

The WIHS Woman



The Connie Wofsy Women's HIV Study

National Women's History Month 2007

This is National Women's History Month and this year's theme is "Generations of Women Moving History Forward". This theme recognizes the wisdom and tenacity of the many generations of women who have come before us and those who will follow. It gives us an opportunity to highlight some of the most important historic events that have taken place.

"Expect nothing. Live frugally on surprise."
Alice Walker (born 2/09/1944)

"There have been others also just as true and devoted to the cause - I wish I could name every one - but with such women consecrating their lives, failure is impossible!"
Susan B. Anthony (born 2/15/1820)

Year 2007 Honorees

Monique Mehta
(born 1973)
Humanitarian/Political Activist



Monique Mehta graduated from Colgate University with a concentration in Sociology and Women's Studies. Working effectively as a grassroots organizer she helped women and their families deal with compelling problems that included immigrant issues, reproductive health, violence against women, human trafficking, homelessness and organizing low-wage workers.

Mehta was the Development Director with Safe Horizons, where she worked to secure funding for the organization to partner with the community to eliminate domestic violence, sexual assault, and homelessness. In 2000, with the financial support of New Voices, a national leadership development program, Mehta became the first Development Director for Sakhi for South Asian Women where she worked to

(Continued on page 2)

TABLE OF CONTENTS

National Women's History Month 2007	page 1
Year 2007 Honorees	page 1
Waiting to Inhale	Page 4
A Note to WIHS	page 5
Changes for Visit 26.....	page 5
Which Cooking Oil is Good for You?	page 8

(Continued from page 1)

secure funding to help women address the problem of domestic violence in the South Asian population of New York City.

During Law School, Mehta began working as advocate with Andolan: Organizing Low-Wage Immigrant Workers. She also served as the legal intern with Sanctuary for Families, UNIFEM, and the Immigrant Defense Project in New York State Defender's Office. In October 2006, she completed her Juris Doctorate at Brooklyn Law School.

As a member of Generation X, Mehta's commitment and dedication testifies to the important work of young women moving history forward.

Constance Baker Motley

(1921-2005)

Civil Rights Attorney, Lawmaker, Judge



Constance Baker Motley was born on September 14, 1921 in New Haven, Connecticut, the ninth of 12 children born to parents who had emigrated from the island of Nevis in the West Indies. Her pioneering career as

a civil rights lawyer, lawmaker and judge spanned six decades and was highlighted by numerous historic achievements, including becoming the first African American woman accepted at Columbia Law School, the first African American woman elected to the New York Senate, the first woman and the first black woman to hold the position of Manhattan Borough President, and the first African American woman appointed to serve as a federal district judge.

Judge Motley attended New Haven's integrated public schools and became an avid reader at an early age. Inspired by her reading about civil rights heroes, she decided that she wanted to be a lawyer at age 15 and was determined to do so despite the financial, racial, and gender barriers confronting her. After graduating from high school with honors, she worked as a maid for a short time and then took a job with the National Youth Administration. One evening she gave a speech at the local Community House in which she urged that black members be given more control over the facility. A wealthy white philanthropist, Clarence Blakeslee, the grandson of abolitionists, was so impressed with her presentation that he offered to pay for her education. With Blakeslee's financial support, Judge Motley attended Fisk University, and then transferred to New York University where she received a bachelor's degree in economics. She was accepted at Columbia University Law School in 1944 and graduated in 1946.

In 1948, she began a 16-year career as a lawyer with the NAACP Legal Defense and Education Fund, serving as a key attorney in many of the major legal challenges of the civil rights era, including dozens of school desegregation challenges. She was the only woman on the legal team in the historic legal challenge to school segregation in Brown vs. Board of Education. She was lead counsel for James Meredith in his successful battle to gain admission to University of Mississippi. She argued ten cases to the United States Supreme Court, winning nine of them.

