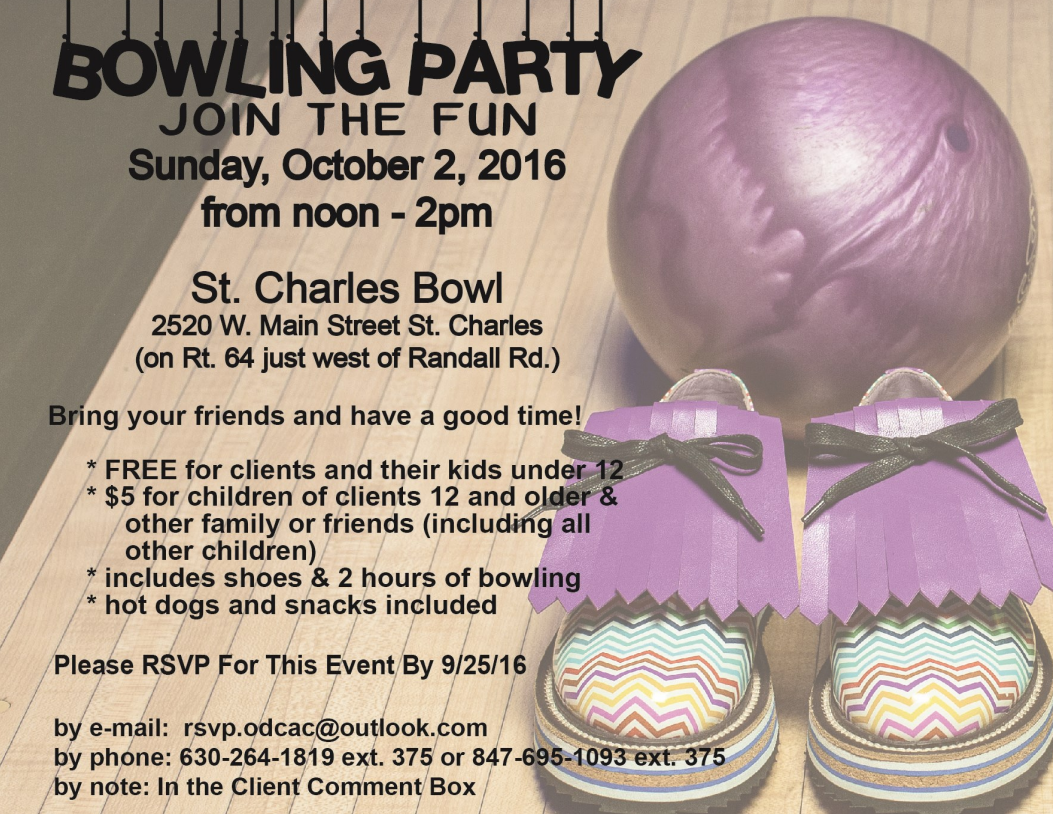


September, 2016  
 Volume 10; Issue 9

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**BOWLING PARTY**  
 JOIN THE FUN  
 Sunday, October 2, 2016  
 from noon - 2pm

**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

Please RSVP For This Event By 9/25/16

by e-mail: [rsvp.odcac@outlook.com](mailto:rsvp.odcac@outlook.com)  
 by phone: 630-264-1819 ext. 375 or 847-695-1093 ext. 375  
 by note: In the Client Comment Box

**6 Questions People Ask Us Most When They Find Out they are HIV+**

By: plus

**Is it Possible I Got a False Positive?**

When your initial test comes back positive you should be offered a confirmatory test, a second test to make sure you're HIV-positive. The likelihood of two false positives is extremely rare. If you took the at-home test, it's a good idea to go to a doctor or clinic for the second test. False negative test results can happen too, so if you come up positive and your partner comes up negative, be cautious. According to AIDS.gov, "It takes time for seroconversion to occur. This is when your body begins to produce the antibodies an HIV test is looking for — anywhere from two weeks to six months after infection. So if you have an HIV test with a negative result within three months of your last possible exposure to HIV, the CDC recommends that you be retested three months after that first screening test. A negative result is only accurate if you haven't had any risks for HIV infection in the last six months."

