upper East Side. The special staff of nurses and doctors relieved her of the physical pain, and she was spiritually comforted daily by the Catholic nuns and priests. She was surrounded by angels who gave all of us a peace and serenity that we will never forget. Thank you Calvary Hospital."

— James R. Waters

For more information call 718-518-2300 or visit www.calvaryhospital.org.

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How to celebrate safely



Tis the season for overindulging and, according to the NIH, this can lead to traffic accidents, fights and falls. These sobering facts don't mean we cannot continue to make merry. According to Dr. Harshal Kirane, director of Addiction Services at Staten Island University Hospital (SIUH), people need to plan ahead and understand the effects of alcohol in order to celebrate the holidays safely.

Dr. Kirane points out that the holidays are often an emotionally stressful time contributing to excessive drinking and often enhancing the negative effects of alcohol. "In general, while the holidays are a celebratory time, they can often be stressful in that family dynamics, managing a lot of responsibilities and taking time away from work can add new pressures. Often alcohol can exacerbate these issues," he says.

Below are his tips for celebrating safely.

1. Know how to pace yourself. For men, the general rule is more than four drinks in

an evening is considered heavy drinking; for women that amount is three.

2. Understand the effects of alcohol in general and for you personally. What's often recommended is interspersing one non-alcoholic drink for every alcoholic drink and to not have more than one drink per hour.

3. Don't fall for the myths. This includes the misbelief that caffeine will sober you up or that driving after drinking is fine if you are not slurring your words. These are false and potentially dangerous assumptions. Alcohol continues to impair judgment for hours after the last sip.

4. Plan ahead. Make sure proper precautions are in place to prohibit drinking and driving. During the holidays, many people make various stops during an evening, going from party to party. To get home safely, make sure there is a designated sober driver, use public transport or take a car service.

5. Identify and define problems. And if they arise, find a safe welcoming place to get

support. A number of treatment options are available to help efforts to cut back and abstain from alcohol. These include medica-

tion. The CAGE questionnaire asks four questions to test for drinking problems: Have you ever felt the need to cut down your

answer to two questions is "yes" that is indicative of an alcohol use disorder; if the answer to one question is "yes" answer, then he/she should consider being evaluated.

When asked what a concerned friend or family member can do if they feel someone needs help, Dr. Kirane says, "Make sure to make the conversation an open dialogue and not an attack or a criticism, which could lead the person to close up and withdraw." Other suggestions include attending an AA meeting. (Find one at NYintergroup.org.) And consider a walk-in program model. "For example, at SIUH someone can walk in, be evaluated that very day and be connected to a level of care that is appropriate, ranging from detox programs to groups in the community," Dr. Kirane says.

For more information about SIUH, visit www.siu.edu. If you or someone you know has a problem or is in need of an assessment, call the SIUH Central Assessment & Intake Unit at (718) 356-8910 or (718) 226-2800. Call toll free in NYC: 1-866-931-HELP (4357).



tions, counseling and group support and the program at SIUH can facilitate all of those. If someone perceives that alcohol is creating problems in their life, then that is a good indicator that there is an

drinking? Have people ever annoyed you by suggesting you stop drinking? Have you ever felt guilty about drinking? Do you ever feel the need to have an eye opener/a morning drink to get going? If the



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“Acute” is a term medical professionals use to describe a condition that is overwhelming and severe.

Our acute detoxification treatment involves weaning the patient off their alcohol or drug addiction *immediately* in a medically-managed environment with psychiatric support. The process usually takes from three to five days, depending on the substance involved and the severity of the addiction.

Admission to Inpatient Detoxification is scheduled through our Central Assessment Center during daytime hours on Monday through Friday. After 5 PM or on weekends, admissions are routed through the Emergency Department.



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Getting the most in a Medicare Advantage Plan

Many plans offer health-and-wellness benefits over and above Original Medicare, including dental, vision, hearing, transportation, over the counter (OTC) drugs, alternative medicine and fitness programs.

Oct. 15 - Dec. 7 is the Annual Enrollment Period (AEP) when Medicare beneficiaries decide

whether to remain in their current Medicare Advantage Plan, choose another plan or return to what is commonly referred to as Original Medicare or Medicare Fee for Service.

AgeWell New York encourages Medicare beneficiaries to look out for these covered services to get the most out of your plan to enhance your health coverage and

access to health-and-wellness services.

Preventative services

Many plans cover screenings and immunizations. These services help you identify and treat health issues early. Identifying risk factors, unhealthy lifestyle habits, getting recom-

mendations, screenings and vaccinations, and routinely seeing your doctor are all part of ongoing health prevention and management.

Dental, vision and hearing services

Routine dental, vision and hearing visits are vital to maintaining overall health

and identifying other issues. Look for preventive and/or preventive and comprehensive and diagnostic dental, routine vision exams, eyewear, routine hearing exams and hearing aids as part of your covered services.

