



The Filling Station

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QUARTERLY NEWSLETTER

Feb, 2010

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THE RYAN WHITE STORY The Ryan White Care Act - Twenty Years Later (1990-2010) WE MUST ALWAYS REMEMBER....



Born: December 6, 1971

Died: April 8, 1990

Cause of Death:

Complications with Aids.

Ryan White was an American teenager from Kokomo, Indiana. He became a national poster child for HIV/AIDS in the United States; after being expelled from school because of his infection. A hemophiliac, he became infected with HIV from a contaminated blood treatment and when diagnosed in 1984, was given six months to live.

Though Doctors said he posed no risk to other students, AIDS was poorly understood at the time, and when Ryan White tried to return to school, many parents, and teachers in Kokomo rallied against his attendance. A lengthy legal battle with the school system ensued, and media coverage of the struggle made Ryan White into a national celebrity and spokesman for AIDS research and public education. Ryan White appeared frequently in the media with celebrities such as Elton John, Michael Jackson and Phil Donahue. Surprising his doctors, Ryan White lived five years longer than predicted.

Ryan White died in April 1990, shortly before he completed high school.

Before Ryan White, AIDS was a disease widely associated with the male homosexual community, because it was first diagnosed there. That perception shifted as Ryan White and other prominent HIV-infected people, such as Magic Johnson, the Ray Brothers and Kimberly Bergalis, appeared in the media to advocate for more AIDS research and public education to address the epidemic. The U.S. Congress passed a major piece of AIDS legislation, the **Ryan White Care Act**, shortly after Ryan White's death.

The Act was reauthorized in 2006 and again in October 30, 2009; its Ryan White Program are the largest provider of services for people living with HIV/AIDS in the United States. In the early 1980, AIDS was known as a gay-related immune deficiency, because the disease was first identified among primarily homosexual communities in New York and San Francisco. At the start of the HIV-AIDS epidemic in the United States, the disease was thought to be a "homosexual problem" and was largely ignored by policy makers.

Ryan White's diagnose demonstrated to many that AIDS was not exclusively homosexuals. In

his advocacy for AIDS research, Ryan White himself always rejected any criticism of homosexuality. Ryan White was seen by some as an 'innocent victim' of the AIDS epidemic. Ryan and his family strongly rejected the language of "innocent victim" because the phrase was often used to imply that homosexuals with AIDS were "guilty". White's mother told the New York Times, Ryan always said, 'I'm just like everyone else with AIDS, no matter how I got it.' Ryan would not have lived as long as he did without the gay community.

Currently, Ryan White federal funds are being used to assist many HIV Programs throughout the United States. Because of the care provided by the Ryan White Care Program many person living with HIV are living longer and productive life.



FROM THE DIRECTOR'S DESK

A HEALTHY LIFESTYLE IN 2010

Take control of your life and your health. In 2010, try to commit to a year of change — by controlling your diet, stop smoking, drinking and eating too much. Improve your health by exercise and diet.

