

The Pulse

Keeping a pulse on healthcare integration at RBH



DECEMBER IS
HIV AIDS
AWARENESS
MONTH

The Center for Disease Control and Prevention (CDC) estimated that in 2019 about 2.1 million people in the U.S. had HIV. According to AIDS.gov, millions of Americans are living with HIV, but one in five are not aware they are living with HIV. HIV stands for human immunodeficiency virus, and it can lead to acquired immunodeficiency syndrome or AIDS if not treated.

Unlike other viruses, the human body can't get rid of HIV completely, even with treatment. **HIV can be transmitted through sexual contact, sharing needles to inject drugs, and/or pregnancy or breastfeeding.** HIV attacks the body's immune system, specifically the T cells, which help the immune system fight off infections. Untreated, HIV reduces the number of T cells in the body, making the person more likely to get other infections or infection-related cancers. Over time, HIV can destroy so many of these cells that the body can't fight off infections and disease. With proper medical care, HIV can be controlled. **If taken the right way, the medicine used to treat HIV can dramatically prolong the lives of a person infected with HIV and help lower their chance of infecting others.**

The only way to know for sure whether or not HIV has been contracted is **to get tested.** Knowing one's status is important because it helps with making healthy decisions to prevent getting or transmitting HIV. Some people may experience a flu-like illness within 2 to 4 weeks after infection, however some people may not feel sick during this stage. **After getting tested, it's important to find out the result of the test so you can talk to your health care provider about treatment options if you are in fact HIV-positive or learn ways to prevent getting HIV if results are HIV-negative.**

For more information visit the Center for Disease Control and Prevention (CDC) website at <https://www.cdc.gov/std/hiv/>.

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HAPPY HOLIDAYS FROM THE RICH STAFF- PAGE 3 & 4



1 People on effective HIV treatment can't pass it on

Effective treatment for HIV suppresses the virus to such low levels that it can't harm you and you can't pass it on.

2 HIV can't be passed on through day-to-day contact

HIV can't be passed on through things like touching, kissing, sharing cutlery or glasses.

HIV can be passed on through sex without a condom but only if a person is not on effective treatment. It can also be passed on through sharing needles and during pregnancy (but in the UK this is extremely rare because we have great treatment).

3 HIV can affect anyone

Some groups of people are affected by HIV more than others, but it can be passed on to anyone.

4 People living with HIV can live long and healthy lives

There isn't a cure for HIV, but there is excellent treatment. If you are diagnosed in good time and take your medication, you can have as long and healthy a life as everyone else.

5 There are many ways to prevent HIV

- Getting regularly tested for HIV if you are sexually active
- Taking PrEP or PEP (tablets which prevent HIV either before or just after you've been exposed to it)
- Using condoms
- Never sharing needles
- Taking your medication if you are living with HIV



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AIDS
TRUST**

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Stopping HIV

www.nat.org.uk

Happy Holidays from our RICH Recovery Clinic Staff!



Dr. Shridhar Bhat

Dr. Bhat is a Medical Doctor and has worked at the RICH Recovery Clinic since it started 8 years ago!



Bertonya "Toni" Stewart

Toni is a Care Coordinator and has worked for the RICH Recovery Clinic for 5 years.



Shamara Williams

Shamara is a RICH Clinician and has been with for the RICH Recovery Clinic for less than a year.



Phyleiscia Johnson Rogers

Phyleiscia is a Registered Nurse and has worked for the RICH Recovery Clinic for 6 years.



Gayle Hobson

Gayle is a Registered & Certified Peer Recovery Specialist and has been working with the clinic for almost 2 years. For the Holidays she enjoys the cold weather, time off, and bonding with her family.



Sara Hilleary

Sara is the RICH Program Manager and has been with RBHA for 6 years.



Chandra McMillian

Chandra is an Office Associate and has been with the RICH Recovery Clinic for 7 years. She likes decorating, food, and quality family time during the holidays!



Wendy Hendrick

Wendy is a Family Nurse Practitioner and has been with the RICH Recovery Clinic for less than a year.



Dr. Steven Brewer

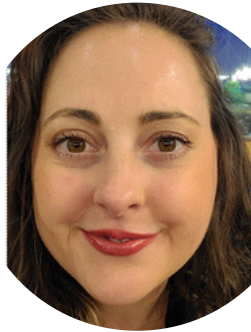
Dr. Brewer is a Physician Assistant and has been working in the RICH Recovery Clinic for almost a year.

Happy Holidays from our RICH Recovery Clinic Staff!



Jillian Olson

Jillian is a Care Coordinator and has been with the RICH Recovery Clinic for less than a year. For the holidays she enjoys competing in her family's annual holiday cookie competition when she is able to make it home.



Jaclyn Mullins

Jaclyn is the Lead RICH Registered Nurse and has been with the RICH Recovery Clinic since the end of September. She loves cooking so she enjoys entertaining friends and family over the holidays. She enjoys the Hallmark channel during the whole month of December and decorating her home. Welcome Jaclyn!!!



Latoya Helmon

Latoya is a Certified Medical Assistant and has been working for the RICH Recovery Clinic for a little over a year. During the holidays she enjoys spending time with her family, reading nice books, and enjoying the weather.



Sandra Palmer

Sandy is a Certified Clinical Medical Assistant (CCMA) and has been with the RICH Recovery Clinic for 6 months now. For the Holidays she loves to cook big meals and spend time with her family.



Debbie Fleshman

Deb is a Nurse Practitioner and has been with the RICH Recovery Clinic for a year.



Peggy Page

Peggy has been employed at the RICH Recovery Clinic as a Peer Recovery Specialist for 6 months. For the holidays she absolutely enjoys spending quality time with her husband and family and friends. She also enjoys cooking and shopping during the holiday seasons!!!