



LIFE BEAT

L I F E F O U N D A T I O N ' S M O N T H L Y N E W S L E T T E R
V O L U M N 6 , I S S U E 4

Established in 1983, Life Foundation is a non-profit tax-exempt organization that is dedicated to stopping the spread of HIV and to assisting people who are living with HIV and AIDS.

Anyone seeking HIV information or assistance can call the Life Foundation at 808-521-AIDS (521-2437). All services are free and absolutely confidential.

Life Foundation
677 Ala Moana Blvd.
Suite 226
Honolulu, Hawaii 96813
521-AIDS

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WALK ON!

Don't miss the 19th annual Honolulu AIDS Walk on Sunday, April 18th 2010 at the Kapiolani Park Bandstand! The event opens at 8 am for walker check-in and pre-walk entertainment, and the Honolulu AIDS Walk starts at 9 am. Walkers can register as individuals or as a team online at www.honoluluaidswalk.org. Registration brochures are available at Starbucks, Rip Curl and Lululemon Athletica, and Kaiser Permanente locations.

Last year, the Honolulu AIDS Walk attracted 4,000 participants and raised more than \$150,000 for Life Foundation. This year, 5,000 walkers are expected and the goal is to raise more than \$200,000. The Honolulu AIDS Walk is an easy 5k (3 mile) walk around Kapiolani Park, and features great entertainment, on-stage give-aways, a kid zone with inflatable bouncers, and food booths.

Walkers raise money by asking friends and family to sponsor their participation in the Honolulu AIDS Walk. There is no fundraising minimum or registration fee to attend the event. Teams remain an important part of the Walk's success and participants can form teams with friends or co-workers to encourage and promote their fundraising efforts. Prizes are given for the top fundraising teams, top fundraising individuals, and teams with the best AIDS ribbon themed costume. A special prize is given to the top fundraising high school team.

Those who raise \$100 or more will receive



t-shirt. Participants in high school teams need only raise \$75 to receive a t-shirt. Volunteers are also needed on the day of the walk to help set up, clean up, handle registration, and direct walkers.

For more information on registering, starting a team, or volunteering:
visit www.honoluluaidswalk.org, call 521-AIDS, or e-mail kjohns@lifefoundation.org.

JONATHAN CRAIG BOOK SIGNING

In April, there will be two opportunities to meet author Jonathan Craig and check out his new book, *You Are The Reason - A Survivor's Guide To Ultimate Strength*. The first will be on April 18th at the Honolulu AIDS Walk - look for him in the community tent. The second opportunity will be on April 21st at Life Foundation's weekly lunch from 12:00 - 1:30 p.m. Jonathan's book talks about the strength and peace he's found through 27 years of living with HIV. He's spoken at over 200 venues and was named Goodwill Ambassador of Swaziland.

For more information, visit www.youarethereason.info.

APRIL
2010

WWW.LIFEFUNDATION.ORG

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WOMEN AND HIV

By Lianne Choo

Overview: Women and HIV

Mother, spouse, caretaker, breadwinner, friend. Women are these things, often juggling these roles all at once. Living with HIV as a woman means living with the disease while still achieving their day-to-day duties. Today, women account for 25 percent of all new HIV/AIDS diagnoses in the United States, compared to 7 percent of the reported cases in the early 1980s.

Why the alarming rise in statistics? The reasons are varied, covering not just a lack of education and awareness, injection drug use and having unprotected sex. It also boils down to the simple fact that women are different. Biology does in fact play a role in infections; when having unprotected heterosexual sex, women are as much as eight times more likely to become infected with HIV than men.

Additionally, research from the Women's Interagency HIV Study shows how much of an impact male behavior has on the health of women. The study shows that 66% of women in the country have experienced domestic violence at some time in their life, and that sexual abuse was also common, with 30% of HIV-positive women coming forth saying they had been abused as children. Additionally, simply being married puts women at risk, when a woman's husband shares injection-drug needles or has unprotected sex with others. Between 40 percent and 80 percent of women get the virus from a male sex partner-often their only partner.