According to the State Paper (Life & Style) Tuesday, December 29, 2009

1. **Take a walk.** Human are designed to be on the move, Meller, said, “Walking triggers all of our bodily systems: digestion, stress, relief, thinking and preparation for sleep.” It’s easy, simple, free and confers the benefits of exercise without the risk of damage from more energetic pursuits, Muller said. Stay committed by setting walking dates with a friend.
2. **Keep a food journal.** Writing down everything you eat can double your weight loss, according to a study published in the American Journal of Prevention Medicine. “The more food records people kept, the more weight they lost,” said lead author Jack Hollis, a researcher at Kaiser Permanente’s Center for Health Research. Scribble down your dietary transgressions on a note pad, use an online food journal or send yourself text messages. “It’s the process of reflecting on what you eat that helps us become aware of our habits and hopefully change our behavior,”
3. **Stop drinking soda.** Soda and other caloric, sugar-sweetened beverages have contributed to skyrocketing rates of obesity and Type 2 diabetes. But there’s also evidence that drinking diet soda leads to weight gain. Researchers, suspect that tricking the brain—getting sweetness without the calories makes you crave more sugar than ever. Your best bet is to stop drinking calories altogether, said obesity specialist Dr. Yoni Freedhoff. Don’t rely on beverage for nourishment. “A well-balanced diet replete with fruits, vegetables and proteins should satisfy all of one’s nutritional needs,” he said, “Liquid calories are not satiating and in studies tend only to add calories to a meal,” said Freedhoff.
4. **Strengthen your muscles.** If you want to keep your muscles from weakening as you age, start strength training. It’s the only style of exercise that maintains and increases lean muscles tissue and burns between 22 and 36 calories per day.” said personal trainer Jim Karas. He suggests starting with push-ups for the upper body and lunges and squats for the lower body. “Move slowly and think about the muscles you are engaging. One slow set of 10 is all you need but make sure to fail,” which means you can’t perform another repetition.
5. **Chill out.** Stressed-out people are more vulnerable to colds and other viruses, they take longer to recover from illness and they gain more weight than their relax counterparts, research have shown. We also know that “the inability to feel in control of stress, rather than the stressful event itself, is the most damaging to immunity,” wrote Joan Borysenko in “Mending the Body, Mending the Mind.” Another stress expert, Debbie Mandel, the author of “Addicted to Stress.” In addition to exercise, deep-breathing techniques, meditation, tai chi and yoga are proven stress relievers.
6. **Eat out less.** We often use restaurants in the same way our parents used supermarkets, one of the main reasons for the dramatic global rise in chronic diseases such as obesity, Type 2 diabetes and heart disease, said Freedhoff. “Nutrition and calories aren’t intuitive,” he said. “When restaurant salads can have more calories and fat than a Big Mac, you know you’re putting your health at risk. You’ll save more than your money by eating meals in. You might even save your life.”
7. **Be a social butterfly.** Human beings are social creatures, if only because we need to reproduce. But research had shown that joining a club or sports team, belonging to a church group or keeping in contact with friends creates a sense of social identity that can help significantly reduce your risk of having a stroke, dementia and even the common cold. “We do not outgrow our need for others,” according to the MacArthur Foundation Study of Aging in American. “Loneliness breed both illness and early death.”
8. **Get your zzzzzzzzz.** Sleeping well is the single most overlooked factor critical to good health, especially during the flu season, said sleep specialist Dr. Rubin Naiman, an assistant profess at the University of Arizona’s Center for Integrative Medicine. But because focusing on doing all the right things before bed can make it harder to sleep, Naiman suggests lightening things up, perhaps by watching comedy on television before bed. “Too often sleep is approached with an anxious mind and heavy heart,” he said. “Laughter is good medicine—and good sleep medicine. I recommend it over sleeping pills.”
9. **Eat whole foods.** Whole foods—fruits, vegetables, legumes, nuts, seeds, eggs and whole grains—are unprocessed and unrefined and typically don’t have added sugar, salt or fat. They often have a loglycemic index, which means they don’t raise blood sugar and insulin levels as quickly as processed foods. Choose a baked potato instead of French fries, eat whole wheat bread instead of white bread, or start the day with oatmeal rather than a sugary breakfast cereal. “I eat as many fresh veggies and fruits as possible and stay away from anything in a bag, a box or a can,” said Yvonne Conte of Syracuse, NY., the author of a guidebook to living a happier and healthier life. “when I started this, I lost 22 pounds, and it has stayed off. Best thing I ever did.”
10. **Find your passion.** Do things that bring meaning to your day, said Patricia Boyle, a neuropsychologist in the Alzheimer’s Disease Center at the Rush University Medical Center in Chicago, whose research has shown that having a higher purpose can reduce the risk of death among older adults. “Purpose is cognitively stimulating, and this is very much along the lines of the adage “Use it or lose it,” which certainly has merit,” said Dr. Thomas Purl, director of the New England Centenarian Study.

