

The WIHS Woman



The Connie Wofsy Women’s HIV Study

NCAB Update

by *Lynnell*

The national community advisory board (NCAB) attended the WIHS Executive Committee (EC) meeting in Washington DC in May. We enjoyed a wonderful meeting at the NIH. It was great to have the opportunity to meet again face to face, and we welcomed new members of the NCAB from the new sites in Miami, Atlanta, and Chapel Hill, NC and Mississippi. The first speaker was Dr. Phyllis Tien, one of the Principal Investigators at our SF site who gave an overview of the purpose and mission of the NCAB. The NCAB was designed to provide ongoing community, psycho-social, and political input to the national WIHS agenda. Our job as NCAB representatives is to inform, educate and support participant’s overtime. And also to represent and be accessible to community members for WIHS related concerns.

Catalina Ramirez, Project Director in North Carolina, showed us a Videotape called, “Why we are still in WIHS?” Mostly, the women in

the video said they are still in WIHS to contribute to scientific research, which has not been done on women and HIV. Our involvement is crucial to the research that is being done to help provide appropriate treatment specifically for women.

Lakshmi Goparaju, the Project Director in Washington DC, talked about the questions about assessing women’s knowledge, attitudes, and beliefs about taking medication for HIV prevention. Specifically Pre-Exposure prophylaxis (PrEP), a pill called Truvada. Studies show that taking Truvada every day can help protect HIV-negative women and men from becoming infected with HIV.

Dr. Tonya Taylor, an Investigator with the Brooklyn WIHS, discussed the prevention needs of older women with HIV. She conducted a study to look at the influence of physical health, mental health and relationships on sexual behaviors of women with HIV over age 50. The focus groups were conducted in NY and Chicago were used to develop a program to re-

(Continued on page 2)

TABLE OF CONTENTS

NCAB Update	page 1
CAB Corner	page 2
Take the Health Quiz	page 4
Honey Bees and the Secret Life of a Beekeeper	page 5
Urban Gardening	page 6

(Continued from page 1)

duce the sexual risk behaviors.

The NCAB members also had a tour of the specimen Repository Bank. Chad Clark, COO, Mike Waddington, Senior Director of Operations, and Corrine Scully, PhD gave us the tour and showed us step by step how the blood specimens are stored and processed. Approximately 400,000 specimens accumulate each year and are stored for future research from the WIHS sites. It was really interesting to see where our specimens end up.

Dr. Mardge Cohen, the Principal Investigator in Chicago, and Janet Turan, from Alabama, gave an update on the behavioral working group. There are current studies about violence, mental health and drug use in the WIHS to help bring a better understanding what is needed for treatment and prevention programs. There may also be a new study about stigma and discrimination which is an important area to study. Dr. Sheri Weiser from San Francisco gave a presentation about the food insecurity and how nutrition impacts our health. Overall, the EC meeting was great and I learned a lot of great information that I look forward to sharing with local CAB. I feel blessed to be a part of WIHS.



CAB CORNER



by Joyne Taylor

If you missed our Spring CAB meeting you missed a great discussion on healthy eating. We welcomed our guest speaker Kristin McKenna, RN from the UCSF Living Well Center. Kristin is a nutritionist who provides lectures for employees and was gracious enough to come and speak with us about healthy eating. She provided visual aids like avocados, yams, kale treats, bananas, almonds and many other food items so we could get a gist of what should be on our plates. The food pyramid was on a plate with all of the food groups in different sections. This illustration is based on the same recommendations of the dietary guidelines on what and how much to eat. Build a healthy plate. Fill half of the plate with vegetables and fruits, with the vegetable portion being a little bigger than the fruit. Making fruits and vegetables the focal point of every meal will help you reach the recommended amount each day. Try to eat two vegetables with your evening meal. Eat red, orange and dark green vegetables. 1/4 of the plate should consist of protein, legumes (beans) and nuts, not necessarily meat. Keep meat and poultry portions small and lean. Twice a week make seafood the protein on your plate. The last 1/4 of the plate is grains, cereal, rice, bread & pasta. The idea is to consume more grains than protein. Choose 100% whole grains. They are natural and contain more vitamins, minerals, and fiber than foods that contain processed flour, rice, pasta's etc. Last, but not least, is the dairy section which includes; milk, cheese, and yogurt.

