

The WIHS Woman



The Connie Wofsy Women’s HIV Study

Report from the Semi-Annual WIHS EC Meeting May 2 - 4, 2010 Rockville, Maryland

by Barbara Garcia, San Francisco NCAB Representative

In May, Ublanca and I went to Maryland for the semi annual WIHS Executive Committee and NCAB meeting.

While I know that the San Francisco WIHS site represents only 1 of the 6 national WIHS clinical sites, it is impressive to be at a meeting with the Principal Investigators, Project Directors and other staff from the San Francisco, Washington, D.C., New York, Los Angeles and Chicago WIHS sites. Even better was meeting the NCAB representatives from the other WIHS sites. Right away I started learning new information and relearning things I had forgotten; for example, I was reminded that WIHS is a ‘longitudinal’ study. That means that this study follows women over time and will hopefully continue for many years to come.

Sunday was the NCAB meeting. The representatives from each site gave a short report on what our Community Advisory Board (CAB) had been doing. From the site reports, some of the groups are more active than our site and some sites are less active. Heneliaka (Ladybug) gets credit for keeping our local group going. Both Ublanca and I have ideas for our future CAB meetings.

Sunday afternoon we had two educational reports from studies that are performed at other sites. The first one was given by Dr. Lakshmi Goparaju, the Project Director from Georgetown University. Dr. Goparaju explained that 92% of the female HIV cases in the Washington D.C. area are among black women who mostly got infected through heterosexual contact, so she held a series of focus groups with black women from the Washington D.C. WIHS site. Her study intended to find out women’s feelings and thoughts about the ‘Down Low’ (men who have sex with other men and don’t tell their female partners). In these focus groups women had a chance to express their feelings

(Continued on page 2)

TABLE OF CONTENTS

Report on the Semi-Annual WIHS EC Meeting	page 1
CAB Corner - Spring into Oral Health	page 3
Two Amazing Vegetables to Eat.....	Page 4
Farmers’ Markets in the San Francisco Bay Area	page 5

(Continued from page 1)

when discovering that their partner is having sex with another man and the increased risk of getting HIV and other STD's. I will bring an outline of the study to the next cab meeting if you want to see more details.

The second talk was a report on a study being done about the relationship between balance and hearing, also in the D.C. area. Since I seem to have balance problems, I was very interested in what he had to say and look forward to hearing more when they start getting results.

We ended around 4:30 in the afternoon and there was plenty of sunlight left for exploring Washington, D.C.

On Monday and Tuesday, the NCAB met in a large conference room with researchers from the WIHS and the MACS (a longitudinal HIV study, but with all men). These two days are for the NCAB representatives to listen, learn and report back to you.

I learned about the two different WIHS forms, the concept sheet and the manuscript submission form. As I understand it, researchers at all the different sites submit scientific concept sheets. These concept sheets are outlines for future WIHS studies and are often based on preliminary information already gathered from us at our study visits. This is why we are asked to sign consent forms when new studies are added. For example, in San Francisco they are studying drug levels based on the hair samples that we (the study participants) give. There is also a lot of interest in vitamin D levels among study participants. Several concept sheets described how insufficient vitamin D levels affect our health since WIHS research is showing that many of us don't have sufficient levels of vitamin D.

Another one of the WIHS forms, the WIHS manuscript submission form, contains summaries of all papers that will be submitted to scientific journals for publication. Before an article is submitted to the journal, the Executive Committee and Principal Investigator Reviewer (PIR) must give input and their approval. I will bring examples of these concept sheets and manuscript submission forms to the next cab meeting so you can see for yourself some of the ideas for past and future studies.

I was very impressed by a couple of things. First, all of the forms that we (the NCAB) reviewed include what is called a 'Lay Language Summary'. The Lay Language Summary was requested by past NCAB members, so that we can understand what the Executive Committee is presenting and then be able to relay that information to you - the study participants. So don't forget to look at some of these forms at the next CAB meeting.

The second thing that really struck me is how complex it is to develop these studies. Ideas are conceived based on research that we have already participated in, then there are several levels of approval needed, and finally, the really hard part - is finding funds for research. We, the study participants, are an essential part of this. It is our participation that is needed for the research to continue. And the more research that is done, the more scientist and researcher learn about new medicines and other mechanisms that help improve our physical and mental health.