Fitness programs

Look for a plan that promotes a healthy lifestyle. Many plans offer a wellness or fitness program at no additional cost and include

equipment, gym memberships, group exercise classes and more.

Alternative care services

Alternative therapies are becoming more popular in preventing and treating disease and promoting health. Some plans include covered acupuncture and chiropractic care.

Care navigator or care manager

Having a dedicated person to help you navigate all of these services gives you easier access to all your benefits. Some plans have a care navigator or care manager who assists with things such as medication management, care planning, routine screenings and preventative services. Call your plan for more information and find out whether these services are available.

Details of these benefits are included in the plan's Evidence of Coverage, or call your plan to learn more and take advantage. AgeWell New York gives you flexibility in choosing a Medicare Advantage Prescription Drug Plan that's right for you. Call today for eligibility and enrollment at 866-586-8044 or www.agewellnewyork.com.



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Expert care for respiratory patients



The Icahn School of Medicine at Mount Sinai and National Jewish Health, the nation's leading respiratory hospital in Denver, Colorado, have opened the Mount Sinai - National Jewish Health Respiratory Institute at Mount Sinai's campus in Manhattan.

The respiratory institute combines the strengths of both organizations into an integrated program for diagnosis and treatment of all forms of respiratory illness and lung disease, including asthma, chronic obstructive pulmonary disease (COPD), interstitial lung disease (ILD) and sarcoidosis. The respiratory institute also draws on Mount Sinai's programs in personalized medicine, genomics and data-driven clinical protocols to enhance the quality and outcomes of the respiratory disease practice.

"As leaders during this time of rapidly evolving health care in America, our two institutions have forged a unique partnership that delivers extraordinary care for respiratory patients in the New York region and beyond," says Charles Powell, M.D., the Janice and Coleman Rabin Professor of Medicine, Pulmonary, Critical Care and Sleep Medicine at the Icahn School of Medicine at Mount Sinai and chief executive

officer of the Mount Sinai - National Jewish Health Respiratory Institute.

Respiratory institute patients are seen at 10 E.102nd St., fifth floor in Manhattan. Patients and physicians wishing to make an appointment, can call (212) 241-5656 or visit www.therespiratoryinstitute.org.

One in four Americans suffer from a serious, chronic or life-threatening respiratory disease, from asthma and emphysema to lung cancer and cystic fibrosis. National Jewish Health is the leading and only institution dedicated to research and treatment of respiratory disease for both adults and children. The Icahn School of Medicine is ranked among the top medical schools in the United States, and is the medical education and research hub for the entire Mount Sinai Health System, one of the country's largest not-for-profit, multi-site health-care systems.

The Mount Sinai Pulmonary, Critical Care and Sleep Medicine division houses innovative, world-class programs in sarcoidosis, lung cancer, critical care medicine, genomics and immunological sciences. Together, the Icahn School of Medicine and National Jewish Health bring an extraordinary level of world leading expertise in addressing complex respiratory illnesses.



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you can wear 24 hours a day, seven days a week for months at a time.* Lyric is placed during a routine office visit and no surgery or anesthesia is required. Lyric's position in the ear canal makes it totally invisible, so no one will know you are wearing a hearing aid. And now, with a redesigned smaller model, it fits

almost every ear. You can shower, sleep and exercise with Lyric. There are no batteries to change or daily maintenance required. Lyric is placed in the Acoustic Sweet Spot™ just millimeters from the eardrum; the ear naturally funnels sound to Lyric just as it would to your eardrum, reducing background noise.

Lyric was recently named as one of the 12 best health innovations by Popular Science and was featured on the "Dr. Oz Show," "Good Morning America" and "The Today Show." In addition to winning accolades from the media and from the patient community, Lyric is also winning awards from the health-care industry and was awarded a Gold Medical Device Excellence Award. This award is given to products that are responsible for ground-breaking innovations that are changing the face of health care.

Brooklyn Audiology is one of the largest and most experienced providers of Lyric in the New York area. Richard Kaner, president and founder of Brooklyn Audiology Associates, PC, has been in the business of helping people overcome their hearing difficulties for over 36 years. He has been responsible for bringing many new hearing breakthroughs to the hearing impaired, and is responsible for improving the lives of thousands of patients. His practice is one of the largest and most experienced dispensers of the Lyric hearing device.

Lyric is the first 100% invisible, non-surgical, extended-wear hearing solution that you can wear for 24 hours.