*Continued on Page 3*

*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.*

**opendoor**  
*supports*  
National  
**Recovery Month**

Prevention Works • Treatment is Effective • People Recover

**SEPTEMBER 2016**

**Families and Communities Can  
Make a Difference**

Oftentimes, individuals who experience a mental and/or substance use disorder feel isolated and alone. Yet, every year millions of Americans experience these conditions. It's important that we offer support to individuals facing mental and/or substance use disorders. In fact, we need to create environments and relationships that promote acceptance.

Support from families is essential to recovery, so it's important that family members have the tools to start conversations about prevention, treatment, and recovery. Too many people are still unaware that prevention works and that mental and/or substance use disorders can be treated, just like other health problems.

Mental and/or substance use disorders affect people of all ethnicities, ages, genders, geographic regions, and socio-economic levels. Help is available. These individuals can get better, both physically and emotionally, with the support of a welcoming community.

Families and communities can find hope and spread the message that recovery works by celebrating the annual National Recovery Month, an initiative sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), within the U.S. Department of Health and Human Services (HHS)..

Visit [www.odhcil.org](http://www.odhcil.org) for more information.

**Open Door Support Groups**

**WEEKLY**

**HIV Positive Group**

Every Tuesday from 4-5pm in Aurora  
Every Wednesday from noon—1 in Elgin

**HIV Health & Wellness: Changing Habits  
& Patterns of Substance Abuse**

Every Wednesday from 10am—noon in Aurora  
Every Thursday from 11:30—1:30 in Elgin

**HIV Psychosocial Group**

Every Friday from 4-6pm in Aurora

**MONTHLY**

**LGBTQ Group**

First Tuesday of the month from 6-8pm  
First Congregational Church,  
327 Hamilton St., Geneva  
(please enter through 4th Street)

**Transgender Group**

Last Tuesday of the month from 6-8pm  
First Congregational Church,  
327 Hamilton St., Geneva  
(please enter through 4th Street)

**Peer-To-Peer**

Last Thursday of the month from 6-7:30pm in Elgin  
September Topic: HIV & Aging  
*Please contact Bryan at ext. 223 for more info*

**ADDITIONAL GROUPS**

*Additional groups are available throughout the year based on Client need. Please take a moment and fill out the form at the reception desk to choose what types of group/s you are most interested in attending! Thanks for your help!!*

Continued from Page 1

### **How Many Former Sex Partners Do I Have to Tell?**

This is kind of a murky area, with debate between activists and public policy experts. You will be asked to notify, or have the health department notify, anyone you have had sex with or shared needles with since your last negative HIV test or, if this was your first one, your recent sex partners (say, in the last year). Your partner(s) will need to be tested now and, if their test is negative, again in three months. According to the New York Department of Health, how far back in time known partners should be reported is determined on a case-by-case basis depending on such factors as the approximate dates when you believe you were exposed and how willing (or able) you are to dig up those names and contact info.

The federal Ryan White HIV/AIDS Program requires states to make a good-faith effort to notify current spouses and anyone who has been the HIV-positive person's spouse within the last 10 years. However, public health departments and clinics aren't supposed to pressure you for this information and they cannot withhold your test results or penalize you in any way for not divulging.

### **What Will Change Now That I'm Poz?**

With proper treatment, being HIV-positive is a manageable, chronic condition like lupus, diabetes, or asthma. You might need to exercise caution with some of your regular activities. Unless you had other health conditions prior to diagnosis, you'll likely see a physician more than you did before because it's vital that you monitor your health closely. Regular visits with your HIV health care provider will keep you up to date. Speak with your doctor about changes that need to be made to your diet, exercise regimen, and use of alcohol, prescription medicines, and recreational drugs. If drugs were a factor in your transmission (there's a link between crystal meth use and HIV transmission, for example), your doctor may recommend rehab. You may tire more easily, be more prone to infections, or have medical side effects you didn't have before. But hands down, the biggest change in your daily routine will be taking medication. HIV medication requires strict adherence to the prescribed daily dosage, and the drugs often have (mostly minor) side effects. Open communication with your doctor will ensure that you are fully equipped to handle the changes in your life.

