

CheckUP

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Important news from the nation's leading health care facility serving the LGBT communities

From The Executive Director

Dear Friend,

It is my pleasure to share Callen-Lorde's latest issue of CheckUP with you.

With summer just around the corner, I hope you find our cover story on protecting yourself in the sun of interest. You probably already know that we all must take certain precautions, but you might be surprised by some of the medical findings on skin cancer.

On page three you'll find Dr. Gal Mayer's medical column. For this issue of CheckUP, Gal will be discussing how lung cancer affects women differently than men – as well as an article on prostate cancer.

I would also like to introduce you to Anita Radix, who has recently assumed the role of Associate Medical Director. Having lived in Europe, the United States, and the Caribbean, Anita's diverse background meshes wonderfully with Callen-Lorde's overall philosophy of equal treatment for all.

And with June soon upon us, I hope that you take a few moments to reflect on the true meaning of the word "pride." I am proud of those who help Callen-Lorde reach out in real and meaningful ways to everyone in our community – some of whom are extremely disenfranchised.

You make Callen-Lorde's remarkable work possible – for this I am extremely grateful. Thank you!

Sincerely,

Jay Laudato



Executive Director



Have Fun – But Use Protection

With the allure of gay hotspots like Fire Island, Asbury Park, Cape Cod – or those beaches in Greece – if the clothes come off, the skin protection needs to go on.

As the days grow longer and we spend more time outdoors, we at Callen-Lorde can't over-emphasize the importance of protecting your skin from the sun.

Some sun exposure is actually good for you, but overexposure is potentially lethal in the long run. According to the American Academy of Dermatology, five or more sunburns double the risk of developing skin cancer. Even heavy sun exposure once or twice a year increases the risk of melanoma, the most dangerous type.

The American Cancer Society recommends the following steps for those spending lots of time outside:

- ▼ Limit the amount of time spent in direct sunlight between 10am and 4pm, when the sun's rays are strongest
- ▼ Cover your skin if possible, when you aren't in the water
- ▼ Wear a hat, and keep in mind that a baseball cap won't protect the ears or back of the neck, where skin cancers commonly develop
- ▼ Use sunscreen with SPF of 15 or higher, but remember that 8 hours using this product is still equivalent of 32 minutes in the sun, without protection

- ▼ Wear sunglasses to protect your eyes. Look for labels on them that say "UV absorption up to 400 nm," "special purpose" or "Meets ANSI UV Requirements."
- ▼ Some of us swear by tanning beds and sunlamps, but most experts agree that these products are harmful.

So, enjoy the sun, go outside. With proper precautions you can frolic in the ocean or splash in the pool for most of the day, and feel confident that you and your skin will remain healthy.

REFERENCES:

American Cancer Society
www.cancer.org

National Council on
Skin Cancer Prevention
www.skincancerprevention.org



Darren Henault Joins Callen-Lorde



Callen-Lorde is pleased and delighted to welcome **Darren Henault** as a new board member. Darren's extraordinary enthusiasm for our work is already reaping results, and he has also agreed to be the first Chair of the board's new Development Committee, created in February.

An interior designer, Darren moved to New York in 1988, and lives in downtown Manhattan with his partner Michael Bassett, a corporate lawyer. They've been together for eight years, and at the moment are making plans to start a family.

We asked Darren how he got to be involved with Callen-Lorde. *"Michael knows Claudia Slacik, a client of his through CitiBank – and a current Callen-Lorde board member. I attended the Community Health*

Awards one year ago and mentioned to Claudia that I was just leaving the board of another organization. Within weeks Claudia was talking to me about being on this board. Obviously Claudia is persuasive."

Callen-Lorde's mission to provide care to the most vulnerable in our community clearly resonates with Darren. His awareness of his own fortunate circumstances has led him to feeling obligated to contribute his time and talent back to the community. *"I'm honestly not sure what other factors eventually got me involved. Perhaps because it's just occurred to me at age forty that I'm not a kid anymore, and my friends and I are all dealing with really intense issues as we get older, mostly around life and death."*

He adds that he can't imagine what finding healthcare must be like for those without steady jobs or a support system of friends and family.

