

Public Health Clinic Locations

Chico Clinic
695 Oleander Ave
Chico, CA. 95926
(530) 879-3665

Table Mountain Clinic
Oroville Community
Employment Center
78 Table Mountain Blvd.
Oroville, CA. 95965
(530) 538-7341

Public Health Programs

AIDS Drug Assistance Program (ADAP)	1-877-783-4636
Adult Services - SHIP	538-7006
AIDS/HIV Services	538-6220 or 1-877-783-4636
Animal Control-Unincorporated County Area	891-2907 or 538-7409
Breast Feeding Information	891-2768 or 538-7455
California Children Services (CCS)	895-6546
Communicable Disease Info/Reports	891-2732 or 538-6220
Early Intervention Project (EIP)	538-6220
Environmental Health Permits	891-2727 or 538-7282
Immunizations	538-7553
Travel Immunizations	891-2737
Lab/Rabies Testing & Tick Identification	891-2747
Lead Poisoning Prevention	891-2732
Maternal & Child Health	891-2732, 538-7553 or 1-800-339-2941
Teen Pregnancy/STD	895-6565, 538-6109 or 1-877-783-4636
Tobacco Education/Smoking Complaints	538-6109 or 1-800-641-0015
Vital Statistics (Birth/Death Certificates)	538-7700
WIC Program	891-2767 or 538-7455
Home Health Care Management	343-0727 or 1-800-400-0727

HIV Testing Locations

Stonewall Alliance Center
2889 Cohasset Rd, Suite 5
Chico, CA 95973
(530) 893-3336
Every Monday
4:00 PM-6:00 PM
No Appointment Needed
Rapid testing now available

Butte County Public Health Department
695 Oleander Ave.
Chico, CA. 95926
(530) 879-3665
Monday-Friday
8:00 AM-5:00 PM
Call for Appointment

Butte County Public Health Department
78 Table Mountain Blvd.
Oroville, CA. 95965
(530) 538-7341
Monday - Friday
8:00AM-5:00 PM
Call for Appointment

Community Services

Home Health Care Management

- CMP, AIDS Medi-Cal waivers.
- Serves Butte, Glenn, Colusa, Shasta, Tehama and Trinity Counties
(530) 343-0727, 1-800-400-0727

EIP

- [\(Early Intervention Services for HIV+\)](#)
- Serves Butte, Glenn, Shasta, Sutter, Tehama, Trinity and Yuba Counties
(530) 538-6220
 - ADAP (AIDS Drug Assistance Program)

Del Norte Clinics, Inc.

- Care Services Program
- HIV/AIDS specialty Medical Care
- HIV/AIDS Case Management
(530) 342-4395
(530) 534-7500

Clinic Services

- ▶ Immunizations
- ▶ Breast Cancer Screening
- ▶ Family Planning
(Birth Control)
- ▶ Teen Pregnancy Prevention
- ▶ Pregnancy Testing
- ▶ HIV/AIDS Counseling and Testing
- ▶ Sexually Transmitted Diseases(STD's)
- ▶ Hepatitis Testing
- ▶ Foreign Travel Immunizations (Chico)
- ▶ Employment Physicals

