

RYAN WHITE



NATIONAL LATINX HIV/AIDS AWARENESS DAY

October 15 is National Latinx AIDS Awareness Day, an annual observance organized by the [Latino Commission on AIDS](#), the [Hispanic Federation](#) and other organizations

HIV disproportionately affects Hispanic/Latino communities. The CDC estimated in 2019, that of the 36,801 new infections in the U.S. and territories, 29% (10,494) were among Hispanics/Latinos.

- **Knowledge of HIV status:** In 2019, the CDC estimated that for every 100 Hispanic/Latino people with HIV, 16 did not know they were infected. Testing is a critical component of prevention and treatment efforts.
- **Sexually transmitted infections (STI):** According to the CDC, Hispanic/Latino people have higher rates of other STDs than the general population. Having another STD can increase a person's chance of getting or transmitting HIV
- **Access to HIV prevention and treatment:** Immigration status, poverty rates (15.7% for Hispanics of any race vs. 7.3% for non-Hispanic Whites), migration patterns, lower education levels, and language barriers may make it harder for some Hispanic/Latino people to get HIV services.

Know your status and encourage friends and family to get tested!

Signature Health offers free confidential HIV and Hepatitis C testing to those 13+ for HIV and 18+ for Hepatitis C at all of our locations. Tests can be scheduled or completed on a walk-in basis. It is a simple finger prick and results can be given in approximately 30 minutes.

For questions or to scheduled an appointment, please call:
440-578-8210



<https://hivinfo.nih.gov/understanding-hiv/hiv-aids-awareness-days/national-latinx-aids-awareness-day>

COLD/FLU/COVID SEASON

With cold & flu season just around the corner and a recent increase in COVID cases **Signature Health does conveniently offer COVID and flu vaccines at all of our locations (please check for availability with your Ryan White team member when scheduling)**

COVID and flu vaccines can be given together

- Everyone 6 months of age and older, with rare exceptions, should get an **influenza (flu) vaccine** every season.
- Everyone aged 6 years and older should get 1 updated Pfizer-BioNTech or Moderna **COVID-19 vaccine** to be up to date.
- People aged 65 years and older may get a 2nd dose of updated Pfizer-BioNTech or Moderna **COVID-19 vaccine**.
- People who are moderately or severely immunocompromised may get additional doses of updated Pfizer-BioNTech or Moderna **COVID-19 vaccine**.
- COVID-19 vaccine recommendations will be updated as needed. (recommendations per the CDC)
- The single best way to prevent the cold and flu virus is by effective handwashing! (Use hand sanitizer if you do not have access to soap and water)
- Get vaccinated
- Get adequate sleep (aim for 7-9 hours)
- Exercise
- Avoid touching your eyes and mouth
- Stay hydrated
- Avoid going around those already sick

Common Symptoms of a Cold, the Flu, and COVID-19

Learn more at www.nia.nih.gov/flu



*Symptoms may vary based on new COVID-19 variants and vaccination status.

Common Symptoms*	Cold	Flu	COVID-19
Fever and/or chills		✓	✓
Headache		✓	✓
Muscle pain or body aches		✓	✓
Feeling tired or weak		✓	✓
Sore throat	✓	✓	✓
Runny or stuffy nose	✓	✓	✓
Sneezing	✓		
Cough	✓	✓	✓
Shortness of breath or difficulty breathing		✓	✓
Vomiting and diarrhea		✓	✓
Change in or loss of taste or smell			✓



- **Breast cancer is the most commonly diagnosed cancer among American women.**
- Black women are more likely to die from breast cancer than women of any other racial or ethnic group. Experts believe that it's partially because about 1 in 5 Black women is diagnosed with triple-negative breast cancer, more than any other racial or ethnic group.
- About 85% of breast cancers occur in women who have no family history of breast cancer. These occur due to genetic mutations that happen as a result of the aging process and life in general, rather than inherited mutations.
- Although breast cancer is much more common in women, **breast cancer affects men, too.** About 2,710 American men this year are expected to be diagnosed with breast cancer, and about 530 are expected to die from the disease.

<https://www.breastcancer.org/about-breast-cancer/breast-cancer-awareness-month>

BREAST CANCER SCREENING

Regular breast self-exams, an annual exam by your doctor, and yearly mammograms are important tools in breast cancer detection – especially early detection, when cancers may be more treatable.

MAMMOGRAMS

- For women at average risk, screening mammograms should be performed annually beginning at age 40 to check the breasts for any early signs of breast cancer.
- If you have a higher risk of breast cancer, you and your doctor may decide that you will be start screening mammograms at a younger age.

BREAST SELF-EXAM

- Breast self-exam, or regularly examining your breasts on your own, can be an important way to find breast cancer early, when it's more likely to be treated successfully. Although no single test can detect all breast cancers early, many people report that performing a breast self-exam in combination with other screening methods can increase the odds of early detection.

