



LIFE BEAT

LIFE FOUNDATION'S MONTHLY NEWSLETTER

VOLUME 7, ISSUE 8

GSA HAWAII IS HERE!

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



Members of the Mid-Pacific Institute GSA show their support at the Honolulu AIDS Walk.

Life Foundation is proud to announce the launch of GSA Hawaii! GSA Hawaii is a state-wide network that provides support for Gay-Straight Alliances (GSAs) in Hawaii's schools. GSAs are student clubs that work to improve school climate for all students, and promote acceptance, tolerance, and support. Life Foundation is launching GSA Hawaii to provide advocacy and support to Hawaii's lesbian, gay, bi-sexual, and transgender (LGBT) youth. We hope that GSA Hawaii will provide support to new and existing GSAs, and connect GSAs with each other and the larger LGBT community in Hawaii.

WWW.GSAHAWAII.ORG

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A NEW LOOK FOR LIFE BEAT

Every few years we try to update the look and content of LifeBeat to keep it fresh and interesting!

Please check out the questions on page 8 and send us your feedback so we can hear your thoughts on the best way to improve this newsletter.



AUGUST
2011

WWW.LIFEFOUNDATION.ORG

HIV AND INFLAMMATION

2010-11 BOARD OF DIRECTORS

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Article courtesy of *The Body*. By
Donna M. Kaminski, M.P.H.

Traditionally, it was thought that the natural course of HIV included a period of latency -- a time when the virus was inactive, often for years. This seemed to be a respite from the harsh effects that HIV can have on the body. But according to recent studies, this "latency period" may not be what it was originally thought to be -- in fact, HIV may have a greater impact on the body and immune system than we ever imagined.

Previously, it was assumed that the higher the CD4 count, the greater the level of protection. When CD4 counts were high, the risk for AIDS-defining opportunistic infections and other diseases was thought to be quite low, perhaps even nonexistent. But now we're seeing serious conditions like heart, liver, and kidney disease in people with higher CD4 counts. And we're also seeing more deaths in people whose CD4 counts are above 200. It appears that during this period of "latency" HIV is not silent, that CD4 levels may not indicate what is happening inside the body, and that inflammation may be affecting many organ systems. So the question is, how is this happening?

To answer this, we can look at the SMART study, one of the first to reveal this effect. In this study, people who stopped their HIV meds when their CD4 count rose above 350 had higher rates of AIDS-defining opportunistic infections and non-AIDS conditions, as compared with those who stayed on HIV therapy. They had higher amounts of virus in their blood, and those higher levels were associated with inflammation.

What Is Inflammation?

When the body fights invaders like viruses or bacteria, or repairs injured tissues, fluid and cells get transported to the site of injury. As the body heals, the cells can swell, get warm, and become sore. One theory is that as HIV chronically infects the body, cells and tissues are destroyed and then heal, activating the immune system. That leads to an overstimulated immune system that can become burned out or weakened. So, even though a lab result may show a high CD4 count, the amount of inflammation in the body may be causing damage on a cellular level. And that can lead



to heart, liver, kidney disease, and greater levels of bone loss.

AdvertisementEvidence shows that while HIV medications may play a role, they are not the only culprit. During the SMART trial, when people who stopped their HIV meds restarted them, levels of inflammation decreased but never became normal. There remained a residual level of inflammation (shown by increased levels of IL-6 and D-dimer) and a greater number of cardiovascular events occurred, especially in people who started the study with undetectable viral loads. Why was this of concern? Because high levels of inflammation are thought to increase atherosclerosis (narrowing of the arteries) and heart disease even in people who don't have HIV. In the SMART trial, there were higher rates of heart, liver, and kidney disease among people with HIV at younger ages, even after controlling for differences in age and gender.

Research presented at the most recent Conference on Retroviruses and Opportunistic Infections in San Francisco provided further support of inflammation as a source of cardiovascular disease. In a study presented by Priscilla Hsue, the thickness of the carotid artery in the neck was measured by ultrasound among 285 people with HIV and compared with those of HIV-negative people.

Continued on page 5...

ASK A CASE MANAGER!

Question: What is Life Foundation's Native Hawaiian Program?

Answer: Life Foundation started the native Hawaiian program to help native Hawaiian people living with HIV and AIDS. Rituals and practices are respected and part of giving healthcare to our people.

At Life Foundation, our Native Hawaiian case managers can help with: protecting your privacy; finding you a doctor and medical care; getting you medication and food; linking you to housing resources; connecting you to mental health services; applying for financial benefits such as food stamps and social security.

The Native Hawaiian Program is sponsored by the Office of Hawaiian Affairs and holds a regular hui and special events.

If you have questions about our Native Hawaiian Program, or would like to be connected with a Native Hawaiian case manager, please contact us at 808-521-2437.

