

The WIHS Woman

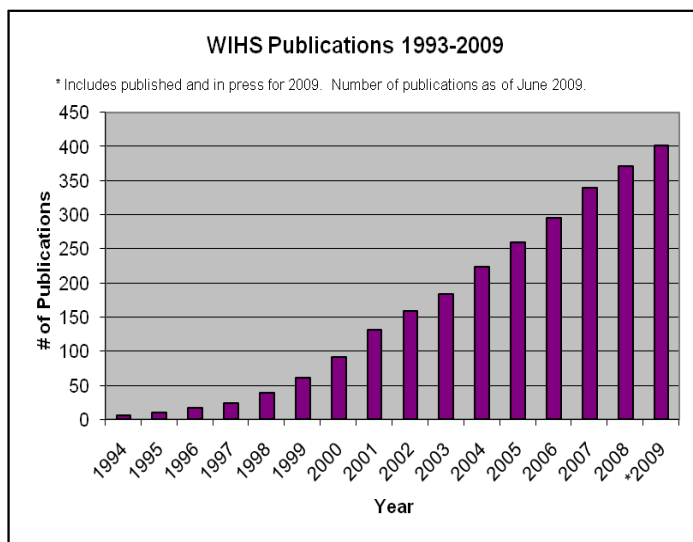


The Connie Wofsy Women's HIV Study

WIHS Publications 2009

One of the most important contributions that WIHS makes to the scientific and medical community is to publish their research findings. As you can see from the bar graph below, by 2009 the WIHS has published over 400 journal articles.

We thank all of our study participants for helping us produce this large body of published work.



Below is a small sample of recently published papers:

Protease inhibitor levels in hair samples strongly predict virologic responses to HIV treatment. By: Gandhi M, Ameli N, Bacchetti P, Gange SJ, Anastos K, Levine A, Hyman CL, Cohen M, Young M, Huang Y, Greenblatt RM; Women's Interagency HIV Study (WIHS).

HIV medications, such as protease inhibitors, are not the magic potions against HIV as we initially thought they were. Some patients 'fail' these therapies for one reason or another while other patients may have side effects from these medications. One of the main reasons some patients may fail therapy (meaning, their HIV virus load does not go down to an "undetectable" level on therapy) or have side effects on therapy is because different people absorb or break down the medications differently. One way to figure out how much medication a patient actually gets in her system is to measure the level of that medication in her bloodstream. That way, we can get a rough idea of how much drug the HIV virus is actually seeing once the medication hits the bloodstream. However, medica-

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tions get into the bloodstream quickly and leave quickly and a single blood level measurement can only tell us what medication the patient took over the past 24 hours. Thus, the interest in measuring drug levels in hair.

In the past several years the WIHS has been collecting hair samples (10-20 strands) from HIV+ women to see if hair samples from participants taking HAART can predict how well they are doing on therapy. The WIHS was the first study to show that small hair samples can be collected and sent to a lab to measure protease inhibitor drug levels and determine if the drug is failing. Testing hair samples for HIV protease inhibitor drugs may be less expensive than performing blood tests in areas that have limited resources. In conclusion WIHS investigators have found that with small hair samples you can detect the levels of protease inhibitor HIV medications and this helps us predict whether the medicine worked or not.

Effect of HAART on salivary gland function in the Women's Interagency HIV Study (WIHS).

By: Navazesh M, Mulligan R, Karim R, Mack WJ, Ram S, Seirawan H, Greenspan J, Greenspan D, Phelan J, Alves M.

Dry mouth is a common complaint among people with Human Immunodeficiency Virus (HIV) infection and especially among those who are taking multiple medications. The purpose of this study was to look at the possible relationships between Highly Active Antiretroviral Therapy (HAART), the complaint of dry mouth and saliva flow rates in a selected group of HIV-positive participants in WIHS. This study included 668 HIV-positive women who received comprehensive medical and dental evaluations every six months. The pattern of findings indicated that Protease Inhibitor (PI) based HAART was a significant risk factor for developing decreased salivary flow rates as

well as salivary gland enlargement as compared with non-PI based HAART. They concluded that PI-based HAART therapy is a significant risk factor for developing reduced salivary flow rates and salivary gland enlargement in HIV-positive people.

