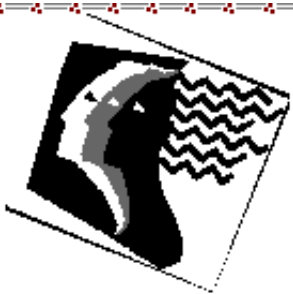


The WIHS Woman

The Connie Wofsy Women's HIV Study



National Women's History Month

Test Your Women's History I.Q.



Try to identify the 15 women by their achievements . Good luck!

1. Which mother led a 125-mile march of children workers all the way from the mills of Pennsylvania to President Theodore Roosevelt's vacation home on Long Island?
2. One of the most important Union spies and scouts during the Civil War was a Black woman who had escaped from slavery. Can you name her?
3. Before the 1960s, farm workers in the U.S. were not paid even the minimum wage, and had no influential representatives to fight for their rights. What part did Dolores Huerta play in changing this situation?
4. The line of beauty products she created for African-American people made her the first Black woman millionaire in the United States. Who was she, and when did she do this?

(Continued on page 2)



Spring is here and the air is filled with the scent of sweet freesias and the sounds of singing birds. What else does the month of March bring?

On March 22, 2000, the [National Women's History Project](#) was honored in Statuary Hall in Washington DC. This project was honored for initiating the month of March as [National Women's History Month](#), for 20 years of pioneering work in the filed of Women's History, mobilizing the country to recognize and celebrate the lives of women, and for providing educational materials on Women's History.

The theme for this year is, "An Extraordinary Century for Women- Now, Imagine the Future".

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5. She came to the U.S. when she was a teenager to study science and stayed to become "the world's foremost female experimental physicist." Her most famous experiment disproved what had been thought to be a fundamental scientific law. Who is this outstanding Asian-American scientist?
6. She took her job as "First Lady" seriously, traveling the country and the world to gather information about the problems and concerns of workers, children, minorities, and the poor. She wrote a daily newspaper column and made frequent radio broadcasts. Who was this active wife of a president?
7. When the Mexican Revolution of 1910 reached the Texas border, she and her friends organized La Cruz Blanca, The White Cross, to take care of the wounded. They nursed people from both sides of the fighting. She was also known as a journalist and community activist. Who was she and where did she live?
8. Who was the last reigning monarch of the Hawaiian Islands, deposed when American business and military interests wanted to annex Hawaii to the U.S.?
9. She opened "Hull House" in a run-down Chicago neighborhood, a community center to improve conditions for poor immigrants. The program of English-language classes, childcare, health education and recreational opportunities soon inspired hundreds of other settlement houses throughout the country. Her name?
10. Daughter and granddaughter of Paiute Indian chiefs from Nevada, she lobbied Congress, wrote extensively, and traveled across country during the late 1800s lecturing on the hardships brought upon Native Americans by the U.S. Government. Her name?
11. Her 1939 Easter Sunday concert on the steps of the Lincoln Memorial drew a crowd of 75,000. Who was she, and why was she singing there?
12. Who printed the first copy of the Declaration of Independence that included the signers' names?
13. Clara Barton (1821-1912) is best known for founding the American Red Cross, but she also played a vital role during the Civil War. What did she do?
14. She is regarded as the greatest ballerina born in America. Her father was the Chief of the Osage Indians. Can you name her?
15. Why is Rachel Carson (1907-1964) considered the mother of the environmental movement?

You can go the National Women's History web site at : www.nwhp.org.



Changes for Visit 12

By Nancy Hessol, Project Director

The spring of the year 2000 ushers in visit 12, which will begin 4/1/00 and will end 9/30/00. Here is an update on what the protocol changes are for visit 12.

What's ending? For visit 12, we will stop doing the tuberculosis (TB) test (call PPD) and the skin anergy tests. The TB test will be done once a year at every odd numbered study visit but the skin anergy tests will stop for good.

What's back? For visit 12, we will bring back the blood tests called CBC's (complete blood counts) and flow cytometry (t-cell testing) on women who are not infected with HIV. For HIV-negative women, these special blood tests will be done once a year at every even numbered study visit.

Also back for visit 12 is one of the modules (form 26) of the interview. For all study participants, the administration of form 26 will be done once a year at every even numbered study visit.