HIP HIP HOORAY FOR US - THE PARTICIPANTS AND FOR THE HARD WORK FROM EVERYONE WHO WORKS TO MAKE RESEARCH POSSIBLE!!!

CAB CORNER



Spring into Oral Health

by: Heneliaka Jones, NCAB liaison and Study Coordinator, and contributions from Barbara Garcia, NCAB representative

Hello Ladies,

For our CAB meeting in April 2010, we dined on Mexican cuisine and got reacquainted. After the winter months, it was refreshing to begin the spring season learning about Oral Health.

Dr. Caroline Shiboski gave an excellent presentation on how we can keep our mouth and teeth healthy and strong. She discussed oral health problems of people living with HIV; and, showed slides of oral diseases that she has seen in HIV-infected people. She also gave helpful advice on oral health practices. She suggests using warm salt water as a mouth wash to treat ulcers and canker sores in the mouth. For toothpaste, she recommends using baking soda and a little warm water. Baking Soda does an excellent job of cleaning and preventing bad breath - not to mention - it is cost efficient. This natural approach is also a healthy practice for children too. Commercial toothpaste and mouthwash, although used frequently, are not necessary as they may cause more damage than good by killing the useful bacteria in the mouth. Lastly, when brushing your teeth, use a soft bristle toothbrush, as oppose to a medium or hard one. A soft bristle brush will not damage your gums and efficiently cleans the teeth.

Aside from learning about oral health, Dr. Shi-

boski shared information that was gathered from the WIHS Oral Study that occurred a while back. Some of our CAB participants had taken part in this study, which made learning the outcome even more interesting. Dr. Shiboski ended her presentation by answering questions and passing out toothbrushes and dental floss. If you have a specific question that you would like to ask Dr. Shiboski about oral health please email (heneliaka.jones@ucsf.edu) and I will pass the information along to Dr. Shiboski.

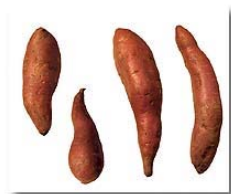
Although the presentation took up most of our time, we still had time left to introduce our new NCAB Representatives: Barbara Garcia and Ublanca Adams. They encouraged the WIHS women to give them suggestions, questions or any concerns that they may have. We ended the afternoon with a raffle and three winners! It was a wonderful CAB meeting and we look forward to seeing you at our next CAB meeting this summer!



Two Amazing Vegetables to Eat

The first is the Sweet Potato.

Nutritionists at the Center for Science in the Public Interest ranked the sweet potato **number one** in nutrition of all vegetables. It is loaded with health boosting antioxidants such as beta carotene (precursor to vitamin A), vitamins C and E; and is also an excellent source of the B vitamins. This starchy vegetable is rich in essential minerals like potassium, copper, folic acid, manganese, iron, and calcium. It is high in dietary fiber, naturally occurring sugars and complex carbohydrates, and protein. Not only is the sweet potato low in calories, it is low in sodium and has no fat.



Sweet Potato
(*Ipomoea batatas*)

What are some of the health benefits in eating sweet potatoes?

- Both vitamins A and C are powerful antioxidants; they can work in the body to remove chemicals that damage cells therefore lowering the risk for cancer.
- Is a good food for diabetics because it digests slowly and helps stabilize blood sugar levels.
- Is good for stomach ulcers and inflamed conditions of the colon.
- May help with weight loss as it keeps the stomach full for hours.
- Its high fiber content is helpful for hemorrhoids as it promotes healthy bowel functions.

Sweet potatoes are versatile. You can simply bake them or make a sweet potato soup or add them to casseroles, meat stews, and quick breads. It is one of the best vegetables you can eat.

The other extremely nutritious vegetable is Kale. When you mention kale, many people will say they have never tried it, or say “What’s that”? It is a leafy green vegetable that belongs to the same family of vegetables that includes cabbage and Brussels sprouts. Along with broccoli, kale is one of the nutrition super foods packed with vitamins, minerals, and fiber.



Kale (*Brassica oleracea*)

Kale has amazing health benefits:

- Excellent source of vitamin A, C, and K. A very good source of the B vitamins, and vitamin E.
- Like broccoli, kale contains natural occurring compounds called phytonutrients which help the body detoxify and fight off harmful carcinogens that most people are exposed to on a daily basis. Helps lower the risk of getting cancer and heart diseases.
- Rich in minerals – zeaxanthin and lutein which help protect the eyes from cataracts and ultraviolet light; calcium to promote healthy bones; calcium, magnesium, and potassium for blood pressure control; and manganese to facilitate the body’s various metabolic processes.
- High in soluble fiber to keep the digestive system running smooth.
- Low in calories.