Self-perception of body fat changes and HAART adherence in the Women's Interagency HIV study.

By: Plankey M, Bacchetti P, Jin C, Grimes B, Hyman C, Cohen M, Howard AA, Tien PC.

Researchers were interested in studying whether perceived changes in body fat in the chest, abdomen, upper back, face, arms, legs, and buttocks among WIHS women taking HIV medications affected their compliance taking these medications. Data from 1,671 HIV-positive women taking HIV medications from April 1999 to March 2006 were analyzed. The chest, abdomen, and upper back were grouped as central body sites and the face, arms, legs and buttocks were grouped as peripheral body sites. After taking into account the effects of other factors such as age, race, drinking alcohol, drug use, waist and hip measurements, body weight, and amount of HIV virus in the body, they found that women who perceived fat gain in the central sites and those who perceived fat loss in the peripheral sites were less likely to take their HIV medications compared to the women who did not perceive these changes. It is important for WIHS women to discuss honestly how they are feeling about any changes in body fat with their physician before deciding to stop taking their HIV medications.

Heart Healthy



Did you know that the number one killer of women is heart disease? That's why the American Heart Association recently launched Go Red BetterU, a free 12-week online nutri-

tion and fitness program to help women improve their heart health. The internet link to this program is <http://www.goredforwomen.org/BetterU/index.aspx>

The program focuses on a different goal each week and provides step-by-step directions on strengthening your heart--from daily expert tips and an online journal to easy-to-prepare meals.

The Go Red BetterU program offers a 12 week step-by-step internet tool on becoming healthy.

The online courses look like these:

Course 1: Taking Your First Step Toward a BetterU

Noticeably better health and heart is possible in just 12 weeks. Start by getting the latest provided facts about women and heart disease. Next, the course will guide you in setting goals and making choices that will lead to a heart-healthy life.

Course 2: What Are Your Strengths?

Learn to identify the risk factors of heart disease and what questions you should be asking your doctor about your health. Get quick tips for healthy cooking at home.

Course 3: Maintaining Momentum

By week 3, this starts to feel like a commitment. What may be distracting or slowing you down from reaching for your goals? Set yourself up

for success with tools to help track your eating and physical activity, including very helpful tips for eating out.

Course 4: Strengthen your Resolve

Choose to be accountable. Set up your own support system with friends or family to stay on top of your goals. Why are healthy lifestyle choices important to you? Keep those reasons on the top of your mind.

Course 5: More Isn't Always Better

Weight loss is a hot topic in our society. Many don't realize that your weight is also a choice. Find out what your healthy weight goal should be and which steps it's important to take to reach that goal.

Course 6: Get Moving

Duration and intensity. That's what makes the difference. Get moving. But make every moment worthwhile. Get the most out of your physical activity by balancing between the time you put in and the strength you exude. Also: just because you're at home or work or on the go, doesn't mean you can't still incorporate some working out, with a little ingenuity.

Course 7: A BetterU Controls Cholesterol

Learn what causes high cholesterol and what can you do to stay healthy.

Course 8: A BetterU Lowers Blood Pressure

Most people with high blood pressure don't know it. That's why it is known as the "silent killer." Get the facts on high blood pressure and learn ways to help control it. One method we overlook is stress management. Choose to follow these tips on stress management so that stress doesn't impact your heart health.

Course 9: Sugary Blood Isn't Sweet

What's the difference between diabetes and pre-diabetes? First, determine if either may be impacting your health. What you can do to prevent diabetes before it develops into a life-altering disease? You'll find out during week 9.