In 1964, Judge Motley was elected to the New York State Senate and subsequently served as Manhattan's Borough President. In January 1966, President Lyndon B. Johnson appointed her to United States District Court for the

(Continued on page 3)

(Continued from page 2)

Southern District of New York court. In 1982, she became the first female chief judge of that court. Her many rulings included a case that allowed female reporters to enter locker rooms at Yankee stadium and another that upheld the right of gay protestors to march in front of St. Patrick's Cathedral.

Joanelle Romero

(born. 1957)

Launched Red Nation Media Internet and Television Channel



Joanelle Romero, humanitarian, filmmaker, actress, recording artist/singer/songwriter, in 2006 launched Red Nation Media Internet and Television Channel with all Native programming. Her accomplishments as a pioneer in

film, television, non-profit organizations, educator, philanthropist, producer, director, have established her as one of the most respected and admired public figures today. Born in Albuquerque, New Mexico of Apache/Cheyenne, Jewish and Spanish descent, Romero was raised in Los Angeles on a variety of TV and movie sets, where she learned her craft.

As an actress, singer, songwriter, entrepreneur, producer and filmmaker of American Indian performing arts including programming on her Red Nation Media Network Channel, she has entertained, inspired, moderated, enlightened the general public for almost 3 decades. Using media as a primary tool, Romero has created a connection within Indian Country; including the film, television, and music industries, and to people around the world.

In 1991, Romero founded Spirit World Productions, as she saw a need for American Indian

people to tell their own stories in television, film, and music. Spirit World Productions continues to produce American Indian films, pilots, and music, giving voices to those who would otherwise remain unheard. Through her company's film division Spirit World Productions, Romero has become an award-winning American Indian documentary filmmaker & drama series producer.

Continuing to provide multiple, ongoing avenues for the exploration and presentation of contemporary and traditional American Indian performing arts, in 1995, Romero founded the non-profit organization, Red Nation Celebration (RNC). This organization premieres contemporary and traditional American Indian performing arts of diverse artistic disciplines to the mainstream media and to the global communities with the goal of encouraging understanding of the cultural traditions, performing arts, community, and the advancement of indigenous nations. Additionally, RNC educates the public on aspects of American Indian cultural and artistic expression; educates and informs the music and film industries on new talent within the American Indian community; provides youth with educational and vocational opportunities related to the music and entertainment industry; and introduces American Indian artists to larger, global mainstream audiences. In 2005 she received the Armin T. Wegner "Humanitarian" Award for the vision to see the truth and the courage to speak it.



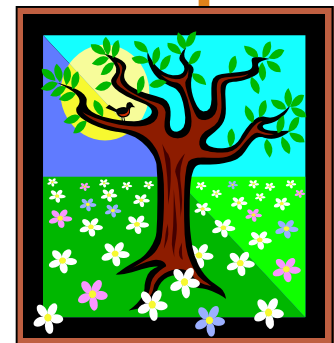
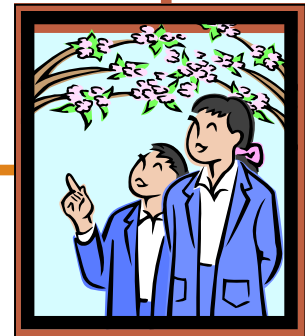
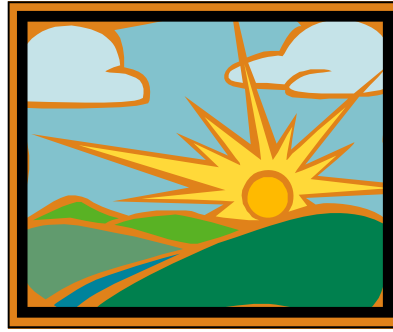
Waiting to Inhale

By Nancy Hessol, Project Director

I am happy to report that we have recently completed our WIHS IV grant application for continuing the WIHS for five more years, starting December 2007. For almost a year we have been planning the science, writing up accomplishments of the past and aims for the future, and budgeting the funds for this large submission to the National Institutes of Health (NIH) for funding.