"I have worn hearing devices for the past five years, but the quality of my hearing has not been satisfactory. As an educator and administrator, it is important for me to not only be able to express myself clearly, but to have clarity in hearing what is being said at meetings and in the classroom. With my previous hearing aids, I was spending most of my time and attention being annoyed with the humming and background noise that often comes with traditional hearing devices. When I received the Lyric hearing devices from Brooklyn Audiology, I can honestly say that the quality of my hearing life changed. Everything is as clear as if I had perfect hearing. Lyric is comfortable to wear and, when needed, adjustments are easy. Wearing these new devices has not only improved my hearing, it has improved my confidence and general feeling of well-being. I wholeheartedly recommend that everyone with hearing difficulty give the Lyric device a try."

Bernadette F., — Brooklyn, New York

"I have had a hearing loss for many years. I put off purchasing hearing aids for a long time because I didn't want to wear traditional hearing aids. My hearing loss began affecting my job. I drive for a living and need to be able to hear 100%. Then I saw a newspaper ad for a completely invisible hearing aid called Lyric. With high hopes, I made an appointment with Brooklyn Audiology for a free hearing evaluation to see if Lyric would be right for me. My 45-day trial went wonderfully. Lyric is the best thing that ever happened to me. It's perfect, better than 100%. I love it, and I highly recommend it. Lyric has improved my life dramatically. It is, by far, the best money I've ever spent."

Gino G., — Brooklyn, New York

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Advanced prenatal testing provides expectant parents with answers

Advances in prenatal testing are making it easier and safer than ever for expectant parents to get answers to crucial questions about their child's prenatal development. Fetal cell-free DNA testing can be performed through a simple blood test. The breakthrough method is highly accurate, is performed in the first few months of pregnancy and can dramatically reduce the need to rely on previous, more invasive tests for chromosomal abnormalities.

"For years, expectant parents had limited options if they wanted to know whether their baby would be born with chromosomal disorders," says Natan Haratz, M.D., medical director of the Advanced Women's Imaging and Prenatal Testing Center at New York Methodist Hospital. "For example, a mother-to-be could undergo a test such as amniocentesis or chorionic villus sampling to determine if her baby was at risk for developmental disabilities. But

these procedures, while effective, are also invasive and carry a small risk of miscarriage, which might serve as a deterrent to an otherwise valuable test. However, if she chose to forgo testing, it would mean nine months of uncertainty and stress. By eliminating the risk of complications, fetal cell-free DNA testing can ensure that expectant mother can get the answers she wants in one, risk-free step."

Fetal cell-free DNA testing can be performed as early as ten weeks into a woman's pregnancy, and has been proven to be more accurate than standard blood tests at predicting Down syndrome, Edwards' syndrome, which can cause severe developmental delays, and other common chromosomal disorders that can cause stillbirth and physical abnormalities. In addition, sex chromosomes (x and y chromosomes) can be analyzed during fetal cell-free DNA testing, allowing parents to know their child's

gender far earlier than can be determined from an ultrasound examination.

"The availability of fetal cell-free DNA testing does not mean that no other prenatal tests will be necessary for an individual baby," cautions Dr. Haratz. "While it screens for many major chromosomal disorders, different tests may still be required to check for other conditions. But this addition allows us to give expectant mothers an excellent option to get information about their baby's health before birth where, previously, the only option was an invasive procedure. Peace of mind about chromosomal disorders for expectant parents is now just a simple blood test away."

To set up an appointment with a physician affiliated with New York Methodist's Advanced Women's Imaging and Prenatal Testing Center, visit www.nym.org and enter "Advanced Women's Imaging" into the search engine, or call (718) 780-5799.

Natan Haratz, M.D., discusses prenatal testing with a patient.



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The result is a shoe with good arch support that is the right size and shape for your feet. There are a number of features to look for when buying orthopedic shoes — good arch support, wide toe box, extra depth, modest heels, breathable fabric and moisture-wicking lining — just to name a few. But most importantly, shoes must be the right size and shape for your feet.

A native of Russian Tadzhikistan, Rafael learned his trade from his father, Khanan Allayev, a master shoemaker, and has received special training in making designer shoes and orthotics. Rafael explains his specialized process saying, "We make custom-molded shoes for people with problem feet,

such as bunions, hammer toes, plantar fasciitis, mismatched sized feet, arch pain, heel pain or heel spurs. Before you resort to surgery, come to me and let me try making you feel better with the right shoes."

He also helps people with one leg shorter than the other or after they have had hip surgery. If someone has designer or favorite shoes stored away because they have bunions or problem feet, he can custom engineer old shoes so they can be worn again.

Since he opened his New York store in the Garment District in 1994, Rafael has attracted a loyal, star-studded following. Lil Kim and gospel singer Yolanda Adams are just a few of the celebrities who trust him with their leather goods. He notes that he offers a range of prices, saying, "The price is reasonable. Bring in the ad from the Daily News and get 15-25% off."

For more information, visit the store at 200 W. 30th St. (at 7th Ave.) in Manhattan; custommadeshoes.com; facebook.com/anzhelascustomtailor or www.instagram.com/rafaellodesigner. Call (212) 239-4009 or (212) 470-2600.