Butte County Public Health Department

Positive Living, Living Positive

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POSITIVELY SPEAKING PROGRAM—PUTS A LOCAL FACE TO THE VIRUS

By Kate, a 48 year old Butte County Caucasian woman living with HIV

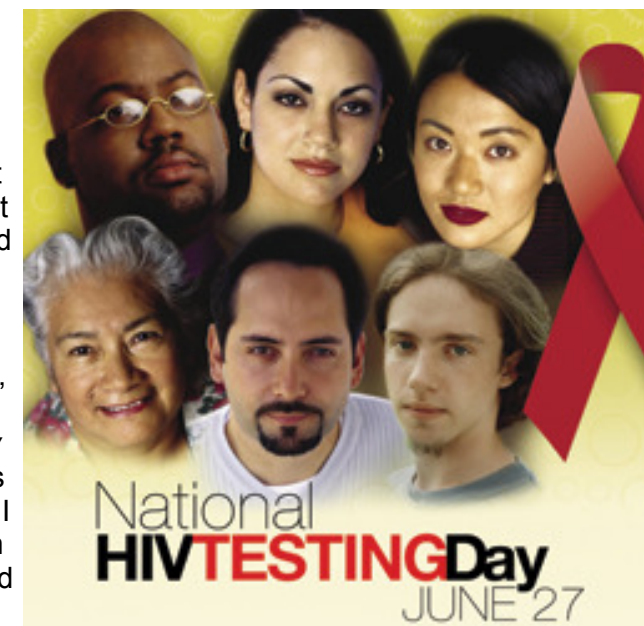
"I'm sorry, but your test came back positive for the virus that causes AIDS." Those fourteen little words changed my life back in 1999. I couldn't understand how this could happen. I didn't know anyone with HIV. I thought I was safe here in Butte County! I thought wrong. HIV is alive and well in Butte County and the rest of the world.

As a single mother of three children, I had no time for this disease or death, for that matter. I decided that I would not let this disease beat me down. I am strong, intelligent and competent that I can be a woman *living* with HIV. So the journey begins...

The first and most difficult thing that I ever had to do in my life was to get my children tested. What if I infected them somehow? How could I live with myself? It was the longest 2 weeks of my life (back then that is how long the tests took). Thankfully, all of my children came back negative. Next, I had everyone I had any contact with over the past few years get tested. All negative! I knew that I had to have acquired this virus from unprotected sex as I have never had a blood transfusion or shared needles. There was one missing factor – a former partner of mine that had moved out of town. It took almost 10 years for him to confess that indeed he did have AIDS.

Do I blame him for infecting me? No. I blame myself. I had unprotected sex. Period end.

On with life... I spent the next several months learning all that I could about HIV and how to treat it. Of course my doctors wanted me to immediately go on a "cocktail," but I felt that my viral load was very low and my CD4 count was fairly high and I wanted to look at alternative therapies. I dealt with my disease with acupuncture, megavitamins



and minerals, and a positive attitude.

I was very fortunate to have had the opportunity to attend the National

Free HIV Test

When: Just about any day!

Where: Various locations in Butte County

How: Oral saliva sample - result in 20 minutes - no blood taken!

Call: 1-877-783-4636

Test performed by the Butte County Public Health Department Staff

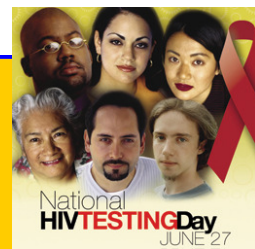
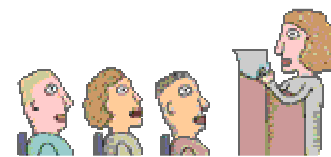
POSITIVELY SPEAKING PROGRAM—PUTS A LOCAL FACE TO THE VIRUS Continued from page 1

Women's HIV Conference in Los Angeles shortly after diagnosis. Here I was surrounded by 10,000 HIV positive women who were not ashamed of their situation! This empowered me more than I can say. Shortly after I returned from this conference I was asked if I would be interested in participating in a program called "Positively Speaking." This was a program run by the Department of Education in conjunction with the Public Health Department for people infected and affected by HIV to be trained and speak publically about their experiences. "Put a face to the virus" was the motto. I immediately accepted the offer and I must say that this is the most positive decision I have made for myself.



After a 3 day intensive training, I have gone and spoke at high schools, junior high schools, rehabilitation programs, juvenile halls, programs for Foster Care parents, and college campuses. This opportunity, although sometimes scary to put yourself and your life out there publicly, has been one of the most rewarding experiences of my life. I am able to take a tragedy such as being infected with HIV and turn it around to a positive experience, hoping that my story may keep one person from becoming infected. Unfortunately, due to budget cuts the program was cut with the Department of Education, but a group of very dedicated people have kept the program alive and through the Public Health Departments, speakers are still available to come and tell their powerful stories.

After almost 10 years, the disease has caught up with me and withered away at my immune system. I played a game of Russian roulette and waited a little too long to start my medications and suffer from an opportunistic infection. My life has changed dramatically, but I am still a woman living with HIV. I do not intend on changing that statistic any time soon.



