

The WIHS Woman



The Connie Wofsy Women's HIV Study

Changes for Visit 27

By Claudia Ponath, Field Manager

Writing this article gives me pause to reflect upon the past years that we worked together. Visit 27 starts on October 1, 2007. That means we've been actively doing the study together for 13 years and we are about to embark on our 14th year. In December of this year we will also start what we call WIHS 4 – the 4th five year funding cycle of the WIHS study, which will last through visit 36. We look forward to working with all of you for at least 10 more visits. As I do at the start of every new visit, I want to tell you a little bit about what to expect at your next WIHS visit.

What's new?

Starting with this visit, we will be asking you a short series of questions about your lungs: whether you've ever had lung disease, what kinds of symptoms you've recently had, and what kinds of treatments and diagnostic procedures you've had for lung disease. During the physical exam, our Nurse Practitioner will ask you some questions about pain in your feet and

legs and test your ankle reflex with a reflex hammer as well as the nerves in your feet with a tuning fork. Don't worry it doesn't hurt. For this visit only, we will be asking you to fill out a questionnaire that asks about your experiences with pharmacies. Also for this visit only, we will invite a few women to participate in a small pilot study called the CIDI. This study will take place at our East Bay sites and consist of a computerized interview. Our field staff members will let you know if you are eligible to participate and give you more details at your WIHS visit.

What's continuing?

As we have for the past few visits, we are still asking you to **fast (not eat or drink anything, except water, for at least 8 hours)** before your WIHS visit. This is important in order to get a more accurate test result for things like cholesterol, lipids, and glucose. These blood tests are important markers for diseases that affect women, including diabetes, heart disease, and hypertension (high blood pressure). So please try to fast 8 hour before your next WIHS visit.

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We also still want you to bring your **medications or a list of your medications** to the study visit. For your HIV medications, we also need to know the dosage you're taking. It makes it easier to complete the forms and therefore makes the interview take less time.

For those of you who are on HIV medications, we will ask you to give us a small **hair sample** of about 20 strands of hair, as we have in previous visits. The hair you have given us in the past is currently being tested for levels of HIV medications. Stay tuned for exciting results.

We have mailed or given you a **vaccination card** during a previous visit wave. Please make sure to have all your vaccinations recorded on the card and bring it to your next WIHS visit. This will make it easier for your interviewer to record your previous vaccinations. If you have misplaced your card, we can give you a new one at your next visit.

Abbreviated visits will continue for women who are unable to have a full core visit. For women undergoing colposcopy, we will continue to ask if you want to **donate tissue** to the AIDS and Cancer Specimen Resource (ACSR). Women do not need to have cancer or HIV to enroll in this sub-study. Women who are eligible and wish to donate tissue to the bank will have an extra biopsy, oral rinse, and two tubes of blood collected for this study at the time of their colposcopy examination. We have had great response from you to this protocol and we thank you for your help!

If you haven't yet participated in the **genetic sub-study**, we will ask if you would like to do so. This study looks at whether genes that may be associated with mood, the stress response and risk for drug dependence, including alco-

hol, street drugs and tobacco, play a role in depression and /or worsening of HIV disease. It only consists of a 45-minute interview. There is no blood draw, but we will test blood that you have previously provided to find out the type of genes that you inherited from your mother and father. Most of you have already done this study and we would like to thank you for participating. For those of you who have not yet participated, we would like to invite you to do so at this visit, as this will be your last chance. We have to finish enrollment in the next six months. Your interviewer will let you know at your WIHS visit if you're still eligible to participate.

The Cardio-Vascular study will continue and we will perform **ultrasounds** of the artery in your neck among those women who are eligible. Again, many of you who were eligible already had your ultrasounds. Thank you so much for making the trek out to the VA hospital. For those of you who are still eligible this visit, your interviewer will tell at your WIHS visit whether or not we still need you to come in.

What's gone?

The questionnaire about PAP testing is completed. We thank you for your participation. It's been very helpful for the study and we hope you've learned something from it as well.

In conclusion

The WIHS is a unique and important study, and we immensely value your contribution. We appreciate the time you take to travel to and participate in the study protocols and the commitment you have to the study. We really enjoy seeing you throughout the year. We continue to strive to make your study visits as pleasant as possible and we look forward to seeing you at the next one.

CAB CORNER



WIHS Fall CAB Meeting!

By Heneliaka L. Jones,
CAB Liaison and Sub Study Coordinator

It seems to me that our CAB meetings are continuously getting better and better, so it's no surprise that we had another wonderful CAB meeting! Participants got a chance to socialize with other CAB attendees, meet WIHS staff, enjoy a wonderful lunch buffet, ask Dr. Monica Gandhi questions about their health, and win raffle prizes.

