

# WIHS CHICAGO NEWSLETTER



Spring 2017

## WHAT'S HAPPENING?

### THE MARCH FOR SCIENCE

Thousands of people gathered in cities on Saturday, April 22<sup>nd</sup>, Earth Day, to protest president Trump's proposed budget cuts to the Science field. Chicago's demonstration was one of the largest held with 40,000 people assembled downtown. "Most people don't know how much sciences funding supports everyday life. Medicine, food-all that is science-based," Pati Vitt, a scientist at the Chicago Botanic Garden told the Associated Press.

Happy Spring to everyone! Once again, we are amazed at the resiliency of WIHS women who continue to inspire us visit after visit. We continue to learn so many life lessons from all of you. Thanks for being so open and honest sharing your stories so that others can learn from you.

Although the WIHS visit changes very little over time by design, we hope you have enjoyed some of our more intensive local sub studies. As we learn from those initiatives, we will share our findings with you via our visit newsletters!

There are feedback forms at the check-out desk. Please share with us your thoughts of WIHS, what you are interested in learning, and what you think we should be studying. We want to hear your thoughts!

## VISIT 46

### Stay Tuned

There are various new studies that will begin during V47. One will include having an ECG (electrocardiogram) and echo, which uses sound waves to create pictures of your heart's chamber, valves, walls and the blood vessels (aorta, arteries, veins) attached to your heart. Another one will involve PFT (pulmonary function testing) that will use spirometry to test lung function. We will keep you posted about these exciting new opportunities.

### New Door

Please look out for our new door which will open directly into our clinic. We ask that any time you exit WIHS you continue to use the old entrance. We hope this will be easier for everyone!

*April 22, 2017, NY Daily News: Women's marches: March for Science brings out researchers, students and knowledge lovers protesting Trump budget cuts*

## STAFF CORNER

It is true that by and large, many of the WIHS clinic staff have remained the same over the decades. Calvine, Darlene and Sandy will continue to see you during your WIHS visits, but we'd like to introduce a new face you'll see around the office. We're excited to welcome Marie to the team!



**Marie Vallido** will be starting as a Clinical Research Nurse. Marie received her Master's in Nursing at Rush University and will help us both in the clinic and with various study protocols. She will be assisting with the hospitalization protocol and new, exciting clinical protocols that will be starting soon. She has experience in ICU and also works in a hospital in Chicago.

## RECENT PUBLICATIONS

Falls among middle-aged women in the Women's Interagency HIV Study.

WIHS investigators described the frequency and risk factors for falls among 2,062 middle-aged HIV+ and HIV- women (mean age 48 years) in the WIHS. Falls were not associated with HIV status. Factors associated with falls included age, current marijuana use, depressive symptoms, cognitive complaints, neuropathy and obesity, and higher number of medications affecting the nervous system.

Sharma A, Hoover DR, Shi Q, Holman S, Plankey MW, Wheeler AL, Weber K, Floris-Moore M, Bolivar HH, Vance DE, Mack WJ, Golub ET, Holstad MM, Yin MT. *Antivir Ther.* 2016; 21(8): 697-706. Doi: 10.3851/IMP3070

Utilization of Alcohol Treatment Among HIV-Positive Women with Hazardous Drinking.

Investigators determined the frequency and predictors of using alcohol treatment in the past 6 months among 474 HIV+ women reporting hazardous drinking during the past 6 months. Less than one in five participants reported recent utilization of any alcohol treatment with 12.9% reporting going to Alcoholics Anonymous, 9.9% inpatient detoxification and 7.0% outpatient alcohol treatment program and half report using multiple treatments. Alcohol treatment was more likely to be utilized by those who had social support, fewer economic resources, higher levels of drinking and those using any illicit drug use.

Hu X, Harman J, Winterstein AG, Zhong Y, Wheller AL, Taylor TN, Plankey M, Rubtsova A, Cropsey K, Cohen MH, Adimore AA, Milam J, Adedimeji A, Cook RL. *J Subst Abuse Treat.* 2016 May; 64: 55-61.