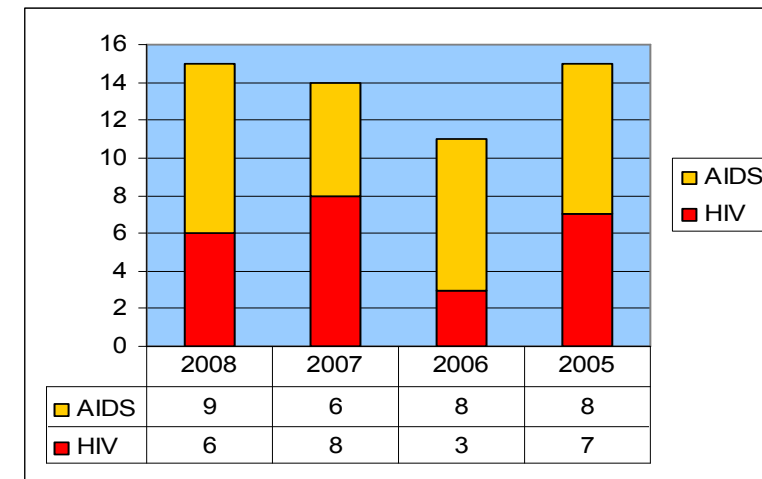
National HIV Testing Day

The National Association of People with AIDS (NAPWA) started National HIV Testing Day (NHTD) in 1995. Every year, on June 27th, local organizations across the nation engage with communities to promote early diagnosis and HIV-testing. The Centers for Disease Control and Prevention (CDC) estimates that 250,000 of the one million people living with HIV/AIDS in the United States are unaware of their status. NAPWA realizes that lack of access to treatment and care along with social stigma can make living with HIV difficult. With early diagnosis, uncertain individuals will know their HIV-status and should be placed into appropriate treatment and care. During NHTD, NAPWA works with partners, which include thousands of community-based organizations, businesses, health departments, elected officials, media, and individuals to encourage routine HIV-testing and to promote culturally-appropriate messages for those affected by and living with HIV/AIDS.

STATUS OF HIV/AIDS IN BUTTE COUNTY

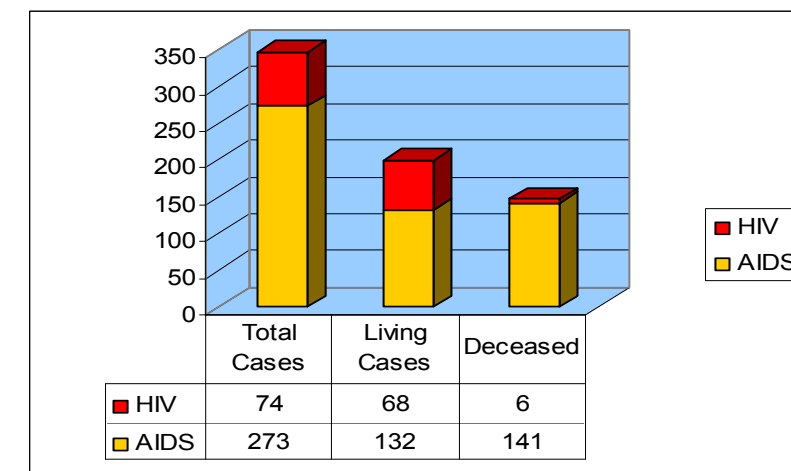
The first case of AIDS was confirmed in Butte County in April of 1984. Between that date and March 31, 2009, 273 AIDS cases have been reported in this county. Of those 273 cases, 141 are deceased. Since name-based HIV reporting began in 4/06, a total of 74 cases of HIV infection have been reported. Of those 6 are deceased.

