



# 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 2

## NEWS AT LIFE FOUNDATION

### Living Well Forum - February 10

Join us for a Living Well Forum with Dr Bruce Shiramizu MD of the Hawaii Center for AIDS and Dr. Michael Berry from University of California, San Francisco, on Wednesday, February 10 at 12:30 p.m at Life Foundation. The topic of the forum is *Cancer assessments and living with HIV: What you should know* and will cover anal pap smears for men and women and other cancer diagnostics.

### Be Up to Date!

Please remember to keep your information and paperwork with Life Foundation up-to-date! In order for clients to continue receiving services at Save the Foodbasket and H-Programs (HSPAMM, HCOBRA, HDAP), information/paperwork with Life Foundation is required to be up-to-date.

### No Ryan White Funding Until End of March

Life Foundation is out of Ryan White funds until the end of March. Clients are no longer able to put in requests until the new Ryan White year starts in April.

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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*We here at Life Foundation wish you a happy Valentine's Day! Remember that Life Foundation provides free condoms and lube - just stop by and pick some up! Also, we have counselors on hand to talk to you about having safe sex and healthy relationships as a HIV positive person.*

FEBRUARY  
2010

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

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# HOW HEALTHY IS YOUR HEART?

*By James Taylor, MBA*

Cardiovascular disease (CVD) has grown to near crisis levels in the US. Many factors for developing CVD have been illuminated in the preeminent study known as the Framingham Heart Study. This often cited study has identified several key risk factors, including Low Density Lipid cholesterol, systolic Blood Pressure, total cholesterol, smoking, and age. However, there may be other factors that put people with HIV at an even greater risk for CVD.

HIV infection is known to cause metabolic, especially dyslipidemia (cholesterol and lipid) and anthropomorphic problems, including lipoatrophy and lipodystrophy (fat distribution). What other factors might contribute to the higher than expected rate of CVD in the HIV population? Theories abound from environmental factors such as diet and exercise to use of specific antiretroviral therapies (ART) such as Nucleoside Reverse Transcriptase Inhibitors (NRTIs) to immunologic changes at the cellular level to gross visceral fat formation.

To better understand the issues related to CVD in the HIV population, studies are underway to look at these and other factors. The Hawaii Center for AIDS (HiCFA) is running a 5 year research study examining several factors that may contribute to CVD. Specifically, this study employs modalities such as CT scans, ultrasound imaging, Blood Pressure anomalies and others, to help decipher the complex issues leading to CVD in HIV populations. This and other studies, hopefully, will shed more light on why CVD has become one of the leading causes of death in the HIV community, and offer treatment modalities for those at risk.



## WEINBERG FOUNDATION DONATES \$10,000

Life Foundation would like to give a big mahalo to The Harry & Jeanette Weinberg Foundation for their generous donation of \$10,000 to support Life Foundation's mission and programs!

Staff at The Harry & Jeanette Weinberg Foundation choose a charity each year to contribute \$10,000 to, and Life Foundation was notified in December that they were one of the lucky recipients!

Mahalo to the staff at the Weinberg Foundation!



*From left: Paul Groesbeck, Executive Director of Life Foundation; Jaimie Kahale, Life Foundation Prevention Educator; and Gailene Wong, The Harry & Jeanette Weinberg Foundation.*

# GREGORY HOUSE AT D.C. AIDS HOUSING MEETING

by Jonathon Berliner, Executive Director of Gregory House Programs

On December 17, 2009 a select group of AIDS housing and service providers, housing and homelessness policy experts, researchers, government officials and others joined with high level Administration officials for the first ever White House meeting dedicated to HIV/AIDS Housing. I was honored with an invite to this invitation-only meeting, and took the opportunity to attend this amazing meeting at the White House so that we here in Hawaii have a voice.

The purpose of the meeting, convened under the auspices of the President's Office of National AIDS Policy (ONAP) was to inform development of the National AIDS Strategy with a focus on the priorities identified by President Obama of 1) reducing infections; 2) increasing access to care; and 3) reducing health disparities.

