

NEWS & VIEWS

SEPTEMBER 2013

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Meet Michael Client Advisory Committee Member



Name: Michael Lopez—Member

How long have you been a client of ODC? I began my relationship with Open Door in December 1999. I was living in California at the time and I had fallen ill and my family lived in Aurora. With the support of my family they found Open Door. My sister in law who is a registered nurse contacted Open Door and spoke with Pat Lev so when I moved back to Aurora I was already set to begin my relationship with them.

How long have you been on the CAC? I have been an active member for six years and count-

ing.

What types of things do you want to see done on the CAC?

I would like to see more clients get involved in their health and in the social community that the CAC is trying to form.

Describe your family (define family however you want)?

My family is my main support and they have been since day one. My mom and dad God love them, I wouldn't be here writing this without them. My brothers give me love and their wives kids are a very special part of my life. I have seen my nephews and nieces grow up, I watch them, help them do their homework and I go to their activities. I have seen them grow and I have learned and grown in so many different ways because of them. I love my family and they are one in a million.

What do you enjoy doing in your free time?

I go to dinner with my best friends and I also go to the movies. I also love to sleep and sleep some more, I also pray.

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

I have been to Ensenada Mexico,

Puerto Rico, Florida and to California.

What is your favorite food?

There is not just one kind I have multiple favorites depending on the time of year. Summer I like anything that is cooked on the grill, Fall and Winter I like Pho which is a Asian beef noodle soup and all year round I love Soul food.

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

It has been a dream to go to Hawaii; I am 54 now so I hope to celebrate my 60th birthday there.

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

I can't say there is only one person I would have to say the staff at Open Door, without each and every one of them. They have encouraged me, supported me, taught me and they have helped me be healthier, they are my family.

What have you learned since being on the CAC?

I can sum this question in two words and they are "I COUNT".

New Integrated Inhibitor Tivicay (Dolutegravir) Approved for Treatment of HIV by FDA

From TheBodyPRO.com

On Aug. 12, Tivicay (dolutegravir) was approved as a first-line and second-line HIV treatment option, according to a news release by the U.S. Food and Drug Administration (FDA). Tivicay is an integrase inhibitor taken as a once-daily pill.

According to the FDA release:

Tivicay is approved for use in a broad population of HIV-infected patients. It can be used to treat HIV-infected adults who have never taken HIV therapy (treatment-naïve) and HIV-infected adults who have previously taken HIV therapy (treatment-

experienced), including those who have been treated with other integrase strand transfer inhibitors. Tivicay is also approved for children ages 12 years and older weighing at least 40 kilograms (kg) who are treatment-naïve or treatment-experienced but have not previously taken other integrase strand transfer inhibitors.

Tivicay's safety and efficacy in adults was evaluated in 2,539 participants enrolled in four clinical trials. Depending on the trial, participants were randomly assigned to receive Tivicay or raltegravir (Isentress), each in combination with other antiretro-

ral drugs, or Atripla, a fixed-dose combination of efavirenz, emtricitabine and tenofovir. Results showed Tivicay-containing regimens were effective in reducing viral loads.

Common side effects observed during clinical studies include difficulty sleeping (insomnia) and headache. Serious side effects include hypersensitivity reactions and abnormal liver function in participants co-infected with hepatitis B and/or C. The Tivicay label gives advice on how to monitor patients for the serious side effects.

2013 Picnic Pictorial



AIDS Walk/Run is Approaching

On Saturday September 28th is the AIDS Run/Walk, organized by The AIDS Foundation of Chicago will be held at Soldier's Field. Open Door has had a team at this event for the past 8 years. Open Door relies on money raised at this event to provide services to over 500

Open Door provides HIV prevention/education to the community, primary medical care, case management, mental health, substance abuse, oral health, and support groups. Our clients depend on us to be here and give them the care, respect and compassion they need. Your donation to the AIDS Run & Walk Chicago allows people affected by HIV/AIDS to live with dignity. Your support helps the AIDS Foundation, Open Door and its community partners continue their important work in the city of Chicago and surrounding areas.

HIV+ individuals spanning 6 counties.