HIV and AIDS Cases Diagnosed and Reported in Butte County by Year



While survival rates of individuals living with HIV/AIDS have increased over the last 25 years due to improved treatment, little progress has been made in increasing early diagnosis. Approximately 40 percent of people test late in their HIV infection and progress to AIDS within one year of an HIV diagnosis. Individuals who test early in the course of their disease and are aware of their positive status are more likely to modify their risk behaviors and therefore, less likely to transmit the disease to another. They also have the opportunity to be treated at an earlier stage, which can prevent or delay progression to AIDS and AIDS-related complications. Effective treatment can also reduce the chance of transmitting the virus to another.

Cumulative HIV/AIDS Cases in Butte County



Data sources: Butte County HIV Surveillance Report, March 2009

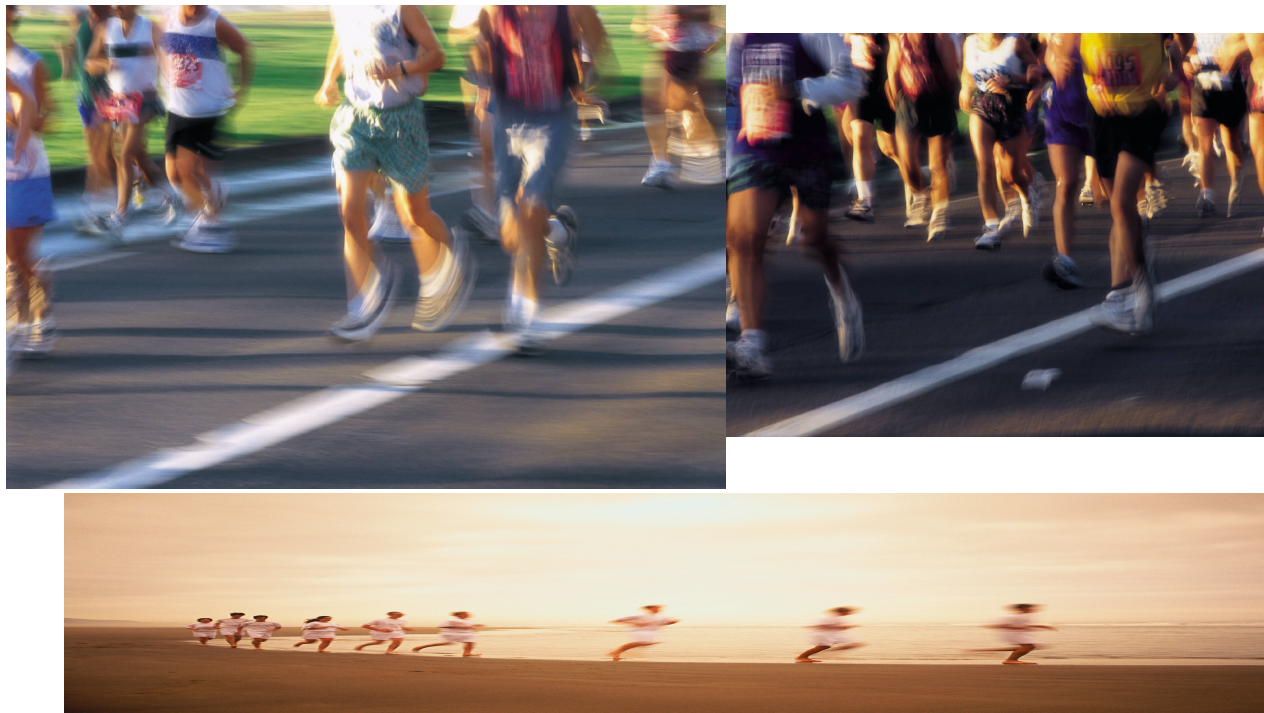
More than 100 people of all ages hit the track this April in the fight against HIV/AIDS. The first annual Chico High School AIDS Walk drew a diverse crowd of the young and the young-at-heart who circled and re-circled the quarter mile track to raise money to support the *Caring Choices* Food Closet for people living with HIV/AIDS.

“Any amount of money will help stock our nearly bare shelves,” said Deb Suderman, Director of HIV/AIDS services. “Food donations are down as the community feels the effects of the economic issues facing everyone. At the same time, many of those living with AIDS have received a \$37 per month reduction in their State disability income. This can mean the difference between eating and transportation to medical appointments.”

