



# 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 5 , I S S U E 7

## IN THE NEWS: HIV AND CONFIDENTIALITY

*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, HI 96813  
(808) 521-2437  
mail@lifefoundation.org

I'm sure many of you have seen the recent press about Rhonda Wong-Fernandez being sentenced to one year in prison for posting information about another woman's HIV status on her MySpace page. This happened here in Hawaii, here on Oahu.

At Life Foundation, Hawaii's oldest and largest AIDS organization, we strive to educate the public to see HIV/AIDS as a health issue, rather than a moral one. People should not be persecuted, threatened or have to live with any burden of secrecy on top of the challenges of living with HIV. Unfortunately, stigma and ignorance towards HIV and AIDS still persist in our society, as we have seen during the recent court case against Ms. Wong-Fernandez.

Confidentiality of one's HIV status is important. During my more than 15 years as Executive Director of Life Foundation, I have seen first hand people abandoned by their family and friends once their HIV status is disclosed, and face heartbreaking prejudice and discrimination. I have also seen families

and members of our community embrace and support those living with HIV with acceptance and love.

The point is that only the person living with this terrible disease has the right to disclose his or her own status. It's as simple as that. This right is protected by the state, and those who violate this right will be punished, as in the case of Ms. Wong-Fernandez. How we, as a community, choose respond to those who disclose their HIV status is up to us - either with fear and shame, or with love and support. For those who choose not to disclose their HIV status, we only have one choice - to respect their privacy.

Paul Groesbeck  
Executive Director of Life Foundation

Visit [starbulletin.com](http://starbulletin.com) for a full version of the article. Search for "Wong-Fernandez".

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## CLIENT SATISFACTION SURVEY

Please take a few minutes to fill out our 2009 client satisfaction survey. This survey helps us learn about your experience as a Life Foundation client, and gives us information on how we can improve our services.

The survey can be returned to us in the enclosed postage-paid envelope, or you can fill it out online at the web address listed at the top of the survey.

If you have any questions, please call your case manager at 521-AIDS.



JULY  
2009

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

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# ASK MISS TINA

Dear Miss Tina:

Can exercise affect CD4 count?  
- From Looking for Gym Motivation

*Dear Looking,*

*Exercise does not affect CD4 count, but it is very good for you! If you're looking for motivation to work out or go to the gym, remember that it is recommended that HIV positive people exercise regularly for the following reasons:*

1. Increase Muscle Mass
2. Reduce Stress
3. Boost the Immune System
4. Regulate Sleep Patterns
5. Enhance Self-image
6. Increase Appetite & Energy Levels

Miss Tina also found these exercise guidelines for people living with HIV:

### **Don't Overdo It!**

A moderate exercise program will help your body turn your food into muscle. Take it easy, and work exercise into your daily activities. Work up to a schedule of at least 20 minutes, at least three times per week as long as you are feeling better. This can lead to significant improvements in your fitness level and you may feel better. As your strength and energy increase, try to aim at 45 minutes to an hour, three to four times a week. Your fitness level may be different than it used to be. It is very important that you work your way into an exercise program to avoid injury.

### **Eat and Drink Correctly**

Drinking enough liquids is very important when you exercise. Extra water can help you replace the fluids you lose. Remember that drinking tea, coffee, colas, chocolate, or alcohol can actually make you lose body liquid. Don't eat when you exercise. In fact, it's best to wait up to 2 hours after a full meal before an exercise session. Also, wait about an hour after a workout before you eat your next meal. Having a small snack like an apple or small peanut butter sandwich on multigrain bread before working out can provide you with a boost in energy. Proper nutrition is also important. With increased activity, you may need to eat more calories to avoid losing weight.

### **Exercise with Weights**

Weight training (resistance exercise) is one of the best ways to increase lean body mass that may be lost through HIV disease and aging. Working out three times a week for an hour should be enough if done well. Combining weight training with 30 minutes of cardiovascular exercise may be the best way to improve body composition and keep your blood lipids and sugar down. Cardiovascular exercise means working large muscle groups continuously for at least 30 minutes. Activities such as brisk walking, jogging, bicycling or swimming can be cardiovascular exercise.