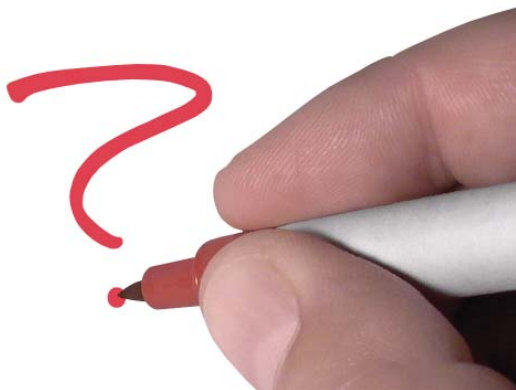


GREGORY HOUSE

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

GOT A QUESTION?



In this new regular feature in LifeBeat, we would like to throw out the invitation to the readers of Life Beat to submit questions that you would like our case managers to respond to or research. For example, what is the average wait time to receive housing subsidies? What are the process and requirements of HDAP?

We hope that by sharing the answers to these questions with all the reader of LifeBeat, we will be able to reach a larger audience with our case management knowledge. We look forward to receiving your questions! Please email them to mail@lifefoundation.org, or mail them to LifeBeat, Life Foundation, 677 Ala Moana Blvd. Suite 226, Honolulu, HI 96813.

LifeBeat is the monthly newsletter of Life Foundation.

Comments and questions can be sent to:

*Life Foundation
Melanie Moore
677 Ala Moana Blvd.
Suite 226
Honolulu, HI 96813
808-521-2437 ext. 252
mmoore@lifefoundation.org*



PARTICIPANTS NEEDED!

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

Maraviroc Intensification Study

If you are HIV positive, have been taking anti-HIV meds (but not on Maraviroc) for at least six months, HIV RNA < 50 copies, and HIV-DNA within study parameters, you may be eligible for this study. The study is being done to see if Maraviroc improves memory and mental difficulties by lowering the amount of HIV DNA in cells. If interested call Nancy at 285-6846. Compensation is available. 6 month study with neuro psychological testing/Maraviroc provided free.

Study for treatment of HIV related Kaposi Sarcoma

This KS study uses a medication called Lenalidomide. The study is being done to find out what doses of this medication are safe in people who have HIV infection and what effects they have on you and your KS tumors. If you have KS and are interested in participating in research please call Cris at 285-6453.

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 285-6846. Compensation is available.

Biopsy study

If you are HIV positive and on Truvada 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 285-6453. Compensation is available.

Rosuvastatin Study

If you are older than 40, have an undetectable viral load and LDL (bad cholesterol) < 130, you may qualify for a study evaluating rosuvastatin on your cardiovascular system. If interested, call Lorna at 285-6430 or Debbie at 285-6741. Compensation is available.

Exercise Study

If you are HIV positive, do LESS than 30 minutes of moderate physical activity 2 days a week and have been taking anti-HIV meds for at least six months, you may be eligible for this study. We are studying the use of an aerobic based exercise program and its effect on cardiovascular improvement in an HIV + population. The study will conduct a group exercise program 3 days a week for at least 3 months. You may or may not be chosen to be in the exercise group. If interested call Nancy at 285-6846. Compensation is available.

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

CVD Control Study – For HIV negative individuals

This study will involve one or two visits, some neuropsychological testing, blood tests, ultrasound, and a brain MRI scan. You may qualify if you are HIV negative, age 40 or older, and in good health. If interested, call Nancy at 285-6846. Compensation is available.

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.



Continued from page 2...

Among those with HIV, the carotid artery was significantly thicker, and lined with greater levels of plaque, placing them at greater risk for cardiovascular problems. In addition, they found the thicker arteries to be associated with high levels of a known inflammatory marker linked to heart disease called C-reactive protein. Another study found similar effects but found the artery thickness to be lower in people on HIV meds or with CD4 counts above 400. But it was never as low as in those who are HIV negative.

The first study also looked at how well the brachial artery could dilate, or widen, and whether it was becoming stiff due to inflammation. When they compared 98 people who were taking HIV meds with people who were HIV-negative, they found that even when HIV was well controlled with meds, the arteries were stiffer and not able to dilate in response to stress.

Increases in blood levels of several markers of inflammation have been linked with HIV disease. In addition to C-reactive protein, other markers such as interleukin-6, D-dimer, and TNF-alpha were also found to be elevated in people with HIV with thickened arteries. Higher levels of MCP-1 and RANTES are also seen in people with HIV, and can mean higher levels of protein in the urine, and kidney disease. The higher levels of inflammatory proteins seen in people with HIV (whether or not they are taking HIV meds) may suggest that HIV may be responsible for the heart, liver, and kidney disease that is seen at higher CD4 counts.

