



VOLUME 1 ISSUE 5

# ODC NEWS & VIEWS

SEPTEMBER & OCTOBER 2007

## Treatment News From AIDSmeds.com

### INSIDE THIS ISSUE:

BODY POSITIVE YOU'RE NOT ALONE (5 part series)	2
FIBER MAY HELP....	2
ME & HIV	3
FIBER MAY HELP....	4
CONTINUED	
SUPPORT GROUP INFO	4
UPCOMING EVENTS	4

PLEASE LET US KNOW IF YOU HAVE ANY IDEAS FOR AN ARTICLE FOR THE NEWSLETTER

### New Blood Test for PCP Holds Promise

A blood test may make it easier for doctors to diagnose *Pneumocystis pneumonia* (PCP) in people with compromised immune systems, according to a small Boston-based study.

### Scientists Say Internet Gives AIDS Denialists New Life

Scientists were for the most part able to ignore HIV denialists—those who say that HIV is not the cause of AIDS—until the internet came along, according to a new article published in the Public Library of Science online.

### Kidney Problems Require Careful NRTI Dosing

One-third of HIV-positive patients with kidney problems at an Alabama clinic received incorrect NRTI prescriptions, suggesting a need for more vigilant dosing precautions.

### Cost Shouldn't Be Obstacle to Lipo Treatment

Given that facial lipoatrophy and other stigmatizing body-shape changes associated with lipodystrophy are caused in part by treatments for HIV, doesn't the healthcare system have an ethical responsibility to provide and pay for restorative therapies?

### HIV's Two-Pronged Attack on the Brain

Not only does HIV damage nerve cells and cause dementia, it can also stop stem cells from repairing the brain.

### Higher Risk of C-Section Complications in Positive Women

New research indicates that the rate of health problems caused by cesarean sections is 60 percent higher among HIV-infected women compared to those not infected with the virus.

### Randomization Roulette: Are Current Studies Fair for Those With No Options?

To help treatment-experienced patients secure early access to new meds, some experts are proposing changes to the way clinical trials are conducted. But can these studies yield the necessary science?

### What do you discuss with your doctor?

*I see my doc once every 3 months. I am not sure if I am asking my doc the right questions about my treatment.*

*When you meet your doc, what are the issues that should be discussed? How can I make sure my doctor is not missing anything?*

# BODY POSITIVE - YOU'RE NOT ALONE

Part 1 OF 5

By Jim Lewis and Michael Slocum  
An Article for the Newly Diagnosed.  
There are nearly a million of us in the United States. Don't isolate yourselves.

This is Part 1 of 5 of an important article that first appeared in the magazine Body Positive (a publication of Body Positive, Inc. in New York City) in 1987. HIV/AIDS organizations around the world have reprinted "You Are Not Alone" in their own languages.

Maybe you have tested HIV-positive very recently; maybe you've known it for some time, but this is the first time you've reached out for information or support. You need to know that you are not alone. There are nearly a million

HIV-positive people in the United States.

Testing positive for HIV does not mean that you have AIDS, but HIV is probably the greatest threat to your life you have ever faced. This virus may remain inactive in your body for a long time, but it may not. If you are healthy now, you may still go on to develop some sort of health problems related to HIV. You may develop AIDS. There remain many uncertainties surrounding HIV, and though there is currently no "cure" for HIV infection, there are treatments. You need to learn what information is available and make informed choices about your health.

Many HIV-positive people now live fulfilling and happy lives. Many are

healthy and show no symptoms of disease. Many choose to take treatments and drugs that promise to lengthen their lives. So, as serious as this is, there is hope. You do not have to look at testing HIV-positive as if you've been given a death sentence.

It's a good thing you found this out. As upsetting as testing positive may have been for you, you are better off knowing, so you can learn about HIV and decide what you want to do about it. The fact that you cared enough about yourself to get the HIV test and the fact that you are reading this magazine show that you are concerned about your health. So give yourself some credit. You have taken important first steps to take care of yourself,

and you should be glad about it.

Years ago, those who tested HIV-positive had few places to turn for support. These people felt like they were hanging in limbo. Fortunately, much has changed. We know more about HIV now, and many organizations have formed around the world to offer support and information to people living with this virus. Many have already faced the questions inherent in living with HIV, and many will follow. You don't have to face this by yourself. There are lots of hands reaching out to assist you.

Reprinted courtesy of  
[www.PositiveWords.com](http://www.PositiveWords.com)

© 1987 by Body Positive, Inc.

## Fiber May Help Prevent Lipodystrophy

By Theresa Kinsella, MS, RD, CDN

Many HIV+ people are concerned about lipodystrophy. Lipodystrophy refers to the following body changes:

\* **Lipoatrophy** (fat loss especially in the face, arms, legs or buttocks)

- Lip hypertrophy (fat gain especially around the waist or behind the neck)
- \* High cholesterol and triglycerides (too much fat in the blood)

\* Insulin resistance (high blood sugar levels)

The exact causes of lipodystrophy are not known, but it could be due to HIV medications or HIV itself. There are not many treatments available for people who already have lipodystrophy.

