

NEWS & VIEWS

MAY 2013

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Meet A Client Advisory Committee Member



Name: Louis Hobson - Member

How long have you been a client of Open Door? I have been a client at Open Door since November 2006.

How long have you been on the CAC? I have been on the CAC since 2007.

What types of things do you want to see done on the CAC? Stigma and disclosure are two of biggest issues facing clients. There needs to be more activities to help people with these two issues. The outings given by the CAC are a good start toward addressing these is-

sues. As clients, and as people, we need to be able to talk about issues that relates to our lives without fear of retribution. We need to be able to feel comfortable in our own skin.

Describe your family (define family however you want)? My family consists of my mother, two sisters, two brother in-laws, and my nephew. We are very close, but they understand that at times I need my privacy. I talk with my mother almost every day.

What do you enjoy doing in your free time? I like going to concerts, especially to Aurora Downtown Alive. I also enjoy traveling and going to new places. I especially like Water Front Resorts, and beaches. I also like enjoy going to see new movies, and renting old ones. I really like going to the Quarterly Client Rep meetings. You learn a lot about what is going on with HIV in Illinois.

Where is the farthest

place from home you have ever been? Los Angeles is probably the farthest from home that I've been. However, I am in the process of planning trips to Europe and the Caribbean. **What one thing do you want to do that you haven't done yet?**

I want to travel more see above.

Who is the most impactful person in your life or most impactful person on humanity (dead or alive)?

The most impactful person in my life would be my mother. She has been through a lot and always helps guide my siblings and I.

What have you learned since being on the CAC?

The thing that I learned since being on the CAC that I like the best, is how you have people from different backgrounds, with different beliefs and opinions', coming together for a common cause

Cinco De Mayo Spring Fling Social May 4th

Open Door's Client Advisory Committee is Hosting

"Cinco De Mayo Spring Fling Social" For Clients, Family and Friends

First Congregational Church of Geneva
321 Hamilton Street Geneva, IL 60134

4PM TO 8PM

Refreshments, DJ, Dancing and Fun

QUESTIONS AND ANSWERS

Thebody.com missed medication

What happens if I cannot get my medication on time. Its been almost a month since I had my medication. I have a schedule Dr. appointment before I can get my meds.



Response from Dr. Young

While a treatment interruption isn't generally recommended, it's by no means the worst thing. So long as you stopped all of your HIV medications simultaneously, there's little risk in developing drug resistance (such as happens when you continue to take only 1 or 2 HIV meds).

After a few weeks of treatment discontinuation, it's likely that the virus will reappear in the blood (and other body fluids). When this happens, some individuals will develop (once again) symptoms similar to acute HIV infection (often a flu-like syndrome) and HIV viral load tests will become detectable. Also, with the rebound in HIV, CD4 cell counts will decline somewhat- the extent depends on how long you stay off your meds. In a single month, I wouldn't expect dramatic changes. Lastly, with the detectable viral load, the risk of of transmission of HIV returns.

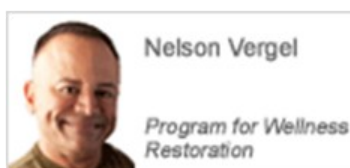
So, overall, a single month off isn't a big deal, but take the episode as a learning moment, to make sure that you remain engaged in care and schedule follow up appointments before your medications run out.

Where do the tiredness symptoms come from

First I want to tell you that I really admire you. You have answered question that I send before. At the moment I am still doing quite well. Not on medication, almost 3 years infected and having aCD4 count of 1179 and a viral load that even went down from 6000 to 2017.

There is only one thing that is really bothering me. I keep falling asleep when I need to drive longer than half an hour on the highway, write documents, watch boring TV and other dull things that people need

concentration with. The worst times in the day are early morning and in the early afternoon. I am not sure if HIV is the cause because I am also overweight (1,86 meter and 125 kg) and snore like a fog horn while sleeping at night (that is really loud). What should I do keep some Red Bull or other energy drink close to me all the time or is there anything else that you can suggest. I am very much afraid of losing work because of this or worse cause accidents. I hope you will have time to answer again. I would be happy to hear from you if it could be related to my HIV.