We began the afternoon with tasty Mexican food and friendly conversation. We then went around the room and introduced ourselves. After introductions, Dr. Gandhi asked if participants wanted to hear a formal presentation or have a round-table-question-and-answer session in which participants can ask questions about their health. The group opted for the question and answer session and we talked about everything from urinary incontinence to neuropathy to HIV and age. By the end of the discussion, everyone had the opportunity to ask at least one question and learned a great deal about the changes their bodies may be going through.

After our question and answer session, Nilda Rodriguez gave a short presentation on *Live ~ Love ~ Learn ~ Lead: A Community Summit on Women and HIV*, an upcoming conference that will be hosted by WORLD in November. She also passed out application forms and explained how to attend the conference free of charge. Interested women filled out application forms and completed a survey.

Next, Nancy Hessol, Project Director of the Bay

Area WIHS, informed everyone about the health prognosis of our beloved Nurse Practitioner Debbie Peterson. Participants were able to share their "well wishes" by filling out beautiful note cards made and provided by Claudia Ponath, Field Manager of the WIHS. It was clear by all those in attendance that Debbie is very much missed and loved.

At the end of the meeting, raffle prizes were given away to five lucky CAB meeting attendees. Thanks to everyone who came to this Fall 2007 CAB meeting and we hope to see you again at our Holiday Party in the Winter 2007.



WIHS JUMBLE

Instructions: Unscramble the letters in each word to spell the name of a WIHS staff member.

1. Renak
2. Lujai
3. Dama
4. Thur
5. Neehkalai

Hints: 1. Works in the East Bay; 2. Performs exams; 3. Works with the data; 4. The boss; 5. CAB Liaison.

Reduce That Salt In Your Diet

Yes, I know, we all love salty and fatty foods. In the Spring 2007 WIHS newsletter we discussed trans fats and the use of plant fats in your cooking. For a quick review the good oils to use in cooking are:

Monounsaturated fats, which lower total cholesterol and LDL cholesterol and increase the good cholesterol, HDL. Canola and peanut oils are high in monounsaturated fats.

Polyunsaturated fats also lower total cholesterol and LDL cholesterol. Omega 3 fatty acids (found in some fish) belong to this group. Other oils high in polyunsaturated fats are corn, safflower, olive, sunflower, and grape seed oils.

If you use the good plant oils in your cooking you are on your way to planning a healthy meal for you and your family. What is the hype about salt?

There have been studies done that have indicated that elevated blood pressures were reduced by an eating plan that emphasizes fruits, vegetables, and low fat dairy foods and is low in saturated fat, total fat, and cholesterol. A good eating plan includes whole grains, poultry, fish, and nuts and has reduced amounts of fats, red meats, sweets, and sugared beverages. Reducing the amount of salt was also helpful in reducing people's blood pressure.

A key to healthy eating is choosing foods lower in salt and sodium. Most Americans consume more salt than they need. The current recommendation is to consume less than 2.4 grams (2,400 milligrams [mg]) of sodium a day. That equals 6 grams (about 1 teaspoon) of table salt a day. The 6 grams include ALL salt and sodium consumed, including that used in cook-

ing and at the table. For someone with high blood pressure, the doctor may advise eating less salt and sodium, as recent research has shown that people consuming diets of 1,500 mg of sodium had even better blood pressure lowering benefits. These lower-sodium diets also can keep blood pressure from rising and help blood pressure medicines work well.

Tips for reducing salt in diet:

- Buy fresh vegetables instead of frozen or canned vegetables.
- Use fresh meat or fish instead of canned or processed types.
- Use herbs and spices, salt-free seasoning, or low/reduced sodium salt or low/reduced sodium soy sauce in your cooking.
- For table salt, use the reduced sodium salt.
- Cook rice, pasta, and cereal without adding salt.
- Try to cut back on using instant flavored rice, pasta, ramen, and cereal mixes. They contain quite a bit of salt.
- Convenience or processed foods should be avoided, but if you decide to buy some, look for 'low sodium' varieties. Processed foods are TV dinners, frozen specialty dishes such as pasta, tamales, rice bowls, frozen pizza, and canned soups are examples of salty processed foods.
- Read those food labels and look at the sodium content. Even your antacid pills may have sodium in them.
- If you have to eat those potato chips, eat a few not the entire bag. Try looking for reduced or salt-free varieties.

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- Try limiting how often you use ham, bacon, and deli meats in your diet.
- Salt is salt. Whether use sea salt, kosher salt, they all have sodium. Reduce the amount you use in cooking.

