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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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Calvary offers comprehensive care



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

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.

Calvary is the nation's only fully accredited, acute-care, specialty hospital devoted to providing palliative care to adult patients with advanced cancer and other life-limiting illnesses. More than 6,000 patients — of all faith traditions are cared for annually by Calvary's inpatient, home care, and hospice services. Inpatient care is offered at our 200-bed facility in the Bronx, 25-bed Brooklyn Satellite at NYU Lutheran and at The Dawn Greene Hospice, a 10-bed unit at Mary Manning

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

“Bill lived life with heart and endless passion. We knew Calvary was the place for him to spend his final days.”



“My Bill embraced life with a cheerful spirit that we will never forget. He loved skiing, boating, hiking, and traveling to new places with a joie de vivre that touched everyone he met. When he began to suffer with a terminal illness, we knew that in his final days, he deserved a place that would allow him to continue to ‘celebrate life’. As far as we were concerned, there was only one place that can do that: Calvary Hospital. He was at Calvary's Dawn Greene Hospice at Mary Manning Walsh Home in Manhattan. It was incredibly convenient for his family and friends to visit his room... and stay till all hours... reminiscing, laughing, and doing what Bill would have always wanted - enjoying life. Believe me, being a nurse for 48 years, this just doesn't happen at other hospitals. The Calvary staff had a genuine care and compassion for Bill - and for us - that made his last moments on earth meaningful and loving. Calvary is indeed the place where life continues.”

- Mary Lou Farrell, RN

For more information about Calvary Hospice & Homecare, including The Dawn Greene Hospice at Mary Manning Walsh Home in NYC, please call 718-518-2465.



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After



Before



After



Before



After



Before



After



Before



After



Before



After

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- Dr. A



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Our goal is to provide the best home-care services and caregivers who will easily adapt to your family's habits,

understand and respect your customs and enhance your overall lifestyle without major changes to your daily routine. Our services include nursing, home health aides,

personal care aides, rehabilitation, physical therapy, occupational therapy and speech therapy. Many of our caregivers provide specialized care for Alzheimer's, dementia and Down syndrome.

At Hopeton Care, we believe that home care is a hands-on experience requiring trust and passion. We understand that you may have many questions and concerns, especially when looking for the right people to care for you or your loved ones. Our approach is to ensure the highest quality of care and to communicate with you beyond just providing reports. Many of our aides are bilingual or multilingual in Russian, Spanish, Korean, Chinese, Creole, Bengali, Urdu, Punjabi, Hebrew and Arabic.



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- KEVIN S.

"I would like to take a moment to thank upper management and my coordinator for providing wonderful care for almost 2 years. My caregivers are kind, hard-working and passionate about their job! I absolutely appreciate Hopeton Care and have recommended them to my family members in need." - JULIE T.





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We understand that bringing someone into your home and life can be an endeavor. You can feel peace of mind knowing that every single Hopeton caregiver is screened and highly qualified and trained to provide you with the companionship, care and personal attention that you or your loved ones deserve. All of our paraprofessional staff undergo a background check and have received extensive training at Hopeton Care through our New York State-approved home health aide/personal care aid training classes. Hopeton Care is accredited by the Joint Commission, a voluntary accreditation, which examines the quality of care an organization delivers.

We offer the Medicaid program, Consumer Directed Personal Assistance Program (CDPAP), an alternative to traditional home care. This program allows you or your loved ones to have flexibility in choosing someone such as a friend or family member to become involved with your home care. When you enroll in CDPAP through Hopeton Care, we act as a partner or liaison to guide and facilitate your ability to recruit, train, hire, schedule, supervise and pay your own caregiver. Family is important, and we believe that you or your loved ones should feel empowered and have more control over how your care is provided.

Our aim is for you and your loved ones to become more independent and feel peace of mind knowing that you can depend on us to support you in your time of need — 365 days a year, 24 hours a day, seven days a week. You can expect to see many of our leaders and staff since they make home visits, check-in occasionally, connect and listen to feedback directly from you.

Visit our site for testimonials and for answers to frequently asked questions. For more information, call 1-888-433-6363; visit www.hopetoncare.com; or email info@hopetoncare.com.

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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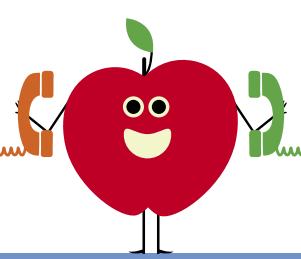


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Expert care for respiratory patients



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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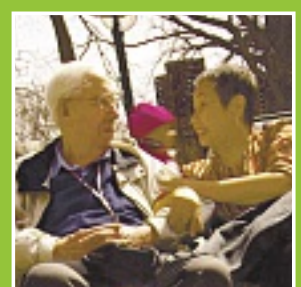
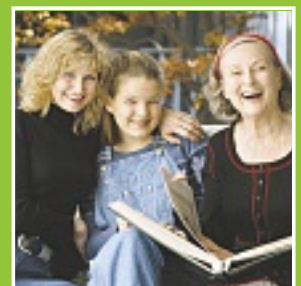
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Welcome to our family.



Doctors provide compassionate care for New Yorkers with hearing loss

Did you know that one in five Americans have hearing loss in at least one ear? That's 48 million people with hearing loss that impairs communication. Thirty percent of people 65 to 74, and 47% of people 75 and older, have hearing loss. Untreated hearing loss is correlated with dementia.

At New York Otology and Manhattan Audiology, Sujana Chandrasekhar, M.D., FACS, FAO-HNS, and Joanna Roufos, Au.D., CCC-A, offer state of the art, comprehensive, compassionate care of all hearing and balance disorders. We specialize in hearing, balance, tinnitus, Cochlear and Baha implants, Meniere's disease, vertigo, otosclerosis, chronic ear disease, cholesteatoma, acoustic neuromas, glomus tumors and facial nerve disorders. We provide a collaborative approach to the treatment of all patients.

Patient care is our top priority. Using the

latest state-of-the-art technologies, we strive to provide appropriate options for all patients who struggle with hearing loss. These include invisible and semi-implantable hearing devices, cochlear implants and bone conduction systems. They are easy to use and can help you hear better in all settings, including quiet conversations, noisy restaurants and even on the phone.

We welcome you to attend our hearing loss education seminar, "Healthy Hearing Related to Healthy Aging" and meet hearing aid, cochlear implant and bone conduction system users. Both Dr. Chandrasekhar and Dr. Roufos will present hearing health information and answer questions. Exhibit tables will highlight all hearing technologies with free, hands-on trials.

See you on Dec. 8 from noon to 2:00 p.m. or 5:30-7:30 p.m. Light refreshments will be served. Real-time captioning of all presentations will be provided.



Dr. Sujana Chandrasekhar

TAKE BACK YOUR HEARING



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Thursday, December 8th
12:00-2:00pm & 5:30-7:30pm

Manhattan Eye and Ear Hospital
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Light refreshments will be served.

You should talk to your physician about who is a candidate for implantation with a cochlear implant or bone conduction system and the associated risks and benefits of the procedure.

* The Nucleus Hybrid System may be classified as new technology by health plans and will be reviewed on a case-by-case basis until universal adoption. Cochlear is being proactive in working with insurance companies to expand consideration of coverage for the Nucleus Hybrid Implant System. Coverage for Medicare patients will depend on the level of hearing loss. Contact your insurance company or Hearing Implant Specialist to determine your eligibility for coverage.

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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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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.

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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.

