

# *The WIHS Woman*



## **The Connie Wofsy Women's HIV Study**

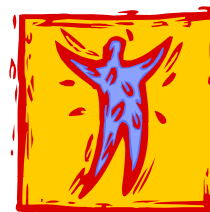
### **CIDI Sub-Study**

*By Alyson Holsclaw*

We recently began a new WIHS sub-study called CIDI. If you are an HIV-positive study participant, you are eligible for this study. The goal of this study is to learn about your emotional health and well-being, both now and when you were younger. We also want to know whether you have received help in these areas and whether it has been difficult for you to get help with emotional issues. The study consists of a computer assisted interview which generally lasts 2-4 hours. There is no blood draw or physical exam – we just want to hear your thoughts!

If you complete the interview, you will be paid \$40 and you will also be reimbursed for your travel expenses. If you don't finish the interview, you will receive reimbursement for your travel costs. All of your answers will be kept strictly confidential and won't be shared with anyone without your permission. For your convenience, this study will be done in the East

Bay with Karen or in San Francisco with Alyson, depending on where you have your regular WIHS study visits. If you are interested in participating in the CIDI sub-study, please either contact us or we will talk with you at your next study visit.



### **Spring WIHS CAB Meeting**

*By: Heneliaka jones*

The WIHS Community Advisory Board (CAB) held its spring meeting on April 14th at the East Bay AIDS Clinic (EBAC). As with all of our CAB meetings we began with lunch and

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light introductions. It was great to see both familiar and new faces at the meeting. Among those being introduced were our new National CAB representatives, Lynnell and Adrienne. I can't begin to tell you how excited I am to have both women serve as our National CAB representatives.

After lunch and introductions we proceeded with the featured presentation – “How to read and understand your WIHS lab reports”, led by our very own Julia Thomas, NP and Debra Walter, NP. Julia began her presentation by passing out copies of an actual Chemistry Panel (also known as a Chem panel). This is the lab report given to your primary care provider or mailed to you following your WIHS visit. A chem panel is a group of tests that helps primary care providers determine your overall health and body function. At your regular WIHS visit, the chem panel is run from the blood we draw. Julia did a great job at explaining each test result and answering questions. She also talked about cholesterol levels and identified which one is good for the body and which one is not. We learned that LDL cholesterol is the “bad” cholesterol. If you want to remember, think of the “L” in LDL as “lousy”. Reversely, HDL is the “good” cholesterol. Therefore it is important to keep a Low LDL and a High HDL.

Next, Debra presented on another type of blood test performed at your 6-month WIHS visit – the complete blood count (CBC). Debra clearly explained how to read and understand the CBC results. A CBC evaluates the level of white blood cells (WBC), red blood cells (RBC) and platelets. Many of you may already know the importance of maintaining a good WBC and RBC count, but few of you may know the importance of maintaining a good platelet count. Platelets allow the blood to clot at the site of an injury. It helps to control excessive bleeding. If

your platelet count becomes too low, your doctor may want to alter your medication. At the end of the presentation, Julia handed out information sheets for the participants to take home.

Kudos to Julia and Debra for doing a wonderful job! We all left with full bellies, new-found knowledge, and few participants won raffle prizes. Overall it was a wonderful afternoon. Our next CAB Meeting will be on Wednesday, July 13<sup>th</sup> at Ida's Café, across the street from Mt. Zion Hospital, from 1:00 – 3:00 PM. I hope to see you there.



## **My First WIHS Executive Committee (EC) Meeting**

*By: Adrienne, NCAB Representative*

Hello everyone,

My name is Adrienne and I am one of your new National Community Advisory Board (NCAB) representatives. I am currently working full time and in my spare time, I enjoy walking, swimming, playing softball and taking care of my grand children. I have been in the WIHS study for many years now. I have chosen to take on this position as an NCAB Rep because I feel the need to help other women in our study. I am interested in learning more about the WIHS and how my contribution to the study is making a difference to the HIV community. I enjoy attending our Community Advisory Board (CAB) meetings and hope to learn as much as I can.