Response from Mr. Vergel

I would bet money on the fact that you may have sleep apnea. Talk to your doctor about getting a sleep test done. Weight loss can help improve sleep apnea. Some people may need to use a CPAP machine or oral device. You may want to read these pages from my last book (Testosterone: A Man's Guide- on amazon.com) Sleep Apnea:

Sleep apnea is a sleep disorder in which a person briefly stops breathing or breathes shallowly many times during sleep and therefore does not get enough restful sleep; oxygen levels drop in the blood, starving the brain of oxygen. In addition to causing daytime fatigue, it can increase blood pressure and cardiovascular risks. Testosterone replacement therapy has been associated with exacerbation of sleep apnea or with the development of sleep apnea, generally in men who use higher doses of testosterone or who have other identifiable risk factors for sleep apnea (high body weight, thick necks, snoring, alcohol consumption, and others). Upper-airway narrowing does not seem to be caused by testosterone replacement therapy, suggesting that testosterone replacement contributes to sleep-disordered breathing by central mechanisms rather than by means of anatomical changes in the airway.

If your spouse or partner complains that you snore loudly at night and you suffer from fatigue, tell your doctor. The only real way to find out

if you have sleep apnea is to have your doctor refer you to a sleep lab for a sleep study. If you are diagnosed with sleep apnea, a Continuous Pressure Airway Pressure (CPAP) machine can be prescribed to help you open up your airways with a small air pump while you sleep. Some people love it while some hate wearing a mask while being hooked up to a machine at night. I have seen men regain their quality of life after starting CPAP. It is paid by insurance, Medicare and most HMOs.

A new emerging option for those who hate CPAP machines with mild to moderate apnea is the use of oral appliance. Worn in the mouth like an orthodontic appliance during sleep, oral appliances keep the soft tissue from collapsing and interrupting normal breathing patterns. The purpose of the oral appliance may be to reposition the lower jaw, tongue, soft palate, and hyoid bone into a certain position, to keep the airway open with stabilization of the tongue and jaw, or to provide artificial muscle tone to prevent collapse and resulting airway blockage. The doctors will fit your oral appliance for comfort by using a mold of your mouth to design your unique fit. Sleep apnea appliances fall into two categories: fixed and adjustable. Here are brief descriptions of some commonly used sleep apnea dental appliances:

Morning depression with Atripla?

Hello from sunny Mexico City doctor, I recently started treatment with Atripla (Jan 2013). It has been very good to me since I started taking it, I only had a little rash on the second week of treatment that was immediately controlled with my physicians help. This question may be a little awkward to ask but

I'll do it anyway: I had noticed that I feel kind of depressed and with low spirits in the early hours of the morning, that I have sad emotions and feelings towards the first hours of the day. I was wondering if this may be a side effect or early evidence of nervous system side effects. I have to say that this state of mind doesn't last all day long and it often stops as soon as I start my day (gym, office, etc) Is there a physiological reason for this to happen? Thanks in advance and greetings from México City. ¡Muchas gracias!



Response from Dr. Henry

If you are taking the Atripla at night then you may be experiencing brain/central nervous system side effects from the efavirenz in Atripla that can manifest as fatigue, spacey feeling, increased depression in the first 12 hours after the med is taken when levels of efavirenz are the highest. Avoiding taking Atripla with meals (fat in meals can increase efavirenz levels), changing when Atripla is taken (for example switch to morning dosing), sometimes is helpful. The brain side effects of Atripla tend to peak in first 4 weeks after starting and then diminish though annoying side effects persist in perhaps 5-10% of patients. If your side effects persist and remain annoying then you may want to discuss a trial switch to another HIV regimen for 4-8 weeks to see if the symptoms improve. KH