**To learn more, please join us for lunch and a presentation on
Inflammation & HIV, by Fred Cruz, Pharm. D.**

Wednesday, August 17, 2011
12:00 PM – Lunch will be provided
Life Foundation

Please RSVP to Raymond Alejo at 808-853-3232 or via e-mail at ralej@lifefoundation.org by August 12, and provide the number of interested parties that will be in attendance.

HEPCATS SUPPORT GROUP

A support group for Hepatitis C

Thursday, August 18th, 2011 @ 6:15 PM
Hawaii Medical Center
2230 Liliha Street
In association with the Liver Center

Please note that the HepCats Support Group is now held in the medical board room next to the cafeteria on the ground floor in the back building. Call Tim at number 375-8160 if you cannot find the meeting. Free validation for parking structure.

Want to receive LifeBeat via email?

Contact Melanie Moore at 808-521-2437 x 252 or mmoore@lifefoundation.org.

LIFE FOUNDATION



HEPATITIS SUPPORT NETWORK OF HAWAII

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



THE FOODBASKET CORNER

By James McEuen, Interim Director of Save the FoodBasket

2011 Hunger Walk

The 7th annual Hunger Walk, produced by The Hawaii Foodbank, will be held on Saturday, August 27—the one-mile walk starts at 9 a.m. at Honolulu Civic Center, goes around the State Capitol and then returns to Honolulu Hale for refreshments, entertainment, and drawings. If you would like to walk for Save the FoodBasket, we have registration and pledge forms at our sign-in table on Tuesdays and Thursdays, or you can download them online at www.savethefoodbasket.org/events. Also, if you would prefer to donate directly, check out our Facebook page for more details. Grab a few friends and enjoy a Saturday morning together at the Hunger Walk!



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

RATATOUILLE



With summer vegetables at their peak, now is a great time to make this simple but classic French dish.

Ingredients

- 1/3 cup olive oil
- 2 or more garlic cloves, peeled and chopped
- 2 cups (1 large) sliced onions
- 3 cups (2 medium) sliced zucchini
- 4 cups (1 small) cubed, cubed, peeled eggplant
- 3 tablespoons flour
- 2 green peppers, seeded and cut into strips
- 1 1/2 cups canned plum tomatoes
- Salt and freshly ground pepper, to taste

Directions

Heat the oil in a large skillet, add the garlic and onions and saute until the onions are transparent. Meanwhile, slice the squash and peel and cube the eggplant. Flour the pieces lightly. Add the squash, eggplant and green peppers to the skillet, cover and cook slowly about 30 minutes. Add the tomatoes and simmer, uncovered, until the mixture is thick, about 10 minutes. Season with salt and pepper, and some fresh parsley and basil, if you like. Serve hot or cold.

AUGUST 2011 CALENDAR

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
1	2 FoodBasket Closed	3 Open Support Grp. 11:00 a.m. - 12:00 p.m. Lunch 12:00 p.m.	4 FoodBasket Closed	5 Open Support Grp. 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m.
8	9 FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.	10 Open Support Grp. 11:00 a.m. - 12:00 p.m. Lunch 12:00 p.m.	11 FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.	12 Open Support Grp. 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m.
15	16 FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.	17 Open Support Grp. 11:00 a.m. - 12:00 p.m. Lunch Fred Cruz will be speaking on HIV and Inflammation 12:00 p.m.	18 FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m. HepCats Meeting 6:15 p.m. See Page 5 for location	19 Office Closed Statehood Day No Dinner
22	23 FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.	24 Open Support Grp. 11:00 a.m. - 12:00 p.m. Lunch 12:00 p.m.	25 FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.	26 Open Support Grp. 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m.
29	30 FoodBasket Lunch and Grocery Distribution 11 - 1:30 p.m.	31 Open Support Grp. 11:00 a.m. - 12:00 p.m. Lunch 12:00 p.m.	Regular client service hours are as follows: <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>	

LIFE BEAT ReDESIGN!

Please take a few minutes to answer these questions about what you would like to see differently in LifeBeat! Either mail your responses to: Melanie Moore, Life Foundation, 677 Ala Moana Blvd. Suite 226, Honolulu, HI 96813, or email them to mmoore@lifefoundation.org. We appreciate your feedback!

What types of articles would you like to see in LifeBeat?



What is your favorite thing about the newsletter? Least favorite?

How can we improve the overall look and design of LifeBeat?

Do you have any suggestions for regular columns or features?

THE CHOW PROJECT

The CHOW Project's mission is to prevent the transmission of HIV/AIDS and other bloodborne pathogens among high-risk drug users, especially injection drug users, in the state of Hawaii.

QUOTE OF THE MONTH

“If you don’t make mistakes, you’re not working on hard enough problems.”

- Frank Wilczek