

Falls Community Health, Dental, and the Ryan White Part C offices are located at **521 North Main Avenue** (the corner of Fourth and Main), adjacent to the Multi-Cultural Center (formerly the coliseum).

Medical Clinic Hours

Monday–Friday: 8 a.m. to 5 p.m.

Monday evenings: 5 p.m. to 9 p.m.

To schedule an appointment, call **367-8793**

Dental Clinic Hours

Monday–Thursday: 8 a.m. to 5 p.m.

Friday: 8 a.m. to 1 p.m.

To schedule an appointment, call **367-8022**

CD4 Count Reminder

Please remember if you need to get a CD4 count drawn, it cannot be done on Fridays.

Part C Program Staff

Katie Wick, Coordinator..... 367-8759

Vicki Harkness, Social Worker/Case Manager
..... 367-8122

Tracy Salameh, Nurse Case Manager.. 367-8731

Toll free..... (866) 784-8494

Fax..... 367-8121

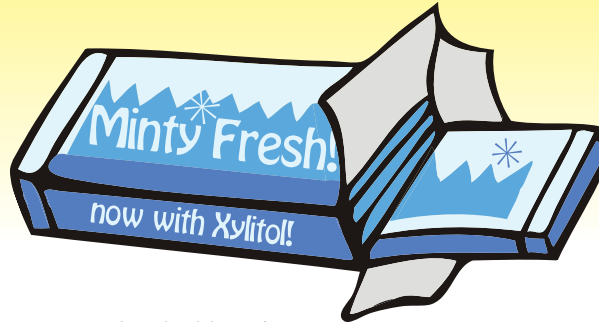
Hours: Monday–Friday, 8 a.m. to 5 p.m.

Falls Community Health is a division of the City of Sioux Falls Health Department.



DOODLES FROM DENTAL

Chewing Gum has its Benefits



Most of us are not used to the idea of our dentist or our dental hygienist telling us to chew gum! Studies have shown that chewing sugar-free gum increases the saliva in your mouth and that is a great thing for your teeth. When you are on a lot of medications, one of the most prevalent side effects is dry mouth. Chewing gum will help with that.

We also would like to recommend that you find gum with Xylitol as an ingredient. Xylitol has been shown to help in reduction of cavities. Most gums that have Xylitol will have it proudly labeled on their product. If not, look in the ingredients to see if it is in the gum. Chewing gum after eating when your toothbrush is not an option is a great way to keep a healthy smile!



TIPS FROM TRACY, RN

Flu Shot Season

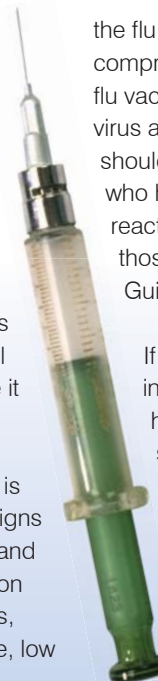
It's hard to believe, but it is flu shot season again! Every year in the United States, over 200,000 people are hospitalized from complications of influenza and an estimated 36,000 people will die. It is so important, especially for people who are immune compromised, to get vaccinated.

The flu vaccine is given every fall and is made based on what scientists feel will be the most prevalent flu strains. While it isn't 100 percent effective for every person, it will still offer some immunity against other strains. What this means is that if you were to get influenza, your signs and symptoms wouldn't be as severe and wouldn't last as long. The most common side effects of the flu shot are soreness, redness, or swelling at the injection site, low grade fever, and body aches.

The flu shot is made from an "inactivated" or dead virus, meaning you can't actually get

the flu from the shot. No one who is immune compromised should get the nasal spray flu vaccine because it is made from a live virus and could cause illness. Persons who shouldn't receive the flu vaccine are those who have ever had a severe allergic reaction to eggs or a previous flu shot, or those who have a history of Guillain-Barre syndrome.

If you develop signs or symptoms of influenza, you should contact your health care provider immediately. The symptoms usually start suddenly and include high fever, headache, fatigue, cough, sore throat, and body aches. If you have questions regarding this information or wish to schedule a flu shot, please contact Tracy at 367-8731.



Don't Forget

We have some things that Ryan White Part C clients can use and receive free from our office! The list of things our clients can receive from us includes:

- Ibuprofen • Tylenol • toothpaste
- toothbrushes • mouth rinse • floss
- thermometers • condoms
- Ensure for nutritional health

If you are interested in any of these items, please contact us!

Just a Reminder . . .