### **Can I transmit HIV through Oral Sex?**

Because you can't transmit HIV through saliva, you cannot pass HIV to your partner if you perform oral sex on them. Period.

With blow jobs, it is technically possible, but extremely rare, to transmit HIV to your partner if you ejaculate into their mouth. Years ago, a study by Eric Vittinghoff, a professor at University of California San Francisco's Center School of Medicine's Department of Epidemiology and Biostatistics, looked at oral transmission among men who had sex with men. He determined the rate of HIV transmission via oral sex was about four one-hundredths of one percent (0.0004). In fact, by the early 2000s — decades after the start of the AIDS epidemic, with more than 36 million people infected by the virus world wide — fewer than 40 cases of possible oral transmission had been reported in medical literature. "HIV acquisition by receptive oral sex without ejaculation is so unlikely, that we don't have any firm evidence even to show that it actually occurs," said Dr. Laurence Peiperl, former director of UCSF Center for HIV Information, at a roundtable on the subject. So it's a biological possibility but it's exceedingly rare and here's why: As an HIV-positive man, even if you ejaculate into someone else's mouth, they need to have open wounds in the mucous membranes in their mouth in order for the virus to penetrate them. Swallowing semen or pre-cum is not a risk because stomach acid and other enzymes kill HIV.

And if you are a woman with HIV, having someone perform cunnilingus on you is also extremely low risk, especially if you're not menstruating and your partner doesn't have open sores in her or his mouth (even then the risk is low). Although the risk of HIV transmission is exceedingly low, you can still get other sexually transmitted diseases, including gonorrhea, via oral sex.

### **Are There symptoms I Should Watch Out For Now?**

There are certain signs and symptoms to look out for and a few health factors that should be constantly monitored. According to Rose Farnan, RN, and Maithe Enriquez, RN, authors of *What Nurses Know About HIV/AIDS*, you should pay special attention to particular symptoms: diarrhea, weight loss or loss of appetite, trouble or pain when swallowing, white patches or sores in or around your mouth, long-lasting fever, new cough, shortness of breath, headaches, dizziness, blurred vision, or difficulty remembering things. It can be hard to distinguish whether these symptoms are just passing or sign of a more serious issue, but keeping track of your body's patterns will greatly benefit your health. Farnan and Enriquez suggest keeping written records of weight and other factors that can change over time.

### **Do I Need to Stop Having Sex?**

No! In fact, we encourage you not to. Orgasms help you sleep, boost your immunoglobulin levels (which fight infections), and reduce stress and depression. There are ways to protect yourself and your partner, including condom use, PrEP (for an HIV-negative partner), serosorting, and Treatment as Prevention.

## Case Manager Corner

### Just a reminder!

Open Door is now collecting insurance co-pays due to federal regulations. Please bring your insurance card and co-pay with you to every medical appointment. Your co-pay is your responsibility!!



Walk with Team Open Door at the AFC AIDS Run/Walk on October 1st.

Our team goals—50 walkers/runners and \$10,000 of donations. The monies raised will be used towards outreach and prevention in our community!

For more info or to join the team, visit our website:

[www.odhcil.org](http://www.odhcil.org)



## Healthy Smiles!

*Did you know oral health is an important part of overall health?*

Open Door can help clients who are HIV+ gain and maintain healthy teeth and gums.

Talk to your case manager or healthcare provider for more info today!



## 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](mailto:rsvp.odcac@outlook.com)

*via Comment Box*  
Located in the reception area

# 15 Ways to Live to be 100 When You Have HIV

By: plus

An HIV diagnosis was once a death sentence, but that is no longer the case for those of us who stay healthy. In fact, the average HIV-positive person today is expected to live to be nearly 80, roughly on par with the general population. As more and more people reaching the century mark, here's a list of the best things you can do — besides adhering to your medication regimen — that'll help you have a long, healthy life.

