



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 5

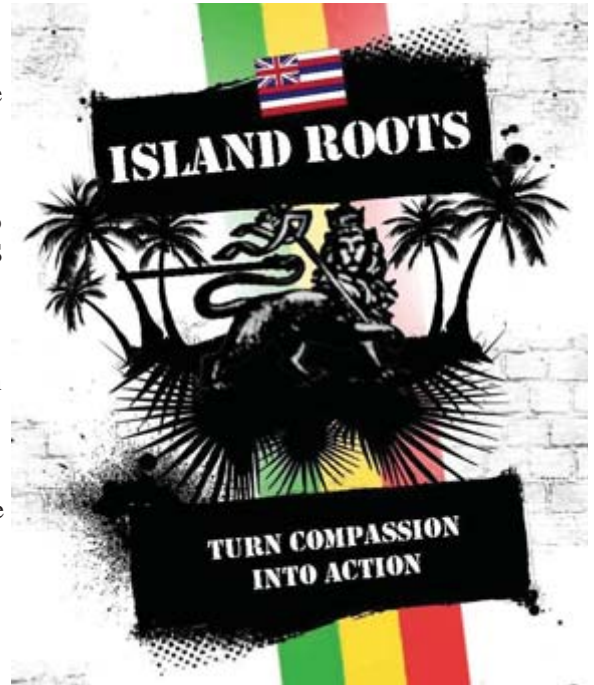
ISLAND ROOTS

In honor of National Asian and Pacific Islander HIV/AIDS Awareness Day and World Hepatitis Day, Life Foundation is organizing the 2nd annual Island Roots on Wednesday, May 19th, 2010 from 9:30 am—1:00 pm.

The event is free and for youth aged 14-24. Through Island Roots, Life Foundation hopes to engage Hawaii's youth in the fight against AIDS and educate them on how to protect themselves from HIV and other STDs. Island Roots will feature KSSK DJ Sweetie Pacarro, a Slam Poetry workshop, lunch, prizes, and the "HIV in Hawaii" video presentation. Free HIV and Hep C testing will be available.

Mahalo to our sponsors, KSSK, Bishop Museum, Shark Energy Drink, and the Banyan Tree Project.

If you know a young person who would be interested in signing up for Island Roots, please ask them to contact Melanie at 808-521-2437 x 252 or mmoore@lifecycle.org.



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

HONOLULU AIDS WALK RAISES MORE THAN \$165,000

The 19th annual Honolulu AIDS Walk was held on Sunday, April 18th 2010 at the Kapiolani Park Bandstand. The event attracted an estimated 4,000 participants and 200 volunteers, and raised more than \$165,000 to support Life Foundation.

If you participated in the Honolulu AIDS Walk, please take a few minutes to fill out the walker survey! The link to the survey is available on the homepage of www.lifecycle.org.

Mahalo to all of our sponsors, walkers, volunteers and donors for making the 2010 Honolulu AIDS Walk a success!

A special mahalo to our event sponsors - Oceanic Time Warner Cable, Vacations Hawaii, Star 101.9, Hot 93.9, Island 98.5, Hawaii Tourism Authority, UGG Australia, Kaiser Permanente, McDonalds, Starbucks, Vacations Internationale, Hula's Bar and Lei Stand, Maui Longboards, A&B Party Rentals, Hard Rock Cafe, Rip Curl, Yelp.com, Lululemon Athletica, RSVP Vacations, Paul Brown, Shark Energy Drinks, HMSA, Heaven on Earth, Cake Envy, and all our generous prize sponsors.

See page 8 for photos of the event!

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MAY
2010

WWW.LIFEFUNDATION.ORG

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NEWLY DIAGNOSED? 5 THING YOU NEED TO KNOW

By *Marvelyn Brown, the author of The Naked Truth: Young, Beautiful, and (HIV) Positive, has been living with HIV for seven years.*

1 HIV is a noun, not an adjective. It does not describe or define who you are. You were somebody before HIV, and you are somebody now. Your character did not change; your awareness of your health status did.

2 HIV is a serious virus, so do not take it lightly. It does not waste time before attacking your immune system, so you can't waste time by letting it get a head start. Although the disease can't be cured, it is manageable and treatable. This takes complete cooperation and participation from you and may require you to step outside the box -- out of your comfort zone. Taking HIV medication is only half the battle; maintaining a positive attitude and keeping stress to a minimum are also important. I suggest finding a hobby that includes body movement, and seeing a therapist to help you cope.

3 You have to be responsible for your virus. From the beginning, you have to be 100 percent committed. Your actions will help determine what HIV will and will not do to your body, and can keep the virus from controlling and consuming your life. For example, choose foods that boost the immune system so that they can join forces with your medicine to help you combat the virus. Also talk to your doctor, and research vitamins that you can take.

4 Behave proactively so that you stay a step ahead of the virus. Find and locate a doctor -- usually an infectious-disease specialist -- whom you respect and trust enough to talk to about all of your problems and concerns. You will have good days and bad days; days when you want to comply with your treatment regimen and days when you don't. Communicating openly with your physician is important. Health providers will know about your test results, but aside from that, they can help you address only what you choose to share with them.