Jeff Crowley, Director of ONAP and Senior Advisor to the President on Disability Policy, stated in opening remarks that housing had been a strong, recurring theme in ONAP-sponsored Community Discussions held across the country. He confirmed that ONAP understands the strong evidence base for housing's role in not only healthcare and health outcomes, access to healthcare, but also its role in HIV prevention and confirmed that housing would be a core and major component of the National AIDS Strategy.

Administration officials Adolfo Carrion, White House Director of Urban Affairs and Deputy Assistant to the President, Derek Douglas, Special Assistant to the President for Urban Policy, and Mercedes Márquez HUD Assistant Secretary for Community Planning and Development, all reiterated commitment at the highest levels of government and across government to act in a strategic, coordinated effort to address the needs of vulnerable populations and to ensure that HIV/AIDS housing is more fully integrated into the overall affordable housing portfolio.

They also stressed that they will be ensuring that states and jurisdictions elevate housing to the highest priority when it comes to HIV/AIDS care and prevention services, and that every state and jurisdiction has a responsibility to ensure that all persons with HIV/AIDS are adequately housed.

Research presentations on Housing as HIV Prevention and Care were made by Dr. David Holtgrave of Johns Hopkins Bloomberg School of Public Health and Dr. Angela Aidala of the Columbia University Mailman School of Public Health. New York State Senator Tom Duane



and NAHC Executive Director Nancy Bernstine tackled Bringing Successful Strategies to Scale. Josh Bamberger, M.D. of the San Francisco Health Department and Carol Wilkins, consultant to the Corporation for Supportive Housing, presented on the Role of Housing in Systems of HIV Care.

National AIDS Housing Coalition Board Members present, including myself, set the framework for the morning's meeting in a rousing and passionate call to the administration for meaningful consideration of the evidence documenting the links between affordable housing and HIV/AIDS prevention, treatment and care outcomes. I am encouraged by President Obama's commitment to initiating and following through with the development and implementation of a National AIDS Policy and its inclusion of a strong housing component.

While in Washington, D.C., I took the opportunity to meet with our Hawaii Congressional Delegation (separate meetings with each member) to speak with them about the fiscal crisis the State of Hawaii is experiencing (along with the rest of the country) and how those whom are most vulnerable are being hit by funding cuts to those arenas. I also spoke more specifically about the funding cuts to HIV/AIDS programs in Hawaii, and provided them with a perspective of the impacts to the various programs that have been cut or eliminated. I know our Congressional Delegation stands by us in support and will certainly do everything in their power to turn the tide of these challenging times we all face. I received wonderful expressions of support from each of our Congressional Delegates: Senator Akaka, Senator Inouye, Congresswoman Mazie Hirono, and of course Congressman Neil Abercrombie! They stand by us!

## 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](http://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](mailto:mmoore@lifefoundation.org)*



# PREVENTIVE MEDICINE AND ANAL CANCER SCREENING

BY CRIS MILNE, RN, NP AND BRUCE SHIRAMIZU, MD.

## 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.*

Interest has increased over the years in health maintenance and disease prevention. There are many screening tests available to detect disease. A Pap smear is a screening test used to detect abnormal cells. The use of cervical Pap smear screening has decreased the amount of cervical cancer among women.

We are now finding that more men and women are being diagnosed with anal cancer. Anal Pap smear screening is now being recommended by many doctors for people who are HIV-positive and other selected populations. Many people believe that detecting abnormal cells (dysplasia)

early and treating the abnormal cells will decrease the risk of anal cancer.

The human papillomavirus (HPV) is the cause of cervical cancer in women. HPV is also thought to be involved in anal cancer. HPV is a very common virus and there are many different types of HPV. Some types of HPV can cause genital warts and other types can cause cancer. Talk to your doctor and see if he/she recommends anal cancer screening for you.

The Hawaii Center for AIDS is conducting an anal cancer screening study.

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## HAWAII CENTER FOR AIDS PARTICIPANTS NEEDED!

### **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. Are you HIV positive and older than 40 years? Are you currently taking anti-HIV medications? You may be able to participate. Please call Jim, Lorna or Debbie at 737-2751. Financial compensation is given.