How to use it? Try sautéing kale in a little olive oil; it makes a delicious side dish. Add it to soups or a pot of beans. Raw kale can also be used as a salad green. Eat more kale! It’s tasty and most nutritious! Hail Kale!

Famers' Markets in the San Francisco Bay Area

It is that time of year to go to your local Famers' Market for locally grown, fresh fruits and vegetables. Some of you maybe lucky enough to have Famers' Markets open all year round. In San Francisco there are 20 Famers' Markets, Oakland has 14, and Marin County has 12. Statewide there are 520 certified Famers' Markets, attended by about 2,900 farmers.

Here are some tidbits about the Famers' Markets in California:

- In 1979 there were 12 certified Famers' Markets in California.
- Average age of the California farmer is 58.4 years of age.
- 768 pints of blueberries are sold daily at the Saratoga market.
- 3,780 pints of strawberries are sold in 4 hours at the Mountain View market
- 100% of the vendors at the Thursday Berkeley famers markets are certified organic.
- There are 85 vendors at SF Ferry Plaza market and there is still a waiting list.
- On a summer day, there is an estimated 15,000 customers at SF Ferry Plaza market.



In the months of June-July you should be able to find the following seasonal fruits and vegetables:

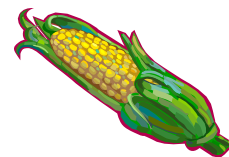
FRUIT

Apricots
 Blackberries
 Boysenberries
 Cantaloupe
 Melons
 Nectarines
 Peaches
 Plums
 Pluots
 Prunes
 Strawberries



VEGETABLES

Asian greens
 Beans
 Broccoli
 Carrots
 Celery
 Corn
 Cucumbers
 Eggplant
 Garlic
 Lettuce
 Mushrooms
 Onions
 Peppers- sweet and hot
 Tomatoes



The following is a sampling of the Famers' Markets in the Bay Area:

San Francisco

Alemany Famers' Market

100 Alemany Blvd.
Year round

Bayview Hunters Point Famers' Market

Bayview Opera House/Ruth Williams Memorial Theatre
Year round

Crocker Galleria Famers' Market

Crocker Galleria
Year round

Noe Valley Famers' Market

3861 24th Street
Year round

Parkmerced Famers' Market

Meadow at Parkmerced Apartments
Year round

San Francisco Ferry Plaza Farmers' Market

One Ferry Building along the Embarcadero and Market Street

South Bay & Peninsula

Belmont Famers' Market

Caltrains Station of Belmont, Belmont, CA
May - Nov only; 9:00am - 1:00pm Sundays

Burlingame The Fresh Market

Howard Avenue between Park and Primrose, Burlingame, CA
May - Nov only; 9:00am - 1:30pm Sundays

Campbell Farmers' Market

East Campbell Avenue at 2nd Street, Campbell, CA
Year round; 9:00am - 1:00pm Sundays

Daly City Certified Farmers' Market

Serramonte Center (behind Target), Daly City, CA
Year round; 9:00am - 1:00pm Thursdays

Los Altos Farmers' Market

State Street between 2nd and 3rd, Los Altos, CA
May - September only; 4:00pm - 8:00pm Thursdays

South Bay & Peninsula (con't)

Los Altos Farmers' Market

Town Park Plaza (close to Post Office), Los Altos, CA
Year round; 8:00am - 12:30pm Sundays

Menlo Park Certified Farmers' Market

Crane Street and Chestnut Street, Menlo Park, CA
Year round; 9:30am - 1:30pm Sundays

Millbrae Certified Farmers' Market

200 Block Broadway, Millbrae, CA
Year round; 8:00am - 1:00pm Saturdays

Mountain View Farmers' Market

Train Station Parking Lot, Evelyn Street, Mountain View, CA
Year round; 9:00am - 1:00pm Sundays

Palo Alto Farmers' Market

Gilman Street between Hamilton and Forest (behind Post Office), Palo Alto, CA
May 10th - December only; 8:00am - 12:00pm Saturdays