The Open Door Team has a



goal of 30 walkers raising 10,000 dollars. If we meet that goal 90% or \$9000 of the money raised comes back to the clinic, then we will be eligible to apply for an additional \$20,000 grant on top of the money we raised, for a total of \$29,000. This will allow us to provide much needed services to our clients. We are asking for your support; by being on our

team or sponsoring one of our team members. If you only have a couple of bucks, there are donation cans located in the lobbies of both clinics. Any amount will help us reach our goal. You can join the team, donate or get more information on our website

www.opendoorclinic.org or at www.aidschicago.org



New Medical Director at Open Door



Open Door is excited to announce the newest addition to Ambulatory Out-patient Medical Care. Starting September 3rd, Dr. Constance Pachucki will assume the role as the Medical Director. Dr. Pachucki

comes to Open Door from Hines VA Hospital in Maywood. She is dually Board certified in Internal Medicine and Infectious Diseases.

Her educational background includes; McGaw Medical Center of Northwestern University for her Internal Medicine residency and University of Illinois College of Medicine at Chicago for her fellowship for Infectious Disease.

In addition to her medical practice Dr. Pachucki has participated in several studies which have been published regarding influenza and zoster vacci-

nation. Dr. Pachucki is well connected to teaching hospitals and provides training to residents. Dr. Pachucki hopes to continue her partnerships with the teaching hospitals and create learning opportunities at Open Door.

Several of our case managed clients have had the opportunity to be under the care of Dr. Pachucki. They all speak very highly of her and believe she will be an asset to the patients as well as the agency. She comes highly recommended by her peers including, Dr. Huston who actually

trained under her.

If you happen to be here around September 3, 2013 I would encourage you to say, hello. Additional meet and greet opportunities will be planned in the near future.



B O W L I N G

Date:

October 06, 2013

Time:

1:00pm

Location:

**St. Charles Bowl,
2520 W Main St.
St. Charles IL**

COST:

- **FREE** to Clients and their kids 12 & under
- \$5.00 for family & Friends
- Includes shoes & 2 hours of bowling
- Check In will be at 12:30pm
- Refreshments will be provided



Space is limited so please
RSVP by September 25, 2013
to your Case Manager
or call

Bryan at 847-695-1095 ext 23



**THIS OUTING IS SPONSORED
BY THE OPEN DOOR
CLIENT ADVISORY
COMMITTEE**



Affordable Care Act (aka) Obama Care

The topic of the Affordable Care Act (ACA) will be a regular feature over the next couple of months. You might be asking yourself what is the Affordable Care Act and how will it affect me. Starting January 1, 2014 you might be eligible for health insurance. If you currently have Medicaid or Medicare not much will change with the new

law. If you are currently without insurance the care act might assist you in securing health benefits. What we know for sure is those who are undocumented will not be able to access this benefit.

Starting October 1, 2013 you can start the application process to apply for health benefits. You can sign up via the web or your

local Department of Human Services offices.

Open Door is committed to assist our clients in getting signed up for insurance. Several of our key staff have signed up for training and have been reading additional information as it comes in to prepare for the changes. If you have any questions or concerns you can contact

your case manager or peer educators. We will be placing educational flyers in the waiting rooms at both clinics.

As we progress closer to October 1st I will continue to add the most current information and links to websites about the ACA.

Low CD4 and Cardiovascular Disease Only Weakly Linked

aidsmeds.com

A suppressed immune system among people with HIV has only a tenuous connection to an increased risk of heart attack and coronary heart disease, aidsmap reports. Publishing their findings in the online edition of the journal AIDS, researchers culled data from their large observational study of 33,301 HIV-positive participants. The scientists found a

more direct link to diminished CD4s and a raised risk of stroke; however, they believe this apparent connection was influenced by misclassifications in addition to other biases.

With more than 223,000 person-years of follow-up between them, the participants experienced 717 heart attacks, 1,056 coronary heart disease events, 303 confirmed strokes and 1,284 cardiovascular disease

events overall. These health problems were all less likely to occur among those who had never experienced a suppressed immune system.

While an initial analysis showed a connection between low CD4s and a higher risk for cardiovascular disease, once the researchers controlled for other risk factors, this link no longer had statistical significance, meaning it could be the result of chance.

Those with CD4s below 100 had twice the risk of stroke as those who were not immuno suppressed. However, after the investigators factored out strokes that likely had been misclassified, they found the apparent link weakened. Still, when CD4 counts doubled, the participants' risk for stroke dropped nearly 19 percent.

Detectable HIV May Be in Semen Despite Viral Suppression in Blood

TheBodyPRO.com

HIV can still be detected in the semen of some HIV-infected men, even if they are on sustained antiretroviral therapy and have an undetectable viral load in their blood, according to a study presented at IAS 2013.

The study, conducted by French researchers and led by Jade Ghosn, Ph.D., followed 157 HIV-infected men who have sex with men (MSM), all of whom were on treatment, had a blood plasma viral load below 50

copies/mL and had no symptoms of other sexually transmitted infections (STIs).