5 All of these suggestions are easier said than done. Still, nothing and no one but you can hold you back from carrying them out. No matter who you are or how you became infected with the virus, I want you to know that you are greater than AIDS. You can live a fulfilling life that overcomes this disease.

WORLD HEPATITIS DAY

World Hepatitis Day, observed May 19, aims to raise global awareness of hepatitis B and hepatitis C and encourage prevention, diagnosis and treatment.

Approximately 170 million people world-wide have either hepatitis B or hepatitis C. This represents 1 in 12 people, and was the basis for the 2008 World Hepatitis Day Am I Number 12? campaign. If left untreated and unmanaged, hepatitis B or C can lead to advanced liver scarring (cirrhosis) and other complications including liver cancer or liver failure. Every year 1.5 million people die from either hepatitis B or C.

Life Foundation offers free hepatitis C testing - get tested today! No appointment necessary.

**AM I
NUMBER
12?
.ORG**

WHY HOUSING MATTERS

by Jonathon Berliner, Executive Director of Gregory House Programs

I attended the first ever White House Meeting on HIV and Housing Held December 17, 2009, and follows are some excerpts from the official document approved by the White House Resulting from that valuable meeting on why housing is important to PLWHA (People Living With HIV/AIDS):

- Compared to stably housed PLWHA, homeless PLWHA experience worse overall physical and mental health; are more likely to be hospitalized and use emergency rooms; have lower CD4 counts and higher viral loads; are less likely to receive and adhere to antiretroviral therapy; and are more likely to be co-infected with the hepatitis C virus (HCV) and/or tuberculosis (TB).
- Housing status is a stronger predictor of health outcomes than individual characteristics such as gender, race, ethnicity or age, drug and alcohol use, and receipt of social services, indicating that housing itself improves the health of PLWHA.
- Access to housing enables PLWHA to get into care and stay in care; over time, housing status is among the strongest predictors of timely entry into HIV care, primary care visits, continuous care, and care that meets clinical practice standards.
- Receipt of housing assistance has an independent, direct impact on receipt of HIV care, health status, and mortality among homeless/unstably housed PLWHA; housing assistance predicts improved health outcomes among PLWHA regardless of demographics, drug use, health and mental health status, or receipt of other services.
- PLWA who are homeless at the time of AIDS diagnosis are significantly more likely to die over a five-year period, after controlling for medical status and other individual characteristics, and obtaining supportive housing in this population is independently associated with an 80% reduction in mortality.
- Improved housing status also has a significant impact on mental health status, and is associated with improvements in depression, perceived stress, and other mental health indicators; receipt of housing services also facilitates access to mental health services among PLWHA with serious mental health needs.
- Emerging evidence shows that outcomes from housing interventions improve with quality housing, and in the case of supportive housing with adequate on-site services, including support with adherence to HIV therapies.
- Housing assistance is a cost-effective health care intervention, with a cost per quality-adjusted life year (QALY) in the same range as other widely accepted health care interventions, such as renal dialysis.
- The unique nature of HIV disease makes housing an especially effective intervention. In particular, HIV disease combines an infectious agent, potentially fatal consequences, rapid spread in vulnerable populations, and the potential for development of drug-resistant strains, while being highly treatable with antiretroviral therapy that substantially reduces mortality and morbidity.
- Among 40 representative Ten Year Plans to End Homelessness recently reviewed by the National AIDS Housing Coalition (NAHC), only two include any strategies to address the overlap of HIV and homelessness, despite the fact that PLWHA and HIV/AIDS service providers in these communities report significant unmet housing needs.

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:

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



STUDY FOR PEOPLE WHO HAVE NEVER TAKEN MEDS

Present recommendations for treatment of HIV infection in HIV-infected individuals who have never taken anti-HIV meds before consists of 2 nucleoside or nucleotide reverse transcriptase inhibitors and either a non-nucleoside reverse transcriptase inhibitor, a ritonavir-boosted protease inhibitor or an integrase inhibitor. Atripla, which includes efavirenz, tenofovir DF, and emtricitabine is the only fixed-dose combination tablet available and is one of the current recommended initial treatments.

Although very effective, not everyone can tolerate Atripla and boosted protease inhibitors have potential for long-term complications. Researchers are constantly seeking new treatments that offer reduced side effects and are easy to take for people who have never taken anti-HIV medications.

An investigational treatment regimen is being tested in a research study sponsored by Gilead Sciences, Inc. The treatment evaluates the use of a fixed-dose combination pill that includes elvitegravir, an experimental HIV-1 integrase inhibitor and a new chemical entity, GS-9350. GS-9350 is being developed as a booster to increase the blood levels of co-administered agents such as elvitegravir, and could be an alternative to ritonavir in combination with elvitegravir or other protease inhibitors. The pill also includes tenofovir and emtricitabine.

In the study, participants will be randomized to receive either the fixed-dose combination pill or Atripla for at least 96 weeks. The purpose of this study is to evaluate the safety and efficacy of a single tablet regimen vs. Atripla in adults living with HIV who have never taken medication to treat their HIV. For more information about the study, please contact Debbie at the Hawaii Center for AIDS, 737-2751.