The next step is for the applications (one Part A and seven Part B applications) to be reviewed by experts and then scored (the lower the score the better). Once this is complete, the NIH will determine the amount of funding for each WIHS site.

Although the entire grant process is far from complete, we can now breath a sigh of relief that the submission process is over.



A Note to WIHS

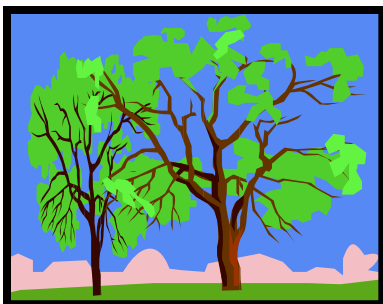
Hello! I was just thinking of you ladies when I recently saw a rerun of an Oprah show that featured women with HIV. They had a lot of stats, and I can't help but think that they got many of the numbers from WIHS! I know how much this study has helped me, and I'm "okay." I can only imagine how reassuring your continuity and assistance was for all the other women too.

It was with WIHS that I was first able to actually be completely honest to myself and others. It was that consistent exercise of admitting what I've done and reflecting on the past 6 months cumulatively that marked the beginning of my lifestyle change. It would have been much harder for me to bear it all to a therapist or group without starting with you first. WIHS definitely helps with HIV prevention too. Who knows what I might have had, if I had not gotten a wakeup call.

Anyway, I'm still in Korea and I'm so happy. I'll be here until early September, so for this visit, I'll only be able to do the phone interview.

Thank you and give my love to everyone.

Anonymous



Changes for Visit 26

By Claudia Ponath, Field Manager

Writing this article always sends a signal to me that another 6 months have come and gone. Spring is upon us and visit 26 will start on April 1st. This will be the last visit in our current 5-year funding cycle, what we call WIHS III. The grant application for WIHS IV was recently submitted and we are very hopeful that the WIHS will keep going for 5 more years. Because all the WIHS investigators have been busy writing the new grant, there are not very many changes for this coming visit.

What's new?

For this visit only, we will be asking you to fill out a questionnaire that asks about Pap testing and related topics.

We have mailed or given you a vaccination card during the last 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.



What's changed?

There will be no mental tasks this visit but they will be back next visit.

What's continuing?

We still want you to **fast (not eat or drink anything, except water, for at least 8 hours)** before your visit 26 study appointment. The reason for this is to get a more accurate measure of key laboratory tests for things like cholesterol,

(Continued on page 6)

(Continued from page 5)

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.

We 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.

Because this is an even-numbered visit, we will ask you the mood questions. We will also continue to ask you some questions about your experience with domestic violence and sexual abuse, but only about the time since your last study visit.

Abbreviated visits will continue for women who are unable to have a full core visit.

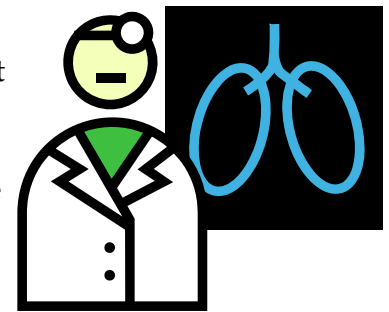
For women undergoing colposcopy, we will continue to ask if you want to donate tissue to the AIDS and Cancer Specimen Resource (ACSR). Women do not need to have cancer or HIV to enroll in this sub-study. Women who



are eligible and wish to donate tissue to the bank will have an extra biopsy, oral rinse, and blood specimens collected for this study at the time of their colposcopy examination. We have had great re-

sponse from you to this protocol and we thank you for your help!

If you haven't participated in the genetic sub-study, we will ask if you would. This study looks at whether genes that may be associated with mood, the stress response, and risk for drug dependence, including alcohol, street drugs and tobacco, play a role in depression and /or worsening of HIV disease. It consists of a 45-minute interview only. There is no blood draw, but we will test blood that we have already drawn from you to find out the type of genes that may be related to mood, stress response and addictive diseases that you inherited from your mother and father.



