

IN THIS ISSUE

- Pg. 2
- Clients Rights
 - CAC Bowling Party

- Pg. 3
- Meet New Medical Assistant
 - Meet New Outreach & Prevention Specialist

- Pg. 4
- Case Manger Corner
 - HIV Prevention:... Continued

- Pg. 5
- HIV Prevention:... Continued

- Pg. 6
- HIV Prevention:... Continued



You & Your Family are invited to the Open Door & CAC

ANNUAL PICNIC

hosted by our friends at First Congregational Church of Geneva
 321 N. Hamilton, Geneva

August 13, 2016 at 3pm

FOOD, LAUGHS & FUN FOR THE WHOLE FAMILY

This FREE event will include delicious food, fun and games for the whole family, special kids activities & lots and lots of laughs!

Please RSVP for this event before 8/6/16 by email at rsvp.odcac@outlook.com, by telephone at 630.264.1819 ext. 375 or 847.695.1093 ext. 375 or by note in the client comment box.

HIV Prevention: What People With HIV Need to Know

TheBody.com

There are a whole range of ways in which you can lower the risk of passing on HIV while still having pleasurable sex.

It is important to know that -- in biological terms -- HIV is not a virus that transmits easily. It is not passed on during each and every sexual act. In fact, more often than not, HIV is *not* passed on, even when no form of protection has been used.

"Safer sex" is often defined as any kind of sex that avoids body fluids getting into the bloodstream of another person -- so that definition would include the use of barrier methods as well as sex that isn't penetrative. But that idea of safer sex seems pretty limited now that antiretroviral drugs can make those same body fluids uninfected.

Male condoms provide a physical barrier. "Female" condoms do the same but give the bottom/receptive sex partner more control. But these days, there is much more to HIV prevention than condoms:

Continued On Page 4

News & Views is a publication of the Open Door Client Advisory Committee (CAC) - developed by clients and staff together to provide up-to-date information on health issues, HIV advocacy and health center events.

The CAC's mission is to act as advocates for the clients of Open Door by promoting and providing feedback and suggestions in order to improve or enhance continuity of care & client services. Taking action with compassion to address issues of isolation, stigma and misinformation often associated with HIV/AIDS, working to improve overall health and the lives of Open Door clients and the community at large.



When it comes to your health information, you have certain rights & Open Door has responsibilities. Every month we will help you learn about them!

You can ask for a list (accounting) of the times we've shared your health information for six years prior to the date you ask, who we shared it with, and why.

We will include all the disclosures except for those about treatment, payment, and health care operations, and certain other disclosures (such as any you asked us to make). We'll provide one accounting a year for free but will charge a reasonable, cost-based fee if you ask for another one within 12 months.

You can ask for a paper copy of the complete notice at any time, even if you have agreed to receive the notice electronically. We will provide you with a paper copy promptly.

If you have given someone medical power of attorney or if someone is your legal guardian, that person can exercise your rights and make choices about your health information.

We will make sure the person has this authority and can act for you before we take any action.

You can complain if you feel we have violated your rights by contacting us at 847-695-1093 ext. 219.

You can file a complaint with the U.S. Department of Health and Human Services Office for Civil Rights by sending a letter to 200 Independence Avenue, S.W., Washington, D.C. 20201, calling 1-877-696-6775, or visiting www.hhs.gov/ocr/privacy/hipaa/complaints/

We will not retaliate against you for filing a complaint.

For a complete copy of how medical information about

Notes from the CAC

CAC
opendoor
Client Advisory Council

**You & Your Family are Invited
to the Open Door & CAC**

BOWLING PARTY
JOIN THE FUN

Sunday, October 2, 2016
from noon - 2pm

Held at
St. Charles Bowl
2520 W. Main Street St. Charles
(on Rt. 64 just west of Randall Rd.)

Bring your friends and have a good time!

- * FREE for clients and their kids under 12
- * \$5 for children of clients 12 and older & other family or friends (including all other children)
- * includes shoes & 2 hours of bowling
- * hot dogs and snacks included

If you are interested in being on the planning committee let us know!

Please RSVP For This Event By 9/25/16

by e-mail:
rsvp.odcac@outlook.com

by phone:
630-264-1819 ext. 375
847-695-1093 ext. 375

by note:
In the Client Comment Box



**Meet New Open
Door Medical
Assistant
Estefany
Contreras!!**

What's your favorite part of your job so far?