The focus was placed on getting nutrients from all food sources; i.e. salads, variety of vegetables, fruits, beans, peas, nuts, & plenty of water.

(Continued on page 3)

(Continued from page 2)

We had a few volunteers from the group to demonstrate what foods to include on your breakfast, lunch and dinner plates. We learned that adding new grains like millet, quinoa, and triticale to your meals are great choice especially when looking for variety. The best way to get enough vitamins and nutrients is to eat balanced diet with a variety of foods. Kristin pointed out the fact that you can usually get all your vitamins from the food you eat. Supplements are only needed if your meals are not balanced. Eat a variety of foods from all the food groups each meal to get the energy, protein, vitamins, minerals, and fiber you need for optimal health. The objective is to eat more fruits and vegetables which will help you consume less calories overall and help you keep a healthy weight. Burning more calories than you eat and drink can lead to weight loss. When it comes to maintaining a healthy weight all calories count, no matter what food or beverages they come from. Aim to eat until you are satisfied leaving yourself neither stuffed nor starving. Enjoy your food but eat less! Reduce time spent in sedentary behaviors like (screen time). Daily physical activity has numerous benefits beyond maintaining a healthy weight. Physical activity and nutrition work together for better health!

Most American diets are too high in fat, especially saturated fats, sugar, and salt. Saturated fats (solid fats) are found in animal fat, lard, cream, butter, and dairy products made from whole milk. Avoid foods with any trans-fats. Trans-fats are partially hydrogenated vegetable oil, typically found in packaged and processed foods like, crackers, cookies, cakes, ice cream, fast food, frozen pizza and baked goods, coffee creamer etc. Shortening and margarine can also be high in trans-fats. Although, small amounts of trans-fats occur naturally in some meats and dairy products. However, it is the trans-fat in

processed foods that seem to be more harmful. Adopt small changes to choose healthier fats, less salt, and less sugar. Food that contains healthier fats include; nuts, seeds, olives, and avocados. Monounsaturated fats are good choices. These fats are found in olive oil, peanut and canola oils, which is a healthier option than saturated fat. Cook with low-fat methods like baking, broiling, grilling, or steaming rather than frying foods. Try using olive oil rather than butter or vegetable oil. Sugars naturally found in fruit and milk isn't the problem. It's the added sugar found in sodas, candy, cakes, snacks, etc. that we need to limit. Choose water, fat free or low fat milk, 100% fruit juice, or unsweetened teas as drinks, rather than sodas, sport/energy drinks, and other fruit drinks. Season your foods with herbs (rosemary, basil, thyme), spices, lime, lemon, and vinegar, rather than salt. Limit sodium (salt) to less than 2300mg (1 teaspoon) a day or 1500mg (½ teaspoon) if you are 51 or older, African American, have high blood pressure, diabetes, or chronic kidney disease. Too much sodium may cause increased blood pressure. We learned that reading all food labels on packaged and or processed foods is important in making healthier choices. It's important to look at serving size for the product listed. Making healthy choices can be difficult if healthy choices are not strongly valued in communities. We discussed the fact that choices are limited to what's available in a person's environment, including supermarkets, restaurants, food banks, soup kitchens, etc. Research shows that some Americans lack access to affordable nutritious foods which may be related to overall disparities in health. We are trying to understand this better in WIHS with the Food Insecurity Study. Access includes not only availability of food options, but also affordability and safety.

Visit your neighborhood Farmer's Market to get

(Continued on page 4)

(Continued from page 3)

the best prices on seasonal fruits and vegetables. Farmer's Markets are easy to find, and you get to try samples of new fruits and vegetables. Freshly picked fruit is at its peak in flavor and nutrition. Farmer's markets are often cheaper than supermarket prices, and they give great recommendations on how to store and prepare fresh produce. If you don't have a Farmer's Market nearby look for roadside produce stands as they sell many of the same types of produce. Keep in mind, fruits and vegetables tend to spoil before you get a chance to enjoy them, only buy enough fresh produce to use in 3 - 4 days. Women in the group gave some good practical suggestions for growing fruits and vegetables in your own garden, and places to go in SF when shopping for fresh produce.