Treatment: Women and HAART

While there's no cure for HIV, the treatments available today are giving women healthier, longer lives and renewed vigor and strength. Many medicines are used to treat HIV/AIDS. Because each drug cannot work on its own, a combination or 'cocktail' must be taken, called "highly active antiretroviral therapy" or HAART.

Despite the positive outcome of HAART, the drugs can cause side effects. Women take the same doses of HIV drugs as men, but have smaller body sizes, more body fat, and different hormones, which causes the side effects in women to be different than men. For example, research has shown that the drug ritonavir (Norvir, RTV) causes more nausea and vomiting in women than men. Also, other studies have shown that women are likely to get rashes, fat buildup, and problems with the pancreas and liver. Side effects of HIV medication can include nausea, vomiting, diarrhea, weakness and dizziness.

Eating Right: Women and Nutrition

Nutrition is important as food gives our bodies what it needs to stay healthy, grow, and work properly. Having good nutrition means eating the proper types of food in the right quantities. If you are infected with HIV, your immune system has to work extra hard to fight off infections and this takes energy (measured in calories). This means you may need to eat more food than you used to, particularly proteins and calories. Also, drink plenty of liquids to help your body deal with the medications you are consuming. Exercise is also important as it can stimulate your appetite, so try some walking or yoga.

Information compiled from: www.thebody.com and www.womenshealth.gov/hiv/



Check out Life Foundation's
Support Group for
HIV positive women on
Monday, April 19 at 5:00 p.m.

NATIONAL AIDS POLICY

by Jonathon Berliner, Executive Director of Gregory House Programs

Aloha – For those of you who have been reading this, I reported that I was invited to a special meeting at the White on HIV and Housing. The final document, as a result of the White House meeting and follow up conference calls, has now been completed. I have been given permission by the White House to share the document in parts or in its entirety. The following are key and high points in the President’s Office of National AIDS Policy (ONAP):

Background

On December 17, 2009, the White House Office of National AIDS Policy (ONAP) convened a consultation on the role of housing in HIV prevention and health care. Stakeholders considered presentations by issue experts and then worked together on recommendations to inform the development of the National HIV/AIDS Strategy (NHAS). In opening remarks, ONAP Director Jeff Crowley noted that housing had been a central theme of the fourteen community meetings held across the United States to gather input on the National AIDS Strategy, with housing repeatedly cited as a critical unmet need.

Introduction

If the President’s National HIV/AIDS Strategy is to succeed, it must include concrete steps to end homelessness and housing instability for people living with HIV and those most at risk for HIV infection. Effectively addressing HIV risk and health care disparities in the United States will require attention to structural determinants—environmental or contextual factors that directly or indirectly affect an individual’s ability to avoid exposure to HIV, or for HIV positive individuals the ability to avail of health promoting and risk reducing resources. A strong and consistent evidence base identifies housing status as a key structural factor influencing HIV vulnerability, risk, and health outcomes. Homelessness itself places persons at risk of HIV infection, and among persons already disproportionately impacted by HIV/AIDS (e.g., men who have had sex with men, persons of color, homeless youth, IV drug users, and women), lack of stable housing greatly amplifies their vulnerability for HIV infection, poor health outcomes, and early death.

This substantial body of research also demonstrates that receipt of housing assistance has an independent, direct impact on receipt of HIV treatment, health status, and mortality among homeless/unstably-housed people living with HIV/AIDS (PLWHA). Further, housing has a prevention impact by reducing HIV transmis-

sion risk. Significantly, the evidence shows that these outcomes can be achieved with public investments in housing that are cost effective or even cost saving for communities as a whole. Housing interventions thus provide a strategic opportunity to address HIV/AIDS health disparities as well as a range of overlapping vulnerabilities (such as extreme poverty, homelessness, incarceration, race, gender, mental health issues, chronic drug use, trauma, and violence), while reducing overall public expense and/or making better use of limited public resources.