The researchers found that 7.6% of the MSM had detectable (over 50 copies/mL) amounts of HIV in their semen. This finding was based on analyses of semen samples collected at baseline and at 4 weeks. HIV was detected in 23 out of 304 semen samples, with a median seminal plasma viral load of 145 copies/mL.

The median age of the participants was 44, with a median CD4+ cell count of

637. The median time on treatment at baseline was 6.6 years and the median time with an undetectable viral load was 3.3 years.

After performing a multivariate analysis, the researchers found no association between seminal viral load and STI, nadir or current CD4+ cell count, duration of undetectable blood viral load, adherence to treatment or number of sexual partners.

However, having HIV DNA in the peripheral blood mononuclear cells (PBMCs)

above 318 copies per million cells made it 3.1 times more likely for a study participant to have detectable virus in his semen.

Also worth noting: The 7.6% rate for MSM was much higher than the 3.1% rate found in a study of heterosexual men conducted by Sidonie Lambert-Niclot, Pharm.D., Ph.D., and her team, but the researchers did not have data to explain why this difference may be.

These findings were also previously presented at ICAAC 2012.

Exercise Helps With Better Brain Functioning in HIV-Infected

Springer Science

Regular exercise regimen helps to mitigate common neurocognitive impairments in patients

Regular exercise is not only good for health, but can give people living with HIV a significant mental boost. This is according to a study by Dr. David J. Moore and colleagues at the University of California, San Diego (UCSD), published in Springer's *Journal of Neuro-Virology*. The study found that HIV-infected adults who exercise suffered significantly less neurocognitive impairment compared to patients who do not exercise.

Moore and his team, including UCSD medical student Catherine Dufour, found that HIV-infected adults who exercise were

approximately half as likely to show signs of neurocognitive impairment as compared to those who do not. They also had better working memory and could process information faster than patients who follow a sedentary lifestyle.

Despite recent advances in antiretroviral treatment, impaired brain functioning is a reality faced by nearly half of all people living with HIV. This ranges from asymptomatic neurocognitive impairment, to more pronounced deficits that interfere with daily functioning, such as problems with financial management, driving and taking medication regularly.

The major benefit of exercise to the brain seems to be the reduction of neurocognitive risk factors, such as high blood pressure and abnormally high levels of lipids in

the blood. Metabolic syndrome associated with the use of antiretroviral treatment is also linked to an increase in cerebrovascular risk factors, such as diabetes, hypertension and obesity.

In the study, 335 community-dwelling HIV-infected people were asked how much exercise they undertook during the previous 72 hours, and persons were classified into those who engaged in significant exercise (e.g., activities that make the heart beat rapidly) and those who did not. Seven cognitive areas commonly affected by HIV were tested, including verbal fluency, working memory, speed of information processing, learning, recall, executive function and motor function.

The study extends prior

findings about the link between exercise and cognition among HIV-infected people by showing that this association is also true in a diverse and large group of people living with the disease. Compounding factors were taken into account, such as demographics, HIV disease characteristics, substance use, past and current depression, mental health status and physical functioning.

"Exercise as a modifiable lifestyle behavior may reduce or potentially prevent neurocognitive impairment in HIV-infected persons," says Moore. "Physical exercise, together with other modifiable lifestyle factors such as education, social engagement, cognitive stimulation and diet could be fruitful interventions to support people living with HIV"

H O L I D A Y P A R T Y



Date & Time:

**December 14, 2013
4pm to 7pm**

Location:

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



Open Door's Client Advisory Committee

**invites you to Come and Celebrate the Holiday Season
with us and your family, friends and the Open Doors staff**

SEE FLYERS IN CLINICS FOR MORE DETAILS

SEPTEMBER
EVENTS

- 02 - LABOR DAY
CLINICS CLOSED
- 02 - NO GROUP
Healthy Lifestyle Group
4p-5pm (A)
- 04 - Making Stress Work
12:30p - 1:30p (W)
- 04 - Happy Birthday Yelica (E)
- 05 - Positive Mental Health
Support Group 3:30p -
4:30p (A)
- 05 - Healthy Lifestyle Group
3p-4pm (E)
- 06 - Positive Group HIV Ed
4p-6p (A)
- 06 - Positive Group HIV Ed
4p-6p (E)
- 09 - Healthy Lifestyle Group
4p-5pm (A)
- 09 - Game Night
4pm - 6pm (W)
- 12 - Positive Mental Health
Support Group 3:30p -
4:30p (A)
- 12 - Healthy Lifestyle Group
3p-4pm (E)
- 13 - Peer to Peer Support
Group 4p-6p (A)
- 13 - Peer to Peer Support
Group 4p-6p (E)
- 16 - Healthy Lifestyle Group
4p-5pm (A)
- 18 - Happy Birthday
Dr. Huston
- 19 - CAC Meeting 5:30p -
7p (G)
- 19 - Positive Mental Health
Support Group 3:30p -
4:30p (A)
- 19 - Healthy Lifestyle Group
3p-4pm (E)
- 20 - Game Night Positive
Support Group 4p-6p (A)
- 20 - Bingo Positive Support
Group 4p-6p (E)
- 20 - Happy Birthday
Louis H (A)
- 23 - Healthy Lifestyle Group
4p-5pm (A)
- 23 - Newsletter Available at
the Clinics
- 23 - Game Night
4pm - 6pm (W)
- 26 - Positive Mental Health
Support Group 3:30p -
4:30p (A)
- 26 - Healthy Lifestyle Group
3p-4pm (E)
- 23 - Positive Support Group
4p - 6p (A)

- (A) Aurora Clinic
157 S. Lincoln Ave Rm K
Aurora, IL 60505
- (E) Elgin Clinic
164 Division St, Suite 600
Elgin, IL 60120
- (G) First Congregational
Church 321 Hamilton
Geneva IL 60134
- (W) Canticle Place
26W105 Roosevelt Rd
Wheaton, IL 60187

Questions and Answers

Q Breakfast

What is the best (nutrient) breakfast a diabetic person could have?

A Response from Mr. Vergel

We all know the saying "breakfast is the most important meal of the day," but for diabetics, it is even more important than for most. Going without eating for hours can

make blood sugar level control a lot more difficult. After fasting for 8 hours during sleep, our bodies are craving nutrients when we wake up. But most people skip breakfast or eat something sweet and loaded with refined carbs. That can spike sugar and insulin blood levels that can set your whole day in the wrong direction metabolically.

Foods that diabetics should avoid in general are those that are high in refined sugar, low in fiber and high in fat and calories. We all should avoid high sugar cereals, pastries, dough-nuts, pancakes/waffles with syrup, fruit juices and coffee drinks high in sugar. However, carbohydrates are an important part of a balanced diet and should not be avoided. Complex

carbohydrate breakfasts, such as steel-cut oatmeal, provide energy and are involved in metabolic processes.

Protein is an important component of a diabetic's breakfast. Good sources of protein include eggs, turkey bacon or sausage, beans, sugar free yogurt, nuts, low-fat cheese, nuts and/or peanut butter and skim milk. A fruit can be included in a diabetic's breakfast, but you must eat the correct portion, which is usually 1/2 to 3/4 cup of berries or a half of a banana. A combination of high fiber, high protein foods will provide better control and less spikes than low protein, high sugar foods.

You can read more in this article that is not only good for diabetics but also for anyone who wants to stay healthy.

Time is Running Out!!!!

Don't miss out on your chance to be a winner! Participate in the Client Participation Program, research shows that people who take an active role in their own healthcare have better health outcomes. We are hoping that the participation cards help remind clients to take care of themselves. Healthcare is not only getting your blood drawn and seeing the doctor, it's also about your mental and overall physical well being. Keeping mental health appointments, meeting with case manager or peer, completing assessments and surveys, attending support or focus groups, or seeing the dentist. By participating in your own healthcare you are a winner!!

Client Participation Cards are

available at reception area, through case managers, peers, or at support groups. To fill the card you must attend at least 3 HIV related medical visits, i.e. doctor, nurse visit, blood draw, and 3 other activities. After each appointment or activity have a staff member sign the card and indicate the type of activity participated in. When you have all 6 spaces on your card filled turn it in to an Open Door staff member and your name will be entered into a drawing to take place in the last week in November. We will be picking 5 cards from each clinic for a total of 10 winners. Those winners will be invited to an Appreciation Dinner and each winner will receive a \$50 gift card.

The program is open to anyone who receives at least one of the services offered at Open Door. If you only receive services from Open Door you can have your own primary care doctor, mental health provider, or dentist sign the card also. Remember your card must have at least 3 HIV related medical visits to qualify. The other 3 can be any combination of services offered. If there are any questions or problems about qualification please direct them to a Peer Advocate available at either clinic.

Dead line to turn in your cards is November 21st by 4pm. The winners will be picked on November 21st after 4pm. Winners will be notified on November 22nd., 2013

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

**PLEASE EMAIL ME AT
deanb@opendoorclinic.org**

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