

CHICAGO WIHS NEWSLETTER

SPRING 2018

Spring is finally here! We hope that everyone had a good winter and is looking forward to the summer. Visit 47 was an exciting visit with the initiation of several new studies and protocols. We were inspired and encouraged by the overwhelming enthusiasm and dedication of the WIHS women to the new and existing studies. Thank you to everyone for your willingness to participate. The WIHS hopes that others will continue to learn and benefit from your stories and experiences.

We look forward to starting even more new studies and protocols in visit 48. As we learn from these and previous initiatives, we will share our findings with you via our visit newsletters!

As always, there are feedback forms at the check-out desk that we invite you to fill out at every visit. Please share your thoughts and comments with us as we move forward. We want to hear from you!

LOOKING FORWARD

There are various new studies that will begin during V48:

- **Echocardiogram (ECHO):** ECHOs will start in visit 48. The ECHOs use sound waves (ultrasound) to create pictures of your heart's chamber, valves, walls and the blood vessels (aorta, arteries, veins) attached to your heart. The ECHOs will be completed off site at Cook County Hospital. We will begin scheduling appointments for weekday early evenings soon.
- **Pulmonary Function Testing (PFT):** Beginning in visit 48, we will be using spirometry to test lung function. If interested, the PFT study will take place at the WIHS clinic during the same day as your visit. During the PFT, a clip will be placed on your nose to assure you are only breathing from your mouth. You will then be asked to place your mouth around a mouth piece and take a deep breath in, followed by a strong breath out. You will be asked to do this more than once to assure an accurate reading. You will then be asked to take 4 sprays of a bronchodilator medication (albuterol) and then repeat the PFT. The PFT will measure your lung function and produce a report that will be sent to a pulmonologist. The entire study should take between 30-45 minutes with the PFT and related questionnaires.
- **Microbiome:** Also beginning in visit 48, we will be collecting stool samples to study the gut bacteria that make up the microbiome. For this, you will be asked to take home a stool collection kit, given to you at your regular WIHS visit, and bring it to your ECHO appointment.

We will keep you posted about these and other new exciting new opportunities.

Stay Tuned (Or if you want to add something else)

As many of you now know, WIHS will be facing some new and exciting changes as we look to the future. We are now being funded primarily by the National Heart, Lung, and Blood Institute (NHLBI), no longer the National Institute for Allergy and Infectious Diseases (NIAID). With this change, WIHS will be combining with the Multicenter AIDS Cohort Study (MACS). MACS is an all-male study that has been around since 1984. Although WIHS is merging with an all-male cohort, WIHS investigators will continue to ensure that a focus of the study remains women and their health. Please keep checking with us as we move towards these changes!

New Door

Please remember to keep using our new door which is west of the front door and has a WIHS sign. It opens 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!

Upcoming Sub Studies

- Please look out for a new pilot study about positive thinking for women with depressive symptoms.

Tips for Managing Stress and Anxiety

MIND:

- Accept that you cannot control everything.
- Do your best.
- Maintain a positive attitude.
- Learn what triggers your anxiety.

BODY:

- Limit alcohol and caffeine.
- Eat well-balanced meals.
- Get enough sleep.
- Exercise daily.

ACTION:

- Take deep breaths.
- Slowly count to 10.
- Give back to your community.
- Take a time out.
- Get help online.
- Talk to someone.

(Retrieved from Anxiety and Depression Association of America)

Breath as Medicine Workshop

On January 5 and 6, the WIHS hosted a Breath as Medicine workshop led by Therese Jornlin, which focused on the positive power of breathing. Therese's instruction centered on recognizing breath as the most powerful force in our lives and understanding this inner resource. Consciously learning to control your breathing is the best remedy for decreasing stress, increasing focus, enhancing sleep, lowering heart rate and more. This workshop was an introduction to generate your curiosity about the undiscovered inner power of your breath. We hope that everyone who attended walked away understanding a little more about the resource that is breathing and with new tools to use when faced with life's challenges.

GO FURTHER *with* FOOD



(Retrieved from Academy of Nutrition and Dietetics)

Celebrated in March, national nutrition month is a campaign focused on the importance of making informed and healthy food choices and creating sustainable eating and physical activity habits. The theme for 2018 is “Go Further with Food,” which emphasizes the significance healthy eating practices, as well as finding ways to cut back on food waste.

Some Health Tips for 2018:

- Eat **breakfast**: begin your day with a healthy breakfast
- Make **half of your plate** fruits and vegetables: try different types, fresh, frozen, and canned
- Watch **portion** sizes
- Be **active**: start by doing what exercise you can for at least 10 minutes at a time.
- Fix **healthy snacks**: try raw veggies and a low-fat salad dressing
- Get to know **food labels**
- Drink more **water**
- Get **cooking**
- Explore **new foods** and flavors
- Make an effort to **reduce** food waste

(Retrieved from Academy of Nutrition and Dietetics)

For meatloaf:

- 2 C assorted vegetables, chopped—such as mushrooms, zucchini, red bell peppers, or spinach (*Leftover Friendly*)
- 12 oz 99 percent lean ground turkey
- ½ C whole-wheat breadcrumbs (*or substitute regular breadcrumbs*)
- ¼ C fat-free evaporated milk*
- ¼ tsp ground black pepper
- 2 Tbsp ketchup
- 1 Tbsp fresh chives, rinsed, dried, and chopped (or 1 tsp dried)
- 1 Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)

Nonstick cooking spray

For glaze:

- 1 Tbsp ketchup
- 1 Tbsp honey
- 1 Tbsp Dijon mustard

garden turkey meatloaf

Try this healthy twist on a dinner favorite!