OUTSMARTING HIV WITH HEALTHY EATING

Thebody.com

Living with a chronic illness like HIV can present certain nutritional challenges. Without effective HIV medication treatment, replicating virus can tax the body, destroying lean body mass and impairing immune function and quality of life.^{1,2}

While this destruction of lean tissue can be controlled with effective HIV antiretroviral combination therapy, other challenges like fat accumulation and increases in lipids (cholesterol and triglycerides) and/or insulin resistance may arise in some patients after treatment initiation.³ Although limited research has been done on the effects of nutritional approaches on pre- and post-HAART (highly active antiretroviral therapy) metabolic issues, general suggestions can be extracted from studies regarding other conditions like diabetes, cardiovascular disease, and obesity. These suggestions are aimed at helping the body deal with the effects of HIV or its medications on metabolism, body shape, and quality of life as we live longer with HIV.

The Components of Whole Food

Foods are made up of many different components -- some are "micro" or smaller quantity nutrients, like vitamins, and some are "macro" or larger quantity nutrients. The three macro groups that compose the majority of our diets are carbohydrates, proteins, and fats. These three units are the basic materials that fuel our activities and metabolism and maintain body composition. Selecting the best sources and amounts of these three macronutrients may help to minimize metabolic disorders (such as high cholesterol and blood sugar) and prevent loss of lean body mass and accumulation of body fat.

The Best Carbohydrates

Carbohydrates provide our body's main source of quick energy. After carbohydrates are digested and after some processing by the liver, they are released into the bloodstream as a sugar called glucose to be delivered to the cells.

Throughout the majority of the last million years of our evolution, the human diet consisted of animal carcasses, some seeds, nuts, and fibrous vegetable and fruit carbohydrate sources that are generally nutrient-rich with lots of water, but are not calorie-dense like processed foods of today.

The majority of these carbohydrate sources are vegetables, leaves, roots, and fruits (all rich in fiber).

Because vegetable fiber tends to slow down digestion, a majority of the carbohydrates in these foods are absorbed relatively slowly, inducing less blood sugar (glucose) and insulin spikes than processed sweets that contain no fiber. Some people call these "slow carbs."

It was only after the advent of agriculture that human beings were introduced to higher intakes of grains as carbohydrate sources. Higher intakes of grains deliver lots of calories. Additionally, some grains deliver their sugar energy relatively quickly, especially if the grain is milled (which removes the fiber that slows down sugar absorption), as are the grains in breads and pasta. Unless you are very active and exercise enough to metabolize nutrients more rapidly, this quick glucose release into the bloodstream can create a dysfunctional hormonal environment that can ultimately promote obesity, cardiovascular disease, and diabetes. This hormonal shift also has a profound effect on lean body mass and fat metabolism, and possibly immune function.⁷⁻⁹ The key hormone involved in this problem is called insulin, produced by an organ called the pancreas.

Insulin and Insulin Resistance

The hormone insulin is produced by the pancreas to control blood sugar and store it in muscles for later use as glycogen. Insulin's main job in the body is to promote the delivery of sugar energy as glucose to cells. When a small amount of glucose is delivered into the bloodstream, a small amount of insulin is produced by the pancreas to accompany it. When there is a large amount of glucose, the pancreas works to produce a large amount of insulin to facilitate its delivery so that cells can take in as much glucose as possible. Extra glucose that cannot be taken in by the cells circulates in the bloodstream and can be toxic to brain cells, so under normal circumstances, most of it is soon converted into triglycerides (fat) in the liver to be stored for later use. But we have to be careful with high blood levels of triglycerides, since they are what feed fat cells.