My Favorite part of my job is that it feels like a good working environment. Everyone seems to get along with each other and it makes it easier as a new employee to feel welcome and to be able to communicate if there's something I don't understand without any judgement.

Describe your family (however you define the term)?

My immediate family consist of my fiancé, my kids and me. I have a 7year old daughter, a 4yearr old son and the newest addition to our family—my 3 month old son. My fiancé and I met in elementary school but did not start dating until high school; we have been together almost 9 years now.

What do you enjoy doing in your free time?

In my free time I usually go to the park during the week and on the weekend usually cook outs with the family during the summer.

Where is the farthest place from home you have ever been?

The farthest place I have ever been to from home has been Los Angeles, California.

What is your favorite food?

My favorite food would be Chicken Alfredo. I love anything pasta.

What one thing do you want to do that you haven't done yet?

One thing I would like to do but have not done yet would be go to Disney World in Florida.

Who is the most impactful person in your life or most impactful person on humanity?

The most impactful people in my life would be my mom and dad. They have always told me with dedication and hard work I will accomplish the thing I want in life.



**Meet New Open
Door Outreach &
Prevention
Specialist
Teresa Rubio!!**

What's your favorite part of your job so far?

My favorite part of my job is meeting new people and listening to their life stories and trying to learn how to better help them and future clients. Also, knowing that I am making a difference in someone's life gives me great satisfaction.

Describe your family (however you define the term)?

I have a very close knit family. They are all extremely loving and supportive in everything that I do.

What do you enjoy doing in your free time?

I enjoy spending time with loved ones during my spare time. It doesn't matter what we are doing, we can be out camping, playing board games, or just vegging out on the couch watching movies.

Where is the farthest place from home you have ever been?

I have traveled to Mexico many times to visit family.

What is your favorite food?

I don't think I can pick just one thing. I'm not picky when it comes to food, so I enjoy many different types of food.

What one thing do you want to do that you haven't done yet?

I want to travel to Europe or South America. I also eventually want to get my Master's degree.

Who is the most impactful person in your life or most impactful person on humanity?

My parents are the most impactful people in my life. They have taught me that with hard work and determination you can do anything you put your mind to.



Case Manager Corner

Just a reminder!

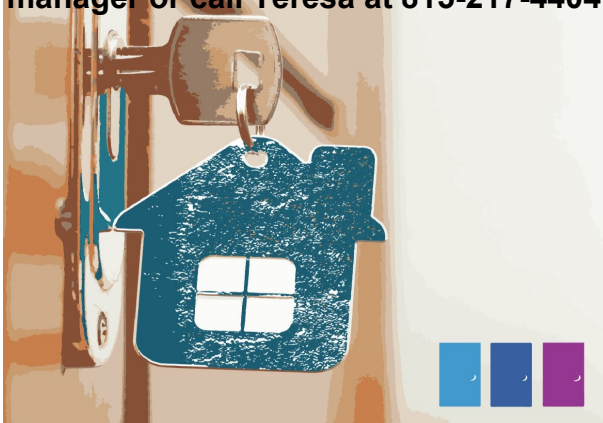
Open all of your mail in a timely fashion. If you receive any mail related to insurance coverage and do not understand it, contact your case manager to guarantee no interruption in coverage.



Open Door Housing Opportunities for People with HIV/AIDS (HOPWA) in DuPage County

Helping provide stability and encourage independence.

For more info talk to your case manager or call Teresa at 815-217-4404



Continued From Page 1

Taking antiretroviral drugs often means that there's virtually no HIV in your body fluids, making transmission likely impossible.

If your HIV-negative partner takes antiretrovirals as pre-exposure prophylaxis (PrEP), it almost completely eliminates any risk of HIV taking hold in his or her body. This is true whether or not you are taking antiretroviral drugs yourself.

And choosing to have sex only with other people living with HIV completely cuts out any risk of HIV transmission

Undetectable Viral Load in HIV-Positive People
The most important thing for anyone to understand about HIV prevention today is that sex with an HIV-positive person who has an undetectable viral load is safer sex. If your HIV treatment is working well, then the sex you have is protected sex.

