HEALTH CENTERED

FREE! TAKE ONE

What U=U Means for You

"U=U" is an easy way to remember that undetectable is untransmittable. That means if you are a person living with HIV, and your viral load is undetectable, that there is no risk of transmitting HIV to someone who is HIV negative. "Undetectable" describes when the copies of HIV in a person's blood is so low that it does not show up on a lab test. The test measures a person's "viral load." "Untransmittable" means that a person living with HIV has virtually no chance of transmitting the virus to someone else through sexual contact.

Generally, antiretroviral HIV medications can, when taken as directed by a healthcare provider, decrease a person's viral load. Over time, a person's viral load can become undetectable. A person living with HIV needs to be undetectable for six months, with two undetectable viral load tests within this time, before their HIV is considered untransmittable.

It's important that a person who has an undetectable viral load continue to take their medications as prescribed to remain undetectable. You can learn more about U=U and get screened for HIV/ STIs at one of Howard Brown's Sexual & Reproductive Health Walk-In Clinics near you.

Find a location near you at howardbrown.org/walk-in

Upcoming Events

10/19

Big Orange Ball

Set your calendars for Saturday, October 19 at Park West from 8pm – 12am.

All proceeds go to support LGBTQ health at Howard Brown Health. howardbrown.org/BOB2019

10/01

Pharmacy at 63rd St. Grand Opening

Congratulations to the grand opening of our own Howard Brown Health Pharmacy, located in the Englewood neighborhood.

12/03

Giving Tuesday

Join us online for a day of success stories and fundraising on Tuesday, December 3.

howardbrown.org/donate

Sexual Health Outreach in Oak Park

Come visit outreach in Oak Park, embedded in our Brown Elephant location at 217 Harrison St. Oak Park, IL 60304. Brown Elephant is a vital part of the Howard Brown Health mission, seeking to lessen the disparities in healthcare for LGBTQ folks. When you donate or purchase items from the Brown Elephant, all proceeds go toward LGBTQ health at Howard Brown. With new outreach services at Oak Park, you can access walk-in screening for STIs/STDs, HIV and hepatitis C, plus pregnancy testing and linkage to affordable treatment, whenever you shop in Oak Park. It's quick and confidential with no appointment necessary.

The Brown Elephant Oak Park
217 Harrison St.,
Oak Park, IL 60304
Outreach Hours:
Thursday – Sunday: noon – 6:30 p.m.

The Brown Elephant

WHERE AFFORDABLE STYLE SUPPORTS AFFORDABLE HEALTHCARE
brownelephant.com

Site Information

Howard Brown Health
Clark
6500 N. Clark St.
Chicago, IL 60626

Howard Brown Health
55th St.
1525 E. 55th St.
Chicago, IL 60615

Howard Brown Health
Counseling Center
3948 N. Sheridan Rd.
Chicago, IL 60613

Broadway Youth Center
Broadway
4009 N. Broadway
Chicago, IL 60613

Howard Brown Health
Halsted
3245 N. Halsted St.
Chicago, IL 60657

Howard Brown Health
63rd St.
641 W. 63rd St.
Chicago, IL 60621

Howard Brown Health
at Thresholds South
734 W. 47th St.
Chicago, IL 60609

Howard Brown Health
Diversey
2800 N. Sheridan Rd.
Suite 211
Chicago, IL 60657

Howard Brown Health
Sheridan
4025 N. Sheridan Rd.
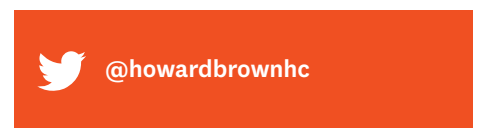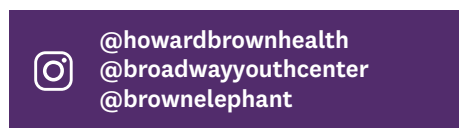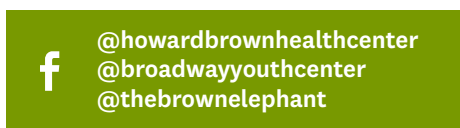Chicago, IL 60613

Howard Brown Health
at La Casa Norte
3257 W. North Avenue
Chicago, IL 60647

Howard Brown Health
at TPAN
5537 N. Broadway
Chicago, IL 60640

For more information, visit howardbrown.org/health-centers or call us at 773.388.1600

Get the latest Howard Brown news. Follow us on social media:

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@broadwayyouthcenter
@brownelephant

@howardbrownhc

At Howard Brown Health, we want to provide a healthcare experience that's centered on you —both online and off. That's why we've been working to make our website more user-friendly and better equipped to serve the diverse needs of our amazing community.