The correct amount of carbohydrate sources will provide enough sugar to give a healthy amount of glucose to the cells, but not too much at once. Thus, levels of glucose and insulin in the bloodstream are not unusually elevated for any long period of time. The pancreas works, but it is not overworked trying

to keep up with an unusual demand for insulin.¹⁰ However, in the U.S., much of the diet consists not only of large amounts of high-calorie carbohydrate sources, but also of carbohydrates from sweets and sodas, which are very concentrated sources of sugar. The net effect that intake of these calorie-dense carbohydrate foods creates is a bloodstream that is occasionally flooded with large amounts of glucose, a pancreas that is overworked, and large amounts of insulin and triglycerides circulating in the bloodstream. Note that excess insulin causes increased production of cholesterol.

Over time, these occasional glucose, triglyceride, and insulin floods can cause a decrease in the sensitivity of the cells' response to insulin, which reduces the cells' ability to take in glucose. Insensitivity to insulin is called insulin resistance, and it is a serious consideration in HIV because we are now seeing it as one of the core components of lipodystrophy and metabolic problems.¹¹ Some HIV medications can worsen insulin resistance, so we need to be aware of nutritional considerations that can help. Ways to decrease insulin resistance are to exercise, choose more metabolic-friendly HIV medications, and follow a proper diet.

For instance, a prominent study from Tufts School of Medicine found that HIV-positive people consuming an overall high-quality diet, rich in fiber and adequate in energy and protein, were less likely to develop fat deposition.¹² This is why it is best to select the majority of your carbohydrate intake from fiber-rich, slow-releasing carbohydrate sources that do not contain an excessive amount of calories. And these good carbs should be accompanied by good sources of protein and fats.

Foods are made up of many different components -- some are "micro" or smaller quantity nutrients, like vitamins, and some are "macro" or larger quantity nutrients. The three macro groups that compose the majority of our diets are carbohydrates, proteins, and fats. These three units are the basic materials that fuel our activities and metabolism and maintain body composition. Selecting the best sources and amounts of these three macronutrients may help to minimize metabolic disorders (such as high cholesterol and blood sugar) and prevent loss of lean body mass and accumulation of body fat.

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OUTSMARTING HIV WITH HEALTHY EATING

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cessive amount of calories. And these good carbs should be accompanied by good sources of protein and fats.

Combining Carbohydrates With Protein, Fiber and Fat

Protein, fiber, or fat will slow the absorption into the blood of glucose from carbohydrates, which helps to reduce the rise in blood sugar and insulin spikes. So, mixing carbohydrates with protein, fiber, and good fats is one way to reduce their problematic effect on blood sugar and insulin. Ensure that every meal and snack you consume has a mix of these three macronutrients. But what are the best fats, protein, and high-fiber carbohydrate sources out there?

Fats and Oils

There are a number of different kinds of fats. There is motor oil, there is butter, and there are essential fatty acids. The most important oil to keep a Honda running right is not the kind with essential fatty acids (EFAs), but if you want to help your body stay healthy and your immune system operating at its best, you had better consider getting these EFAs on a daily basis. They are called "essential" because your body cannot manufacture them, and must obtain them from an outside source, like food or supplements. These oils are necessary for every critical function in your metabolism, including building lean body mass and fighting infections.

The main point is that since we need EFAs and other fats for health, we should be getting them in our diets from fresh, high-quality sources. A proper diet reduces the amount of starchy carbohydrates while maintaining a certain amount of healthy fats so that there is a different macronutrient balance than the old high-carbohydrate, high-protein, low-fat diets contained. This means striving to get fatty acids from several sources, the least of which are the saturated fats in butter or animal fat. Understand that saturated fats are not the demons we have been led to believe. When we realize that we evolved getting a certain amount of saturated fat from foods in the wild, it is only logical that they would have a place in a healthy diet. One recent study showed that dietary saturated fat and mono-unsaturated fat were associated with healthy testosterone production in humans, while EFAs had no effect. So it appears that we need a little saturated fat for optimal hormonal health. However, most people get far too much satu-

rated fat, which promotes insulin resistance and metabolic problems, and not enough EFAs, which are needed for healthy cells and immune function.

