

# RYAN WHITE

## MEET THE TEAM

RYAN WHITE - SIGNATURE HEALTH

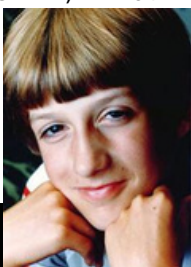
Welcome to our first edition of the Signature Health Ryan White monthly newsletter! We'd like to start by introducing ourselves and letting you know what we have to offer.

### WHO IS RYAN WHITE?

Ryan White was 13 when he was diagnosed with AIDS after a blood transfusion in December 1984. Living in Kokomo, Indiana, doctors gave him six months to live.

When Ryan tried to return to school, he faced AIDS-related discrimination in his Indiana community. Along with his mother Jeanne WhiteGinder, he rallied for his right to attend school. He gained national attention and became the face of public education about the disease.

Surprising his doctors, Ryan lived five years longer than expected. He died in April 1990, one month before his high school graduation. Congress passed the Ryan White Comprehensive AIDS Resources Emergency (CARE) Act in August 1990.



<https://ryanwhite.hrsa.gov/about/ryan-white>

[signaturehealthinc.org](https://signaturehealthinc.org)

						
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<b>RYAN WHITE PROGRAM MANAGER</b>	<b>INTENSIVE BEHAVIOR HEALTH MEDICAL CASE MANGER</b>	<b>MEDICAL CASE MANGER</b>	<b>MEDICAL CASE MANGER</b>	<b>NURSE CARE COORDINATOR</b>	<b>COMMUNITY HEALTH WORKER</b>	<b>REGISTERED DIETICIAN</b>
Oversees Signature Health Ryan White program 440-477-2828	Serving select clients in all counties 216-644-9476	Serving clients in Cuyahoga County 216-410-9157	Serving clients in Ashtabula, Geauga and Lake County 440-261-2905	Serving all Ryan White patients with medical needs and coordination of medical care. 216-210-9692 FAX: 216-226-4720	Serving all Ryan White patients with connection to local resources to improve access to care 216-644-4041	Assess and treat nutritional needs of patients living with HIV to optimize immune function. Please inquire with your case manager for appointment information

## RYAN WHITE PART A CLEVELAND TGA

**IF YOU OR SOMEONE YOU KNOW IS LIVING WITH HIV/AIDS, THE RYAN WHITE PART A PROGRAM CAN HELP.**

### SERVICES INCLUDE:

- Primary Medical Care
- Prescription Assistance
- Medical Case Management
- Dental Care
- Medical Transportation
- Housing Services
- Substance Use Treatment
- Nutrition Services
- Mental Health Services
- Food Bank and Delivered Meals
- Home Health Care Services
- Legal Services Assistance
- Support Groups

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### SIGNATURE HEALTH LOCATIONS:

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

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

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

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

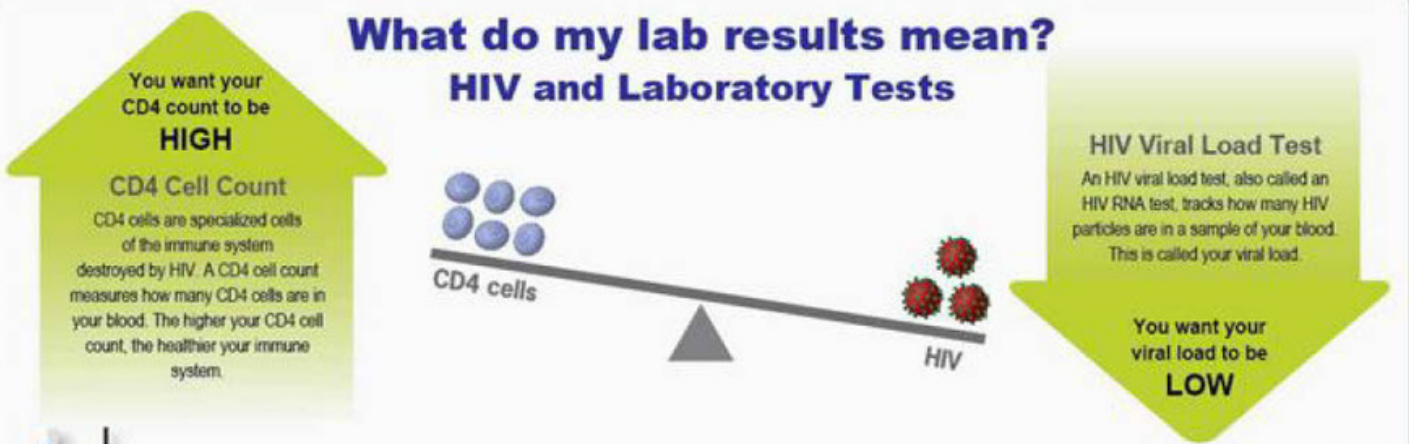
**PAINESVILLE**  
54 S. State Rd  
Painesville, OH 44077  
440-853-1501

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

**SIGNATURE HEALTH PHARMACY**  
440-898-3807

# What do my lab results mean?

## HIV and Laboratory Tests



**You want your CD4 count to be HIGH**

**CD4 Cell Count**

CD4 cells are specialized cells of the immune system destroyed by HIV. A CD4 cell count measures how many CD4 cells are in your blood. The higher your CD4 cell count, the healthier your immune system.