### **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 our bodies work when exposed to different medications. If interested call Cris at 737-2751. Financial compensation is given.

### **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 given.

### **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.

*Continued on page 5.....*

# HEPCATS SUPPORT GROUP

HepCats is a support group for people affected by hepatitis B and C. Each month, an informational meeting is held featuring an educational speaker, great food, and opportunity to meet others in the hepatitis community.

This month, join HepCats for a general discussion on HCV.

**Conducted by:**

Co-Facilitators, Leena K. Hong, RPA-C and  
Tim Fedorka (HCV Advocate)

**When:**

Thursday, February 18th, 2010 @ 6:15 PM

**Where:**

Hawaii Medical Center  
2230 Liliha Street  
In association with the Liver Center  
Mother Marianne Building,  
Medical Board Room  
(ground floor next to the cafeteria)

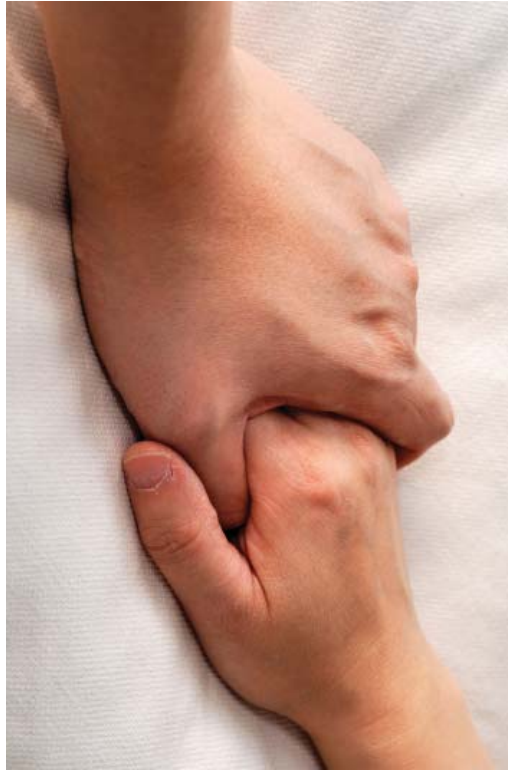
**\*\*STREET PARKING IS FREE\*\***

**Contact Information:**

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

**Refreshments will be provided by:**

Three Rivers Pharmaceuticals



## 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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### *Studies at Hawaii Center for AIDS .....continued from page 4*

**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 Study**

For men and women who are HIV positive. This study consists of at least one and maybe two visits. You will be educated on HIV and anal dysplasia/cancer. You will be asked to obtain an anal Pap smear on yourself and you will have one 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 (human papillomavirus) that is thought to be involved in anal dysplasia and cancer. Please call Cris at 737-2751. Compensation is available.

# ABIGAIL'S CORNER

By Abigail Nickell, Executive Director of Save the FoodBasket

## The FoodBasket Needs Volunteers!

At Save the FoodBasket, our volunteers are the lifeblood of the organization. They are the ones interacting with clients, delivering services, and conducting the day to day business. If you have a little free time and would like to make a big difference in your community, please contact our Operations Manager, Tony Nikae at 779-7284 or [tnikae@thefoodbasket.org](mailto:tnikae@thefoodbasket.org) for more information.

**Greeters** – Greet new clients, show them around and make them feel more at home on Tuesdays and/or Thursday at our biweekly luncheons.

**Dishwashers** – Help clean up in the kitchen on Tuesdays and/or Thursdays after our biweekly luncheons by washing pots and pans, wiping down counters and stovetops, and putting away leftovers.

**Breakdown** – Help clean up Weaver's Hall on Tuesdays and/or Thursdays after our biweekly luncheons by putting away tables and chairs and sweeping and mopping the floor.