The Cardio-Vascular study will continue and we will offer ultrasounds of the artery in your neck to those women who are eligible. You may be eligible if you have had an ultrasound with us before, and you have had at least yearly fasting blood draws. When you come to your WIHS visit, your interviewer can tell you whether or not you are eligible to continue in this study. We will continue to do the ultrasounds at the VA Medical Center in San Francisco.

What's gone?

The STROOP (the questionnaire with all the colored blocks), the sexual functioning questionnaire, the menopause questionnaire and the Hopkins Verbal learning test were only being asked for visit 25 and are completed. Thank you all for your patience in completing these additional questionnaires.

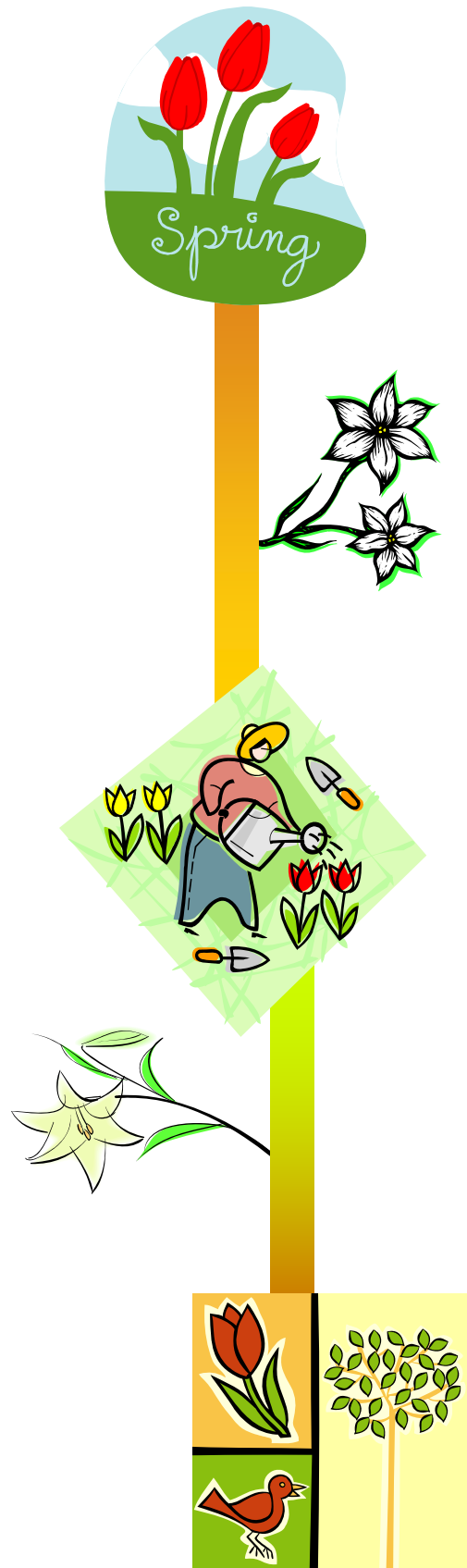
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The Pharmacokinetic Study and the Metabolic Study are almost completed for the moment (we are scheduling the last few participants), but will come back in about 18 months. We would like to thank all of you who took the extra time to come in for those additional and sometimes lengthy study visits. You have made a very important contribution to finding out more about the workings of HIV medicines in women.



In conclusion: Thank you all very much for being part of this really important study and for helping to make it so successful. We will continue to do our best to make study visits a pleasant experience for you. We hope that all of you will stay with us for the next five years of WIHS. We look forward to seeing you at your next WIHS visit.



Which Cooking Oil is Good for You?

What is all this media hype on trans-fats? Are all plant oils good for you? What about animal fat? Do I use margarine or butter? Do you get confused when you pick up a bottle of salad dressing or a bottle of cooking oil and read the fat content?