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.

Autonomic Study

If you fit into one of the following groups, you may qualify for a study testing your autonomic nervous system. Either: Never taken HIV meds and are planning to start OR Failing your current HIV meds and planning to switch OR 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.

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 on page 5.....

HEPCATS SUPPORT GROUP

HepCats is support group for people living with Hepatitis C. This month's speaker will be:

Dr. Alan Tice

Infectious Disease Specialist, Infections Limited Hawaii. He will be speaking about HIV/HCV Co-infection. Dr. Tice is one of the leading physicians that treats hepatitis C in Hawaii.

Thursday, May 20th, 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

****FREE VALIDATION FOR STRUCTURE**

PARKING**



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

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.

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.

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 Jim, Lorna or Debbie 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.*

ABIGAIL'S CORNER

By Abigail Nickell, Executive Director of Save the FoodBasket

Changes to the Vitamin Program

With a realistic look at our economic situation, we've had to make some significant cuts this fiscal year. Already operating on a shoe-string budget, we reduced back office expenses as much as possible. In an effort to preserve our food programs, we've made the following changes to our vitamin program.

Clients will no longer receive a stipend for vitamins and supplements. At the request of many clients, the team of vitamin volunteers will continue to order vitamins for clients from our wholesale provider, however, the FoodBasket will not be subsidizing these purchases in any way.

For this purpose, the vitamin email address (vitamins@thefoodbasket.org) will remain active. Please contact Jim Lucas or Erica Rice at this address or speak with them at Bill's Place to make purchases through what has now become a buyers club.



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 CHICKEN AND BEAN STEW

Ingredients:

15 oz. can kidney beans, drained and rinsed
1 clove garlic, crushed or minced
1 medium onion, diced
2 1/2 lbs boneless skinless chicken breast or thighs, diced
8 oz can tomato sauce
1/4 cup any kind of vinegar
1 teaspoon sugar
Salt and pepper to taste

Directions:

1. In a large pot, cook chicken until half done.
2. Add garlic, onion, tomato sauce, vinegar, sugar, salt and pepper.
3. Simmer for 30-45 minutes or until chicken is tender and no longer pink inside.
4. Add kidney beans and simmer 5-10 more minutes.

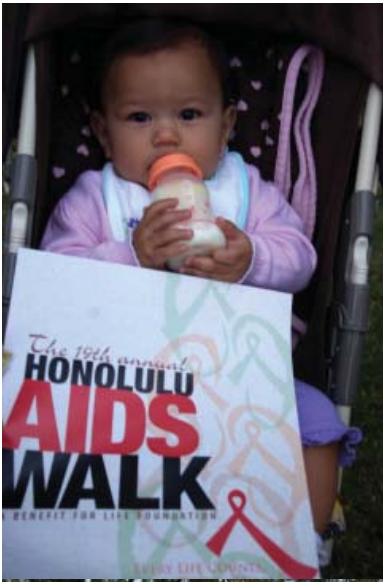
Variation: Add additional vegetables of your choice after the chicken to clean out your fridge or make the recipe your own.



MAY 2010 CALENDAR

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
|--|--|--|--|--|
| 3 | 4 FoodBasket Closed | 5 Lunch 12:00-1:30 p.m. <i>Hosted by Harold Manzon</i> | 6 FoodBasket Closed | 7 Open Support Grp. 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m. <i>Hosted by Richard Rosales</i> |
| 10 Women's Support Grp 5:00-7:00 p.m. | 11 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m. | 12 Lunch 12:00-1:30 p.m. <i>Hosted by Fernando De Hoyos</i> | 13 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m. | 14 Open Support Grp. 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m. <i>Hosted by Richard Rosales</i> |
| 17 | 18 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m. | 19 National Asian and Pacific Islander HIV/AIDS Awareness Day World Hepatitis Day Lunch 12:00-1:30 p.m. <i>Hosted by Harold Manzon</i> | 20 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m. HepCats Meeting 6:15 p.m. See Page 5 for location | 21 Open Support Grp. 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m. <i>Hosted by George Ma</i> Straight Men's Group 6 p.m. at LF |
| 24 | 25 FoodBasket Lunch and Grocery Distribution 12. - 1:30 p.m. | 26 Lunch 12:00 p.m. - 1:30 p.m. <i>Host TBA</i> | 27 FoodBasket Lunch and Grocery Distribution 12 - 1:30 p.m. | 28 Open Support Grp. 5:30 - 6:30 p.m. Dinner 6:30-7:30 p.m. <i>Hosted by Fernando De Hoyos</i> |
| 31 Office Closed for Memorial Day | <i>Regular client service hours are as follows:</i> <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> | | | |

MAHALO FOR MAKING A DIFFERENCE!



QUOTE OF THE MONTH:

“A man too busy to take care of his health is like a mechanic too busy to take care of his tools.”

- Spanish Proverb

For more photos, visit
www.lifefoundation.org