Course 10: Your Family History For a BetterU

What have you inherited from your family? Your family's history of heart health can be a huge factor in your risk of developing heart disease. This week you'll learn how gender, ethnicity and family history can importantly impact your heart health.

Course 11: A BetterU Lives Smoke Free

If you're a smoker, this may be the week that saves your life. The benefits of quitting smoking start almost immediately. Know the health effects of smoking and secondhand smoke exposure, resources to help smokers quit and ways to help communities go smoke free. Then stop.

Course 12: Plans For Your Heart's Future

The skills and strategies and changes you make during these 12 weeks are designed to be used going forward, for a lifetime. It's important to build confidence in your ability to reach your goals with preventative strategies in case you need to handle the occasional lapse or a life-changing event.

Here are some diet and lifestyle recommendations from the American Heart Association:

Use up at least as many calories as you take in. In other words, count your calories and increase the amount of activity and its intensity. Aim for at least 30 minutes of moderate physical activity everyday. If you cannot do at least 30 minutes at one time then do several 10 min-

ute sessions throughout the day.

Eat a variety of nutritious food from all food groups. Nutrient rich foods have vitamins, minerals, fiber, and other nutrients but are lower in calories. Eat a variety of fruits and vegetables, whole-grain products, and fat-free or low fat dairy products. Eat fish at least twice a week.

Other recommendations when making daily food choices:

- Choose lean meats and poultry without skin and prepare them without added saturated or trans fat.
- Select fat-free, 1 percent, and low-fat dairy products.
- Reduce or remove foods from your diet that contain partially hydrogenated vegetable oil (read those food labels).
- Cut back on foods high in dietary cholesterol. Aim to eat less than 300 milligrams of cholesterol each day.
- Cut back on beverages and food with added sugar.
- Choose and prepare foods with little to no salt. Aim to eat less than 2300 milligrams of salt or one teaspoon of salt a day. Use spices and herbs in your cooking instead of salt.
- If you drink alcohol, drink in moderation.
- If you eat out, limit your portion size, reduce the salt. Select dishes with lean meat and make sure your entrée is broiled, grilled, baked, steamed, or poached instead of fried.

Last recommendation for a healthy heart,

Quit Smoking ! Please !

CAB CORNER



Semi-Annual WHIS EC Meeting May 10 – 13, 2009

By: Nilda Rodriguez, NCAB Representative

Hi everyone, it's that time of year again! We had our spring 2009 WHIS Executive Committee (EC) meeting in Rockville, MD. The weather was very nice and the hotel and staff were great.

This year our NCAB meeting was held on Mother's Day May 10th. We began our session with a training workshop, led by Angela Woods. The name of the training was entitled, "Another Year - Yes We Can Be Better than before". Angela gave a wonderful presentation on "Doubt everything or believe everything" and "Think for yourself". We learned that Satisfying is a technique in which a group makes a choice that is "good enough". We also discussed techniques on how to ensure a successful presentation. Lastly, we talked about building our membership in our local CABs, which included more involvement from our local Principal Investigator and Project Director.

After our training workshop we worked on the abstract we are submitting to the 2009 United States Conference on AIDS in October. The focus of the abstract is on how the WHIS has maintained on-going participation from us, the study participants, throughout the years. Marta Santiago, NCAB representative from the Chicago site, took the lead on putting the abstract together with input from WHIS study participants - Thank you Marta!

On Monday and Tuesday we attended the

WHIS Executive committee meeting. There were many presentations and topics discussed, however, the ones that intrigued me the most were on: 1) Domestic Violence and HIV/AIDS - Psychosocial indicators of the relationship between genders based violence and 2) Substance abuse and sexual risk. In the future WHIS plans to study and compare the effects of immune status on the long term natural history of HPV by type and genetic sub group.

As always it was a good meeting and a good learning experience. I would like to encourage other WHIS women to attend our quarterly WHIS CAB meetings. Come by and you'll have fun, eat great food and be a part of a group of dynamic women!