All manufacturers of cooking oils will say that theirs is the best and healthy for you. Oils such as olive, canola, sunflower, corn, rice bran, grape seed, and soybean all have their loyal following. In order to decide which is best for you and your family we need to review some basic principles of FAT 101. “**Good**” fats and “**bad**” fats are defined based on their ability to raise or lower total and LDL cholesterol (the bad cholesterol).

Cooking oil is defined as purified fat of plant or animal origin, which is liquid at room temperature. Fats are an essential nutrient in the human diet, but an unbalanced diet is not healthy.

The **Bad** Fats are:

Saturated fats raise the total blood cholesterol as well as the LDL cholesterol (the bad cholesterol). Source of high saturated fats would be butter, coconut oil, hard margarine, and palm oil.

Trans fats raise the LDL cholesterol and lower the HDL cholesterol (the good cholesterol). They are man-made or processed fats, which are made from a liquid oil. When you add hydrogen to liquid vegetable oil and then add pressure, the result is a stiffer fat, like the fat found in a can of Crisco. Trans fats are also called hydrogenated fats. They can be found in

cookies, crackers, icing, potato chips, stick margarine, and microwave popcorn. About 80 percent of trans fat in an American’s diet comes from factory-produced partially hydrogenated vegetable oil

The **Good** fats 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.

Remember no matter what oil you choose, all oils are 120 calories per tablespoon (you can eat 2 apples for the same number of calories). Nutrition experts recommend that no more than 30% of a Western-style diet be made up of fats. How do you reduce the amount of fat on a daily basis?

When cooking with oil try to use as little as possible. Use a non-stick pan and a spray mister to lightly coat the pan. If you do not have a spray mister, use a measuring spoon to measure out small amounts of oil for cooking.

Try not to eat too many fried foods but if you are planning to fry a chicken or some vegetables, use an oil that has a high smoke point (does not burn/smoke at high heat) and high in mono or poly unsaturated fats. Good examples of oil to use are corn, safflower, canola, and sunflower. If you are looking for a different taste in your salad dressings try walnut, avocado, or pumpkin oils. If you have an al-

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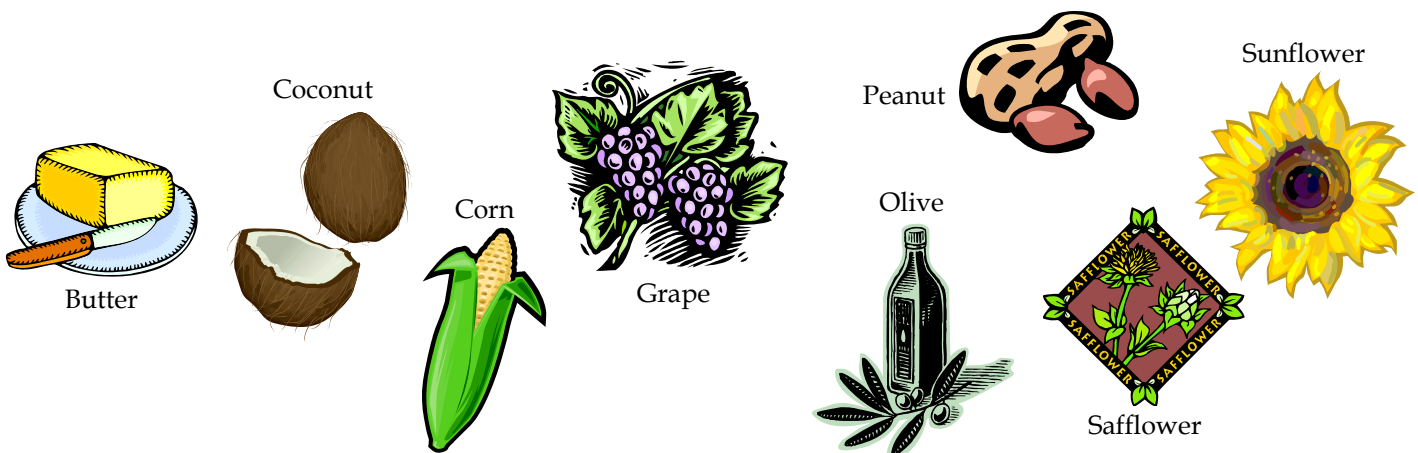
lergy to peanuts avoid peanut oil and maybe soybean oil because it is related to peanuts.