The other important kind of fat that we should consciously include in our daily diet is mono-unsaturated fat, which we get from foods like olive oil. Recent data have shown that mono-unsaturated fats decrease the risk of certain cancers, and have an anti-inflammatory effect. AIDS is an inflammatory disease, so mono-unsaturated fat intake logically has a place of importance in managing AIDS, too.

Fatty Acid Recommendations

EFAs include the omega-3 and omega-6 fatty acids. Most people get an imbalance of these two by consuming too small an amount of omega-3 fats, which have anti-inflammatory properties, and relatively too large an amount of omega-6 fats, which tend to promote inflammation when out of balance. To get more omega-3s, eat more fish, including salmon, tuna, sardines, anchovies, mackerel, rainbow trout, and herring. Omega-6s are contained in common vegetable oils, like sunflower, safflower, and corn oils. Try to reduce your intake of these.

Oils and Cooking

Olive oil is one of the best oils to cook with. You can also cook with high-oleic sunflower oil, avocado, canola, macadamia, or any oil that is high in mono-unsaturated fatty acids.

Avoid cooking with oils made from corn and sesame. These oils contain more omega-6 fats, and less mono-unsaturated fats, so they have a higher potential for spoiling and turning to trans-fats, which are bad for the immune system. Try to avoid any intake of these oils when they are not absolutely fresh.

Also, choose oils that are minimally processed. Most of the clear oils in supermarkets are stripped of some of their natural components to make them more suitable for sitting on store shelves for long periods of time without spoiling. Do not use these stripped oils. When you do cook, do not overheat the oil so that it smokes, which causes the formation of carcinogens and destroys the beneficial fatty acids.

Avoid Margarine, Hydrogenated fats or Processed oils

Do your best to avoid processed fats or oils, as they have negative effects on cellular health, overall metabolism, and your immune system. Look out for the words hydrogenated and partially-hydrogenated. These kinds of manipulated fats probably do increase the risk of cancer and heart disease. They also weaken healthy cellular immune metabolism, which means that they might increase HIV progression. Lastly, they are also likely to promote high lipid levels and insulin resistance.

Protein, Food for the Immune System

Dairy protein fractions, such as casein (contained in milk curd) and whey, are at the top of the list of proteins that optimally feed lean body mass growth. In dairy products, the amino acid balances, insulin-raising potential, and overall growth factor content add up to one thing: milk proteins were created to make mammals grow bigger. While there is a lot of hoopla related to which dairy protein fractions are best, there is more misinformation than reality in this area. Those with lactose intolerance should be careful in their selection of milk-based products. Aged cheeses and yogurt may be more tolerable for those who cannot digest lactose.

Egg Protein

Next on the list are egg proteins. The important thing to remember is that whole egg is probably somewhat better than egg white for lean body mass growth and overall health effect, because the yolk is a rich nutrient source, and its protein content complements the protein in the egg white. Together they are a better source of protein.

Meat Protein

While real food like meat often seems to take a back seat to protein powders because of a mindset created by slick advertising, professional athletes know the value of real food related to lean body mass growth. If you do not make real food and meat fundamentals in your diet, you will not grow lean body mass tissue as well. Fish, chicken, turkey, and beef are vitally important foods, not only because of their protein content, but because they contain numerous other nutritional components that are important for a

healthy metabolism. The message is: eat real food, then supplement food with protein powder drinks if you need them.

Lean red meat is a superior source for lean body mass growth and blood-building nutrients. These include creatine, carnitine, phenylalanine, conjugated linoleic acid (CLA), and heme- (blood) iron, the most absorbable form of iron. And meat, in general, is less likely to cause allergic reactions than eggs or dairy proteins, like casein and whey. The only caution about red meat is that the high amount of saturated fat most commercial red meat contains could promote metabolic problems. So be moderate about including it in your diet and choose leaner meats if you do.