## Gender-Related Risk Factors Improve Mortality Predictive Ability of VACS Index Among HIV-Infected Women.

The VACS index (based on age, CD4 count, HIV-1 RNA, hemoglobin, aspartate aminotransferase, alanine aminotransferase, platelets, creatinine and Hepatitis C status) was validated in HIV-infected women in WIHS who initiated antiretroviral therapy between January 1996 and December 2007 and accurately predicted 5-year death rate in 1075 WIHS women. However, including women's report of depressive symptoms history of transactional sex improved predictive ability of the index. Providing treatment for depression and addressing economic and psychosocial instability in HIV-infected women would improve health and perhaps point to a broader public health approach to reducing HIV mortality.

Cohen MH, Hotton AL, Hershov RC, Levina A, Bacchetti P, Golub ET, Anastos K, Young M, Gustafson D, Weber KM. *J Acquir Immune Defic Syndr.* 2015 Dec 15; 70(5): 538-44.

## Neighborhood community characteristics associated with HIV disease outcomes in a cohort of urban women living with HIV.

This study compared multi-dimensional survey measures of neighborhood disorder with census measures as predictors of HIV outcomes in a cohort of 197 low-income women in Chicago. The multi-dimensional survey measures were related to each other and to census measures of concentrated poverty and racial segregation. We found notable variation between community areas in women's CD4 levels, but there was no corresponding geographic variance in viral load, and relationships between community area measures and viral load disappeared after adjustment for individual characteristics, including HIV treatment adherence. In multilevel models adjusting for individual characteristics including substance use, depression and HIV treatment adherence, one survey measure of neighborhood disadvantage (poor-quality built environment) and one census measure (racial segregation) were significantly associated with greater likelihood of CD4 < 500 ( $p < .05$ ).

Burske-Miller JK, Weber K, Cohn SE, Hershov RC, Sha BE, French AL, Cohen MH. *AIDS Care.* 2016 Oct; 28(10): 1274-9.

## Gender role behaviors of high affiliation and low self-silencing predict better adherence to antiretroviral therapy in women with HIV.

Socially prescribed gender-role behaviors for women include communion or affiliation (behaviors and characteristics that foster positive interpersonal relationships, such as empathy and warmth); self-silencing (concealing feelings to avoid conflict, loss and protect self-esteem); and unmitigated communion (prioritizing care for others over self-care). This study suggests that higher affiliation and lower self-silencing are associated with better adherence to antiretroviral therapy. Further investigation of these relationships may help to design interventions emphasizing gender role behaviors of affiliation, self-care and self-advocacy to potentially improve adherence and health for women with HIV.

Brody LR, Stokes LR, Kelso GA, Dale SK, Cruise RC, Weber KIM, Burke-Miller JK, Cohen MH. *AIDS Patient Care STDS.* 2014 Sep; 28(9): 459-61.

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## Health Corner: *Sleep*

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“Sleep is the single most effective thing you can do to reset your brain and body,” Dr. Walker of UC Berkeley said.



*April 9, 2017, on Page ST1 of the New York edition of the NY Times with the headline: Sleep is the New Status Symbol*

Sleep is a very important part of our health that is harder to attain than expected sometimes. Here are some tips from National Institutes of Health (NIH):