Remember, Take Control of your Life—live healthier and longer....

WHY A DENTIST?

Testimonials from current dental students explaining why they chose the dental profession.

Many students rush toward Medical school without first considering what the field of dentistry has to offer. What they may not know is that a career as a dental professional can offer many advantages. Dentists are professionals trained specifically for diagnosing and treating the many diseases that can occur in the oral cavity. In addition, they instruct patients on how to care for their teeth and gums. They restore teeth that are damaged by decay, trauma or other reasons, using a wide variety of techniques and materials. As a dentist, you have the opportunity to strengthen your patient's self-confidence, improve their overall health, and potentially even save lives. For example, infections such as cancer can show their first symptoms in the oral cavity. As a result, the dentist often serves as the first line of detection for these life threatening diseases.

Dentists most certainly make a difference in the lives of their patients. Furthermore, there are recognized specialties for those who want to specialize after dental school. The recognized dental specialties include endodontist, oral and maxillofacial Surgeons, orthodontists, pediatric dentist, Oral pathologists, and dental radiology. In addition, dentists make a good living. The dentist's average income is considered to be in the top 3 percent of all possible professions. At the same time, dentist on average work almost a full day less each week than their physiciacounterparts. Experts predict that these trends will continue well into the future. Plus, there are more dentist retiring each year than there are new dentists graduating from dental school.

The need for dental professionals continues to grow just as our populations continue to increase, and as long as people have mouths, people will need dentist. *Written by Marie Lormill*

Confucius once stated, "choose a job you love, and you will never have to work a day in your life." it is unfortunate to talk to people who don't love what they do. Imagine waking up every morning dreading the day ahead of you or better yet

going to bed at night not feeling excited to wake up in the morning again.

Dentistry allows you to be so much. There are myriad of different things you can do — one person walks into your office and you relieve them of pain, the next one your create a beautiful smile, the next you give them teeth they haven't had in years, and so on and so on. Dentistry is not so a job, but a wonderful way to live your life. I can't imagine living life any other way. *Written by Larissa Figari*

Now that I see patients on a regular basis, I realize each day that entering the field of dentistry was a great decision for me. Like all health profession you get the opportunity to help people and be involved in their lives, but what is special about denturist is the higher frequency of contact. You may see the same patient several times a year.

I enjoy helping people feel better about themselves by improving their oral health. If interacting and serving all different kinds of people on a everyday basis sounds appealing, then dentistry might be for you. *Written by Jung Lee*

A career as a dentist offers:

- A. An opportunity to help people, who will greatly appreciate your time, patience and care.
- B. An opportunity to partner with your patients throughout their lives
- C. An opportunity to learn throughout your professional career
- D. An opportunity to positively affect the health of our society in many ways.



The Reach Program—Minority Student Dental Associations—Suny Stony Brook School of Dental Medicine

COHC'S VOLUNTEERS' POOL IS GROWING !

The Columbia Oral Health Clinic volunteers program is alive and working in 2010. We are proud to introduce Mr. Rick Duval who has agreed to volunteer this year. Mr. Duval has brought with him a vast knowledge of computer experiences and an array of organizational skills all which contributes to assisting Michael and Bernice to maintain the flow of the dental clinic. We are fortunate to have Mr. Duval and we look forward to a continuing working relationship with him.

Don McCall has agreed to continue his volunteer work with the clinic. He was assigned to the dental clinic from Experience Works. We welcome his contributions in administrative/clerical experience.

February 3, we established a volunteer pool with the Medical Interns at Centura College to begin February 22 thru March 2010.

Our volunteers play a valuable role at the dental clinic. We are always excited when we get the knock on the door or the phone rang with a willing volunteer able to give the clinic their time and experience.

We treat our volunteers with respect and admiration; as we appreciate the time that they offer our clinic and our patients.