1. Preheat oven to 350 °F.
2. Steam or lightly sauté the assortment of vegetables.
3. Combine vegetables and the rest of the meatloaf ingredients in a large bowl. Mix well. Spray a loaf pan with cooking spray, and spread meatloaf mixture evenly in the pan.
4. Combine all ingredients for glaze. Brush glaze on top of the meatloaf.
5. Bake meatloaf in the oven for 45–50 minutes (to a minimum internal temperature of 165 °F).
6. Let stand for 5 minutes before cutting into eight even slices.
7. Serve two slices on each plate.

Source: NHLBI's Keep the Beat™ Recipes: Deliciously Healthy Family Meals

FOOD SAFETY:

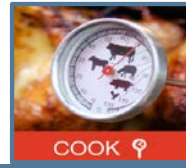
Every year, it's estimated that 1 in 6 Americans get sick from eating contaminated food. As we approach the summer months, it's important that we make food safety a priority. We should all keep these useful tips in mind as we prepare food so that we protect ourselves and those around us from foodborne illness.



Wash your hands and food-prep surfaces often. Rinse fruits and vegetables in water.



Keep raw meat, poultry, seafood, and eggs separate from other food. Don't cross-contaminate.



Cook raw meat to the right internal temperature - use a food thermometer to be sure.



Refrigerate food promptly, especially in the summer months.

Retrieved from: <https://www.cdc.gov/foodsafety/prevention.html>

THE HUMAN GUT MICROBIOME:

In recent years, the gut microbiome has become a major area of study (including here at WIHS!) due to its links with immunity, mental health, and chronic diseases.

What is the gut microbiome? Our bodies are shared with 100 trillion organisms that make up the human microbiome. For every 1 human cell, there are 10 microbial cells living on or inside our bodies, such as in the mouth, vagina, gut, and on the skin. These microbial cells – made of different kinds of bacteria, fungi, and viruses – allow our bodies to perform life-sustaining functions. Having a healthy microbiome is important to protect our bodies against harmful bacteria (or pathogens) and to promote the uptake of nutrients.

When we are born, our first exposure to microbial cells are through the birth canal, followed by mother's breast milk. From there, the human microbiome is constantly being developed from contact with people, what food and beverages we consume, and environmental exposures. For example, every time you kiss someone, pet an animal, or eat a meal, the composition of your microbiome changes.

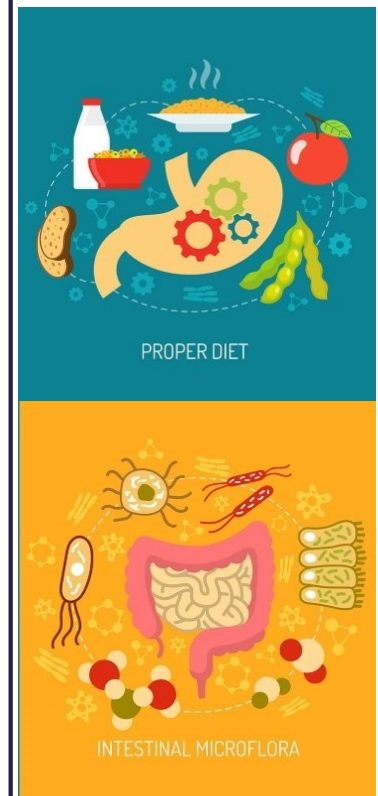
Why is it important to study? The microbiome is important because it has long-term effects on immunity, mental and emotional well-being, and chronic diseases. As gut microbiome research is growing, it is becoming more clear how it is directly connected to things like depression, anxiety, schizophrenia, autism, obesity, diabetes, colon cancer, rheumatoid arthritis, and gastrointestinal diseases.

What can you do to promote a healthy microbiome (or intestinal flora)? While much research is still needed, there have been studies to show that you can help to balance your microbiome (keep good bacteria) by only taking antibiotics when necessary (while they kill bad bacteria, they are also killing necessary and good bacteria), consuming green vegetables, eat less processed and sugary foods and/or drinks, take probiotics, go outside more, and don't go overboard on using hand-sanitizer or antibiotic products.

Data from: National Institute of Health, Lipman (2013)

Photo retrieved from: <https://www.everydayhealth.com/type-2-diabetes/diet/how-your-gut-microbiome-may-affect->

“We tend to focus on destroying bad microbes, but taking care of **good ones** may be even more important” (NIH,2012)



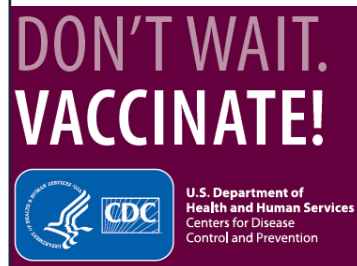
VACCINATIONS:

3 Important reasons for Adults to Get Vaccinated:

1. You may be at risk for serious diseases that are still common in the U.S.
2. You can't afford to risk getting sick and missing work or school.
3. You can protect your health **AND** the health of those around you by getting the recommended vaccines.

All adults should get:

- Flu vaccine every year to prevent against seasonal flu
- Td/Tdap to protect against tetanus, diphtheria, and pertussis (whooping cough)
- May need based on age:
 - o Pneumococcal (Adults 65 or older)
 - o Shingles (Adults 60 or older)



Check Out Our New WIHS Website!

If you have not seen it yet, be sure to check out the new Chicago WIHS website. This site provides up-to-date information about WIHS and has a section for WIHS participants. It can be found at the following address: <http://chicagowihs.org/>

Reminders

Please don't forget to call Calvina (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 text Calvina (312) 810-5746 or Darlene (312) 810-6091. If you need to reschedule your echo, please call or text Leah (312) 810-6730.

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