## **Got a question for Miss Tina? Send it to her:**

**By Email:** [MissTina@lifefoundation.org](mailto:MissTina@lifefoundation.org)

**By Mail:** Miss Tina  
Life Foundation  
677 Ala Moana Blvd. Suite 226  
Honolulu, Hawaii 96813

All names will be changed unless otherwise requested.



# DON'T TAKE GINKGO BILOBA WITH EFAVIRENZ

The herbal remedy Ginkgo biloba should not be taken with the anti-HIV drug efavirenz, Dutch investigators warn in the June 1st edition of AIDS. They report the case of an individual whose viral load became detectable, with the development of drug resistance, because Ginkgo biloba interacted with efavirenz.

Efavirenz (Sustiva, also in the combination pill Atripla) is one of the mainstays of first-line HIV treatment. It has a powerful anti-HIV effect, is easy to take, has a long half-life, and generally only causes mild side-effects.

The body metabolises efavirenz using the P450 pathway in the liver. Other medicines, herbal remedies and recreational drugs are also processed using this mechanism, meaning that they can interact with efavirenz.

Such an interaction occurred in a 47-year-old HIV-positive patient in Amsterdam, leading to the virological failure of his HIV treatment.

The patient was fully adherent to his antiretroviral therapy and reported never missing a dose. His treatment consisted of efavirenz combined with FTC (emtricitabine) and tenofovir (Viread). The patient started therapy with this combination in 2005.

In late 2007, he experienced virological failure with the K103N and M184V resistance mutations emerging.

To try and identify the cause of this treatment failure, his doctors questioned him about the use of other medications and drugs. It became clear that the only product the individual had been taking was Ginkgo biloba.

Using stored samples from the two years of efavirenz treatment, the investigators checked concentrations of the drug in the patient's blood.

Concentrations of efavirenz in his blood declined from a peak of 1.26mg/l (well within the drug's therapeutic range) in late 2006 when the patient's viral load was undetectable, to a non-therapeutic 0.48mg/l in February 2008. By this time the patient's viral load was 1780 copies/ml.

Ginkgo biloba is a widely-used herbal remedy that is thought to have beneficial effects on concentration, memory, dementia and depres-



sion. Of note, efavirenz can cause side-effects such as poor concentration and depression. Ginkgo biloba's chemical composition means that, like efavirenz, it is metabolised using the P450 pathway. It is already known that Ginkgo biloba interacts with other drugs processed by the body in this way, such as warfarin, aspirin and ibuprofen.

"We conclude", write the investigators, "that an intake of Ginkgo biloba extract can decrease human plasma efavirenz levels, may result in virological failure and should be discouraged".

#### Reference

Wiegman D-J et al. Interaction of Ginkgo biloba with efavirenz. *AIDS* 23: 1184-85, 2009.

## BE A VOLUNTEER!

Life Foundation is looking for volunteers to help man its reception desk, serve meals and help with office work.

To sign up as a volunteer, visit [lifefoundation.org](http://lifefoundation.org) or call 521-AIDS.

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](mailto:mmoore@lifefoundation.org)

## SUBMIT AN ARTICLE OR IDEA FOR LIFE BEAT!

EMAIL MELANIE AT [MMOORE@LIFEFOUNDATION.ORG](mailto:mmoore@lifefoundation.org) OR CALL 521-2437

# CHECK OUT A SUPPORT GROUP!

## PROCARE PHARMACY NOW AT RESTAURANT ROW

*Procare Pharmacy is now located in Restaurant Row. If your medications are currently being mailed to Life Foundation, they can now be sent to Procare and picked up there.*

### Hepatitis Seminar Dinner and Speaker Series:

Information for those co-infected with hepatitis and HIV. Held the third Thursday of each month. On July 16th at 5:30 p.m., join us to discuss "Hepatitis C and Traditional Chinese Medicine."