There are health benefits to having oil in your diet. It is best to choose unsaturated fats (mono or poly) for your cooking oil. Healthful sources of fat contribute to our energy stores and act as excellent lubricants, lubing up our digestive track and providing protective insulation to our organs as well as allowing for the absorption of fat-soluble vitamins A, D, E, and K. Fats also maintain healthy skin and shiny hair. Indeed, a little fat does go along way.

COOKING OIL

Oil	Saturated Fat	Monoun-saturated Fat	Polyun-saturated Fat	Smoke Point (Fahrenheit)	Uses
Butter	66%	30%	4%	302°	Baking, cooking, sauces
Canola	6%	62%	32%	460°	Frying, baking, dressings
Coconut	92%	6%	2%	350°	Baked goods, non-dairy creamers, shortening
Corn	13%	25%	62%	457°	Baking, frying, dressings
Grape Seed	12%	17%	71%	400°	Cooking, dressings
Margarine, hard	80%	14%	16%	320°	Cooking, baking
Margarine, soft	20%	47%	33%	320°	Cooking, baking
Olive oil	11%	20%	69%	420°	Cooking, stir frying, dressings
Peanut	18%	49%	33%	448°	Frying, cooking
Safflower	10%	13%	77%	509°	Frying, cooking
Sunflower	11%	20%	69%	475°	Cooking, frying, dressings

Table: Wikipedia, the free encyclopedia



Women's Immunity Study

HIV Negative



You can help us determine how your monthly cycle and how contraceptive gels affect immune cells in your uterus and cervix.

We are recruiting for participation in a clinical study women who:

- ✿ **Are 18 years of age or older**
- ✿ **Have regular menstrual periods**
- ✿ **Are HIV negative**
- ✿ **Are not using birth control or hormones**

Study participants will:

- ✿ **Come to 4 visits at Mt. Zion Hospital (part of UCSF)**
- ✿ **Be reimbursed with up to \$150 for their time and effort**

If you are interested or you have questions about this study, please contact **Becky Packard** at **415-317-5360**

Women's Immunity Study

HIV Positive



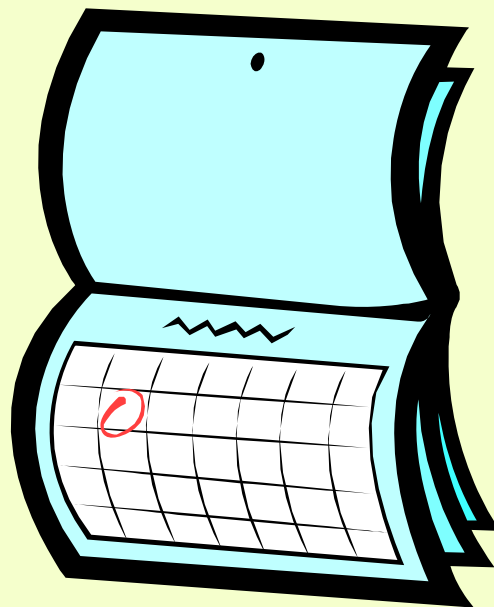
We're studying how the menstrual cycle affects the immune cells of the uterus and cervix in HIV+ women.

If you are 18-40, HIV+, have regular menstrual periods and are not using birth control or hormones, you may be eligible to participate.

The study involves 3 visits at UCSF, Mt. Zion Hospital. Participants will be reimbursed \$140.00 for participation.

Please contact Becky Packard at
415-317-5360

WIHS LUNCHEON COMING SOON...



SAVE THE DATE!

When: Friday, April 27, 2007

Where: Highland Hospital, C-2

Time: 12 noon - 2pm

RSVP: Heneliaka L. Jones at 415.502.6284