Important details on meat: cooking kills bacteria in meats. Stewed meat is better for digestion (chicken soup, beef stew). Roasting is okay. Try not to fry or barbecue with charcoal. Charred foods are associated with increased risk of gastrointestinal system cancers. Any cooking of meat or vegetable protein that causes the formation of a hard outer skin renders the protein that becomes the skin to be much less digestible because it cross-links the protein.

Vegetarian Diets

It is very difficult to gain lean muscle weight on a vegetarian diet. In fact, it is almost impossible for most people, especially when they are fighting infections that burn lean body mass. While I know a very few HIV-positive people who can do well adhering to a vegetarian regime, I find that the vast majority cannot do it and keep their lean body mass. Additionally, vegetarian diets increase the potential for anemia because of a lack of blood-building components such as highly absorbable heme-iron and vitamin B12.

If you do choose a vegetarian diet, your best protein sources are beans, seeds and nuts. Digestion of nuts and seeds will be improved by soaking them overnight to reduce the enzymes they contain that inhibit digestion of proteins. If you can eat them without digestive problems, many nuts and seeds are ideal foods because they contain protein, healthy fat, and complex carbohydrates in a very good balance for overall health. They also make a great snack between meals. However, the amino acid balances in these proteins do not appear to be optimum for lean body mass growth for humans. Again, vegetarian or vegan diets present a challenge to people with HIV or AIDS who need a full spectrum of amino acids and micronutrients. Unless

you are vegetarian for ethical reasons, consider eating eggs and fish.

Caution

People who are on HIV medications like tenofovir (in Viread, Truvada, Atripla, Complera, and the Quad), which may affect kidney function in some patients, should be careful about increasing their protein intake too high (over 1 gram per pound of body weight per day), as this can increase the potential for kidney problems. Ask your doctor if you are taking kidney burdening medicines, and, if so, only eat a higher protein diet under your doctor's direction. Those who have liver problems need good protein intake for the repair of liver tissue, but should also be careful about higher protein intake, and should also do so only under a doctor's supervision.

Calcium and Vitamin D -- Two Important Micronutrients

Bone loss has been reported in several HIV studies. It seems to be caused by the effect of the virus on the body. Certain medications like tenofovir (Viread) may make this problem worse. We also seem to have a high incidence of vitamin D deficiency due to potential HIV medication effects or metabolism issues. We know that calcium and vitamin D help to strengthen bone. Many of us chose to take calcium plus vitamin D supplements, but there are also foods that are rich in these nutrients. Calcium-rich foods include milk, cheese, spinach, fortified orange juice (be careful with the sugar, though!), fish, eggs, and beans. Vitamin D-rich foods include milk, most fish, and eggs. However, most of us do not consume the 1000 mg and 2000 IU needed per day for calcium and vitamin D, respectively, and need to take over-the-counter supplements. One word of caution: do not take your calcium supplements with your HIV medications since they may interfere with their absorption (at least two hours before or after is okay).

Miscellaneous Nutrition Tips

If diet, weight loss, and exercise fail to lower your LDL cholesterol and triglycerides, ask your doctor for a prescription for lipid-lowering agents (statins, fibrates, etc.) or to switch your meds to a more lipid-friendly HIV medication combination.

For your food, shop mostly in the outer part of the grocery store where the fresh produce, meats, and milk products/eggs are. Avoid overly processed canned or packaged foods, except for frozen vegetables.

Read the labels and avoid products with many preservatives and additives. Trans-fats and

hydrogenated oils, high fructose corn syrup, and high sugar should be on your radar when reading labels. Watch this funny video for more details on healthy eating.

Try to eat several smaller balanced (protein + good carbs + good fats) meals or snacks instead of two to three large ones. Smaller meals/snacks are more easily digestible, keep blood sugar and insulin more constant through the day, and keep you from binge eating late at night. Eat more almonds, walnuts, pecans and pistachios (good cholesterol-lowering fats).

Twice a day, snack on such nuts to get your good fats and fiber. If you wish, mix them with some dried fruit.