Diet & Nutrition Fruit & Veggies



Eat Seasonally

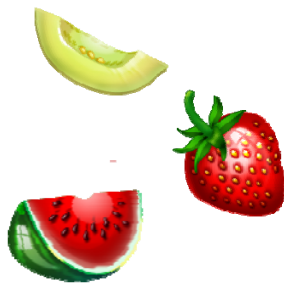
It is finally summer time. The farmers markets and your local grocery stores are selling wonderful summer fruits and vegetables.

Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases. Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases, and certain cancers.

We are lucky to live in a state that grows wonderful produce that provides us with nutrition and sustains us everyday. This month look for the following fruits and vegetables:

Summer Fruits

- Cantaloupe
- Honeydew melon
- Watermelon
- Strawberries
- Blueberries
- Peaches
- Apricots
- Kiwi
- Raspberries
- Plums



Summer Vegetables

- Corn
- Cucumbers
- Green beans
- Lettuce
- Summer squash
- Tomatoes



Yes, your mother always said that you must eat your fruits and vegetables. She was right. If you are trying to lose weight, fruits and vegetables are great substitutes for those salty snacks we love to eat.

One of the benefits of eating fruits and vegetables is fiber, which has been shown to reduce the risk of coronary heart disease. Green or yellow beans are a great source of fiber. Fruits and vegetables are also a great source of potassium which has been shown to help reduce blood pressure. Tomatoes are high in potassium. Vitamin C helps to heal cuts and keep your gums and teeth healthy. Besides oranges, kiwi, and strawberries are high in vitamin C.

Peaches and nectarines are high in vitamin A, which help to keep your skin and eyes healthy. Corn, lettuce, and summer squashes are high in vitamin A.

Go to your local farmer’s markets and see what they are selling.

Corn and Black Bean Salad

- 3 large ears of corn, husked
- 1/3 cup pine nuts
- 1/4 cup lime juice
- 2 tablespoons extra-virgin olive oil
- 1/4 cup chopped fresh cilantro
- 1/2 teaspoon salt
- Freshly ground pepper to taste
- 2 15-ounce cans black beans, rinsed
- 2 cups shredded red cabbage
- 1 large tomato, diced
- 1/2 cup minced red onion

1. Bring 3 inches of water to a boil in a large pot. Add corn, cover and cook until just tender, about 3 minutes. When cool enough to handle, cut the kernels from the cobs using a sharp knife.
2. Meanwhile, place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.
3. Whisk lime juice, oil, cilantro, salt and pepper in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve.

NUTRITION INFORMATION: Per serving: 410 calories; 16 g fat (2 g sat, 8 g mono); 0 mg cholesterol; 57 g carbohydrate; 16 g protein; 13 g fiber; 482 mg sodium; 537 mg potassium.

Nutrition bonus: Vitamin C (80% daily value), Iron (25% daily value), Vitamin A (20% daily value), Potassium (15% daily value).



Trouble Keeping Your Thoughts Straight?

Are You HIV+ and over 60 years of age?
Let us keep and eye on your memory?

***THE MEMORY AND AGING CENTER, UCSF,
Is currently offering free neurological and
Cognitive assessments for eligible study
participants.***

***Get paid \$50 for each completed visit
(2 visits in 1 year).***

***Must be Hepatitis C negative, and free of
Illicit drug use.***

***Call for a short screening: 415-476-5485
Or E-mail: [InsulinStudy @memory.ucsf.edu](mailto:InsulinStudy@memory.ucsf.edu)***





Attention WIHS Women!



Scientists have recently learned that immune cells in the intestines and lining the uterus are more affected by HIV than we previously knew.

More information about this could help researchers develop new tests and treatments.

You may be able to help UCSF researchers learn more about this important development.

We may contact you to ask if you want to participate in this study.

Participants will have two visits at Mt. Zion Hospital in San Francisco and will be reimbursed up to \$150 plus transportation reimbursement.

**If you are interested,
please call Jane at 415-353-9767**