



Staff Spotlight: Sandy Trembath

OK, remember the movie Grease? Of course you do! Now, think of the Pink Ladies and the character Frenchy (the beauty school dropout) and there you have her, Sandy Trembath, our newest addition to the HATP team! Sandy has been working with us for the past 6 months as a nurse, so many of you have probably already met her. For those of you who have not, she can also be described as energetic, enthusiastic, full of laughter, and, well, PINK. Read on to become more acquainted with Sandy:

What brings you to the HATP?



Sandy: From the day I started working with this team I felt like I'd found a new family. Fortunately, it is also a working environment that provides comprehensive care to our patients and I love that.

What do you enjoy doing outside of work?

Sandy: I have an eclectic personality: I like being silly yet serious, and I love being with my twin granddaughters and lov-

ing them! I also enjoy writing poetry, drawing, gardening, photography, and remodeling my house, but this can bring out my silliness too (think Barbie pink house...).

Do you have any pets?

I have a 9 year old golden retriever named Emily who is 75 pounds of love, and a 13 year old Persian cat named Muffy who is simply adorable!

Do you have any nicknames?

Sandy: Some people call me Kitty, and I'm going to teach my granddaughters to say Nana Kitty!

Meow!

Tidbits and Notes

In addition to hiring Sandy Trembath, we also welcome a new Medical Assistant, Kathya Arce, to our team. For all of you who love Davina, don't worry, she's still here!!

The Borders Book benefit weekend held for the HATP in mid-November earned the program

\$441.04. If you have any suggestions as to how you would like to see this money spent (ie: specific education programs, etc) please tell a team member at your appointment.

Dr. Gandhi had her baby on December 1st: Arjun came into the world at 7

lbs, 12 oz, a healthy little boy!

And lastly, a reminder that the HATP office will be closed December 24th and 31st for the holidays. Please call in advance if you need prescription refills!

How to Contact Us

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Nurse Line: (734) 936-8186

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Fax: (734)763-5793

Dates to Remember

Support Group

January 6th & 20th

February 3rd & 17th

March 3rd, 17th, & 31st

*Meets at 6 PM on 3rd floor
Taubman, Area D*

Community Advisory Council

Please talk to PJ for meeting information, or call him at 734-763-9383.

*Meets in
Rm. 3201 Taubman Center*

Current Studies at the HATP

- Tipranavir Expanded Access **Coming Soon!**
- Tipranavir Rollover
- Capravirine Extension

*Here at the U of M HATP
we are committed to
continually seeking new
ways to treat HIV.*

Are You Sleeping?

By Faheem Moghal, MD

Sleep should be a right, not a privilege. And yet, 30% of the adult population suffers from some type of insomnia. This can include difficulty falling asleep (more than 30 minutes), waking up several times in the middle of the night, or waking up too early in the morning. Sound familiar? Does getting your 6-7 hours of sleep per night seem more like a luxury than a habit? Well, don't take this lying down! Because chronic sleep deprivation can contribute to many psychiatric conditions, including anxiety, depression, and substance abuse.

OK, there is good news. Insomnia is very treatable, and there are numerous treatment options. First, it is important for you and your doctor to **determine the underlying cause of your insomnia**. Take a close look at your medical history; congestive heart failure, acid reflux, and chronic pain can disrupt sleep. Also, **review your medications** that have insomnia listed as a side effect. Generally, it is better to take these drugs in the morning rather than bedtime. This especially applies to antidepressants (except Remeron and Trazodone, which are sedating). If you are being treated for depression, continue treatment until it works! **Depression is a common underlying cause of insomnia**, because it can interfere with the deeper stages of sleep. **Keep alcohol intake to a minimum**; people who treat their depression and/or sleep problems with alcohol will end up disrupting their sleep cycle in the long run. Caffeine is an enemy of sleep, too – but if you can't make it through your day without a big cup o' joe, at least **try to avoid any caffeine intake after 10:00 AM**.

“But I've tried all of these things, and I still can't sleep!” OK, let's look at some other interventions you may not have tried yet:

1. Go to bed at the same time each night, and get up at the same time each morning (including weekends).
2. Avoid strenuous exercise close to bedtime (early afternoon is ideal).
3. Avoid naps during the day – period!
4. A slightly cool bedroom may aid sleep, since body temperature drops during the night.
5. Create a relaxing environment close to bedtime: turn the phone and TV off, listen to slow instrumental music, do some light reading (not news or work-related).
6. Consider warm milk 1 hour before bedtime – not an old wife's tale! Heating milk denatures the proteins, which releases tryptophan, the same substance in turkey that makes you sleepy.

Remember, most prescription and over-the-counter sleep aids are for short-term use only; they tend to lose their effect over time. Incorporating the healthy sleep habits listed above will create restful, restorative sleep night after night, if you stick with it. And you'll be amazed at how much a good night's sleep can benefit your mood, your thinking, and your overall health. Sweet dreams!



-Adapted from Benca, RM and Juergens, T. Comorbidity of insomnia with psychiatric and medical illness. Psychiatric Times, November 2004: 72-75.

About FluMist

By Mark Cichocki, RN

In light of the recent flu vaccine shortage, people are clamoring to get their flu shots. Many people are asking whether the nasal spray flu vaccine FluMist is a good substitute for the flu shot.

The answer is a resounding NO! Persons with HIV/AIDS as well as persons with weakened immune systems (e.g. person living with cancer) should never take vaccines that contain live virus and FluMist is one such vaccine. Vaccines with live virus are approved for use only among healthy persons between the ages of 5 and 49 years. How-

ever, it is not recommended that family members living with an immune compromised person receive FluMist also. The reason for this is that the live virus from FluMist can be “shed”, meaning that someone can be infected with the flu from the person who received the nasal vaccine. Those with a weakened immune system can get a very bad cases of flu if they are exposed to the live virus vaccine FluMist.

So simply put: never take any vaccine that contains live virus, including FluMist. If you have not already received your flu **shot**, you can still get one here today.