## 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](http://www.thefoodbasket.org).

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## RECIPE OF THE MONTH

### SPAM AND STRING BEANS

#### Ingredients:

1 can Spam (cubed)  
1 pkg String beans (cleaned and julienned)  
Vegetable oil  
Garlic salt  
Pepper  
1 Tbsp Oyster sauce

Teriyaki sauce: (mix & set aside)  
1/2 C Shoyu  
1/2 C Sugar  
1 Tbsp cooking Mirin  
2 cloves Garlic (quick smash with knife)

#### Cooking Instructions

1. In frying pan, add about 1 Tbsp vegetable oil to heated pan.
2. Add Spam and brown, then add string beans and oyster sauce.
3. Cook for 3 to 5 minutes on medium heat.
4. Pour in teriyaki sauce and season with salt and pepper(optional).
5. Cook for 3 to 4 minutes. All pau!!



# FEBRUARY 2010 CALENDAR

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>1</b>	<b>2</b>  <b>FoodBasket Closed</b>  <b>Yoga</b> 4 p.m.	<b>3</b>  <b>Lunch</b> 12:00-1:30 p.m.	<b>4</b>  <b>FoodBasket Closed</b>	<b>5</b>  <b>Open Support Grp.</b> 5:30 - 6:30 p.m.  <b>Dinner</b> 6:30-7:30 p.m.
<b>8</b>	<b>9</b>  <b>FoodBasket Lunch and Grocery Distribution</b> 12 - 1:30 p.m.	<b>10</b>  <b>Living Well Forum</b> (see page 2 for more info) and lunch 12:00-1:30 p.m.	<b>11</b>  <b>FoodBasket Lunch and Grocery Distribution</b> 12 - 1:30 p.m.	<b>12</b>  <b>Open Support Grp.</b> 5:30 - 6:30 p.m.  <b>Dinner</b> 6:30-7:30 p.m.
<b>15</b>  <b>Office Closed for President's Day</b>	<b>16</b>  <b>FoodBasket Lunch and Grocery Distribution</b> 12 - 1:30 p.m.  <b>Yoga</b> 4 p.m.  <b>Women's Support Grp</b> 5:00-7:00 p.m.	<b>17</b>  <b>Lunch</b> 12:00-1:30 p.m.	<b>18</b>  <b>FoodBasket Lunch and Grocery Distribution</b> 12 - 1:30 p.m.  <b>HepCats Support Group</b> 6:15 p.m. - see page 5	<b>19</b>  <b>Open Support Group</b> 5:30 - 6:30 p.m.  <b>Dinner</b> 6:30-7:30 p.m.  <b>Straight Men's Group</b> 6 p.m. at LF
<b>22</b>	<b>23</b>  <b>FoodBasket Lunch and Grocery Distribution</b> 12. - 1:30 p.m.	<b>24</b>  <b>Lunch</b> 12:00 p.m. - 1:30 p.m.	<b>25</b>  <b>FoodBasket Lunch and Grocery Distribution</b> <b>Vitamin Deadline</b> 12 - 1:30 p.m.	<b>26</b>  <b>Open Support Grp.</b> 5:30 - 6:30 p.m.  <b>Dinner</b> 6:30-7:30 p.m.

*Regular client service hours are as follows:*

*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.*

# PHYSICAL ACTIVITY SURVEY

If you are HIV+ and 18 years of age or older, then you are eligible to take this quick online survey about physical activity. Currently, allied health professionals agree that a regular physical exercise program should be recommended for HIV+ patients to help control their disease as well as pharmacological side effects. While exercise is recommended, there is little information available as to the levels of uptake of this advice, especially in Hawaii.