But HIV+ people who do not have

lipodystrophy may be able to prevent some of the problems listed above by eating a high-fiber diet and leading a healthy lifestyle.

A research study compared the diet of HIV+ men who developed fat around their waist to HIV+ men who did not experience fat gain. The men who did not develop fat:

- \* Ate significantly more fiber and protein
- \* Performed more weight-bearing exercise
- \* Smoked less

Plus, a high fiber-diet and exercise improve cholesterol and blood sugar levels. Try to eat 20 to 35 grams of fiber each day. To get enough fiber into your diet:

\* Eat at least two servings of fruit each day. Choose whole fruit over juice. Add fruit to cereal, oatmeal or yogurt. Carry an apple or ba-

nana for a snack.

\* Eat a minimum of three servings of vegetables per day. Combine slices of vegetables with bean dip, yogurt dip or low-fat dressing for a snack. Make a large healthy salad and keep it in the refrigerator to have with your meals. Keep frozen vegetables like broccoli, cauliflower and spinach in the freezer to add to your dinner when you don't have the time to buy fresh.

\* Choose whole-grain foods such as oatmeal, whole-wheat bread, brown rice, barley and whole-grain cereals.

\* Add garbanzo, kidney and black beans to salads, omelets and whole-wheat pasta. Try bean dips like hummus as spreads for veggie sandwiches on whole-wheat pita.

**Sample Meal Plan: 2000 calories, 45 grams of fiber**

**Breakfast**

\* 3/4 cup Cheerios and 1/2 cup Kashi Good Friends cereal

- 1 cup skim or soymilk
- \* 1 small orange

**Lunch**

- \* 1 cup lentil or black bean soup
- \* 12 baby carrots with 1 tablespoon low-fat dressing for dipping
- \* 1/2 whole-wheat pita with 1 tablespoon hummus
- 1 apple cut into slices with 2 tablespoons natural peanut butter

**Snack**

\* 1 cup nonfat yogurt mixed with slices of banana

**Dinner**

\* Salad with 1 cup spinach, 1/4 cup

**Continue on page 4**

# Me and HIV

By: Dean

My journey begins in early part of November 1990. I heard about AIDS, but like many other people I was not well informed about this disease. It never crossed my mind that this disease would ever affect me. I was so very wrong.

Some friends decided to surprise me and take me to Chicago to celebrate my 24th birthday. I was told that everything was paid for and I was not to worry about anything. That they told me that everything is taken care of. We started the night by going out to dinner and after we finished eating we started to hit the bars. We went from one bar to another, I bet we went to at least five bars (last time I able count). By the time that it came to the main part of my "birthday present" I was buzzed and feeling no pain as I recall. We drove to a motel and when I opened the door to the room there was a woman sitting on the bed. My friends yelled "Happy Birthday". I was shocked but like I said I was in no condition to put up a fight. Well we had sexual relations not that I remember much of it but we did.

Late December, early January I started dating this girl. We started to get serious and the subject of sex came up. This got me thinking about what happened on my birthday. I decided that I needed to tell her what happened and that I was going to get tested for HIV because I had unsafe sex with this workingwoman. She than suggested that she

wanted to get tested to so that we both made sure it we were disease free. I agreed and we both went to the health department and got

**Its late July, (about six months later) time for me to take a trip back to the health department to get the HIV test retaken.**

the test done. We were told that it took three weeks for the results to come in. The hardest and the most stressful part of this was waiting the three weeks for the results. Three weeks past and now it is time to go get the results. It turned out that the results for both of us were negative for the virus that causes AIDS but they explained to me that since I had sex within the last six months I needed to be re-tested in another six months to make sure that the test was accurate. I was grateful that this test came back negative for HIV, but it was still a little stressful not knowing that is was for sure. The thing that made this experience easier was that I had my girlfriend going through this with me and she gave me support. Not knowing for sure if I was infected with HIV or not was the worst thing at this time. I took the recommendation from the health department not to have sex for another six months. The only person that knew what I was going through was my girlfriend I did not want to put my family and friends through worries at this time.

Its late July, (about six months later) time for me to take a trip back to the health department to get the HIV test retaken. I have to admit that I was a little scared and nervous (not to mention real stressed out). I just kept telling myself that everything would be just fine, the test will still be negative. With that in mind I drove to the health department had the test redone and once again they told to return in three weeks. During those three weeks I tried to keep a positive attitude, saying to myself that it will come back negative. This time was even worse than before but I needed to know for sure. Well it is August 19, 1991, three weeks after the retest so I drove to the health department to get my results. As I was called into a room I sit there and waited. Than this woman comes in, sits down and started to ask me a couple of questions (I did not recall this happening the first time). I remember that this time I felt that something was not right. As we talk she tells me that the test came back positive for the HIV virus. I sat there in shock; I could not believe my ears. She kept on talking but I heard nothing. I was num from my head to my toes. I recall thinking that my life is over, I have nothing to live for, and I have a death sentence I am going to die Why did God do this to me, what did I do so bad that he would punish me like this.