Yet housing is consistently cited as the greatest unmet need of Americans living with HIV. The United States Centers for Disease Control and Prevention (CDC) estimate that there are currently 1.1 million PLWHAs in the United States. Housing experts project that about half of these persons – more than 500,000 households – will need some form of housing assistance during the course of their illness. At current funding levels, the HUD Housing Opportunities for Persons with AIDS (HOPWA) program is able to serve only 56,600 households living with HIV.

Indeed, it can be conservatively estimated that at more than 140,000 households living with HIV lack stable housing and have a current, unmet need for housing assistance. Likewise, rates of homelessness are high among persons at greatest risk of HIV infection due to substance use, mental illness, intimate partner violence, and other co-occurring vulnerabilities. While it is difficult to estimate total housing need among at-risk persons, at any given time it can be assumed that at least one-half of homeless persons in any community fall into one or more of these highest-risk categories, and research indicates that the condition of homelessness itself places all persons who lack stable housing at increased risk of HIV infection.

In sum, for persons who lack a safe, stable place to live, housing assistance is a proven, cost-effective structural intervention that has a direct, independent, and powerful impact on HIV incidence, health outcomes, and health disparities. The evidence base for housing supports a shift in paradigm – to view housing as a core HIV prevention and health care intervention rather than as an ancillary service – that is critical if we are to achieve President Obama’s stated goals for the National AIDS Strategy. **To read the complete document, please visit www.gregoryhouse.org.**

Aloha Nui Loa –
Jon Berliner

GREGORY HOUSE

Gregory House is committed to the ongoing assessment and development of programs that meet the housing needs of persons living with HIV/AIDS throughout Hawaii, because housing is healthcare.

Contact them at 592-9022
or
www.gregoryhouse.org

LifeBeat is the monthly newsletter of Life Foundation.

Comments and questions can be sent to:

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Suite 226
Honolulu, HI 96813
808-521-2437 ext. 252
mmoore@lifefoundation.org*



HAWAII CENTER FOR AIDS PARTICIPANTS NEEDED!

Hawaii Center for AIDS (formerly Hawaii AIDS Clinical Research Program) is recruiting for the following studies:

Study for treatment of HIV related Kaposi Sarcoma

This study will test a new drug called PTC299. The study is being done to find out what doses of PTC299 are safe in people who have HIV infection and what effects PTC299 have on you and your KS tumors. If you have KS and are interested in participating in research please call Cris at 737-2751.

Cardiovascular Disease Natural History Study.

You may qualify for a study looking at cardiovascular risk factors in HIV positive people. If you are HIV positive, 40 years or older, currently taking anti-HIV medications, you may be able to participate. Please call Jim, Lorna or Debbie at 737-2751. Compensation is available.

Biopsy study

If you are HIV positive and on AZT (combivir, trizivir) or D4T (zerit) or if you have never taken HIV medications before you may be eligible for this study. We are looking at how fat cells in the body work when exposed to different medications. If interested call Cris at 737-2751. Compensation is available.

Autonomic Study

If you fit into one of the following groups, you may qualify for a study testing your autonomic nervous system. Either:

- 1-Never taken HIV meds and are planning to start OR
- 2-Failing your current HIV meds and planning to switch OR
- 3-Taking HIV meds and plan to stop.

If interested, please call Nancy at 737-2751. Compensation is available.

Rosuvastatin Study

If you are older than 40, have an undetectable viral load, HDL (good cholesterol) < 40 and LDL (bad cholesterol) < 130, you may qualify for a study evaluating rosuvastatin on your cardiovascular system. If interested, call Lorna or Debbie at 737-2751. Compensation is given.

Influenza Study

If you are HIV +, CD4 cells < 500 and have flu-like symptoms, you may qualify for a study comparing Tamiflu liquid (single drug) versus 3 liquid drugs taken together to treat Influenza A. Must be willing to be seen every 2 days for 10 days. If interested please call Debbie, Nancy, Lorna, or Cris at 737-2751. Compensation is given.