**Ali'imalu:** Check out Life Foundation's support group for straight men, held on the first and third Wednesday of the month at 6 p.m. Pupus served. Meetings on first Wednesday are held at Gregory House in Makiki, and meeting on third Wednesday are held at Life Foundation.

**HIV Open Support Groups:** Anyone can attend! Open support groups are held each Wednesday from 11 a.m. to 12:30 p.m., and each Friday from 5:30 p.m. - 6:30 p.m. Lunch is served after the Wednesday group and dinner after the Friday group.



## HEP C AND TRADITIONAL CHINESE MEDICINE

Many people with hepatitis C are turning to Chinese traditional medicine for treatment. Chinese medicine has a rich history in the treatment of chronic hepatitis. Hepatitis B and C infections are prevalent throughout China, accounting for the increased risk of hepatocellular carcinoma in the Chinese population. The Chinese medical system has been dedicated to solving these problems for many years. The Chinese are working to eliminate sources of hepatitis, and to develop treatments for chronic viral hepatitis using both Chinese and western medicine.

In the United States, Chinese medicine is a popular complementary and alternative medicine therapy among patients with chronic liver disease. Anecdotal reports from one of the largest Western medicine hepatology practices in San Francisco suggest that at least 20-30% of patients report use of Chinese medicine herbs for hepatitis.

Chinese medicine uses nutrition, acupuncture, heat therapies (such as moxibustion), exercise, massage, meditation, and herbal medicine to treat people infected with hepatitis C (HCV). Protocols have been developed that have successfully helped people infected with HCV decrease symptoms, normalize or lower liver enzymes, and slow the progression of liver disease. A 1995 pilot study conducted among people co-infected with HIV and viral hepatitis (B



and C) at San Francisco's Quan Yin Healing Arts Center indicated acupuncture alone may have an effect in lowering and/or normalizing liver enzyme levels.

*Join us at Life Foundation on Thursday, July 16th at 5:30 p.m. to meet with Misha Ruth Cohen, a Doctor of Oriental Medicine and Licensed Acupuncturist, to learn more about Hepatitis C and traditional Chinese medicine.*

# COMMUNITY RESOURCES

## HOUSING

### Pohulani

Pohulani low income/senior living is taking applications at this time. The Hawaii Community Development Authority (HCDA) and the Housing and Community Development Corporation of Hawaii (HCDCH) collaborated on this project to develop urgently needed and attractive rental housing that would be within the financial reach of seniors who are on fixed income.

Translated as “Heavenly Calm”, the Pohulani—located at 626 Coral Street—contains 262 studio and one bedroom units. Amenities include a recreation deck, lap pool, barbeque area, jogging path and garden plots for residents to cultivate their own gardens. The building also has an emergency call system for each apartment and a fully-secured entrance. Each apartment is furnished with a refrigerator, oven/range, ceiling fan, carpeting and drapes. For more information, call (808) 586-5338.



### Gregory House

The mission of Gregory House Programs is to provide housing and supportive services on a long term, temporary or respite basis for persons who are displaced due to the impact of Acquired Immune Deficiency Syndrome Virus in their lives and to provide access to appropriate public and private support services. Gregory House has developed and now operates seven housing programs. Over 200 individuals and families receive support each month through these programs, ranging from one-time grants and short-term assistance to permanent housing. For more information, please visit [www.gregoryhouse.org](http://www.gregoryhouse.org) or call (808) 592-9022.

### Section 8

The Section 8 Housing Choice Voucher program is a government subsidized housing assistance program for a low income family or individual. The tenant will pay about 30% of their monthly income for rent. Section 8 will pay for (subsidize) the rest. To learn more about Section 8, and if you qualify, please see your Life Foundation case manager.