As I got into my car getting ready to leave the health department, I was consumed by so many thought in my

head. How am I going to tell my family? How am I going to tell my girlfriend? What will people think of me? I am not going to be able to have kids. Even the thought of suicide went through my mind. I thought of driving at top speed in my car head on into a tree and hoping that I would hit it hard enough that I would kill myself. But the more I thought about it the more it was a bad idea. This would probably hurt my parents even more then if I told them I was HIV positive. With all the information that was given to me, there was one piece of information that stuck in my head. It was that the life span at that time was seven to eight years. I started to cry I knew that I would not see the age of 32. It really hurt that I would not see my niece and godson turn 11 years old . I remember thinking that no woman would want to have a relationship with a man that has a death sentence. I could not help but fell all alone (if though I wasn't alone). If I tell my brother and sister how would they react, would they let me hold, kiss or even hug my niece and nephew? All these thought consumed me. The worse thing was that I did not have any answers to any of these questions and the only way to find out some of these answers was to tell my family.

To find out the ending of this story and to read others go to [www.opendoorclinic.org](http://www.opendoorclinic.org)

# OPEN DOOR CLINIC ELGIN AURORA

164 Division Street  
Suite # 607

Elgin, IL 60120

PHONE (847) 695-1093

FAX (847) 695-0501

157 S. Lincoln Ave.  
Room K

Aurora, IL 60505

PHONE (630) 264-1819

FAX (630) 264-2054

[WWW.OPENDOORCLINIC.ORG](http://WWW.OPENDOORCLINIC.ORG)

## Support Group Information

For both Aurora and Elgin come out get involved so we can get more needed resources in our area.

From the Aurora support group, we are looking for more participants. Each month is getting better more and more clients are getting out. We are having guest speakers once a month and some of the clients are hosting groups at their homes. . Aurora Support group that is held on Fridays are going to start at 5:00 pm starting September 7th.

For Elgin , we are starting the group up again. The plans are to get clients to come out and join us. With good participation the plan will be the same, we need ideas in order to get guest speakers that will have good information. Some of our guest will be speaking on life insurance, jobs, job trainings and careers.

The Elgin support group will meet the third Monday of each month from 5 to 7pm.

**Please contact Mary Hodges at 630-264-1819 Ext. 11 for any questions in regards to support groups.**

## Fiber May Help Prevent Lipodystrophy

### Continued from page 2

garbanzo beans, 1/2 medium tomato, 1 tablespoon chopped walnuts and 2 tablespoons olive oil based salad dressing

\* 3/4 cup whole wheat pasta, 1/2 cup broccoli, 1/2 cup spaghetti sauce, 3 ounces tuna or canned salmon

\* 1 cup skim or soymilk

Avoid smoking, get regular exercise and increase your fiber intake. This will definitely make your lifestyle healthier. It may also reduce your risk of developing some of the problems associated with lipodystrophy, especially fat gain and high lipid levels.

Theresa Kinsella, MS, RD, CDN, is Director of Nutrition for

Betances Health Center in Manhattan.

Reprinted courtesy of [www.PositiveWords.com](http://www.PositiveWords.com)

(c) 2004 by Prochilo Health, Inc.

## UPCOMING EVANTS

### SEPTEMBER

- 03- LABOR DAY  
OFFICE CLOSED
  - 05- Mixed Support  
Group 5:00p (E)
  - 07 - Mixed Support  
Group 5:00p (C)
  - 05- Mixed Support  
Group 5:00p (E)
  - 10- Mixed Support  
Group 5:00p (E)
  - 17- Mixed Support  
Group 5:00p (E)
  - 18- New To Care Support  
Group 3:00p (A)
  - 18 - CAC Meeting 6:00pm  
ST. Charles
  - 20- Bingo  
5:30p to 8:00p (E)
  - 21- Mixed Support  
Group 5:00p (A)
  - 22- Love & Action Retreat
  - 25- New To Care Support  
Group 3:00p (A)
- Dates are subject to change*

### OCTOBER

- 01- Mixed Support  
Group 5:00p (E)
  - 02- New To Care Support  
Group 3:00p (A)
  - 09- New To Care Support  
Group 3:00p (A)
  - 09- Mixed Support  
Group 5:00p (E)
  - 12 - Mixed Support  
Group 5:00p (A)
  - 16- New To Care Support  
Group 3:00p (A)
  - 18- Bingo  
5:30p to 8:00p (E)
  - 19- Mixed Support  
Group 5:00p (A)
  - 26 - Mixed Support  
Group 5:00p (C)
  - 29- NEWSLETTER AVAILABLE
- (A) Aurora  
(C) Clients House  
(E) Elgin
- Please call to verify dates*