Anal Dysplasia/Cancer Screening Study

For HIV positive men and women. This study involves 1-2 visits. You will be educated on HIV and anal dysplasia/cancer. You will be asked to obtain an anal Pap smear on yourself and one will be done by a health care provider. We will compare these results to determine anal dysplasia. We will also be testing for another virus called HPV that is thought to be involved in anal dysplasia and cancer. Please call Cris at 737-2751. Compensation is available.

HIV DNA Study

If you are HIV positive, taking anti-HIV meds, and your viral load is undetectable, you may qualify for a study that will look at your level of HIV DNA. It is an observational study and requires 1 study visit and a blood test. If interested, call Nancy at 737-2751.

Continued on page 5.....

HAWAII CENTER FOR AIDS

The Hawaii Center for AIDS (HiCFA) is the new name for the Hawaii AIDS Clinical Research Program.

The HiCFA is an academic program in the field of HIV with clinical, translational and laboratory research studies and a clinic providing care to HIV infected patients.

You can contact them at 737-2751.

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HEPCATS SUPPORT GROUP

HepCats is a support group for Hepatitis C

April Topic: TBD

Thursday, April 22nd, 2010

@ 6:15 PM

Hawaii Medical Center

2230 Liliha Street

In association with the Liver Center

SULLIVAN BOARDROOM

In the Main Lobby, Administrative Office

Past the restrooms, next to the gift shop



****STREET PARKING IS FREE****

Co-Facilitated by:

Tim Fedorka (808-375-8160) & Leena Hong, RPA-C (808-547-6595)

Refreshments will be provided by:

Three Rivers Pharmaceuticals

(Infergen and Ribapak)

****This meeting is free of charge and is open to patients, friends and families from all offices and hospitals.**

Studies at Hawaii Center for AIDScontinued from page 4

MRS Study – For HIV positive and negative individuals

This study will involve one or two visits, some neuropsychological testing, blood tests, and a brain MRS scan. You may qualify if you are HIV positive, have a high or low HIV DNA taken from the HIV DNA study, are NOT diabetic, are taking anti-HIV meds, and your viral load is undetectable, OR you are HIV negative, age 45-65, and do not have diabetes. If interested, call Nancy at 737-2751. Compensation is available.

Maraviroc Study

This study will see if adding Maraviroc to your drug treatment will lower your HIV DNA level. You may qualify if you are HIV positive, have a high HIV DNA taken from the HIV DNA study, are NOT diabetic, are taking anti-HIV meds, and your viral load is undetectable for a year. If interested, call Nancy at 737-2751. Compensation is available.

If you are HIV negative, please consider helping people living with HIV and volunteer for the following studies:

MRS Study – For HIV negative individuals

This study will involve one or two visits, some neuropsychological testing, blood tests, and a brain MRS scan. You may qualify if you are HIV negative, age 45-65, and do not have diabetes. If interested, call Nancy at 737-2751. Compensation is available.

Biopsy study

If you are HIV negative and in good health. We are looking at how fat cells in the body work when exposed to different medications. If interested call Cris at 737-2751. Compensation is available.

HEPATITIS SUPPORT NETWORK OF HAWAII

The Hepatitis Support Network of Hawaii is a hepatitis prevention, education, treatment and support network for Hawaii.

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ABIGAIL'S CORNER

By Abigail Nickell, Executive Director of Save the FoodBasket

Boardmembers Wanted

Save the FoodBasket has a few openings for client representatives on the board of directors. After completing an ambitious strategic plan last year, the FoodBasket's board has a lot to look forward to in the coming year. If you're passionate about the FoodBasket's mission and would like to make a positive impact on your community, please consider sitting on our board of directors.

For application information, please contact Executive Director Abigail Nickell at 744-6377 or anickell@thefoodbasket.org



SAVE THE FOODBASKET

Save the FoodBasket's mission is to provide low income individuals and families living with HIV/AIDS on Oahu with nourishing food and aloha, a community to thrive in, and a way to empower themselves and others.