In May, I attended my first WIHS Executive Committee (EC) Meeting in Rockville, Maryland. It was a learning experience for me. The

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first day, we were introduced to NCAB representatives from the other WIHS sites throughout the country - they were from the Bronx, NY, Chicago, IL, Washington, DC, Brooklyn, NY, and Los Angeles, CA.

At our morning workshop Dr. Srinivasan did a presentation on Genetics. I learned that our DNA helps researchers figure out how to treat chronic disease, including HIV/AIDS. We also watched a presentation on how DNA is extracted with strawberries. I also learned that bananas and strawberries have more DNA than the human body. To say the least, our workshop was fun! For those of you that are interested in viewing the DNA video, you can find it on YouTube.

On the second day of the EC Meeting, the NCAB representatives and WIHS Researchers met jointly. Several discussions caught my interest. Dr. Ruth Greenblatt spoke about Elite Controllers. These are individuals that have been infected with HIV for decades. Their T-cells remain high, viral loads are undetectable and they are not taking HIV medications.

Another presentation, which was of interest to me, was given by Dr. Howard Strickler on colposcopies. His presentation had a personal effect on me. I learned that HIV+ women have more abnormal pap smears than HIV- women. This abnormality usually results in having a colposcopy. When the colposcopy is given, the outcome is usually negative. WIHS researcher are working on finding a better screening method that would lead to better accuracy and less stress on us women.

Ladies, I hope that I was able to give you some positive information, and feel free to approach me with any questions or concerns. I look forward to working with you in the future.

## Berries and More Berries

Even though summer is here, there are still tons of berries at the market. Raspberries both golden and red, blueberries, gooseberries, blackberries, and mouth watering strawberries are still at your local stores or farmer's markets. Berries are great sources of vitamins and antioxidants that may fight cancer and other diseases.

Berries are easy to prepare. Just wash, drain, and serve as a quick and healthy snack. You can put them in a salad, serve over cereal or oatmeal, or make a non-fat dessert with them.

### Nutritional value

A cup of strawberries contains over 100 mg of vitamin C, almost as much as a cup of orange juice. Vitamin C is good for immune system function and for strong connective tissue. Strawberries also add a bit of calcium, magnesium, folate and potassium and only 53 calories.

One cup of blueberries offers a smaller amount of vitamin C, minerals and phytochemicals for only 83 calories. The same amount of cranberries is similar, but with only 44 calories, 1 cup of raspberries offers vitamin C and potassium for 64 calories. Other berries like loganberries and gooseberries have similar nutritional values.

The pigments that give berries their beautiful blue and red hues are also good for your health. Berries contain phytochemicals and [flavonoids](#) that may help to prevent some forms of cancer. Cranberries and blueberries contain a substance that may prevent [bladder infections](#). Blueberries and raspberries also contain [lutein](#), which is important for healthy vision.



# MEMO

**To:** Heneliaka Jones  
**From:** L  
**Date:** 05/27/11  
**Re:** Bay Area WIHS Conference in Washington, DC

## Message: Summary Report

Hello, my name is L and I am the proud mother of four beautiful children. I was first introduced to the WIHS study through a program called BAPAC. At the time I was being seen by Maureen Shannon, NP. Maureen told me about the WIHS. When I learned that the WIHS was designed to help women with HIV, I was on board 100%.

I was among the first group of women that started in the study. Each appointment included Julia, Debra, Alba, Debbie, and Karen. They always made my regular WIHS visits worthwhile. These women are more than just nurses and interviewers; they are sisters, friends, counselors and a joy to be around. Heneliaka Jones has also been an inspiration to me. She is the one that asked if I would be interested in being a National Community Advisory Board (NCAB) representative. Of course, I was delighted.