Darren's work has been featured in *Artforum*, *Elle Décor*, *Design Times*, *House & Garden*, *New York Home Magazine*, *Vanity Fair*, and the *Wall Street Journal*, among many others. He recently moved his office to Soho, and is currently working on projects in Hawaii, California, Maryland, Pennsylvania, Connecticut, New Jersey, and New York. ▼

Website: www.darrenhenault.com

Meet our new Associate Medical Director, Anita Radix



Don't be deceived by the light accent of Anita Radix. Her friendly exterior houses a powerhouse of a physician devoted not only to patients – but to health care activism. After just a few weeks on the job at Callen-Lorde, she spoke about her career, personal life and commitment to LGBT health.

Born in England of Grenadian parents, Anita moved to the Caribbean as a child. After completing medical school she relocated to the USA for postgraduate training in internal medicine and infectious diseases at the University of Connecticut. She has always had an interest in the dynamics of healthcare provision in developing countries and later sought further training at the London School of Hygiene & Tropical Medicine and at Cambridge University, completing a Master's in Public Health. On her return

to the US, she joined a private practice and for several years was the medical director of health services at the University of Hartford. In 1999 she accepted an offer to establish a health department on a tiny island in the Netherlands Antilles (Dutch Caribbean) – a job she held for the last seven years.

Anita spoke about the generally "atrocious" state of HIV-related healthcare in the Caribbean. *"Late diagnosis is common, and few people receive treatment, even for opportunistic infections. AIDS is now the leading cause of death among 15- to 44-year-olds in the region."*

Fiercely committed to advocacy, Anita has examined the effect that social stigma has on the allocation of resources for HIV prevention in the Caribbean. She found that many countries in the region have not yet addressed HIV risk reduction

in stigmatized populations, especially men who partner with men. The social climate of homophobia compounds the problem. *"In the Caribbean sodomy is criminalized, so it's very difficult to initiate prevention work that is targeted to the gay community; furthermore, gay people are often the target of violent attacks and it is simply not safe to be 'out' or to be an LGBT advocate."* The results of her research have been presented at several international conferences.

We're thrilled to have Anita on board – and the feeling is mutual. *"I feel a strong commitment to the mission of Callen-Lorde and am delighted to be a part of such a unique and progressive organization."* ▼

Gal Mayer, MD
Medical Director



The Medical Director's report on

Current Health Issues

Current Health Issues is a feature of Check-Up which highlights current issues in health care that may affect your well-being - as well as that of your partner and your family. Each health issue is followed by Internet links and/or references for more information.

Lung Cancer and Women

Did you know that lung cancer kills more women than breast cancer? And statistics show that up to 20 percent of American women diagnosed with lung cancer have *never* smoked. Doctors speculate that these phenomena could be due to environmental factors such as air pollution, asbestos, and second-hand smoke.

Lung cancer specialist, Dr. Jennifer Garst, suggests another factor: *"It may be that women's bodies are unable to neutralize poisons or toxins such as second-hand smoke or air pollution as well as men's bodies. Women's lungs tend to be smaller and therefore may concentrate these poisons at higher levels in delicate tissue."*

The disease is especially hard to detect, but if you experience shortness of breath, chest pain, or coughing up blood make an appointment to see your health care provider.

LUNG CANCER INFORMATION:

- CancerCare
- www.lungcancer.org
- American Lung Association
- www.lungusa.org
- The Office on Women's Health (US Dept. HSS)
- www.4woman.gov/owh/index.htm

Prostate Cancer Prevention

Prostate cancer remains the most commonly diagnosed cancer in men. Experts estimate that as many as half of men over age 70 have the disease; it is found in almost all men over age 90. After lung cancer, it is the second leading cancer killer among men.

With these statistics in mind, researchers have been working on new cancer-fighting drugs, as physicians and surgeons continue to refine treatments and post-operative care.