What's continuing? The Interim Event telephone interview for HIV-infected women whose most recent (within the last 3 months) CD4 cell count was under 200. We will also continue to the HHV-8 sub-study. Women who are eligible for this sub-study are those who have tested positive for HHV-8 and who are HIV-positive. This protocol involves 3 additional study visits and collection of blood, saliva, and anal swabs and be done by both the core WIHS clinicians and the dental study clinicians.

For women undergoing cervical colposcopy, we will continue enrollment into a cancer tissue

bank called the AIDS Malignancy Bank (AMB). Women do not need to have cancer, AIDS, or even be HIV-infected to enroll in this substudy. Women who are eligible and wish to donate tissue to the bank will have an extra cervical biopsy and blood specimen collected for this study at the time of their colposcopy examination.

What's new? We have been working hard behind the scenes to expand the types of gifts we offer you at your core visits. Last fall we scored big and got a generous donation of T-shirts from the GAP, for both you and your children. We hope you enjoy the shirts and our other collection of participant gifts.

We also received a nice donation from Roche Laboratories to spruce-up our quarterly newsletter. The newsletter is great way for the study staff to communicate with all of you and let you know what's happening, both within the WIHS and in general. Please let us know if you have any news ideas for upcoming issues of the WIHS Woman Newsletter (415-476-2513).

Thank you very much for being a part of this important study. We look forward to seeing you at your next WIHS visit!



CAB CORNER



by Moher Downing,
Community Liaison

Beauty and art joined together at WORLD on February 18, when the WIHS Study sponsored a luncheon and beauty day to welcome the new millennium and to celebrate Valentine's Day. The WIHS Study provided delicious food and then we did a fun art project. We painted flower pots and then planted spring flowers to fill them. Everyone was given a bag of make-up and some of the women were given "beauty makeovers." We had a wonderful, relaxing time and many women stayed for 3 hours to just chat and hang out. We made new friends and renewed old friendships. If you would like to join us for the next event, please watch this newsletter for details. Thank you, WORLD for letting us use your wonderful space.

If you have ideas for other events or educational forums, please contact Moher Downing at (415) 597-4654.



"Keeping Your Dentures Clean"

By Behnaz Cheikh, DDS

If you are wearing dentures (plates), it is really important to take care of your dentures properly. Fungus and yeast (same organism that causes thrush) can grow under your upper dentures and cause discomfort, redness and irritation. Having clean dentures and using anti-fungal powder will help to reduce the reoccurrence of yeast under your denture.

Here is some advice on how to keep your dentures clean :

If you have complete dentures (no metal bases, all plastic) and missing all teeth :

- You should remove your dentures every night and soak them in a cup of water. Removing your dentures will allow the tissue underneath your dentures to "breathe".
- You can add one or two drops of household bleach to a cup of water and put your dentures in the water to soak over night.
- In the morning, you should rinse and brush the plastic teeth with regular tooth paste.
- We also recommend that you see your dentist at least once a year to check the fit of your denture. An ill fitting denture can cause denture sores and ulcers.
- If you have partial dentures (metal base and you still have some of your own natural teeth), then you should follow the same regimen except you should not use the household bleach. Bleach can cause corrosion of the metal. You should still remove your partials every night and let them soak in water.





DYNAMIC STUDY: The Effect of Gender and Ovulatory Cycle Phase on HIV-1 Dynamics

By Sarah Ellison, RN, MSN
and Phyllis C. Tien, MD

Studies show that women have viral loads about 1/3 to 2/3 lower than HIV-positive men, but women develop AIDS at the same rate as men. These men and women were never treated with HIV medications and had similar CD4 counts. Another study found that HIV-positive women with normal periods had lower viral loads in the second half of their menstrual cycle than in the first half. Different levels of sex hormones such as estrogens and progesterones may be why men and women have different reactions to HIV. Studies have already shown that sex hormones affect the immune system, and therefore how quickly the HIV virus multiplies in the body.

Several studies, mostly in HIV positive men show that after starting HIV medicines, the amount of HIV in the body is reduced in half every 2 days. We don't know if this is true for women but if it is, then it could have a big impact on the treatment and care of women infected with HIV.

The **Dynamic Study** is a new study which will look at these differences in HIV-positive women and men. The **Dynamic Study** will investigate how fast the viral load decreases after starting nelfinavir, d4T, and 3TC (also known as HAART - highly active antiretrovi

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ral therapy,) among women in different stages of their menstrual cycle and men. We will also look at how fast the virus multiplies within cells and how active the immune system is before starting HAART.