My first task was listening in on a conference call where I was able to meet NCAB representatives from the other WIHS sites. Next, I attended the Executive Committee (EC) Meeting in Washington, DC. There, we had a joint meeting with other WIHS NCAB representatives. We had a great time. I learned how to extract DNA from a strawberry, which was done by Dr. Srinivasan. In the afternoon, I also got a lot of nutritional tips and website links that promote healthy living. On the second day of the conference I met many of the Principal Investigators, Project Directors, and researchers from the other WIHS sites. Dr. Ruth Greenblatt talked about bio-markers for the Anti-Mullerian Hormone (AMH) in the WIHS cohort. Dr. Yin talked about a new study on HIV and the menopausal transitional effects on musculoskeletal health. Dr. Stricker talked about cervical cancer screening. Dr. Nowicki talked about HCV compartments in women who experience liver disease progression over the study period and have high levels of soluble CD 14 and IL-6.

By the end of the meeting, I had received many valuable tips on how to deal with HIV. Also, I learned more about what is being done to make our lives more productive and longer.

## Fruit of the Month: Pluots® and Apriums®

Pluot® and Aprium® are registered trademarks of Zaiger Genetics, Modesto, California



Pluots are complex hybrid fruits that are part plum and part apricot in heritage. These fruits were originally invented in the late 20th century by Floyd Zaiger and are now grown in parts of Washington and California. Pluots have a majority of plum parentage and therefore, have smooth skin like plums. Some varieties of pluots are sometimes called interspecific plums, or dinosaur eggs. The pluot is often confused with the aprium which is another plum and apricot hybrid with mostly apricot heritage. Like apricots, apriums have slightly fuzzy skin. Pluots and apriums are known for their sweetness and flavor; the sugar content of these fruits is much higher than that of a plum or apricot alone.

### Availability

Pluot and aprium season stretches from May to September. Pluots can be found mostly in milder climates.

### Selection

Pluots and apriums should be plump and firm. Avoid pluots that are green, blemished, or have broken skin

### Preparation

Fruit should be washed well and dried before consumption. To remove pit, cut the fruit in half. Pluots and apriums can be eaten fresh or cooked.

### Varieties

Approximately 20 varieties of pluots have been developed and bred by Zaiger Genetics. Each variety contains a different percentage of plum

and apricot parentage. These varieties vary in size, skin color, and flesh color. The skin can be solid, striped, or speckled and skin colors range from yellow-green to black. Pluot flesh ranges from white to red in color.

There is only one variety of aprium currently on the market. The Honey Rich interspecific is bright orange and has bright orange flesh.

Pluot varieties include:

- Candy Stripe: medium, pink-yellow striped, with very sweet and juicy flesh.
- Cherry: small, bright red skin with white flesh.
- Dapple Dandy: large sweet with pale green to yellow, red-spotted skin, red or pink juicy flesh.
- Flavorella: round, medium-sized, golden-yellow, with sweet and juicy flesh.
- Flavor Heart: very large, black with a heart shape, and yellow flesh.
- Flavor King: very sweet, medium or large, with red-purple skin and red flesh.
- Flavorosa: very sweet or tart, medium-sized, flat round dark-purple fruit with red flesh.
- Flavor Prince: large round and purple, with red flesh.
- Flavor Rich: medium-sweet, large black round fruit with orange flesh.
- Flavor Supreme: medium or large, greenish purple skin, juicy red flesh.
- Flavor Queen: large light-green to yellow, very juicy.