Overall, we had a great discussion, good food, and enjoyed games and a raffle. WIHS staff enjoys delivering topics on health that are important to WIHS participants at the CAB meetings, and we are always looking for suggestions from WIHS women. When asked, women suggested topics like cooking demos such as blending, (smoothies), making a WIHS cookbook that would include good nutritional recipes, including specialty recipes low in salt or in sugar. This is something we can explore in the near future. Watch for information regarding where to send recipes for the WIHS cookbook in the next newsletter. The next CAB meeting will be held in the east bay in July. See the flier. Hope to see you there!



Take the Health Quiz

(check the boxes below, answer key at the end of quiz)

- 1) When eating the Healthiest, what are some of the foods to completely avoid.
 - A. Carbohydrates such as (bread, cereal, pasta, and rice)
 - B. Sugar and saturated fat.
 - C. Only the completely processed food with no nutrients. Otherwise you can't avoid food groups, you need them all.
- 2) Do you think avocados are a healthy addition to your diet?
 - A. No, they have a lot of fat.
 - B. Absolutely, but in moderation.
 - C. Yes, they have omega fatty acids.
- 3) Do you really need to consume 5-7 servings of and vegetables a day?
 - A. Yes, your body needs them.
 - B. I think it depends on your weight.
 - C. Probably, but it's impossible.
- 4) When you are looking to lose a few pounds, how do you adjust your calorie intake?
 - A. I consume far fewer calories than normal.
 - B. I figure out how many calories I burn per day based on my weight and activity level, then adjust my total daily calories to ensure that I am burning more calories than I am consuming.
 - C. I actually increase my calorie intake to account for my activity level.
- 5) Is protein the size of your palm a sufficient portion?
 - A. No, it too small.
 - B. It depends on how many calories you need to consume.
 - C. Yes, it is actually the recommended portion size.

Answers for the above Health Quiz
1 = C, 2 = B, 3 = A, 4 = B, 5 = C

Honey Bees and the Secret Life of a Beekeeper



By Linda Nix and Phyllis Tien

Honey bees are some of the hardest workers in our food industry. Not only are they great for producing honey and beeswax, they are important pollinators for more than 90 different crops in North America including many fruits, nuts, and vegetables. Although they are not native to North America, honey bees are especial-



ly important in California because our almond crops require pollination from almost 1.5 million beehives each year. Additionally, honey is celebrated for having many possible health benefits from suppressing coughs, helping promote wound healing, fighting infections, and honey from local bees may even help build up tolerance to local pollen, meaning reduced seasonal allergies. (Just keep kids under 12 months away from honey until their immune systems are better developed).



Unfortunately, you may have heard the honey bee populations are dying out worldwide. Researchers think entire colonies of bees are dying in what is called “colony collapse”. Some of the causes include loss of habitat, lack of variety in their flower diets, mites and other diseases, as well as pesticides. Last month President Obama created a task force to help boost honey bee populations, but even ordinary people are joining the cause by becoming beekeepers. San Francisco, Alameda, and San Mateo Counties all have Beekeepers Associations that offer lots of resources and hands-on classes.

Did you know that we have a beekeeper in the WIHS? One of our very own PIs, Phyllis Tien has been a beekeeper for over 15 years, although she admits she prefers to bottle, label, and eat the honey and leaves the actual suiting up in a bee suit to get the honey combs from the hives to the rest of her family. She has two hives in her backyard that are filled with “Italian” bees that were delivered from a store in Sacramento specializing in beekeeping.



Although these bees are passionate about foraging for pollen from the surrounding flowers and trees in her backyard, they are not immune to whatever is causing the bees to die. She has noticed honey production from her backyard bees decline from about 150 pounds per year to 30 pounds or even none this past year. She has lost a number of hives over the last few years too and has had to start over by ordering a new queen bee along with her worker bees. Once the bees are placed in their hives, they don't re-

quire much care. Her family does about two honey harvests every summer, where the honey combs are taken out of the hives usually in the late morning when the bees are all out of the hive and gathering pollen. The honey combs are then taken into the garage, where the wax over the combs are uncapped, and then placed into a large centrifuge. Her children love to spin the centrifuge and watch the honey pour out of the combs and into a large bucket.