OBSERVING BLACK HISTORY MONTH



**Celebrate
Black History
Month**

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A Unique Free Dental Clinic

Our Mission

The COHC mission is to ensure access to high-quality oral health care service for adults living with HIV/AIDS, as well as, the homeless and those persons who are uninsured and underinsured that meet our admissions criteria. Our purpose is to disseminate state-of-the-art treatment, oral health information, patient advocacy, and educate patients

You can find us on the web at our new site:
www.columbiaoralhealthclinic.org
Check Out Our Virtual Tour



HISTORY OF VALENTINE DAY

Valentine's Day - the popular festival of love and romances traces its origin to ancient Roman festival and has not been created by card companies as some people believe it to be. There are various legends associated with the festival along with the belief that birds began to mate from this day. Popularity of the Valentine's Day festival stems from the combined effects of all these legends, beliefs and of course the wish to glorify the unparalleled feeling of love.

Feast of Lupercalia

Historians trace the origin of Valentine's Day to ancient Roman Empire. It is said that in the Rome of ancient times people observed a holiday on February 14th to honor Juno - the Queen of Roman Gods and Goddesses. The Romans also regarded Juno as the Goddess of Women and Marriage. On the following day, February 15th began the fertility festival called 'Feast of Lupercalia'. The festival of Lupercalia was celebrated to honor the Gods Lupercus and Faunus - the Roman God of Agriculture besides the legendary founders of Rome, Romulus and Remus.

An interesting custom was followed in the Feast of Lupercalia to bring together young boys and girls who otherwise were strictly separated. On the eve of the festival names of young Roman girls were written on a slip of paper and placed into jars. Each young man drew out a girl's name from the jar and was paired with the girl for the duration of Lupercalia. Sometime pairing lasted for a year until next year's celebration. Quite often, the couple would fall in love with each other and later marry. The custom lasted for a long time until people felt that the custom was un-Christian and that mates should be chosen by sight, not luck. The Paring of young boys and girls did set the mood of the Valentine's Day festival as we know today. But it was actually due to the efforts and daring of a priest St. Valentine that the festival got its name and clearer meaning. During the reign of emperor Claudius II Rome was involved in several bloody and unpopular campaigns. Claudius found it tough to get soldiers and felt the reason was men did not join army because they did not wish to leave their wives and families.

As a result Claudius cancelled all marriages and engagements in Rome. A romantic at heart priest of Rome Saint Valentine defied Claudius's unjustified order. Along with Saint Marius, St. Valentine secretly married couples. When his defiance was discovered, Valentine was brutally beaten and put to death on February 14, about 270 AD. After his death Valentine was named a Saint.

STEPPING INTO THE COMMUNITY

January 16 attended a Health Fair with Bible Way of Atlas Road from 10-2pm
 January 22 provided HIV TESTING with nine participants.
 January 29 attended a Health Fair with Allen University from 11:30-130pm
 Outreach and community involvement is one of the best ways to get information into the community. Most of the time the community is not aware of the services that are provided in their areas.
 Health fairs, workshops and seminars are ways to reach and educate our general public. The purposes of these outreach functions involve health screening, referrals and in some cases grant fulfillment.
 A successful health fair has the capacity to reach many. A successful health fair takes a great deal of planning, a time commitment from already busy people, enthusiasm to attract volunteers and community participants, a significant budget, and clear objectives and desired outcomes.

President's Day

George Washington is the official name designated to what many of us know as President's Day. During the month of February the birthday of two of our greatest presidents take place. Both George Washington who was born on February 22 and Abraham Lincoln born on February 12. Washington's birthday has been publicly celebrated since he was in office, before Lincoln was born. Much of the debate over the name of the birthday comes from the fact that states can follow their own holidays. Many chose to honor Lincoln calling the day President's Day.
 Until 1971, both February 12 and February 22 were observed as Federal public holidays to honor the birthday of Abraham Lincoln and George Washington. In 1971 President Richard Nixon proclaimed one single Federal public holiday, President's Day, to be observed on the 3rd Monday of February, honoring all past Presidents of the United States of America.