Palo Alto-California Street Farmers' Market

California Street, Palo Alto, CA
Year round; 9:00am - 1:00pm Sunday

Redwood City Certified Farmers' Market

Winslow Street and Middlefield Street, Redwood City, CA
April - November only; 7:00am - 12:00pm Saturdays

San Carlos Hot Harvest_Nights Farmers' Market

700 block of Laurel Street in Downtown San Carlos, CA
May 3 to September 13; 4:00pm - 8:00pm Thursdays

San Jose Japantown Farmers' Market

Jackson Street between 7th and 8th, San Jose, CA
Year round; 8:30am - 12:00pm Sundays

San Jose Willow Glen Farmers' Market

Lincoln Street and Minnesota Street, San Jose, CA

North Bay Marin

Fairfax Farmers' Market

Bolinas Park (downtown Fairfax), Fairfax, CA
 May 9th - October 31st (weather permitting);
 4:00pm - 8:00pm Wednesday

Novato Farmers' Market

Grant Street, downtown Novato, CA
 April 17th - October 31st (weather permitting);
 4:00pm - 8:00pm Tuesdays

San Rafael Civic Center Farmers' Market

Marin Civic Center, San Rafael, CA
 Year round; 8:00am - 1:00pm Thursdays
 Year round; 8:00am - 1:00pm Sundays

East Bay

Berkeley - All Organic Farmers' Market

Shattuck Avenue at Rose Street, Berkeley, CA
 Year round; 3:00pm - 7:00pm Thursday

Berkeley - Center Street Farmers' Market

Center Street at M.L.King, Jr. Way, Berkeley, CA
 Year round; 10:00am - 3:00pm Saturdays

El Cerrito Farmers' Market

San Pablo and Fairmont
 Year round

Fremont Farmers' Market

Fremont Boulevard and Bay Street in Irving, Fremont, CA
 Year round; 9:00am - 1:00pm Sundays

Fruitvale Farmers' Market

Fruitvale Village, Oakland

Hayward Farmers' Market

Main Street between A and B, downtown Hayward, CA
 Year round; 9:00am - 1:00pm Saturdays

Oakland-Grand Lake Farmers' Market

Splashpad park at Grand and Lakepark, Oakland, CA
 Year round; 9:00am - 2:00pm Saturdays

East Bay (con't)

Oakland-Jack London Square Farmers' Market

Embarcadero and Broadway, Oakland, CA
 Year round; 10:00am - 2:00pm Sundays

Old Oakland Farmers' Market

Ninth and Washington Streets, Oakland, CA
 Year round; 8:00am - 2:00pm Fridays

Oakland-Fruitvale Farmers' Market

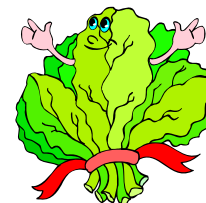
34th Avenue and East 12th Street, Oakland, CA
 Year round; 10:00am - 3:00pm Sundays

Orinda Farmers' Market

Avenida de Orinda & Orinda Way

Pinole Farmers' Market

Fernandez Ave and Pear St.
 Year round; Saturdays 9-1 PM



Kaiser medical facilities have farmers' markets as well. The Kaiser facilities in Antioch, Oakland, and San Francisco have a farmers' market. Check with the Kaiser facility in your area for dates and time

Got Depo?



You can help researchers at UCSF with an important study about how Depo-Provera, the birth control shot, affects immune cells in the uterus and cervix.



You may be eligible if:

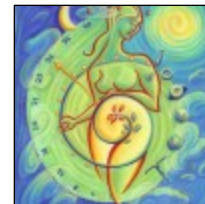
- You are HIV negative
- You are 18-44 years old
- You have regular menstrual cycles
- You are about to start using Depo-Provera

Participants will have 6 visits at Mt. Zion Hospital and will be reimbursed up to \$240 in cash plus gift cards and transportation reimbursement.

Please call Jane at 415-353-9767 or toll free 866-476-5109



Female Volunteers Needed!



You can help UCSF researchers learn about how menopause affects immune cells in the cervix.

You may be eligible if:

- You are generally healthy (HIV negative or positive)
- You are age 18-40 and have regular periods

OR

- You are at least 50 and have not had a period for at least a year

Study participants will have 2 or 3 visits at Mount Zion and will be reimbursed up to \$70, plus transportation.

Please call Jane for more information: 415-353-9767 or toll free 1-866-476-5109