The honey is then filtered and ready to bottle and eat. This summer looks like a good year for honey!



Urban Gardening



When you live in the city, finding a place to grow herbs, flowers, vegetables, and fruit can be quite challenging. You may live in house with little to no backyard, or in an apartment with only a balcony and\or no backyard at all. In order to address this challenge, communities throughout the US have come together to form urban gardening alliances. San Francisco Urban Agriculture Alliance (SFUAA) was developed to help promote the growth of food within SF. The city of Oakland Parks and Recreation Department has 16 locations that bring communities together to grow organic vegetables, herbs, fruits, and flowers.

If you want to participate in your community or learn more about urban gardening in your area go to the following website for San Francisco - <http://www.sfuaa.org/> and <http://www2.oaklandnet.com/Government/o/opr/s/cgardening/index.htm> for Oakland residents.

To start your own indoor garden, grow your favorite veggies in pots and place them on a balcony or near a sunny window. You can purchase pots at your local hardware or nurseries or you may be able to find some pots at a garage sale. Do not forget to place plant trays under the pots. If you have empty milk cartons, you can trim them down; add a few holes at the bottom and you have a simple and inexpensive growing container for your veggies. If you have a balcony, you can get hanging baskets for tomatoes and other veggies.

The amount of light is very important for growing vegetables and herbs. You cannot grow tomatoes or squash with less than 6 hours of sunlight.

(Continued on page 7)

(Continued from page 6)

You can get seeds or small vegetable 'starts' at the nursery. Here are some vegetables and herbs you may like to try.

Green onions are the easiest to grow. Get a bunch of green onions at the grocery store, place them in a cup filled with water. Place the cup near a window and watch the roots grow at the base. You can plant them in soil when the roots are at least 2 inches long. When you need a green onion for cooking just cut them the above the white bulb and use the greens only. This way the bulb will continue to grow.

Peppers are easy to grow, but you need a warm spot that is at least 75 degrees. Cherry and banana peppers are great for growing indoors.

Herbs such as basil, rosemary, sage, mint, and chives can be grown indoors. They need plenty of sunlight as well.

Tomatoes - Varieties such as Roma, Tiny Tim, Patio, Pixie and Small Fry are great choices for your indoor garden. Try to place the plants in a south-facing, very sunny window, and turn the containers occasionally so the entire plant gets exposed to the light. They won't grow indoors as successfully as outdoors, but you'll have plenty of fruit to enjoy in the off-season.

Lettuce is easy to grow. Select your favorite varieties from the nursery. Enjoy fresh salad greens all winter long! Lettuce plants like plenty of sun from south-facing windows. Try leaf lettuce or Tom Thumb lettuce in containers no smaller than 1/2 gallon. Also try arugula, micro-greens, and Swiss chard. Kale is a much larger plant and has to grow outdoors.

Garlic is easy to grow and will provide young green garlic all year round. All that is needed is one head of garlic. Separate the garlic cloves

and bury each clove in the soil and add some water. Place the pot in a sunny spot that has good air circulation and water it every day.



Female volunteers wanted



You can help UCSF researchers learn more about immune cells in your uterus and cervix.

You may be eligible if you:

- are 18 to 40 years old and have regular menstrual periods
- are HIV negative and generally healthy
- are not using an IUD, contraceptive gels or hormonal birth control

Study participants will:

- be helping in the fight against HIV in women!
- come to three visits at UCSF Mt. Zion Hospital and/or our office nearby
- be reimbursed **up to \$125** in cash and/or gift card, plus transportation

Please call Rebecca at (415) 502-8802

<p><i>Epi Cell Study</i> \$125</p> <p>Call Becca 415-502-8802</p>	<p><i>Epi Cell Study</i> \$125</p> <p>Call Becca 415-502-8802</p>	<p><i>Epi Cell Study</i> \$125</p> <p>Call Becca 415-502-8802</p>	<p><i>Epi Cell Study</i> \$125</p> <p>Call Becca 415-502-8802</p>	<p><i>Epi Cell Study</i> \$125</p> <p>Call Becca 415-502-8802</p>	<p><i>Epi Cell Study</i> \$125</p> <p>Call Becca 415-502-8802</p>
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