Antiretroviral drugs, when taken by a person living with HIV, can stop the virus from infecting new cells and replicating. In most cases, the quantity of HIV in body fluids falls dramatically -- so much so that the viral load test result comes back with the result "undetectable." As there is hardly any HIV in semen, vaginal moisture and other body fluids, your chance of transmitting the virus is close to or likely zero, even if these fluids get into your partner's body. In fact, as of the date of this article, there hasn't been a single transmission from an undetectable partner in more than 44,000 condomless sex acts, according to the largest study on this subject.

A few exceptions and qualifications: You can only count on this protection after your viral load has been undetectable for a full six months. Good adherence to your treatment, without missing doses of your pills, is vital. If either partner has an untreated STI (such as chlamydia or gonorrhea), the risk of transmission may be a little raised.

And speaking of STIs, it's worth remembering that HIV treatment won't do anything to protect you from a partner's STI. Male and female condoms are much better for that. You can easily combine condoms and an undetectable viral load, providing strong all-around protection.

If you're looking to have a child with an HIV-negative partner, an undetectable viral load could help you to conceive safely.



Contact the CAC

The CAC welcomes your comments and suggestions at any time. You can contact us three ways:

via Telephone
 630.264.1819 ext. 375
 847.695.1093 ext. 375

via E-mail
rsvp.odcac@outlook.com

via Comment Box
 Located in the
 reception area

If you want to involve your partner in decisions about safer sex, one challenge can be that most people who don't have HIV have no idea what an undetectable viral load is. Equally, it is rarely recognized by legal authorities as a means of preventing HIV transmission. Many U.S. states have archaic legislation criminalizing behavior that might expose another person to the risk of HIV transmission when disclosure of HIV status has not taken place or cannot be proven. A number of people who had an undetectable viral load and who did not transmit HIV have been jailed.

PrEP Use by HIV-Negative Partners

Rather than the person with HIV taking antiretrovirals, another option is for your HIV-negative partner to do so. This is known as pre-exposure prophylaxis (PrEP).

PrEP is highly effective, as long as the drugs are taken regularly, as directed. It takes seven days to have effective levels of protection for anal receptive sex and 21 days for the receptive partner in vaginal sex. It works for men and women, heterosexual and gay.

The CDC's mathematical models indicate that PrEP makes penetrative sex about ten times less risky than it would otherwise be. Combining PrEP with condoms can make sex between 30 and 50 times less risky. Combining PrEP with HIV treatment lowers the risk by at least 250 times.

Like HIV treatment, PrEP can't provide any protection against other STIs.

"Male" Condoms Worn by the Penetrative Partner

Condoms are cheap and readily available. Used carefully and consistently, condoms are effective against HIV - as well as other STIs and unwanted pregnancy.

Make sure you follow the advice about correctly using condoms -- use one that is the right size, use water or silicone-based lubricant, and so on. Otherwise the condom may break or slip off.

For most forms of penetrative sex, the CDC says that condoms reduce the risk of HIV being passed on by about five times. For anal sex with the HIV-positive partner taking the insertive ("top") role, condoms reduce the risk by about three times. Combining condoms with one of the other prevention methods described in this article increases the level of protection.

Unlike the antiretroviral methods we've already discussed, condoms need to be thought about and put on in the heat of the moment, at the time of having sex. That requires the agreement or tacit acceptance of both partners.

"Female" Condoms Worn by the Receptive Partner

The qualities and effectiveness of so-called female condoms are pretty similar to those of male condoms. They were designed to be put on by the receptive partner in vaginal sex, potentially giving that partner more power to protect herself -- especially if the insertive partner is unwilling to use a male condom. Some people, including gay men, have found that they can also be used for anal sex.

Obviously, their look and feel is different. At first this can be surprising -- it's worth trying them a few times before deciding whether you like them or not. Couples who find male condoms uncomfortable or difficult to use may find that they prefer female condoms.

Serosorting

One way to eliminate your risk of passing on HIV is to have sex with someone who is also living with HIV.

Even if you don't actively seek out other positive people as partners, if your next partner turns out to also have HIV, there's no need to worry about HIV being passed on.

Some people say that condomless sex with another person with HIV could result in super-infection with a different strain of HIV -- perhaps one with resistance to some anti-HIV drugs. But in practice, this hasn't turned out to be a problem causing difficulties for many people.

What you are more likely to pick up is an STI. For example, dense networks of HIV-positive gay men having condomless sex with multiple partners tend to favor STI transmission. Along with easily treated infections such as gonorrhea and syphilis, this can also involve more serious infections such as hepatitis C.