“We are extremely grateful to these extraordinary young people at CHS for putting on the event and for selecting the *Caring Choices* food closet and those we serve as the beneficiary of their hard work.”

Although final figures are not yet available, Pennie Baxter, advisor, estimates that more than \$600.00 was raised by the event coordinated by the CHS Gay Straight Alliance.

For more information or to donate cash or non-perishable food products to *Caring Choices*, contact Deb Suderman at (530) 343-0727.



PUBLIC HEALTH WEEK IN BUTTE COUNTY



April 6-10, 2009, was nationally recognized as **Public Health Week**. Public health professionals and agencies use this time to celebrate the successes of public health as well as bring attention to health issues that have serious consequences for Americans. Events were staged throughout the week, a couple of examples are seen below.

The “This is Public Health” campaign highlights how public health touches our daily lives. The “This is Public Health” campaign educates residents of our community about the important role public health plays in protecting their lives and well being. From ‘No Smoking’ signs to immunization clinics, from water filtration plants to preventive health screenings and HIV testing, public health is all around us – protecting our health by safeguarding the places where we live, work, and play.

Public health is your health. Public health improves the conditions and behaviors that affect the health of each and every one of us. Public health battles against deadly contagious diseases and promotes healthier lifestyles. Public health seeks to reduce incidences of preventable diseases, minimize the consequences of catastrophic events, and provide the basics of sanitation, safe food, and water.

You are only as healthy as the world you live in. Your health is determined not only by your own genetics and personal choices, but also by the environment around you. Public health looks at the health of the entire community – from social groups to schools, workplaces and the environment – and then works to minimize health risks.

Our local communities are filled with examples of public health.

- Smoke-free laws help keep the air we breathe clean.
- Restaurants are regularly inspected to insure food is safe to eat.
- Health centers and retail stores offer flu vaccine to keep us healthy.
- Public swimming pools are checked regularly to make sure the water is clean.
- Improved school lunch programs provide better nutrition.

Support our public health system.

Everyone has a role to play. Look around you at the ways public health affects your life. Thank the many people who improve the health of our communities. Tell your local officials that we must support vital public health services in our communities. Visit Butte County Public Health Department’s website at: www.buttecounty.net/publichealth.

HIV AND GOOD NUTRITION

HIV AND GOOD NUTRITION

By Lorna Andreatta, Public Health Education Specialist, HIV Case Manager



Good nutrition is an important part of your HIV care plan. We have known for a long time that nutrition has played a major role in the ability of the immune system to respond to infection. Good nutrition means getting enough macronutrients and micronutrients. Macronutrients contain calories that provide energy: carbohydrates, protein and fats. These nutrients help you maintain your body weight. Micronutrients include minerals and vitamins. They keep your cells working properly, but will not prevent weight loss. A lack of any of these key nutrients can weaken the body's ability to fight infection. Good nutrition and a healthy lifestyle are two important strategies to maintain good health and quality of life.

At some point, almost everyone living with HIV will face challenges in maintaining good nutrition. The nutritional needs of people living with HIV are greater because the body has to work overtime to deal with a chronic viral infection and to fight off opportunistic infections. Your body uses more energy and you need to eat more than normal. Side effects of anti-HIV therapy, such as, fatigue, poor appetite, and nausea, can make it hard to eat well.

If you lose weight you may be losing lean body weight like muscle. If you lose too much lean weight your body chemistry changes. Extra muscle weight will help you fight HIV. It can be dangerous for people with HIV to lose too much weight.

Nutrition guidelines for people with HIV: **Protein** helps build and maintain your muscles. Fish, meats, nuts, beans, and seeds are good sources of proteins. **Carbohydrates** give you energy. **Complex carbohydrates** come from cereals, grains, fruits, and vegetables. They are a "time release" energy source and are a good source of fiber and nutrients. **Simple carbohydrates** or sugars, give you quick energy. You can get sugars in fresh or dried fruit, jam, honey, or syrups. **Fat** gives you extra energy. You need some... but not too much. The "monounsaturated" fats in seeds, nuts, canola and olive oils, and fish are considered "good" fats. The "saturated" fats in butter and animal products are considered "bad" fats.