### Recipes

\*All recipes were analyzed using plums or apriums

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**Confetti plum (pluot)-pasta salad**

Makes 6 servings

Each serving equals 1/2 cup of fruit or vegetables

Source: Fruits &amp; Veggies—More Matters Better Health Cookbook

**Ingredients**

8 ounces corkscrew pasta  
 1/2 medium red bell pepper, cut into strips  
 3/4 cup peeled and diced jicama  
 1/2 cup chopped red onion  
 8 pluots, sliced  
 2 Tbsp diced pimento  
 1 tsp finely grated fresh ginger  
 3 Tbsp rice or white wine vinegar  
 1 Tbsp vegetable oil  
 1/8 tsp salt  
 1/8 tsp freshly ground black pepper

Cook the pasta according to the package directions. Drain. Rinse briefly under cold water and drain. In a large bowl, toss together the pasta, red and yellow bell peppers, jicama, onion, and pluots.

In a small bowl, whisk together all the basil, pimento, ginger, vinegar, oil, salt, and pepper until blended. Drizzle the dressing over the salad and toss evenly until coated.

Nutritional analysis per serving: Calories 216, Protein 6g, Fat 3g, Calories From Fat 14%, Cholesterol 0mg, Carbohydrates 42g, Fiber 4g, Sodium 43mg.

Source: [fruitsandveggiesmatter.gov](http://fruitsandveggiesmatter.gov)

Plum	
Serving size 1/2 cup (83g)	
	%
	Daily
Amounts Per Serving	Value
Calories 70	
Calories from Fat 0	
Total Fat 1g	2%
Saturated Fat 0g	0%
Sodium 0mg	3%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 1g	
Vitamin A	6%
Vitamin C	15%
Calcium	0%
Iron	0%
Percent Daily Values are based On a 2,000 calorie diet.	

Apricot	
Serving size 1/2 cup (83g)	
	%
	Daily
Amounts Per Serving	Value
Calories 40	
Calories from Fat 5	
Total Fat 0g	0%
Saturated Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 1.65g	6%
Sugars 7.6g	
Protein 1g	
Vitamin A	30%
Vitamin C	15%
Calcium	2%
Iron	2%
Percent Daily Values are based On a 2,000 calorie diet.	





# Are you a **POSITIVE** WIHS Woman?

You can help researchers learn about how the anti-HIV drug ***Tenofovir*** gets distributed in the blood and reproductive tract.

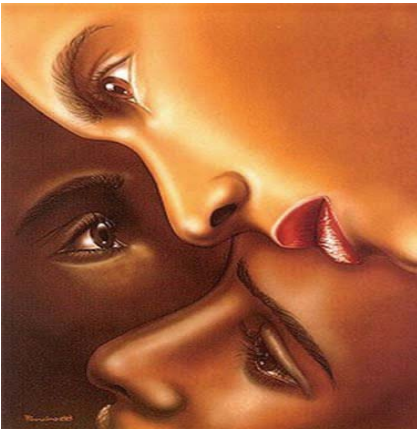
You may be eligible if:

- You are taking Tenofovir, Viread, Truvada, or Atripla
- You are 18-44 years old
- You have regular menstrual cycles

Participants will have 1 or 2 visits at Mt. Zion Hospital and a stay at Moffitt Hospital, and will be reimbursed up to **\$200** plus transportation.



Please call Jane at **415-353-9767**



# Join the WIHS

## **What is the WIHS?**

**It is the largest study of HIV among women in the US. The study is being conducted by researchers at the University of California at San Francisco (UCSF) and includes women who are living with HIV and women who do not have HIV.**

## **What will happen if I join?**

**You will have a study visit twice a year including an interview, physical exam and laboratory tests. Study visits will take place in our San Francisco and East Bay Clinics. You will receive \$50 for each study visit, your travel will be compensated, and food and thank-you gifts will be available. All information collected is confidential.**

## **Who can join?**

**If you are an HIV-positive woman and are 30 - 55 years old. Participants will include women of all backgrounds to represent the diversity that the Bay Area is known for.**

## **How do I join WIHS?**

**Call to speak with a member of the WIHS staff. They can determine if you are eligible for the study and answer your questions.**

**PLEASE CALL 415-353-9797 or 510-869-6972**

**Spaces are limited!!!**