The **Dynamic Study** is looking to recruit:

- 30 HIV-positive women with regular menstrual cycles AND
- 10 HIV-positive men

Participants must be:

- be between 18-45 years old
- never used protease inhibitor
- NOT have taken reverse transcriptase inhibitors in the past year [e.g. Combivir (AZT+3TC), Epivir (3TC), Zerit (d4T), Ziagen (Abacavir), Retrovir (AZT), Videx (ddI), Hivid (ddC)]
- have a viral load (HIV RNA level) greater than 10,000 copies/ml
- not be using narcotic or recreational drugs
- For women: must NOT be taking hormones such as birth control pills or injections (Depo-Provera)

The study includes an overnight stay in the General Clinical Research Center (GCRC) at UCSF's Moffitt Hospital to check viral loads after starting HAART and then daily viral load levels for an additional 6 days as an outpatient. T-cell counts will also be checked and women will have hormone levels checked. In order to be sure that women have normal menstrual cycles, 2 vaginal ultrasounds will be done 2 weeks apart. All lab, ultrasound studies and medications will be free of charge. Counseling about how to take the HIV medicines will be offered.

On the last day of the **Dynamic Study**, participants can take part in another day-long

study, the **PK Study**. This study will look at how men and women break down the drug nelfinavir. This study will also take place at the GCRC at Moffitt Hospital and will include blood draws for nelfinavir levels.

If both the **Dynamic Study** and the **PK study** are completed, the participant can earn up to **\$285.00**.

If you are interested or know someone who might be interested in the Dynamic Study, please contact: Sarah Ellison at (415) 502-5355



12th National HIV AIDS Update Conference

By Donna Haggerty

During the time I spent at the annual HIV/AIDS update conference, I felt that there was a lot more not said than said. As mentioned by many speakers, the epidemic has changed a lot since the 1980's and there has to be a completely new way of looking at it.

Once a white gay man's illness, the virus has gone on to affect a wider range of people from different ethnic and cultural backgrounds. For example, people who are substance abusers, the elderly, the poor, African Americans, Latinos, and a growing number of women from every social level.

The biggest concern among everyone I talked to was the growing complacency in the AIDS communities and in the various levels of government (from the Federal government on down). With the renewal of the Ryan White Care Act coming up in two months, there is an urgency to make sure all people contact their representatives so that this important funding will continue on. With a new President coming on board, there is going to have to be a more serious agenda for both the President and Congress. At the present time there is great deal of distrust. There is a major need for setting an AIDS agenda, one that will deal with real policy issues (more effective prevention methods for hard-hit communities, to end the ban on needle exchange and the ignorance of racism, sexism, and homophobia) that are still part of the epidemic.

For those who feel that the worst is over, there needs to be a wake up call! I was told there

were fewer people at the conference this year and, to be honest, I saw that there were fewer and fewer people attending the conference each day. There was hardly anyone attending by the end of the day.

The topics at the conference ranged from concern for the older adults who are still not dealing with reality to the outreach that is being done in many rural communities to the strong emotions for the care and concern of those in the prison system.

On a more positive note, there were some truly good people who spoke with passion and belief that there is more that needs to be and will be done if all of us (researchers, providers, health care systems, clients, etc.) come together with a new passion (just like it was in the 80's).

With the wonderful drugs that came to us in the 90's that are helping us to live longer and happier, there is the need to move forward now. As people with HIV live longer, aging will result in new areas of investigation. This will be a new challenge that cannot be ignored.



The VENUS Study

By Carol Dawson-Rose and Kelly Knight

The Seropositive Urban Drug Injectors Study (SUDIS), known to local participants as the VENUS Study, was conducted in 1998-99. Study participants were HIV+ women and men who were recent users of injection drugs from the Bay Area and New York City. Locally we interviewed participants from East Palo Alto, San Francisco, Richmond and Oakland. A total of 161 people participated in the study.

We had a lot of questions for the participants of the VENUS study. Mostly we wanted to talk to HIV+ women and men who use drugs about their sexual relationships and practices. We also wanted to know about people's experiences getting HIV care.

As you can imagine, we heard a lot of stories about peoples' experiences finding out they were positive and how being a person with HIV affected their intimate relationships. These stories were really powerful. For many people it was the first time someone had asked them about how HIV had affected their sexual relationships and how they dealt with those feelings. Many people were also struggling to manage their drug use and their HIV. They had concerns about interactions between legal and illegal drugs and their HIV medications.