With the new howardbrown.org you can:

• Access the patient portal from the top of the homepage
• Browse quickly on your phone with user-friendly streamlined navigation
• Search for care providers by name, location, or service
• Learn more about providers on individual profile pages
• Find out about clinics, workshops, and special programming through our improved events calendar
• Toggle easily between English and Spanish versions of the site

We hope you find that the new howardbrown.org makes it easy to find the care you need — and the support you deserve.
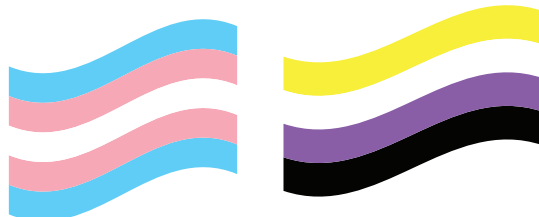
Youth Hormone Program

Howard Brown Health is expanding its services to transgender and nonbinary youth under age 18 seeking hormones. The youth hormone program works to create a holistic environment that supports youth and families through this process by providing education, connection to resources and evaluation, or short-term therapy services.

There are many factors that can impact transgender and nonbinary youth starting hormones, including medical and mental health, geographic limitations, and legal issues. Howard Brown is here to help. Our team of navigators, therapists, psychiatrists, and medical providers work collaboratively to meet everyone's needs.

If you have questions about hormones, services at Howard Brown, or your particular situation, please reach out to the trans and nonbinary youth hormone team.

Contact youthhormoneprogram@howardbrown.org or 773.388.1600 ext. 1984 to learn more.

Let's Talk About... Birth Control

If you could become pregnant, there are many options when it comes to birth control. Whether you're a transgender man, nonbinary person, or a cisgender woman, you have options. While there are well-known examples, such as the pill, condoms, and IUDs, there are far less invasive options as well. There are many reasons to take birth control, other than not wanting to become pregnant, which include—but are not limited to:

• Lessening or lightening periods and cramping. For those who have painful periods, or whose periods make them feel dysphoric about their gender, birth control can be one way to take more control of your body.
• Lessening acne and hair growth. If this is a concern of yours, some birth control is FDA approved to lessen acne.
• Have less stressful sex. If you're always worrying about the potential of being pregnant, birth control can help ease your mind.
• Treating other medical conditions. Some birth control can help treat Polycystic Ovary Syndrome (PCOS), or symptoms of endometriosis.
Talk to your provider to see what's right for you.

Make an appointment by calling 773.338.1600 today.

Big Orange Ball

Have a scary good time as you sink your teeth into Halloween with light bites and spooky treats, a silent auction and raffle, dancing and other scary-fun surprises. Featuring music by DJ Megan Taylor, play with pups in the "Bark West" from Chicago Puppy Patrol, and entertainment from seven of the hottest Boystown bars and Be-witches: Sofia Saffire and Marilyn Black from The North End, Coco Sho-Nell from Lucky Horseshoe, Dixie Lynn Cartwright from Sidetrack, Alexis Bevels from Progress Bar, Debbie Fox from Replay Lakeview, and Veronica POP from Charlie's Chicago.

Something wickedly fun this way comes with our Howling Hostess for the night, Amailia Black! You won't want to miss this on October 19.

All proceeds will go towards eliminating disparities in healthcare experienced by lesbian, bisexual, and transgender people.

The Big Orange Ball is coming up! Make sure you don't miss out on tickets!

howardbrown.org/BOB2019

Provider Spotlight

Dominique Murry, NP
she/her/hers
Southside Clinics

1. What is it like being a provider at Howard Brown Health?

Foremost, joining Howard Brown Health has been one of the best career decisions I have made. Currently, I am the float provider for the Southside clinics, primarily working at the clinic in the Englewood community. As a product of Englewood, it is most rewarding to be able to give back to a community that raised me. Howard Brown patients are amazing. I get the opportunity to see a variety of patients from different backgrounds. During an office visit, we laugh, we talk and have fun while meeting their needs. My team is more like family. They are supportive and extremely hard working, never turning a single patient away.

2. What does serving an LGBT population mean to you?

Serving the LGBTQ population means the world to me. There is no better feeling in the world than that moment when you help someone become their most authentic self. Every person deserves a provider that knows how to take care of their needs regardless of their own bias, beliefs or values.

3. What is something that you would want all of your clients to know?

Howard Brown is a Chicago gem. This healthcare system is at the forefront of LGBTQ and HIV care services. Howard Brown is forever changing and expanding services to reach every single person in need of healthcare. I am so honored to be part of a team of heroes as they continue to be a trailblazer in healthcare.

Find out more at howardbrown.org/providers

Donor Spotlight

You may recognize Miguel Torres, Mr. Chicago Leather 2014, from his high profile in the community. But before he was a local celebrity, Miguel was a Howard Brown donor, volunteer, and patient. This involvement helped him find his community and his chosen family.

Miguel Torres began volunteering for outreach and events a decade ago. He even participated in Jell-O and lube wrestling benefit matches for Howard Brown! He became a patient at our Sheridan clinic because he thought it was important to give back to his community in every way he can – privately insured patients like Miguel help subsidize the cost of care for patients who can't afford to pay.

Through his volunteer work, Miguel was recruited to compete in Mr. Chicago Leather, which has a service component, and eventually met his chosen family.

In 2018, Miguel decided that the most convenient way to give was to become a member of our monthly giving program, Heartbeat. He gives because he wants to "put his money where his mouth is" and he gives monthly because it's easy.

You can join Heartbeat and give as little as $5 monthly by visiting howardbrown.org/donate and clicking "Make this a monthly gift."

Howard Brown Health