

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;

Our community has a long history of coming together in tough times. In many ways, that is how Callen-Lorde was founded.

In this spirit, I am happy to tell you about one of our most important initiatives: Health Outreach To Teens program that is designed to help the young people in our community make well-informed decisions about their sexuality and health.

In our Medical Director's column on page three, you'll read about the latest research

findings from studies on cholesterol-lowering therapy, prostate cancer in men, and the health risks that sugar pose to women.

And in an article on page two, you'll read how volunteer doctors and Callen-Lorde medical staff created a 24-hour medical presence for the Pines and Cherry Grove communities during peak summer months.

I'm proud of our accomplishments as a community - and I am grateful for all the caring support of Callen-Lorde donors, people like you!

On behalf of the entire Callen-Lorde staff and our board of directors, I want to extend sincere gratitude to all of our patients and donors.

Sincerely,



Jay Laudato
Executive Director



Reaching Those Most Vulnerable: Teens

Teens are often confused and too embarrassed to ask for guidance when it comes to sensitive issues like health and sexuality. This is especially true for those who are questioning or identify as LGBT.

medical and mental healthcare to this vulnerable group -- as well as kids who are homeless and those who are in social service and foster care housing agencies.

We are NYC's only medical provider targeting these populations.

HOTT offers comprehensive primary health care, psychiatric services, social work and case management services, and HIV pre-and post-test counseling and testing. For youth 18 and younger, there are no program charges for medical care, prescriptions, and laboratory work-up. **HOTT** will also secure radiology exams and eyeglasses on an as needed basis.

and older are requested but not required.

In 2003, almost 700 young people were provided with medical and mental health services for a total of 2,779 clinical visits. **HOTT's** team of medical and mental health providers address a wide range of health issues that include HIV/AIDS, tuberculosis, sexually transmitted infections, routine chronic conditions and mental health issues ranging from anxiety and depression to severe mental illness. Providing care to over 35 HIV positive adolescents, **HOTT** is one of the largest HIV medical providers to youth in the New York State.

HOTT has been serving clients since 1989 and has two components - a designated clinical suite on-site at Callen-Lorde, and a fully equipped mobile medical van.



Callen-Lorde's citywide **Health Outreach to Teens (HOTT)** program provides

To foster independence with older adolescents, nominal contributions for those 19

A Presence on Fire Island

From late May through late September, Callen-Lorde helped to provide a medical presence in the Pines Care Center and Cherry Grove's Dr Elmer A Lindsay Memorial Center on Fire Island.

Being so isolated, it was important to maintain daily office hours - but we also offered a 24-hour on-call service.

Medical problems covered for episodic care ranged from laceration repair, first and second-degree burns, upper respiratory and gastrointestinal infections, kidney stones, various skin infections, tick bites, muscle injuries/sprains, and dehydration. Many patients were referred to Callen-Lorde for follow-up care services.

Medical coverage also provided at annual Fire Island Pines parties including, Dancing on the Bay, Pines Party and Zenith Party.

In the Pines, we received the caring support of the following volunteer doctors:

Juanita Evereteze, Charles Nieto, Yael Swica, Edward Cheslow, Daniel Weglein, Mark Konig, Christina Koizumi, Daniel Waxman, Victor Inada, and Kai Sturmann.

In Cherry Grove special thanks goes to the following volunteer doctors: Kris Bungay, Bertie Bregman, Eric Leach, NP, Callen-Lorde's Physicians and Nurse Practitioners.

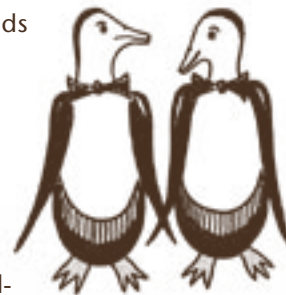
This program was funded by the generous residents of the Pines and Cherry Grove. One individual in Cherry Grove made a large enough gift for the Center to purchase an EKG machine and a cardiac defibrillator.

Our presence was so welcome that Callen-Lorde was asked to return to Fire Island next year.



Hundreds Turn Out to Honor Silo and Roy

On June 15, friends and supporters of Callen-Lorde gathered at the Central Park Zoo for the fourth annual *Walk on the Wild Side*, Cal-



len-Lorde's summer cocktail party. This year the occasion was a "tribute" to the Zoo's newsworthy gay penguins, Silo and Roy, whose stylish tuxedo-clad romance has been featured in the *New York Times*, MSNBC and *The Observer*, among other publications. Over 400 people enjoyed cocktails and hors d'oeuvres while roaming the zoo's beautiful grounds, observing the penguins and their neighbors, and enjoying wisecracks from comedian Kate Clinton and songs from guitarist Michael Holland. Co-Chaired by Marie-Elena Ruffo and Tom Viola, the event raised over \$90,000 for Callen-Lorde's programs.

4th Annual Community Health Awards on November 22

Make your plans now to attend Callen-Lorde's 4th Annual Community Health Awards, on Monday, November 22 at Capitale.