- 1. Stick to a sleep schedule.** Go to bed and wake up at the same time each day—even on weekends. This can be hard to do, but it helps your body create a schedule.
- 2. Exercise is great, but not too late in the day.** Try to exercise at least 30 minutes on most days, but no later than 2-3 hours before your bedtime.
- 3. Avoid caffeine and nicotine.** This is obviously very hard to do, but just remember stimulating effects of caffeine in coffee, colas, certain teas and chocolate can take as long as 8 hours to wear off fully. Nicotine is a stimulant. Avoiding alcoholic drinks before bed can also help you sleep. While a “nightcap” might help you get to sleep, alcohol keeps you in the lighter stages of sleep. You also tend to wake up in the middle of the night when the sedating effects of alcohol have worn off.
- 4. Avoid large meals and beverages late at night.** A large meal can cause indigestion that interferes with sleep. Drinking too many fluids at night can cause you to awaken frequently to urinate. Avoid medicines that delay or disrupt your sleep, if possible. Some commonly prescribed heart, blood pressure, or asthma medications, as well as some over-the-counter and herbal remedies for coughs, colds, or allergies, can disrupt sleep patterns.
- 5. Don’t take naps after 3 p.m.** Naps can boost brain power, but late afternoon naps can make it harder to fall asleep at night. Also, keep naps to under an hour.
- 6. Relax before bed.** Take time to unwind. A relaxing activity, such as reading or listening to music, should be part of your bedtime ritual. Have a good sleeping environment. Get rid of anything in your bedroom that might distract you from sleep, such as noises, bright lights, an uncomfortable bed, or a TV or phone in the bedroom. Also, keeping the temperature in your bedroom on the cool side can help you better.
- 7. Have the right sunlight exposure.** Daylight is key to regulating daily sleep patterns. Try to get outside in natural sunlight for at least 30 minutes each day.
- 8. Don’t lie in bed awake.** If you find yourself still awake after being in bed for more than 20 minutes, do some relaxing activity until you feel sleepy. The anxiety of not being able to sleep can make it harder to fall asleep.

## DID YOU KNOW?

### POSITIVE THINKING IS GOOD FOR YOUR HEALTH!

Researchers recently found that happy thoughts may help you feel better and live longer! Judith T. Moskowitz of Northwestern university has found that in the face of a health crisis, positive feelings can boost the immune system, fighting depression.



<https://mobile.nytimes.com/2017/03/27/well/live/positive-thinking-may-improve-health-and-extend-life.html?referrer=http%3A%2F%2Fm.facebook.com>

## FARMERS MARKETS

Farmers Markets bring vendors selling fresh fruits, vegetables, plants and flowers right to your neighborhood! Visit one of your local markets for fresh food. All of the following markets accept the *LINK* card:

McKinley Park Farmers Market 3700 S Archer Ave Sundays 10am-2pm June 4-September 24	Fresh Beats and Eats Market 2744 W 63 <sup>rd</sup> Fridays 2-6pm May 19-October 20
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PCC Farmers Market 330 N Lotus Ave Tuesdays 12-5pm June 6-October 31	51 <sup>st</sup> Street Community Market 5100 S Wood St Saturdays 11am-2pm June 17-October
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Lawndale Market 3750 W Ogden Ave Wednesdays 9am-1pm June 14-October 11	Plant Chicago Farmers Market 1400 W 46 <sup>th</sup> St Saturdays 10am-2pm June 3-September 16
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61 <sup>st</sup> Street Farmers Market 6100 S Blackstone Ave Saturdays 9am-2pm May 13-December 16	Gary Comer Center Farm Stand 7256 S Chicago Ave Tuesdays & Wednesdays 3-6pm June 7-August 29
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[https://www.cityofchicago.org/city/en/depts/dca/supp\\_info/farmersmarkets0.html](https://www.cityofchicago.org/city/en/depts/dca/supp_info/farmersmarkets0.html)

## 2017 HOLIDAY PARTY

Save the date of our annual Holiday Party on Friday December 15, 2017. Please join us for great food, friends, and of course, the Little People!

Connie's Pizza  
2373 S Archer Avenue

## REMINDERS

- ◆ Please don't forget to call Calvine (312) 810-5746 or Darlene (312) 810-6091 if you are hospitalized or have a change in medication.
- ◆ IF you need to reschedule your appointment, please call or send a text in advance to Calvine (312) 810-5746 or Darlene (312) 810-6091.

**Thanks for reading and we look forward to seeing you soon!**