We love to pay your disease-related bills! Please remember that Ryan White Part C is unable to pay for your bills unless you bring

them to us. If you get a disease-related bill, please bring it to us or mail it to us so we can pay the bill for you. If you have questions about your bills, your insurance, or what things we can and can't pay for, please contact Vicki at 367-8122.

And Another Reminder . . .

If you haven't had a dental cleaning/checkup in the last six months, please contact Falls Community Dental to schedule an appointment. This is a service that we can pay for so please take advantage of this!

Support Group Change

The time and location of the HIV positive support group has changed to accommodate different schedules. We are meeting on the first and third Mondays of each month at 5:15 p.m. at Falls

Community Health in our conference room. Refreshments will be provided! We will be meeting November 3, November 17, December 1, and December 15. See you there!



VALUABLE INFO FROM VICKI • SOCIAL WORKER/CASE MANAGER

Support Group

World AIDS Day is observed every year on December 1. The World Health Organization established World AIDS Day in 1988 and 2008 will mark the twentieth anniversary.

World AIDS Day provides governments, national AIDS programs, faith organizations, community organizations, and individuals with an opportunity to raise awareness and focus attention on the global AIDS epidemic. In 2007, the estimated number of persons living with HIV worldwide was 33.2 million and there were 2.1 million AIDS deaths.

Since 1988, the face and response to AIDS has greatly changed. While many of these changes are positive, this anniversary offers the opportunity to highlight how much more still needs to be done. For example:

- Leaders in most countries from around the world now acknowledge the threat of AIDS, and many have committed to do something about it. As of 2007, nearly all countries have

national policies on HIV. However, despite these policies, most have not been fully implemented and many lack funding.

- While treatment for HIV/AIDS has improved and become more widespread since 1988, many still do not have access to treatment.
- Despite HIV awareness now reaching nearly all areas of the globe, infection rates are still happening 2.7 times faster than the increase in number of people receiving treatment.
- While the number of countries protecting people living with HIV continues to increase, one-third of countries still lack legal protections. Stigma and discrimination continue to be a major threat to universal access.

Let's use World AIDS Day 2008 as an opportunity for all of us to come together to demonstrate the importance of showing awareness for HIV/AIDS and show solidarity for the cause.

RESOURCES

• **Berakhah House**, 332-4017, 400 N. Western Ave., Sioux Falls 57104 • Residential living for people with AIDS, monthly HIV support group, chiropractic services for people with HIV.

• **The Center**, 331-1153, 1600 S. Western Ave., Suite B1, Sioux Falls 57105 • Safe and inclusive environment for straight and gay, youth and adult, weekly HIV support group and other groups, individual and couples counseling, speakers bureau, workshops, and social activities.

• **Falls Community Health**, Dr. Charles Shafer, 367-8793, Suite 101 521 N. Main Ave., Sioux Falls 57104-5964 • Comprehensive medical care for HIV patients.

• **Infectious Disease Specialists**, Dr. Alam, Dr. Ansari, Dr. Arbo, Dr. Nazir, Dr. Assimacopoulos, 334-1667, 911 E. 20th St., Suite 505, Sioux Falls 57105 • Comprehensive medical care for HIV patients.

• **Ryan White Part B Program**, 338-8003, Family Institute of the Midwest, 520 W. 22nd Ave., Sioux Falls 57105 • Case management, ADAP (AIDS Drug Assistance Program), assistance with outpatient primary medical care services, home health care services, outpatient mental health services, dental services, continuation of health insurance (evaluated for cost effectiveness).

• **Ryan White Part B Program** 1-800-592-1861 or 605-773-3737, South Dakota Department of Health, 615 E. 4th St., Pierre, SD 57501 • ADAP, assistance with outpatient primary medical care services, home health care services, outpatient mental health services, dental services, continuation of health insurance (evaluated for cost effectiveness).

• **Ryan White Part C Program** 367-8122 or 1-866-784-8494, Falls Community Health, 521 N. Main Ave., Sioux Falls 57104-5947 • Case Management, assistance with outpatient primary medical care services, dental services, outpatient mental health services, outpatient substance abuse services, some disease-related specialty care services, outpatient nutritional services, transportation.

• **Sanford Clinic**, Dr. Wendell Hoffman and Dr. Gerard David, 328-8120, 1310 West 22nd St., Sioux Falls 57105 • Comprehensive medical care for HIV patients.

• **Tri-State Help**, Sioux Falls Housing and Redevelopment Commission, 332-0704, 630 S. Minnesota Ave., Sioux Falls 57104-4825 • Short-term and long-term rental assistance, supportive services

WEBSITES

• www.aidsinfosd.com
• www.thewellproject.org
• www.poz.com • www.thebody.com