### HOPWA

HOPWA, Housing Opportunities for Persons with AIDS Program, was established by HUD to address the specific needs of persons living with HIV/AIDS and their families. HOPWA makes grants to local communities, States, and nonprofit organizations for projects that benefit low income persons medically diagnosed with HIV/AIDS and their families. If you need more information about HOPWA, please contact your Life Foundation case manager.

● RECEIVE  
● LIFEBeat VIA  
● EMAIL!

● Sign up to receive LifeBeat  
● via email!

● Contact Melanie at  
● [mmoore@lifefoundation.org](mailto:mmoore@lifefoundation.org)  
● or call 521-2437 ext. 252.

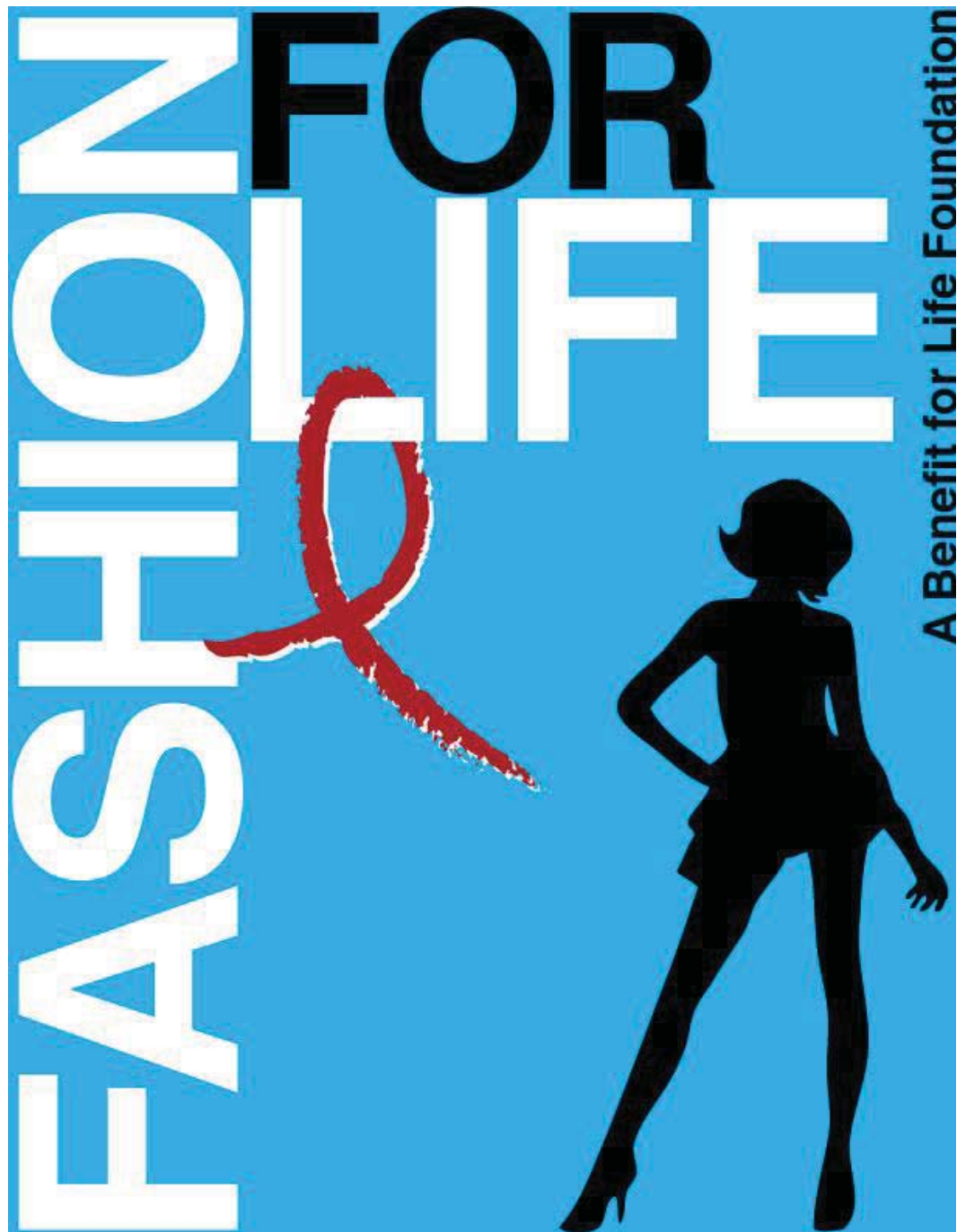
**FREE STUFF!**

*Life Foundation occasionally gets items donated that are available to clients for free!*