## Keep Your Head in the Game

Depression, stress, and anxiety are tough for people to overcome, but these conditions can also harm your immune system. Psychotherapist Melissa Lopez works with her HIV-positive patients to develop a plan once their moods start to sour. "When you're already working with a compromised immune system, pre-depression or anxiety can bring on a lack of motivation," she says, which can lead to people slacking on their meds. Lopez suggests finding a professional counselor, especially when you're first diagnosed with HIV, to form a plan to deal with anxiety, depression, or other negative feelings.

"Know the symptoms of depression, know the symptoms of anxiety, so you know what's happening to you," she says. "You have to be proactive to prevent another, deeper cycle of depression."

## 2. Beat Back the Blues

Even when things don't seem like they're going your way, looking at things with a positive attitude may be enough to help you get through a tough situation, and even live longer. One study indicated that people in their 20s who used mostly positive, affirmative words to describe themselves were more likely to live into their 80s than those with negative outlooks. Additionally, people with a more positive view of life tend to have fewer strokes, coronary problems, injuries, and colds, and positive-thinking women have healthier pregnancies.

## 3. Nurture Your Gut

The lymphoid tissues in a person's stomach are filled with T cells. Because HIV affects T cells, many people with HIV have gastrointestinal problems, but a healthy GI tract is crucial to proper absorption of antiretroviral medication. Some anti-HIV meds need to be taken with food to assure this absorption and avoid potential side effects such as diarrhea. Many HIV-positive folks could also benefit from probiotics and a high-fiber diet, APLA's expert Brian Risley says.

## 4. Shake Your Groove Thing

Exercise helps control your weight, fights cardiovascular disease, and lets you look fantastic in an old pair of jeans, but it can also help boost your T cells. Brian Risley, the manager for treatment education at AIDS Project Los Angeles, says some studies have shown that moderate activity, even in short bursts, spurs an uptick in T-cell counts, even when it doesn't have a serious effect on viral load. Exercise can also help you feel better between your ears.

Says Lopez: "Exercise is beneficial because we produce hormones that help calm us down when we exercise." According to the Mayo Clinic, most people should aim for at least 30 minutes of physical activity each day.

"Walk, go to the gym, dance around your house," Lopez adds. "Anything is good, as long as it makes you feel good."

## 5. Listen to Your Inner Music

Loss of brain function is often a difficult side effect of both HIV and aging. Galina Mindlin, MD, coauthor of *Your Playlist Can Change Your Life*, has created Brain Music Therapy, a method of converting a person's brain waves into music to help them concentrate, sleep, and deal with stress or depression. But, says Mindlin, your medulla oblongata doesn't need to be the next Mozart to benefit from music. Any song from your playlist that calms you can be Kayne West, Ozzy Osbourne, or Native American flute solos can help you rewire your brain and change your behavior in as little as two weeks if you play it twice a day for five minutes.

## 6. Get Jiggy With It

Orgasms can be wonder drugs in themselves: They help you sleep, boost your immunoglobulin levels (which fight infections), and reduce stress and depression. So get it on once or twice a week, just don't forget to play safe.

## 7. Have a Little Faith

No matter if you worship in a cathedral, a temple, or on the sofa, most physicians believe that some form of spirituality can help people better cope with their health problems. Religion can also help you build their social circle and feel generally more positive.

## 8. Make Friends —Not Just the Online Kind

Having strong relationships with other people can be a matter of life or death. A joint review by Brigham Young University and the University of North Carolina at Chapel Hill of existing research on the topic found that people with weak social connections were 50% more likely to die in the research's follow-up period "an average of 7.5 years" than their peers with strong social bonds. To fight feelings of loneliness, Lopez encourages joining support groups for people with HIV or finding friends or family members you can depend on to let you vent to every once in a while.

"Do not isolate yourself, and don't make [HIV] a secret," Lopez says. "I always think that clients, no matter how long they've been living with HIV, should find other people to talk to."

## 9. Kick the Habit for Good

It's common knowledge that cigarettes are bad for everyone, but an estimated 60% of Hivers still smoke.

