

THE "CARE" TIMES

Winnebago CARE Consortium

Volume 5, Issue 2

January 2009

Annual Ryan White Re-Enrollment Happening Now!!!

With the New Year beginning, its time for the annual re-enrollment into the Ryan White program. Each individual currently receiving Ryan White service thru the Winnebago Consortium must complete "NEW" paperwork for 2009. This paperwork will need to be completed by March 31, 2009, in order to continue receiving services.



For an individual to complete their Ryan White re-enrollment paperwork, he or she must meet with his or her case manager.

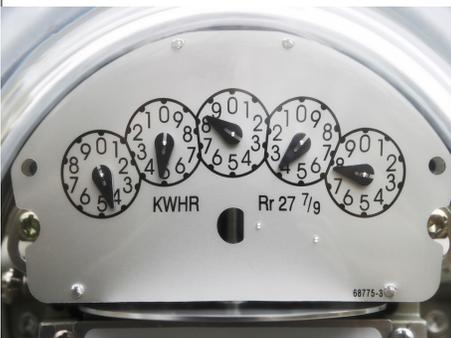
Please contact your case manager to schedule an appointment to re-enroll into the Ryan White program today.

When you meet with your case manager, please bring them a **copy** of the following documents:

1. Current Paycheck Stubs for 1 month or Social Security Benefits for 2009
2. 2008 W-2 Wage & Tax Statement or Social Security 1099 Benefit



Circuit Breaker



The Illinois Department on Agni's Circuit Breaker program provides grants to senior citizens and persons with disabilities to help them reduce the impact of taxes and prescription medications on their lives. When the costs of property taxes and prescription medicines begin to "overload" our seniors and persons with disabilities, this program steps in to help, just as a circuit breaker prevents overloads in an electrical system. **Your Ryan White Case Manager can assist you in applying for this program!**

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Ryan White Case Managers:

- Deborah Leroy (815) 626-2230
- Mike Macocco (815) 720-4085
- Stacia Runge (815) 748-2449
- Tracy Box (815) 720-4084
- Trish Paesani (815) 720-4086

Newsletter Designer:

Michael Macocco





The ABC'S of Hepatitis

What is hepatitis?

Hepatitis is an inflammation of the liver caused by certain viruses and other factors, such as alcohol abuse, some medications and trauma. Its various forms affect millions of Americans. Although many cases of hepatitis are not a serious threat to health, infection with certain hepatitis viruses can become chronic (long-lasting) and can sometimes lead to liver failure and death.

How many kinds of viral hepatitis are there?

There are four major types of hepatitis, all caused by different viruses: hepatitis A, hepatitis B, hepatitis C and delta hepatitis.

What is hepatitis A and how is it transmitted?

Hepatitis A, formerly known as infectious hepatitis, is caused by the hepatitis A virus. The virus enters through the mouth, multiplies in the body and is passed in the stool. It can be carried on the hands of an infected person who does not wash his or her hands thoroughly after using the toilet. The infection can be spread by direct contact with the hepatitis A virus or when another person consumes food or drink handled by an infected person who does not practice good hygiene, such as hand washing. In some cases, it can be spread to persons who ingest sewage-contaminated water.

What are the symptoms of hepatitis A?

The symptoms of hepatitis A include fatigue, poor appetite, fever and vomiting. Urine may become darker. Jaundice may then appear. Symptoms can appear from 15 to 50 days after exposure, but usually within 28 to 30 days of being exposed to the virus.

How contagious is hepatitis A?

Casual contacts — fellow classmates or work associates, for example — are generally not at risk. Because close personal contact in classrooms or offices is unlikely and because older children and adults typically practice good hygiene, the likelihood that hepatitis A will be transmitted in these settings is reduced. However, hepatitis A can be transmitted in child day-care settings, especially if good hygiene is not practiced after changing diapers. It also is due to the close personal contact among children, who are still learning to practice proper hygiene.