*If you are interested in any of the items below, please contact your case manager at 521-AIDS, or feel free to look through these items next time you are in the office.*

*Please remember that you must pick up the items at Life Foundation. Your case manager or a volunteer will not be able to deliver the items to you.*

*Available items include clothing, shoes, and adult diapers.*



*Saturday, July 25, 7 p.m. - 2 a.m. at ThirtyNineHotel in Chinatown  
Fashion and fun! \$10 cover.*

*A portion of the night's proceeds will be donated to Life Foundation.*

**HONOLULU PRIDE FESTIVAL!**

THURSDAY, JULY 16TH AT FUSION WAIKIKI "TRIPLE M CONTEST"

FRIDAY, JULY 17TH IS THE "OHANA GATHERING" AT THE MCCOY PAVILLION.

SATURDAY, JULY 18TH IS THE HONOLULU PRIDE FESTIVAL AT MCCOY PAVILLION.

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

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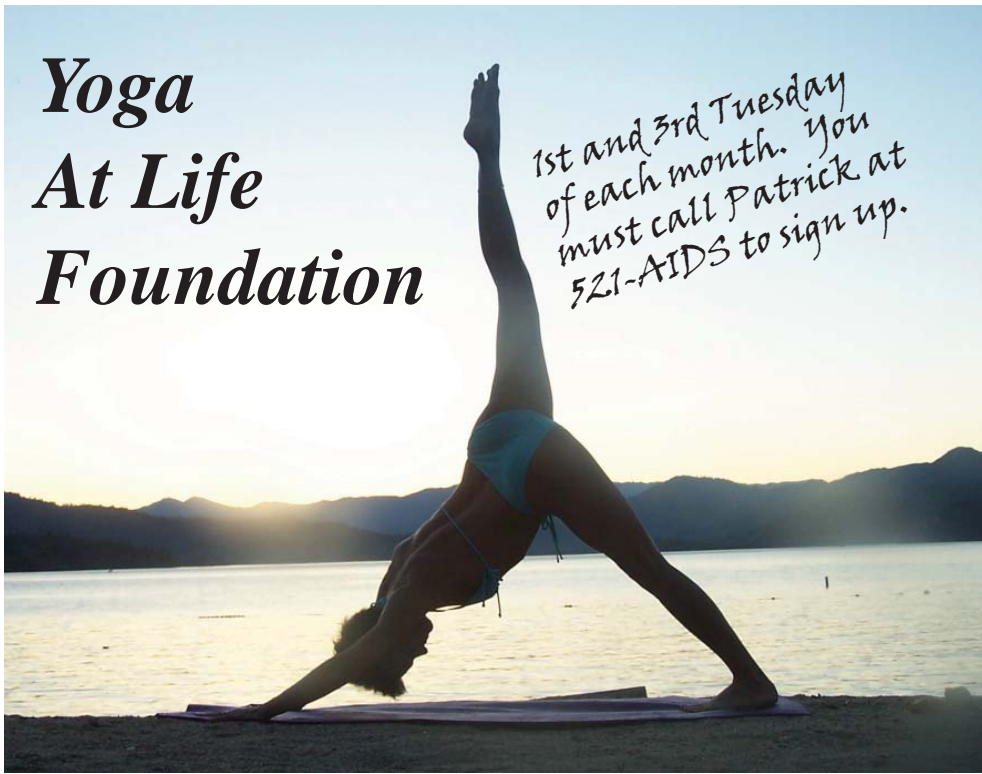
GET INVOLVED