How to do a breast self exam:

<https://www.breastcancer.org/screening-testing/breast-self-exam-bse#section-how-to-do-a-breast-self-exam-five-steps-for-checking-for-breast-cancer-at-home>

CLEVELAND CLINIC - walk-in screening mammogram may be an option at most locations. Otherwise call 440-878-3534 to schedule

<https://my.clevelandclinic.org/services/mammography#call-to-action-panel>

UH - UNIVERSITY HOSPITALS - Call 440-435-3056 to schedule your mammogram today.

<https://www.uhhospitals.org/services/obgyn-womens-health/conditions-and-treatments/breast-health/locations>



SIGNATURE HEALTH LOCATIONS:

ASHTABULA

4726 Main Ave.
Ashtabula, OH 44004
440-992-8552

BEACHWOOD

24200 Chagrin Blvd
Beachwood, OH 44122
216-831-6466

LAKESWOOD

14701 Detroit Ave 6th Floor
Lakewood, OH 44107
216-766-6080

MAPLE HEIGHTS

21100 Southgate Park Blvd
Maple Heights, OH 44137
216-633-6100

PAINESVILLE

54 S. State Rd
Painesville, OH 44077
440-853-1501

WILLOUGHBY

38882 Mentor Ave.
Willoughby, OH 44094
440-953-9999

SIGNATURE HEALTH PHARMACY

440-898-3807

WHAT DO THE NUMBERS MEAN?

The number of CD4 cells in the body shows the strength of the immune system. A normal CD4 cell count is about 500 to 1,500 cells per cubic millimeter of blood (a cubic millimeter is a very small amount, about one drop). The number of CD4 cells a person has – their "CD4 count" – usually decreases as HIV disease gets worse. The CD4 cell count can help health care providers tell whether current treatment is working.

Viral load is the amount (number of copies) of HIV in the bloodstream. Viral load results are reported as copies of HIV in one milliliter of blood. The lower the number, the less virus there is in the blood. Numbers can range from about one million copies to as few as 20 copies. If there is fewer than 20 copies, the health care provider may say the results are "undetectable."

U=U

Undetectable = Untransmittable
(unable to pass to others)



ccbh.net/ryan-white-services/



Positive Peers is a private peer support app for young people living with HIV.

Connect 24/7 to young people with similar experiences and concerns, providing each other with encouragement, comfort, and advice.

If you are 13-34 and living with HIV, we want you to know that you will always be more than the disease. It will never define who you are. It will never have a say in what kind of person you are. It doesn't have a say in your future. It's just a virus — one that we can fight together.

Come join us. Learn about your diagnosis, rock your treatment, and dream about your future.

People-proven

Created by medical experts and young people living with HIV. Positive Peers users are 3x more likely to become undetectable/untransmittable (U=U). Proven to lessen the feelings of stigma.

Community Support

Privately connect with other young people living with HIV to ask questions, share advice, and stories. Chat one-on-one or join the convo in the community forum. Reach out to healthcare providers easily.

Med Tracking

Set medication reminders. Track success.

Resources

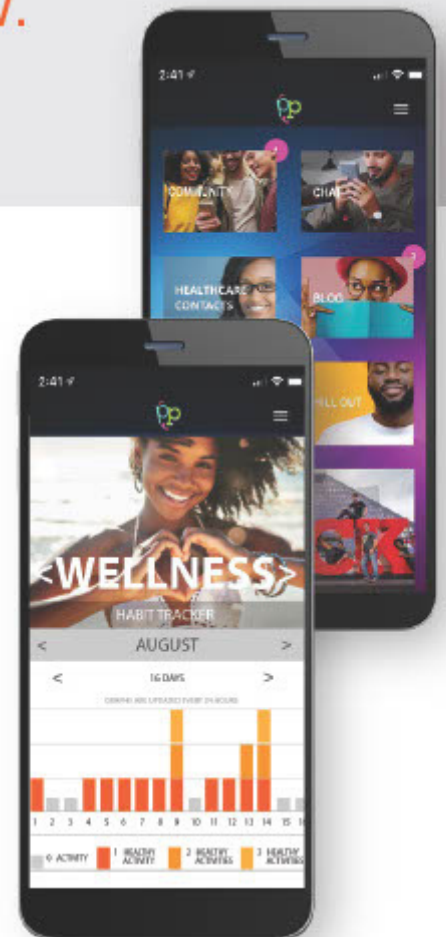
Reach for the right tool when you need it. Dig into award-winning, easy-to-read blogs for real advice on living with HIV. Relax with meditation videos. Gain inspiration from other young people living with HIV in Tales of Triumph. Search for healthcare and community resources.

U=U Status Record

Record doctor visits and lab results. Track your way to becoming undetectable/untransmittable (U=U).

Wellness Tracker

Daily, monthly, and yearly view of health habits recorded on the app.



For the safety and privacy of all users, registration is required to gain access to the app.

Register online at:
positivepeers.org