Is there a vaccine to prevent hepatitis A?

In 1995, a hepatitis A vaccine was licensed for use in the United States. This vaccine is recommended for persons who plan to travel to countries where hepatitis A occurs frequently, those who have blood clotting disorders or chronic liver disease, men who have sex with men and illegal drug users. Current guidelines call for a two-shot series with an interval between the doses of between six and 18 months, depending on the brand of vaccine used and the age of the person receiving the vaccine. Please check with your physician.

What is hepatitis B and how is it transmitted?

HBV is spread by direct contact with blood or other body fluids of infected people. (Delta hepatitis is spread the same ways as HBV; however, it is a defective hepatitis virus that can only be acquired in the presence of hepatitis B virus.)

Since the disease is not easily spread, persons with HBV do not pass the virus to others through casual contact, such as shaking hands or sharing a work space or bathroom facility. HBV is most commonly transmitted by sharing drug needles, by engaging in high-risk sexual behavior (especially anal sex), from a mother to her baby during childbirth and in the health-care setting.

What are the symptoms of hepatitis B?

Many people infected with viral hepatitis have no symptoms. For example, about one-third of people infected with HBV have a completely "silent" disease. When symptoms are present, they may be mild or severe. The most common early symptoms are mild fever, headache, muscle aches, fatigue, loss of appetite, nausea, vomiting and diarrhea. Later symptoms may include dark coffee-colored, rather than dark yellow, urine, clay-colored stools, abdominal pain, and yellowing of the skin and whites of the eyes (jaundice).

How is hepatitis B treated?

There are no specific treatments for the acute symptoms of viral hepatitis B. Doctors recommend bed rest, preventing dehydration, a healthy diet and avoidance of alcoholic beverages.

How can hepatitis B be prevented?

The most effective means of preventing hepatitis B virus infection is to avoid contact with the blood and body fluids, including semen and vaginal secretions, of infected individuals. There are several vaccines available to prevent hepatitis B. Vaccination should be considered by people at high risk of infection: male homosexuals and heterosexuals with multiple partners, people who receive hemodialysis or blood products, household and sexual contacts of HBV carriers, and users of street drugs who share needles. Many health care and laboratory workers who handle blood and other body fluids also are vaccinated.

What is hepatitis C and how is it transmitted?

HCV is spread primarily by exposure to human blood. Approximately 80 percent of persons who share needles to inject drugs are infected with HCV. HCV is not spread by food or water or casual contact, such as shaking hands or sharing a work space or bathroom facility.

What are the symptoms of hepatitis C?

Many people infected with hepatitis C have no symptoms. When symptoms are present, they can range from mild to severe. The most common early symptoms are mild fever, headache, muscle aches, fatigue, loss of appetite, nausea, vomiting and diarrhea. Later symptoms may include dark coffee-colored rather than dark yellow urine, clay-colored stools, abdominal pain, and yellowing of the skin and/or whites of the eyes (jaundice).

Can people with no symptoms pass hepatitis C to others?

Yes. Infected persons, regardless of whether they have symptoms or not, can transmit their infection to others.

How is hepatitis C treated?

There are no specific treatments for the symptoms of acute hepatitis C. Doctors recommend bed rest, preventing dehydration, a healthy diet and avoidance of alcoholic beverages. Most patients with mild to severe hepatitis C begin to feel better in two to three weeks and recover completely from their symptoms within four to eight weeks.

How can hepatitis C be prevented?

The most effective means of preventing hepatitis C is to avoid contact with human blood. Do not inject illegal drugs and do not share toothbrushes, razors or other items that might have blood on them.

No vaccines yet exist for HCV.