Contact them at 744-6377 or visit www.thefoodbasket.org.

RECIPE OF THE MONTH WHOLE GRAIN WAFFLES

Ingredients:

- 1 1/4 cups all-purpose flour
- 3/4 cup rolled oats
- 1/4 cup firmly packed light brown sugar
- 2 tablespoons wheat germ
- 4 teaspoons baking powder
- 1 teaspoon ground cinnamon
- Pinch fine salt
- 2 large eggs
- 1 1/2 cups milk
- 1/4 cup unsalted butter, melted
- 1/4 cup peanut or walnut oil
- Maple syrup

Directions:

Preheat a waffle iron to medium-high.

Whisk the flour with the oats, sugar, wheat germ, baking powder, cinnamon, and salt in a medium bowl. In another medium bowl, lightly whisk the eggs, then add the milk, butter, and oil.

Gently stir the wet ingredients into the dry ingredients with a wooden spoon, to make a batter. Take care not to over work the batter, it's fine if there are a few lumps.

Pour 1/3 to 1/2 cup of batter per waffle (it depends on the size of your waffle iron) and cook until the outside of the waffle is crisp and inside is cooked through, 3 to 5 minutes. (The time varies depending on the size and spread of a waffle iron). Serve warm with maple syrup. Repeat with remaining batter.



APRIL 2010 CALENDAR

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p><i>Regular client service hours are as follows:</i></p> <p><i>Monday through Friday 9 a.m. to 4 p.m., except Tuesdays from 11:30 a.m. to 2:00 p.m. for staff meetings.</i></p>			<p>1</p> <p>FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.</p>	<p>2</p> <p>Office closed for Good Friday</p> <p>No dinner or support group.</p>
<p>5</p>	<p>6</p> <p>FoodBasket Closed</p>	<p>7</p> <p>Lunch Hosted by Harold Manzon 12:00-1:30 p.m.</p>	<p>8</p> <p>FoodBasket Closed</p>	<p>9</p> <p>Open Support Grp. 5:30 - 6:30 p.m.</p> <p>Dinner Hosted by Richard Rosales 6:30-7:30 p.m.</p>
<p>12</p> <p>Women's Support Grp 5:00-7:00 p.m.</p>	<p>13</p> <p>FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.</p>	<p>14</p> <p>Lunch Hosted by TBA 12:00-1:30 p.m.</p>	<p>15</p> <p>FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.</p>	<p>16</p> <p>Open Support Grp. 5:30 - 6:30 p.m.</p> <p>Dinner Hosted by Richard Rosales 6:30-7:30 p.m.</p> <p>Straight Men's Group 6 p.m. at LF</p>
<p>19</p>	<p>20</p> <p>FoodBasket Lunch and Grocery Distribution 12. - 1:30 p.m.</p>	<p>21</p> <p>Lunch Hosted by Harold Manzon 12:00 p.m. - 1:30 p.m.</p>	<p>22</p> <p>FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.</p> <p>HepCats Meeting 6:15 p.m. See Page 5 for location</p>	<p>23</p> <p>Open Support Grp. 5:30 - 6:30 p.m.</p> <p>Dinner Hosted by Fernando 6:30-7:30 p.m.</p> <p>Foodbasket Vitamin Deadline</p>
<p>26</p>	<p>27</p> <p>FoodBasket Lunch and Grocery Distribution 12. - 1:30 p.m.</p>	<p>28</p> <p>Lunch Hosted by Gilead Sciences 12:00-1:30 p.m.</p>	<p>29</p> <p>FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m.</p>	<p>30</p> <p>Open Support Grp. 5:30 - 6:30 p.m.</p> <p>Dinner Hosted by TBA 6:30-7:30 p.m.</p>

JOIN US FOR THE HONOLULU AIDS WALK!!



QUOTE OF THE MONTH:

“All truly great thoughts are conceived by walking.”

Friedrich Nietzsche

Sunday, April 18, 2010
www.honoluluaidswalk.org

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