# JULY 2009 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: Monday through Friday 9 a.m. to 4 p.m., except Tuesdays from 9 a.m. to 11:15 a.m. for staff meetings.</i></p>		<p><b>1</b></p> <p><b>Open Support Group</b> 11 a.m. - 12:30 p.m.</p> <p><b>Lunch</b> 12:30-1:30 p.m</p> <p><b>Straight Men's Group</b> 6 p.m. at GH Makiki</p>	<p><b>2</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 11 a.m. - 1:30 p.m.</p>	<p><b>3</b></p> <p><b>Open Support Group</b> 5:30 - 6:30 p.m.</p> <p><b>Dinner</b> 6:30-7:30 p.m.</p>
	<p><b>6</b></p>	<p><b>7</b></p> <p><b>FoodBasket Closed</b></p> <p><b>Yoga</b> 4:00 p.m.</p>	<p><b>8</b></p> <p><b>Open Support Group</b> 11 a.m. - 12:30 p.m.</p> <p><b>Lunch</b> 12:30-1:30 p.m.</p>	<p><b>9</b></p> <p><b>FoodBasket Closed</b></p>
<p><b>13</b></p>	<p><b>14</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 11 a.m. - 1:30 p.m.</p>	<p><b>15</b></p> <p><b>Open Support Group</b> 11:00 a.m. - 12:30 p.m.</p> <p><b>Lunch</b> 12:30-1:30 p.m.</p> <p><b>Straight Men's Group</b> 6 p.m. at LF</p>	<p><b>16</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 11 a.m. - 1:30 p.m.</p> <p><b>Hepatitis Seminar Dinner and Speaker, 5:30 p.m.</b></p>	<p><b>17</b></p> <p><b>Open Support Group</b> 5:30 - 6:30 p.m.</p> <p><b>Dinner</b> 6:30-7:30 p.m.</p>
<p><b>20</b></p>	<p><b>21</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 11 a.m. - 1:30 p.m.</p> <p><b>Yoga</b> 4:00 p.m.</p>	<p><b>22</b></p> <p><b>Open Support Group</b> 11 a.m. - 12:30 p.m.</p> <p><b>Lunch</b> 12:30-1:30 p.m.</p>	<p><b>23</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 11 a.m. - 1:30 p.m.</p>	<p><b>Open Support Group</b> 5:30 - 6:30 p.m.</p> <p><b>Dinner</b> 6:30-7:30 p.m.</p>
<p><b>27</b></p>	<p><b>28</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 11 a.m. - 1:30 p.m.</p>	<p><b>29</b></p> <p><b>Open Support Group</b> 11 a.m. - 12:30 p.m.</p> <p><b>Lunch</b> 12:30-1:30 p.m.</p>	<p><b>30</b></p> <p><b>FoodBasket Lunch and Grocery Distribution</b> 11 a.m. - 1:30 p.m.</p>	<p><b>31</b></p> <p><b>Open Support Group</b> 5:30 - 6:30 p.m.</p> <p><b>Dinner</b> 6:30-7:30 p.m.</p>

# Yoga At Life Foundation

1st and 3rd Tuesday  
of each month. You  
must call Patrick at  
521-AIDS to sign up.



## GET IN SHAPE!

We've got leftover coupons from the Honolulu AIDS Walk from our generous sponsor, 24 Hour Fitness, for a free 7 day trial at any 24 Hour Fitness location in Hawaii.

**Want one?** Stop by our office and ask for them at the reception desk (limit 2 per client), or request they be mailed to you by contacting:

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



## PLEASE MAKE AN APPOINTMENT!

We no longer have drop-in case managers at Life Foundation.

If you need to meet with your case manager, please make an appointment by calling 521-AIDS.

## QUOTE OF THE MONTH:

“Democracy is the government of the people, by the people, for the people.”

~Abraham Lincoln

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