Other research focuses on how nutrition can prevent the disease. Key factors include:

FAT Prostate cancer rates vary greatly from one country to another, with the highest rates appearing in countries where people tend to eat a lot of fat. In fact, the number of prostate cancer deaths in a given country rises in direct proportion to the average total calories from fat in that country's typical diet.

VEGETABLES Some studies link a diet high in vegetables to a lower risk of prostate cancer. For example, one study found that men who ate 28 or more servings of vegetables each week had lower rates of prostate cancer compared to men who ate less than 14 servings.

FISH In one study, prostate cancer was two to three times more common in men who ate no fish as in men who ate moderate to large amounts. Types of fish that are rich in the fatty acids that protect against prostate cancer and other diseases include salmon, herring, and mackerel.

So far, research does not support definite nutritional guidelines for preventing prostate cancer. However, you can reasonably act on these suggestions:

- ▼ Eat more fruits, vegetables and whole grains.
- ▼ Reduce intake of saturated fat and cholesterol.
- ▼ Limit sweets and salt.
- ▼ Drink alcoholic beverages in moderation, if at all.
- ▼ Eat moderate-sized portions and control calories.

And as with all health precautions, early detection is essential for treatment of prostate cancer. We recommend that all men over 40 be screened.

PROSTATE CANCER INFORMATION:

- Prostate Cancer Foundation
- www.prostatecancerfoundation.org
- Us TOO International (Prostate Cancer Education and Support Network)
- www.ustoo.com

Callen-Lorde in the News

If you didn't see The Advocate April 11, 2006 you missed a great article about our transgender care. If you would like to read it, please visit our website at www.callen-lorde.org

Affirming transgender care

Transgender people, looking to begin their gender transition, are often denied insurance coverage that they need to begin their gender transition. They are often denied the medical care they need to begin their gender transition. They are often denied the medical care they need to begin their gender transition.



Our Mission

The Callen-Lorde Community Health Center provides quality health care and related services to New York's lesbian, gay, bisexual, and transgender community regardless of ability to pay. To further this mission, Callen-Lorde promotes health education and wellness, and advocates for gay, lesbian, bisexual, and transgender health issues.

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Help us with our communication skills!

Visit the Callen-Lorde website at www.callen-lorde.org to join our Email Communication Center. As a member, you will receive future issues of *CheckUP* and invitations to our events like **Walk on the Wild Side** and the **Community Health Awards** delivered right to your email inbox. PLUS, you'll help us save on printing and postage . . . money that could go to patient services instead.

And you have our promise that we will never share your email address with anyone and you can unsubscribe at any time.

Callen-Lorde Community Health Center
356 West 18th Street
New York, NY 10011
212-271-7200
Visit us online: www.callen-lorde.org

Callen-Lorde wishes to acknowledge the generosity of

The Greater New York Affiliate of the
Susan G. Komen Breast Cancer Foundation.

THANK YOU!



MARK YOUR CALENDARS...

WWS6

Monday, June 12, 6-9pm

Sixth Annual Walk on the Wild Side

Join us again for Callen-Lorde's *wildly* popular summer event in the beautiful Central Park Zoo. This year our host will be **Cynthia Nixon**, the star of HBO's *Sex and the City* and Broadway's *Rabbit Hole*. Great food, fabulous people, lots of animals, and it's family-friendly. Visit our web site for more information and we'll see you at the zoo!

Sunday, June 25, from noon until it ends... the Heritage of Pride March

Begins at Fifth Avenue at 52nd Street, going downtown. Watch for the Callen-Lorde Community Health Center float!

Monday, November 13, 6-9pm Sixth Annual Community Health Awards Gala at Capitale

Join us as we honor distinguished members of the community who have continued to make a difference in the lives of LGBT individuals everywhere.

FREE RAPID HIV TESTING

at CALLEN-LORDE COMMUNITY HEALTH CENTER

Results while you wait.

Call 212-271-7200

to schedule an appointment

Visit www.callen-lorde.org for more info



*Note: Callen-Lorde uses the HIV-1/2 Rapid Test by OraQuick® which requires a finger stick to obtain a blood sample. Some additional testing may be required based on results.