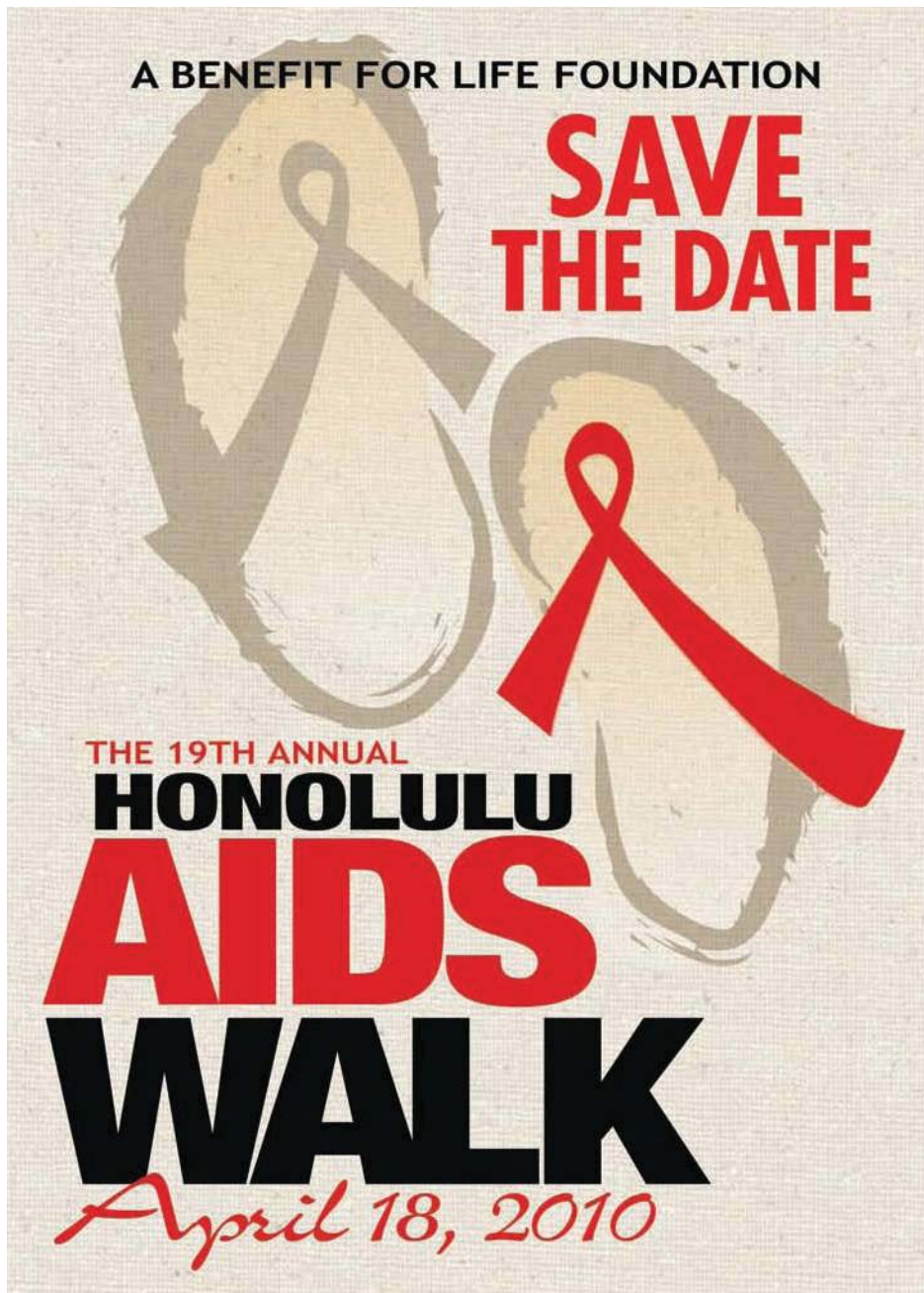
We are interested in finding out how much and what types of exercise or physical activity you are doing as well as the factors that contribute to your decision to exercise.

Simply copy and paste this link into your web browser <http://www.surveymonkey.com/s/ZG-BYXLN> to be directed to the survey. All responses will be completely anonymous should you choose to participate in the survey.

If you have any questions please contact Rachel Lindsey at [ralindse@hawaii.edu](mailto:ralindse@hawaii.edu).

To take the survey - visit

[www.surveymonkey.com/s/ZGBYXLN](http://www.surveymonkey.com/s/ZGBYXLN)



## QUOTE OF THE MONTH:

“Life has taught us that love does not consist in gazing at each other but in looking outward together in the same direction.”

-Saint-Exupery

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