This year's event Co-Chairs are **Elisabeth Benjamin**, Director of the Health Law Unit for the Legal Aid Society, and **Alan Fard, MD**, founder of Midtown Cardiovascular. This year's guests of honor are **Stephen E. Goldstone, MD**, renowned surgeon and gay men's health advocate; New York State Senator **David A. Paterson**, Senate Minority Leader and ranking Democratic senator in the New York State Legislature; and the author and journalist, **Linda Villarosa**, former executive editor of *Essence* magazine whose recent articles on African-Americans and AIDS were featured on the front page of the *New York Times*. Tables and tickets can be reserved by calling Ed Galloway at 212-271-7263 or visit our website at www.callen-lorde.org to download a copy of the invitation.

HOTT *continued*

Our clinical suite is outfitted with a shower, clothes pantry and offers substantial snacks for youth accessing services. The van goes out to areas in lower Manhattan where young people are known to congregate, such as Christopher Street Piers, 42nd Street/Port Authority, and the Lower East Side.

An important component of our outreach program delivered on the medical van is *Peer Advocates*. These advocates approach their peers about Callen-Lorde, giving them a sense of safety and encouragement in seeking out our health and counseling services.





Dawn Harbatkin
Dawn Harbatkin, 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.

Treating elevated cholesterol - more is better

Study Finding: Several large clinical trials document that cholesterol-lowering therapy with a "statin" reduces the risk of death or a cardiovascular event, regardless of history of coronary artery disease.

For people with coronary artery disease or diabetes, the National Cholesterol Education Program recommended a target LDL (bad) cholesterol level of < 100 mg/dL.

But it was unclear if lowering these levels further would increase the clinical benefit. A recent study published in the New England Journal of Medicine now shows just that - in patients who have a heart attack or high-risk unstable angina, aggressive treatment is better than moderate treatment.

The study enrolled 4,162 patients who were hospitalized within 10 days for an acute coronary syndrome. The participants were given either 40 mg of pravastatin or 80 mg of atorvastatin and then followed for an average of 2 years.

The more aggressively treated patient group had a significant reduction in the risk of recurrent unstable angina borderline significant reduction in the rate of death.

Recommendation: While researchers are uncertain if the benefit of more aggressive treatment is due to the lowering of the LDL cholesterol or other causes, new guidelines recommend consideration of more aggressive treatment. If you have had or are known to be at risk for heart disease, please discuss this finding with your primary care provider.

NEJM. 2004;350(15):1495-1504; 1562-1564.
<http://www.americanheart.org/presenter.jhtml?identifier=11206>

Ejaculation frequency and prostate cancer

Study Finding: A large study recently examined the relationship between prostate cancer and frequency of ejaculation.

The hypothesis: infrequent ejaculation might increase the risk of prostate cancer because of retained carcinogenic secretions in the prostate gland. To gather information, more than 29,000 aged 46 to 81 were sent questionnaires every two years from 1992 to 2000, asking them the average number of ejaculations they had per month and their medical profile was evaluated to identify cases of prostate cancer.

The findings suggest that the relative risk of prostate cancer was decreased in men with a high ejaculatory frequency - 21 or more episodes per month compared to 4 to 7 episodes per month.

Recommendation: While the mechanisms for this association are unclear, frequent ejaculations decreases risk for prostate cancer. Callen-Lorde always recommends the use a condom if there is another person involved.

JAMA. 2004; 291(13):1578-1585.

Soft-Drink as a Risk for Women

Study Finding: A nine-year study of more than 50,000 women identified sugar-sweetened drinks such as soda, fruit punch, and fruit juices as a significant factor in both weight gain and the risk of diabetes

In general, women who drank sugar-sweetened beverages were less physically active, less likely to drink alcohol, eat protein and dietary fiber, and more likely to smoke. The study found that avoiding these beverages, including fruit juices, had a significant impact on women's weight, even when taking into account all of the above risk factors.

It was also found that more women who drank sugar-sweetened soft drinks developed type-2 diabetes - although this was not true for women who consumed fruit juices. There is a direct correlation to being overweight and developing diabetes, but now we know that drinking these beverages increased the risk. It is unclear whether increased risk is due to the excess calories or the rapidly absorbable sugar in these beverages.

Diet sodas made no impact on weight gain or the development of diabetes.

Recommendation: Avoid sugar-sweetened beverages in order to maintain weight and prevent diabetes. If you want a soft drink, choose a sugar free or diet sodas especially if you are a woman.

JAMA. 2004; 292(8):927-934; 978-9
<http://jama.ama-assn.org/cgi/content/full/292/8/927> <http://www.cnn.com/2004/HEALTH/diet.fitness/08/24/diabetes.soda.ap/index.html>

Our Mission

The Michael Callen-Audre 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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Visit us online: www.callen-lorde.org

Where There's a WILL There's a Way... To Secure Medical Care for Our Community.

At Callen-Lorde, we believe that everyone's personal priorities in life should include family, friend, and community.

Leaving an organization like Callen-Lorde in your will is a vital way to create a living legacy for the LGBT community. Your gift will reach people whose only access to medical care is Callen-Lorde. **Perhaps, you'll even save a life!**

If you would like to learn more about leaving Callen-Lorde in your will, please fill out, clip and return this coupon in the enclosed Callen-Lorde envelope.

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