"In the beginning, when people had an AIDS diagnosis and they were given eight to 16 months to live, we overlooked their smoking habit," Risley says. As people are living longer, it's important to remember that smoking may cause mitochondrial infections 'mitochondria are an energy-producing feature of human cells. Also, some people with HIV have a heightened susceptibility to cardiovascular disease, and smoking compounds that risk. Plus, of course, there's smoking's association with lung cancer.

## 10. Take Your Vitamins

Many doctors recommend their patients take a general multivitamin to supplement their diet, but Hivers can also benefit from supplements like selenium, which has been shown to boost immunity in HIV patients while suppressing level of virus in the body.

Continued from page 5

Other helpful supplements include vitamin D and calcium for bone health, and iron to fight anemia, especially for menstruating women. Still, those with HIV should also be careful of some supplements that might have adverse reactions to antiretroviral treatment. Risley says Saint-John's-wort, for example, does not mix well with antiretrovirals or some other drugs, like statins, which lower one's cholesterol. Talk with your doctor, then take your Flintstones.

**11. Get Testy**

People tend to experience a drop in testosterone levels once they advance past the age of 50, but HIV can also lead to a sharper drop in the hormone. Constant fatigue can be an indication that the virus is affecting your testosterone. While some doctors may write you off as just being tired from having the virus, Risley says both men and women should insist on being tested for chronic testosterone loss if fatigue is a persistent problem. If your levels are low, you and your doctor may want to consider testosterone replacement therapy to help you stay alert.

**12. Skip the Sushi**

When your T-cell count goes below 200, you become more susceptible to bacterial infections. Risley suggests avoiding raw foods like sushi or oysters, which may contain fungi or bacteria. You should also avoid soft cheeses made from unpasteurized milk (Brie, Camembert) and any with mold (Roquefort or other blue cheeses). All meats should be well cooked, and leftovers should be refrigerated immediately or tossed out. Risley also suggests the same cooking method for those who use medicinal marijuana. "I've heard a few doctors who tell their patients who smoke marijuana, to nuke it in the microwave for 30 seconds," he says. "That kills a lot of the trace bacteria or fungus that may remain on the plant."

**13. Hose Down Your Veggies**

Even if thinking about all the hands that have touched your produce from the farm to your table doesn't give you the willies, Risley suggests using a fruit- and vegetable-specific spray to clean raw produce. Even better, you can make your own veggie wash, one part vinegar to three parts water. Wash, rinse, eat —what could be simpler?

**14. Build Your Own Dream Team**

Not everyone can afford a team of celebrity doctors, personal chefs, and expensive therapists, but most HIVers have access to qualified professionals at local HIV clinics and organizations. Consider talking to a nutritionist to find out which foods that are right for your needs as well as seeing a qualified counselor to determine a plan to strengthen your mental health. While professionals at private practices may be unaffordable for some people, many offer a sliding fee scale, with the fee based on what you can afford to pay. Don't be afraid to ask. Lopez also suggests doing some research to assure that a potential therapist has some understanding of HIV/AIDS, and any community or culture that you may also identify with, like Asian, African-American, Latino, or LGBT.

**15. Consider Personalized Meds**

One of the burgeoning trends in the medical field is personalized medicine for a patient based on their demographic information and genes. "We're going to have a lot more genetic tests for people to specifically tailor medication," Risley says. "We just assume that if you take this one particular medication, your body will absorb it, but not everyone has the same absorption capabilities." While genetically tailored treatment is not widespread, it may be soon. Talk to your doctor about developments regarding ailments such as depression, colorectal cancer, and chronic obstructive pulmonary disease.



Open Door is expanding our volunteer board and are looking for people who are interested in taking a more active role in the fight against HIV/AIDS.

If you have experience in any of the following fields or are just eager to help out in other ways, we'd love to talk with you more about our work!

- Business
- Finance
- Education
- Fundraising
- Client of ODHC
- HIV expertise
- HIV+
- Transgender Issues
- Program Development
- Community Outreach
- Nonprofits
- Networking

If you are interested please contact Board Member Jim Burns at [jimburns1969@yahoo.com](mailto:jimburns1969@yahoo.com) or 847-293-9645



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