**HIV Viral Load Test**

An HIV viral load test, also called an HIV RNA test, tracks how many HIV particles are in a sample of your blood. This is called your viral load.

**You want your viral load to be LOW**

Taking a combination of HIV medicines every day prevents HIV from destroying CD4 cells and helps lower your viral load.

### What are some other important tests?

#### DRUG RESISTANCE TEST

HIV can change form, making it resistant to some HIV medicines. A drug resistance test helps your health care provider choose the HIV medicines that will work for you.

#### TESTS FOR OTHER INFECTIONS

HIV weakens the immune system, leaving people vulnerable to other infections. Health care providers test for tuberculosis, hepatitis B and C infections, and other potential illnesses. The treatment for another infection may affect HIV treatment.

#### COMPLETE BLOOD COUNT

This test measures how many red blood cells, white blood cells, and platelets are in your blood. This helps health care providers keep track of your overall health and spot infections or other potential medical problems.

#### BLOOD CHEMISTRY TESTS

This group of tests measures several different chemicals in your blood to help monitor the health of your organs, especially your heart, liver, and kidneys. Health care providers use blood chemistry tests to look for side effects caused by HIV medicines.

For more information, visit [HIVinfo.nih.gov](https://hivinfo.nih.gov) <https://hivinfo.nih.gov/understanding-hiv>

## WHAT DO YOUR NUMBERS MEAN?

The number of CD4 cells in your body shows the health of your 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. Your CD4 cell count can help your health care provider tell whether your current treatment and plan of care is working for you.

Viral load is the amount (number of copies) of HIV in your 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 your blood. Numbers can range from about one million copies to as few as 50 copies. If you have fewer than 50 copies, your health care provider may tell you that your results are "undetectable."

## RYAN WHITE WELLNESS GROUP

Develop coping strategies & receive peer support around mental health & substance use challenges

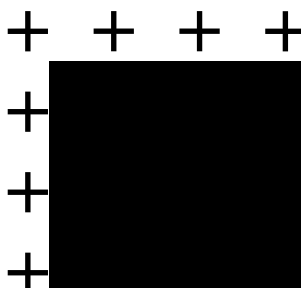
Every Tuesday | 1-3pm

SIGNATURE HEALTH LAKEWOOD

For more information or to RSVP, contact Liz Schaefer: 216-644-9476

**If transportation is a barrier, we can help!**

\*This group is funded by Ryan White Part A through the Cuyahoga County Board of Health\*



[ccbh.net/ryan-white-services/](http://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

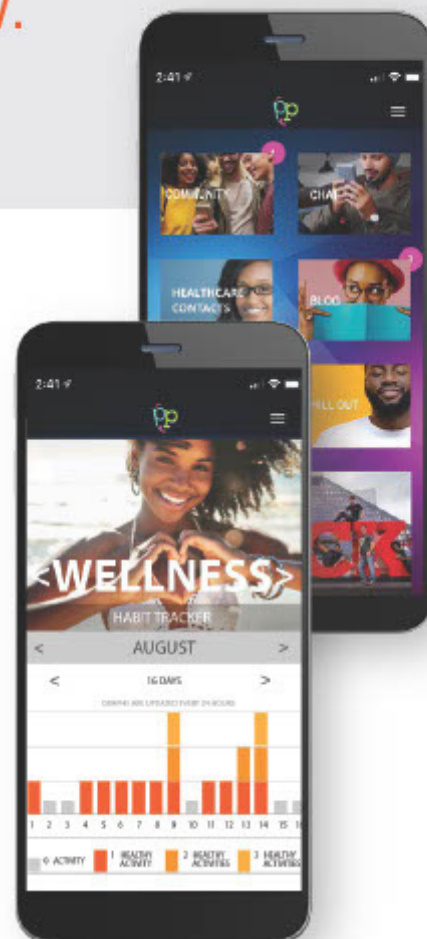
Reach for the right tool when you need it. Dig into award-winning, easy-to-read blogs for real advice on living with HIV. Relax with meditation videos. Gain inspiration from other young people living with HIV in Tales of Triumph. Search for healthcare and community resources.

#### 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](https://positivepeers.org)