Medicare covers braces as a solution for back and knee pain

Are you suffering from low back or knee pain? Are you looking for other ways to relieve your back or knee pain and are worried about future surgery? Are you missing out on your favorite activities? If you answered yes to these questions, then we can help. You may qualify for a pain-relieving back or knee brace. Covered braces allow seniors to enjoy their favorite activities again.

Our accreditation by BOC and Medicare has given us the ability to provide high-quality braces to our patients at little or no cost to seniors. Medicare and other insurance companies routinely cover the cost of these items because they provide support, relieve pain and decrease the need for expensive surgeries, replacements, therapies and pain medications.

Back and knee braces come in a variety of shapes and sizes and are excellent for short- and long-term use. Many patients find that our braces are comfortable to wear and help with golf, exercise, house and yard work, playing with grandkids and providing support while standing or walking. You'll be able to enjoy your favorite activities with less pain and discomfort.

How does it work?

Back and knee pain without support causes constant pressure on the joints and muscles. If left untreated, the pain will progressively get worse and your quality of life suffers. Our braces are designed to fit any body type and deliver localized compression directly to those overworked muscles and joints while relieving spasms and reducing pain. Current clinical research has shown that supporting these regions can reduce pain, improve functional status and postpone or prevent the need for medication and surgeries. The self-adjusting braces contour precisely to your body for maximum support and pain relief. The lightweight design allows users to wear the braces comfortably while providing maximum support.

If you or a loved one could benefit from one of these braces, please call Oceanside Wellness Center today at (516) 255-0272 to set up a free consultation. It is an easy process, and you can have your brace in just a few days. If you have difficulty coming to our office, we will handle all of the paperwork and ship your brace to you.

Oceanside Wellness Center is a Medicare/BOC accredited DME facility, located at 9 Davison Ave. in Oceanside, N.Y. For more information, call (516) 255-0272.

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AIDS AWARENESS



Trans women vs. HIV odds

BY JAY MWAMBA
SPECIAL TO THE NEWS

NEW YORK City's transgender community is coping with good news and bad news in the battle against HIV/AIDS.

Yes, there have been advancements in medical and other treatments. But if you are a transgender woman in New York City, chances are you are 49 times more likely to be HIV positive than members of any other group.

And the odds get worse for women of color in the transgender community. New data by the city Health Department shows that 93% of women diagnosed with HIV in that demographic were Africa- American or Latina.

"We've made great strides forward in ending the AIDS epidemic, but our job won't be done until we reach every community impacted by this crisis," said Doug Wirth, president and CEO of Amida Care, a not-for-profit health care organization that operates citywide and runs programs that help people with HIV/AIDS.

"For too long, transgender women — who are 49 times more likely to be living with HIV than the general population — have been left out of the dialogue around HIV," Wirth added. "Rampant stigma, discrimination and social challenges prevent the transgender community from accessing HIV prevention tools like PrEP, getting tested for HIV and being linked to lifesaving treatment and care."

And transgender women — who are both at risk for and living with HIV — concur, agreeing that these barriers are real.

"We're a marginalized, underserved community, and until now, we've not gotten the recognition in terms of in-depth data and research focused on our situation," said Elizabeth Marie Rivera.

Involved in HIV prevention and advocacy for the last 20 years, Rivera is not HIV

positive but is aware of the circumstances that put transgender women at risk.

"There are few job opportunities for them, and when there are, they are overlooked because they are transgender, so they have to rely on sex work and as a result, place themselves at risk," she explained.

As a staffer at the Latino Commission on AIDS, the Brooklyn resident uses her personal experience to help other transgender women.

Cricket Nimmons, also of Brooklyn, highlighted some of the challenges transgender women face.

"A lot of women can't find work because they are ostracized," she said. "A lot of women are sex workers. They are scared to go to the doctor; scared to ride the trains."

Nimmons has lived with HIV for 26 of her 41 years. She credits this fact for helping her to stay healthy, and as an advocate with AMIDA Care, she shares this knowledge with other transgender women.

Amida Care serves more than 400 of its members in the city who identify as transgender, helping them access quality, culturally sensitive and specialized care, as well as housing options and workforce training programs.

This is vital for members like Staten Island's Ashley Bloomer, 52, (photo, below) who has been HIV positive since 2000. "My AIDS is under control, thanks to Amida," she said. Familiar with the stigma and discrimination that contribute to a lack of access to HIV prevention counseling and treatment, Bloomer talks to other transgender women about Amida Care, where she works as a member services assistant.

Meanwhile, a highlight of World AIDS Day, Dec. 1, this year was the public dedication of the New York City AIDS Memorial at St. Vincent's Triangle in lower Manhattan. It honors the more than 100,000 New Yorkers lost to the scourge.