Research has shown that people who eat nuts tend to have lower LDL cholesterol.

Avoid junk and fast food. The best way to do this is to have enough food at home and to bring lunch to work.

Cook a lot of food on week-ends and freeze meals in small containers you can heat up later.

Do not sabotage yourself by bringing sweets and junk into your home. Watch your cravings at night, when most people find it the most difficult to avoid overdrinking alcohol or eating ice cream, cookies, and comfort foods.

Eat a large breakfast, a moderate lunch, and a small dinner. Skipping breakfast makes you more prone to overcompensate by eating more calories late in the day.

Your body has spent several hours without food and is starved for nutrients in the morning. Do not feed it sugar and white flour products at this important time. Eggs, oatmeal (the type that has no added sugar, and you can add whey protein powder to it!), Greek-style yogurt with nuts and fiber supplements, low-fat cottage cheese with fruit, almond butter on multigrain (high-fiber) bread, and fruit are all good choices for breakfast.

For lunch have some soup and a glass of water first and wait 10 minutes to trick your body into feeling full faster. Grilled chicken with vegetables, tuna salad over greens and nuts, a Greek salad with sliced steak, and any Mediterranean food choices are good.

For dinner, fill yourself with stir-fried (use olive oil!) vegetables and lean meats. Two hours before bed, you can have half an almond butter sandwich or yogurt with fruit. You will not be hungry and desperate with this diet!

Eat fruits and vegetables of all colors. Each has a different antioxidant profile. The produce section of the market is basically a fresh vitamin department and a medicine chest. Some foods like garlic, onions, and ginger have genuine therapeutic effects. Eating the widest variety of fresh produce on a daily basis assures you of getting all the ingredients that nature provides that can help keep your body strong enough to handle bacteria and viruses so that you stay healthy. Avoid sodas, sweet drinks, and fruit juices (fruit sounds healthy, but juice contains too much sugar and no fiber to slow down its absorption into the blood). Consuming sugar daily can affect your metabolism, create insulin resistance, make you fat, and have all kinds of negative health consequences. The suggested pecking order of carbohydrate food sources that support your health without increasing insulin resistance follows. Best are vegetables in their many forms. Next are beans and peas. These deliver more calories than vegetables, but the carbohydrates release much more slowly than grains. Next are whole grains, which are calorie-dense but contain carbohydrates that, in general, release somewhat slowly. At the bottom, and the most likely to promote body fat problems, are carbohydrates from milled grains, like wheat and corn. Whole grains are marginally better than processed grains, but when they are milled into flour the difference is not that great. The very worst carbohydrate sources are sweets, like candies, which can deliver as many as 2,000 calories per pound. Try to eat from the first group of slow-release carbohydrate sources most of the time, and if you are relatively healthy, you can have small amounts of milled wheat products or sweets once in awhile.

Drink lots of water. Six to eight glasses a day is a good goal. If you get thirsty, you are already dehydrated!

Eat a high-protein, complex carbohydrate-rich meal after workouts. Examples: chicken salad with nuts, cottage cheese or yogurt and nuts/fruit, celery sticks and hummus (chickpea butter), etc.

Manage your intake of caffeine (it reduces appetite but can increase anxiety). Do not have any caffeine after 4 p.m., since it can impair your sleep.