Remember to drink enough water; this can help reduce the side effects of medications. If your tap water isn't pure, drink bottled water. Drinking water can help you avoid constipation and dry mouth. Drinking colas, coffee, teas, alcohol, and chocolate drinks can actually make you lose body liquid.

The Bottom Line: Good nutrition is very important for people with HIV. Maintain your lean body weight by eating a balanced diet, including plenty of whole grain foods and protein, with some fats and sugars. Drink plenty of water. Remember to consult your health care provider regarding any sudden dietary changes.

HIV CARE IN OUR COMMUNITY



Del Norte Clinics, Inc. (DNCI) is a network of Federally Qualified Health Centers that are community based, offering quality family health and dental services in Butte, Glenn, Colusa, Yuba and Sutter counties. Our mission is to provide high quality medical, dental, social, and educational health services that meet the unique needs of all patients, especially those who are medically underserved including farm workers and others without financial resources.

In 1994 Michael Bauguess, board certified in Family Practice and an HIV specialist through the American Academy of HIV Medicine began treating his first HIV patients in our Oroville clinic. By 2002 he was treating 70 patients, many of whom traveled from cities up to an hour away. Because of the increasing need for HIV medical services, DNCI applied for the Federal Ryan White Early Intervention Services grant. In March of 2005 DNCI hired an Infectious Disease physician, Dr. Abdullah Al-Dwairi who sees patients primarily in Chico and is the clinical supervisor of the program. Dr. Al-Dwairi is board certified in both Infectious Disease and Internal Medicine. He is also a Diplomate of Clinical and Laboratory Immunology. In 2008 Dr. Amul Garg an Internal Medicine physician received HIV specialist training and began seeing HIV patients in Yuba County at our Lindhurst Family Health Center. Approximately 200 clients are currently in care between the three sites.

Del Norte's HIV program also offers mental health and dental services, compassionate nursing, health education, nutritional counseling with bio electrical impedance (body composition) assessments, support groups and referral services for prescription drug assistance and home healthcare. HIV nurse case managers work closely with our patients and their doctor or PA to provide education and support. In 2007 the State Office of AIDS awarded DNCI the Care Services Program grant. The Care Service Program case managers work with clients to alleviate difficulties (e.g. transportation) which impede patients from receiving regular medical care.

In all our clinics we are encouraging the routine screening of HIV for all HIV negative patients between the ages of 13 and 64. We are teaching the benefits of screening and we encourage you to do the same with your family, friends and acquaintances. The following are some of the benefits: 1) If you know that you have HIV, you can see an HIV specialist so that you can live a healthier and longer life. Without treatment the majority of patients will develop AIDS (Acquired Immune Deficiency Syndrome) and die within 3 – 10 years. However, with treatment the average lifespan from time of diagnosis is 20 or more years. You may not need to start HIV medications immediately but regular visits to an HIV specialist will help you stay healthy. 2) You might have HIV infection and not show symptoms. You may feel healthy yet your body is quietly losing its ability to fight infections and certain cancers. Testing and treatment can improve your body's ability to fight infections and cancers. 3) If you know that you have HIV, then you are less likely to spread it to others. We believe that as HIV screening is done routinely regardless of risk, the pandemic will subside.

👉 HIV Testing 👉 Medical care 👉 Compassionate nursing 👉 Nutrition 👉 Counseling 👉 Health education 👉 Dental 👉 Support groups 👉 Transportation & financial help

HIV Program		
Chico Family Health 680 Cohasset Rd. Chico, CA 95926 Abdullah Al-Dwairi, MD Patricia Pinkham, RN Case Manager 879-4750	Oroville Family Health 2800 Lincoln Blvd. Oroville, CA 95966 Michael Bauguess, PA Susan Herring, LVN Case Manager 532-3423	Lindhurst Family Health 4941 Olivehurst Ave. Olivehurst, CA 95961 Amul Garg, MD Chuck Fisher, RN Case Manager 749-4170
Katherine Rubin, HIV Program Coordinator		