Compare Food Labels

Reading labels for sodium content is the smart way to reduce the salt in your diet. Which of these two items is lower in sodium? To tell, check the Percent Daily Value.

Frozen Peas

Serving Size 1/2 cup
Servings Per Container about 3

Amount Per Serving

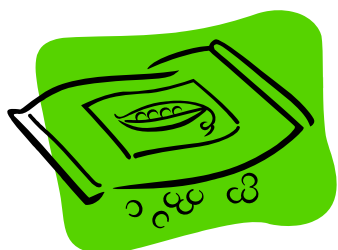
Calories 60 Calories from Fat 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0g	0%
Sodium 125mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 6g	22%
Sugars 5g	
Protein 5g	

Vitamin A 15% Vitamin C 30%

Calcium 0% Iron 6%

*Percent Daily Values are
Based on a 2,000 calorie diet



Canned Peas

Serving Size 1/2 cup
Servings Per Container about 3

Amount Per Serving

Calories 60 Calories from Fat 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0g	0%
Sodium 380mg	16%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	14%
Sugars 4g	
Protein 4g	

Vitamin A 6% Vitamin C 10%

Calcium 2% Iron 8%

*Percent Daily Values are
Based on a 2,000 calorie diet



What is Yoga?

The term *yoga* comes from a Sanskrit word, which means yoke or union. Yoga originated in ancient India and is one of the longest surviving philosophical systems in the world. It is a combination of breathing exercises, physical postures, and meditation, practiced for more than 5,000 years. Traditionally, yoga is a method, joining the individual self with the Divine, Universal Spirit, or Cosmic Consciousness. Physical and mental exercises are designed to help achieve this goal, also called self-transcendence or enlightenment. On the physical level, yoga postures, called *asanas*, are designed to tone, strengthen, and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands, and tissues, keeping all the bodily systems healthy. On the mental level, yoga uses breathing techniques and meditation to quiet, clarify, and discipline the mind. However, experts are quick to point out that yoga is not a religion, but a way of living with health and peace of mind as its aims.



A survey released in May 2004 by the National Center for Complementary and Alternative Medicine focused on who used complementary and alternative medicine (CAM), what was used, and why it was used in the United States by adults age 18 years and over during 2002. According to this survey, Yoga was the 5th most commonly used CAM therapy (2.8%) in the United States during 2002. Yoga is considered a mind body intervention that is used to reduce the health effects of generalized stress. Mind body intervention covers a vari-

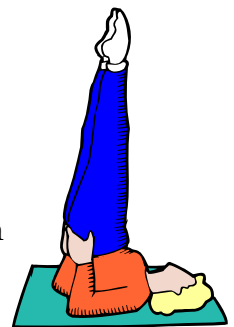
ety of techniques designed to enhance the mind's capacity to affect bodily function and symptoms.

Yoga is believed to calm the nervous system and balance the body, mind, and spirit. It is thought by its practitioners to prevent specific diseases and maladies by keeping the energy meridians open and life energy flowing. Yoga is usually performed in classes; sessions are conducted at least once a week and for approximately 45 minutes. Yoga has been used to lower blood pressure, reduce stress, and improve coordination, flexibility, concentration, sleep, and digestion. It has also been used as supplementary therapy for such diverse conditions as cancer, diabetes, asthma, and AIDS.



There are many studies available now that confirm success from patients doing Yoga, a minimum of twice weekly, while undergoing treatments for cancer. Yoga, while reducing toxins and stress, also provide a complete "body" workout. Allowing patients to strengthen muscles without bulking up, stimulating and regulating internal organs and glands with specific poses, and opening windows in the mind through the meditations. Yoga can be used as one of many tools teaching individuals positive ways to deal with adversity.

Yoga is usually best learned from a yoga teacher or physical therapist, but yoga is simple enough that one can learn the basics from good books on the subject, which are plentiful. Yoga classes are generally



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inexpensive, averaging around 10 dollars per class, and students can learn basic postures in just a few classes. Many YMCAs, colleges, and community health organizations offer beginning yoga classes as well, often for nominal fees. If yoga is part of a physical therapy program, it can be reimbursed by insurance.

Yoga can be performed by those of any age and condition, although not all poses should be attempted by everyone. People with injuries, medical conditions, or spinal problems should consult a doctor before beginning yoga. Those with medical conditions should find a yoga teacher who is familiar with their type of problem and who is willing to give them individual attention. Beginners should exercise care and concentration when performing yoga postures, and not try to stretch too much too quickly, as injury could result.



Who will be the WIHS
Woman of the Year ???

WIHS Holiday Luncheon

FUN



FOOD

FAMILY

....coming soon

RAFFLE