Minimize hidden sugars like high fructose corn syrup. Read the

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MAY
EVENTS

- 01 - Making Stress Work
12:30p - 1:30p (W)
- 02 - CAC Meeting 5:30p -
7p (G)
- 02 - Positive Mental Health
Support Group 3:30p -
4:30p (A)
- 03 - Positive Group HIV Ed
4p-6p (A)
- 03 - Positive Group HIV Ed
4p-6p (E)
- 04 - Cinco De Mayo Spring
Fling Social 4p - 8p (G)
- 05 - Happy Birthday Bryan G
(CAC - Aurora)
- 09 - Positive Mental Health
Support Group 3:30p -
4:30p (A)
- 10 - Peer to Peer Support
Group 4p-6p (A)
- 10 - Peer to Peer Support
Group 4p-6p (E)
- 11 - Happy Birthday
Jamie (Elgin)
- 13 - Game Night
4pm - 6pm (W)
- 16 - Positive Mental Health
Support Group 3:30p -
4:30p (A)
- 17 - Game Night Positive
Support Group 4p-6p (A)
- 17 - Bingo Positive Support
Group 4p-6p (E)
- 23 - Positive Mental Health
Support Group 3:30p -
4:30p (A)
- 24 - Combined Positive
Support Group 4p - 6p (G)
- 26 - Happy Birthday
Jennifer (Elgin)
- 27 - Memorial Day
Clinics Closed
- 27 - Newsletter Available at
the Clinics
- 27 - Game Night
4pm - 6pm (W)
- 30 - Positive Mental Health
Support Group 3:30p -
4:30p (A)

(A) Aurora
(E) Elgin
(LA) Love & Action
(G) Geneva -1st Cong.
Church
(W) Wheaton - Canticle Place

Dates are subject to
Change
Please call to verify dates

OUTSMARTING HIV WITH HEALTHY EATING

Continued From Page 5

labels of food you buy. Diet sodas tend to make your brain crave sweets in general, so they are not good substitutes for sugary drinks. Water, water, water!

If you do not consume at least 20 grams of fiber a day, add to your intake supplements like Citrucell or Benefiber, purchased in any grocery store. Fiber improves insulin sensitivity, makes you feel full longer, keeps your gut healthy (friendly gut bacteria that produce vitamins love fiber), keeps you regular and reduces diarrhea, and can lower the chances of getting colon cancer.

Eating healthy is eating smart, and it does not mean that you should starve yourself. Hopefully, this information has shed some light on healthy food sources and how they can affect health and the body. Now that we are living longer, food choices can deter-

mine how well we do as we age with HIV. So, take charge of your health and take care of your body. It is the only one you have.

Healthy Eating Shopping List

1. Produce

Spinach and other green leafy vegetables

Broccoli and cabbage

Green beans

Avocados

Raspberries and all berries.

You can buy frozen ones and add to whey protein shakes

Whole fruits (remember no juices).

Sweet potatoes, carrots

Hummus

Beans and other legumes (you can buy canned or frozen ones)

2. Nuts, Grains, Oil

Mix of almonds and other nuts

Peanut, almond, and cashew butters without hydrogenated oil (the healthy nut butters show oil and butter separated since the lack of

hydrogenated oils prevents emulsification)

Pumpkin and sunflower seeds

Wild rice (the darker the rice, the better)

Whole grain breads and pasta

High fiber crackers

Oatmeal (not the little packets; those are loaded with sugars)

Olive oil

3. Dairy

Low fat milk, cheese

Yogurt (Greek style, no sugar added)

Eggs (free range or Omega 3 enriched if possible)

4. Meat

Lean meats

Salmon, sardines and tuna

Occasional glass of red wine per day (optional)

5. Supplements

Whey protein (I like the Isopure brand since it does not give me gut problems and it is very light)

Vitamin D

GIVE US YOUR OPINIONS

Open Door's staff and Client Advisory Committee

want to hear from YOU.

We want to hear the good, the bad and any ideas you have about for the clinics, the staff, or anything

else you want to say.

Please take a minute and write it down.

THE ONLY WAY WE CAN IMPROVE

IS TO HEAR FROM YOU.

The SUGGESTION BOXES are

located in each clinic in the waiting room area.



IF YOU ARE INTERESTED IN
GETTING THE OPEN DOOR
CLINIC'S MONTHLY NEWS-
LETTER VIA E-MAIL OR
HAVE ANY TOPICS THAT
YOU WOULD LIKE TO SEE
IN THE NEWSLETTER.

PLEASE EMAIL ME AT
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