Choosing Your Position

If you're an HIV-positive gay man having anal sex with an HIV-negative man, it's useful to know that you're taking the receptive ("bottom") role will always be less risky than you're being the insertive ("top") partner. The CDC says that, if condoms and HIV treatment are not used, this position is about 12 times less risky.

Continue On Page 6

Continued From Page 5

August Support Groups

02	HIV Positive Support Group	4-5pm	A*
02	LGBT Group	6-8pm	G
03	HIV Health & Wellness Changing Habits & Patterns of Substance Abuse	10am-noon	A
03	HIV Positive Support Group	12-1pm	E*
04	HIV Health & Wellness Changing Habits & Patterns of Substance Abuse	12-1:30pm	E*
05	HIV Psychosocial Group	4-6pm	A*
09	HIV Positive Support Group	4-5pm	A*
10	HIV Health & Wellness Changing Habits & Patterns of Substance Abuse	10am-noon	A
10	HIV Positive Support Group	12-1pm	E*
11	HIV Health & Wellness Changing Habits & Patterns of Substance Abuse	12-1:30pm	E*
12	HIV Psychosocial Group	4-6pm	A*
16	HIV Positive Support Group	4-5pm	A*
17	HIV Health & Wellness Changing Habits & Patterns of Substance Abuse	10am-noon	A
17	HIV Positive Support Group	12-1pm	E*
18	HIV Health & Wellness Changing Habits & Patterns of Substance Abuse	12-1:30pm	E*
19	HIV Psychosocial Group	4-6pm	A*
23	HIV Positive Support Group	4-5pm	A*
24	HIV Health & Wellness Changing Habits & Patterns of Substance Abuse	10am-noon	A
24	HIV Positive Support Group	12-1pm	E*
25	HIV Health & Wellness Changing Habits & Patterns of Substance Abuse	12-1:30pm	E*
26	HIV Psychosocial Group	4-6pm	A*
30	HIV Positive Support Group	4-5pm	A*
30	Transgender Group	6-8pm	G*
31	HIV Health & Wellness Changing Habits & Patterns of Substance Abuse	10am-noon	A
31	HIV Positive Support Group	12-1pm	E*

* Snacks will be served.

Non-Penetrative Sex

Finally, let's not forget the many ways you can be sexual without penetration. Even without HIV treatment, oral is very low risk, even if it's not possible to prove that it's zero risk in every case. There's virtually no risk of HIV transmission in kissing, touching, massage or mutual masturbation, and these activities should be considered safe.

Putting a Number on It

Remember, HIV is *not* passed on during each and every sexual act. In fact, more often than not, HIV is *not* passed on, even when no form of protection has been used.

But if you're wondering what the chances are of passing on HIV during sex with an HIV-negative person, the Centers for Disease Control and Prevention (CDC) has published an informative online calculator -- the Risk Reduction Tool -- that you may wish to use. This tool is the source of all the numerical estimates in this article.

The online tool asks you to specify the sexual activity, each partner's HIV status and a few other variables.

Let's take as an example, vaginal sex, with the male partner having HIV but taking HIV treatment and neither partner having a sexually transmitted infection (STI).

The CDC tool tells us that HIV could be passed on less than 0.5 times in every 10,000 sex acts. That's a scientist and statistician's way of saying the risk is close to zero -- they can't exclude the possibility of a transmission happening one day, but it'll be a one-off.

You can play around with the tool, adjusting details to see how the risk changes. You'll see that if the HIV-positive partner wasn't on treatment, the risk of HIV transmission would be about 25 times greater. Using a condom also cuts the risk of HIV being passed on -- but not as much as HIV treatment does. Combining condoms and HIV treatment provides the greatest protection.

You can also see things that make HIV transmission more likely, such as having an STI. And if the HIV-positive partner acquired HIV only in the past month, then the risk of passing on HIV is seven times greater. This is because viral loads are much higher in the early phase of HIV infection. If the couple were having anal rather than vaginal sex, the risk would also be greater.

The tool makes it clear: the anxiety some people living with HIV feel about the likelihood of passing on HIV is exaggerated. Even one of the riskier acts -- anal sex without a condom with an HIV-positive man who is not on HIV treatment taking the insertive ("top") role -- is estimated to result in HIV transmission 138 times in every 10,000 sex acts. Put



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