We found out some interesting things about HIV care. Almost all the participants (97%) said that they had access to HIV care. But, when we asked people where they receive their care almost half (49%) couldn't say where they go for care. Women knew less about where they went for HIV care, when compared

to men. Also, not everyone was taking HIV medications. In fact, less than half (47% or 75 out of 161 people) were taking triple combination HAART medication.

We also heard about people's hopes and dreams for their lives. Not surprisingly, many hoped for a cure for HIV. People also hope for quality time with their partners, children, family members, and, for the chance to share their experience coping with HIV with other HIV+ injection drug users.

We are excited to be using what we learned from the HIV+ drug users who were part of VENUS in a new intervention study, called VOICE. VOICE will help people reduce their HIV risk behaviors and get good care for their HIV.

Find out more about the results of the VENUS Study on the web at

http://hivinsite.ucsf.edu/topics/injection_drug_users/2098.4615.html



National Women's History - The Answers



ere you able to guess some of those women's names? Here are the answers:

1. The feisty labor organizer was Mary Harris Jones (1830-1930). She wanted to bring attention to the evils of child labor to President and the nation. She is also known as "Mother Jones".



2. Harriet Tubman (1820-1913), who also led over 300 people in their escape from slavery via the underground railroad.



3. Dolores Huerta (1930-), a long-time Chicana labor activist, co-founded the United farm Workers Union in 1962. She served as their vice-president, chief lobbyist, and labor contract negotiator.



4. In 1905, Madam C.J. Walker (1867-1919) began developing a hair lotion, and then a specialty comb to straighten curly hair. Her business grew and she had over 3000 employees, mostly Black women, to work in her factories and sell her line of products.



5. Her name was Chien-Shiung Wu (1912-1997) She received the National Science Medal and the internationally respected Wolf prize for her research in Physics.



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6. Eleanor Roosevelt (1884-1962) was America's First Lady for 12 years. Later, she served as U.S. delegate to the United Nations where she was instrumental in securing passage of the Universal Declaration of Human Rights.



7. Jovita Idar (1885-1946) lived in Laredo, Texas. As a journalist, she wrote articles for Spanish-language newspapers like *El Progreso* and *El Heraldo Cristiano*, which argued for Mexican-Americans' equal rights.



8. Queen Liliuokalani (1838-1917) was the last reigning monarch of the Hawaiian Islands. Among her lasting legacies, she composed over 200 songs, including 'Aloha Oe'.



9. Jane Addams (1860-1935) opened "Hull House" and was one of the first generation of female college graduates. She won the 1931 Nobel Peace Prize for her life time dedication to the cause of international peace.



10. Sarah Winnemucca (1844-1891), daughter and granddaughter of Paiute Indian Chiefs of Nevada, lobbied Congress and traveled across country during the late 1800's lecturing on the hardships brought upon Native Americans by the US government.



11. Marian Anderson (b. 1902), who had earlier been barred from the singing in the Washington's Constitution Hall because she was Black. Her open-air concert was a triumph over bigotry for this international star.



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12. Mary Katherine Goddard (1738-1816), newspaper publisher, had such a strong reputation in the colonies that when Congress fled to Baltimore in 1776 they trusted her with the revolutionary task of printing the treasonous document (Declaration of Independence). Goddard risked arrest by the British when she included her own name as printer.



13. Clara Barton (1821-1912) solicited donated supplies and took them directly to the battle-grounds, to get food, bandages, and medical supplies to the wounded Union soldiers during the Civil War. She also helped document the 22,000 men killed or missing in action so their families could be notified.



14. Maria Tallchief (1925-) gained international stardom as prima ballerina of the New York City ballet in a career that spanned 23 years. Her father was Chief of the Osage Indians. In 1980, she and her sister, Marjorie, founded the Chicago City Ballet.



15. Rachel Carson (1907-1964), a writer and biologist, touched off international controversy which she wrote about the environmental damage of the pesticide, DDT. Her book, "Silent Spring" became the foundation of ecological awareness.



THE WOMEN'S STUDY

!!!!!! WE MISS YOU !!!!!



If we have not seen you (or someone you know is in the study) in the past 6 months, then it is time for a study visit! Call us to schedule an appointment and to let us know how you are doing. As a reminder, you will be reimbursed 40 dollars for your study participation.

TO MAKE AN APPOINTMENT...
IN SAN FRANCISCO CALL DEBBIE OR JULIA AT
(415) 476-5109
IN EAST BAY CALL DEBRA OR DONNA AT
(510) 437-5080 OR (510) 437-8551