Do not use alcohol, see your physician, do not take new over-the-counter drugs without first talking to your physician, **and get vaccinated against hepatitis A and hepatitis B.**

STATEMENT OF ILLINOIS LAW ON ADVANCE DIRECTIVES AND DNR ORDERS

You have the right to make decisions about the health care you get now and in the future. An advance directive is a written statement you prepare about how you want your medical decisions to be made in the future, if you are no longer able to make them for yourself. A do not resuscitate order (DNR order) is a medical treatment order that says cardiopulmonary resuscitation (CPR) will not be used if your heart and/or breathing stops.

Federal law requires that you be told of your right to make an advance directive when you are admitted to a health-care facility. Illinois law allows for the following three types of advance directives: (1) health care power of attorney; (2) living will; and (3) mental health treatment preference declaration. In addition, you can ask your physician to work with you to prepare a DNR order. You may choose to discuss with your health-care professional and/or attorney these different types of advance directives as well as a DNR order. After reviewing information regarding advance directives and a DNR order, you may decide to make more than one. For example, you could make a health care power of attorney and a living will.

If you have one or more advance directives and/or a DNR order, tell your health-care professional and provide them with a copy. You may also want to provide a copy to family members, and you should provide a copy to those you appoint to make these decisions for you.

State law provides copies of sample advance directives forms. In addition, this webpage provides a copy of these forms and a copy of the Illinois Department of Public Health (IDPH) Uniform Do Not Resuscitate (DNR) Advance Directive. <http://www.idph.state.il.us/public/books/advdir4.htm>

LIVING WILL

A living will tells your health-care professional whether you want death-delaying procedures used if you have a terminal condition and are unable to state your wishes. A living will, unlike a health care power of attorney, only applies if you have a terminal condition. A terminal condition means an incurable and irreversible condition such that death is imminent and the application of any death delaying procedures serves only to prolong the dying process.



Even if you sign a living will, food and water cannot be withdrawn if it would be the only cause of death. Also, if you are pregnant and your health-care professional thinks you could have alive birth, your living will cannot go into effect.

You can use a standard living will form or write your own. You may write specific directions about the death-delaying procedures you do or do not want.

Two people must witness your signing of the living will. Your health-care professional cannot be a witness. It is your responsibility to tell your health-care professional if you have a living will if you are able to do so. You may cancel your living will at any time, either by telling someone or by canceling in writing.

If you have both a health care power of attorney and a living will, the agent you name in your power of attorney will make your health-care decisions unless he or she is unavailable.

**Your Ryan White Case Manager Can Help You in
Getting Assistance with a Living Will!**



**IN THE FIGHT AGAINST HIV/AIDS...
BOLDLY GO
WHERE NO STATE
HAS GONE BEFORE...**

STATETREK

2009 ILLINOIS HIV/AIDS LOBBY DAYS

JOIN YOUR FELLOW ADVOCATES IN SPRINGFIELD **STARDATE MARCH 3-4, 2009**

March 3-4

President Abraham Lincoln Hotel
701 East Adams, Springfield, IL
(217) 544-8800

STATE TREK Advocacy Training

Lunch Included
Tuesday, March 3, 2009
12:00 noon-4:30 p.m.

Awards Reception

Tuesday, March 3, 2009
5:30 p.m.-8:30 p.m.

STATE TREK Lobby Days (In the Capitol)

Wednesday, March 4, 2009
10:00 a.m.-1:00 p.m.

Register for State Trek

Registration is free and required for all activities. To register, visit www.aidschicago.org or call Pete Subkoviak, AIDS Foundation of Chicago at (312) 334-0963. Registration ends Sunday, February 8, 2009.

Travel and lodging expenses are the responsibility of each participant.

Special Cadet Scholarships

A small number of partial scholarships are available for people living with HIV/AIDS and who have demonstrated financial need. Scholarship applications are due by 5:00 p.m. on Sunday, February 8.

Click www.aidschicago.org.

One-day option available.

Call Pete Subkoviak for details.



REGISTER ONLINE AT WWW.AIDSchICAGO.ORG

STATETREK
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