

CHOICES

THE HAWAII ISLAND HIV/AIDS NEWSLETTER



AUGUST
2006

AIDS and Exercise

by Connie B. Scanga, Ph.D.

According to the Centers for Disease Control and Prevention, more than 240,000 Americans are living with Acquired Immune Deficiency Syndrome (AIDS), a disease caused by a retrovirus, the human immunodeficiency virus (HIV).

There is a growing body of evidence that exercise training can improve mood state and quality of life for HIV+ individuals, and there is widespread belief among the HIV community that exercise training will make them stronger, improve their endurance and protect them from infection.

Introducing exercise

HIV infection can lead to loss of muscle strength and reduced aerobic capacity. Deconditioning often becomes more severe as the disease progresses. An appropriate program of exercise can improve exercise capacity in infected people, and prevent or delay the downward spiral of deconditioning.

Unfortunately, there is no evidence that exercise directly stimulates immune function or slows the onset of AIDS in HIV-infected people. However, regular exercise does have psychological benefits and can enhance the overall quality

of life for HIV+ people.

Starting an exercise program

Persons living with AIDS should consult their physician before beginning an exercise program or increasing their level of physical activity. A physician can offer advice on HIV-related medical conditions and side effects of medications that might affect one's ability to exercise.

An appropriate exercise program includes three basic components: aerobic exercise, strength training and stretching activities to improve flexibility. In the early weeks of exercise training, sticking to light or moderate-intensity activity will improve physical conditioning without harming immune function. A plan might include exercising three to four times per week on alternate days and can include 20 to 30 minutes of aerobic activity, such as outdoor or treadmill walking, cycling, group sports or aerobics classes. The resistance phase of the exercise session should include eight to 10 exercises that train major muscle groups.

Initially, one set of 12 to 15 repetitions of each strengthening exercise will be a good start. A good routine should begin with a warm up and end with a cool down that includes light-intensity activity and stretching.

If the infected person has a fever or is experiencing a secondary infection, they

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Contributions of articles and other materials for publication are encouraged and welcomed.

Hawai'i Island HIV/AIDS Foundation

Mission Statement

The Hawaii Island HIV/AIDS Foundation is a non-profit organization dedicated to assisting those affected by HIV/AIDS to maximize their quality of life, and to ending the spread of HIV. We also utilize the lessons learned in the HIV epidemic to care and advocate for others in the fight against related diseases.

Vision

To build a healthier, stronger, and more sustainable community that supports all its members with a focus on HIV issues.

Core Values

Responsiveness: To people with HIV/AIDS and their families and to the prevention education needs of the community.

Accountability: To our consumers, funding sources, and the community at large.

Integrity: To provide services to the entire community in a humane, loving, non-judgmental manner.

Diversity: To embrace the philosophy of "inclusiveness".

Collaboration: To establish and maintain partnerships within the community that maximizes resources and decreases duplication of services.

Leadership: To set the highest standards for responsibility to our mission, vision and values, and be recognized as a positive, inspirational role model in our community.

Advocacy: A collective public voice to speak on behalf of those affected by HIV/AIDS.

should decrease the level of activity or take time off altogether from exercise training. They can try to get back into their regular exercise program as soon as they are feeling better.

An ACE-certified Clinical Exercise Specialist can help design a safe and effective exercise program and monitor progression. Not only will exercise help an HIV-infected person reap physical benefits, the training can also improve sense of well being.

Connie B. Scanga, Ph.D., is a research fellow at the Malaghan Institute



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Advantages:

- **The graphics are in color.**
- **The print is more easily read.**
- **Delivery will be sooner.**
-



Should you want CHOICES to be sent to you via email, please let us know.

Kona: 331-8177

Hilo: 982-8800

A TASTE OF LIFE

PLEASE CALL FOR AN APOINTMENT

Aloha
To better serve you and give you the time and attention you deserve, please schedule an appointment when you need to meet with your case manager/s.
Hilo 982-8800
Kona 331-8177
MAHALO



NEW TEST SITE!

HIHAF will be providing free HIV testing and HEPATITIS "C" screening every 2nd and 4th Wednesday of each month at the Ka'u Family Health Center in Na'alehu.

Hours: 8:30 am to 12:00 pm

The island's best food and drink, Music under the stars, And the company of friends...

The Hawai'i Island HIV/AIDS Foundation is holding the 8th Annual "Taste of Life" on Saturday August 12th at the beautiful Sheraton Keauhou Bay Resort & Spa. Once again, we look forward to the island's most amazing silent auction. Shop for irresistible meals, excursions, furniture, plants, contemporary artwork, gifts and more. Music by Pacific Fusion will keep you dancing.

**Special Guest Emcee:
Emme Tomumbang!**

All proceeds from the event benefit people with HIV/AIDS, their families, their friends, and our entire community.

Our Chairperson for this year's event is Executive Director Georgie Kennedy.

Tickets are \$65 in advance, and \$75 at the door.

Special reserved tables for 10 at \$1,000.

Call the Foundation at 331-8177, or email hihaf@hihaf.org.

Visit our website at www.hihaf.org.

FDA Approves New Treatment for Fungal Infections

The Food and Drug Administration approved Eraxis™ (anidulafungin) to treat certain infections caused by *Candida*, a yeast-like fungus that can cause serious infections in hospitalized patients or patients with compromised immune systems.

"This product offers a new alternative therapy for several types of infections associated with *Candida*", said Dr. Steven Galson, director of the FDA's Center for Drug Evaluation and Research. "It is a helpful addition to the available antifungal medications that can be used in the treatment of these potentially serious fungal conditions."

Eraxis, a new molecular entity that has never been marketed in the United States, is an antifungal drug that is administered intravenously, and is used to treat *Candida* infections in the esophagus (candidiasis), blood stream (candidemia), and other forms of *Candida* infections, including abdominal abscesses and peritonitis (inflammation of the lining of the abdominal cavity).

The safety and efficacy of Eraxis was evaluated in clinical studies and Eraxis was shown to be safe and effective in the treatment of esophageal candidiasis, candidemia, and other *Candida* infections including abdominal abscesses and peritonitis.

Eraxis was generally well tolerated in clinical studies. The most commonly reported adverse events were mild diarrhea, mild elevations in laboratory tests of liver enzymes, and headache. Some patients experienced infusion-related reactions, most of which were mild. In a few patients with significant underlying medical conditions who were on multiple concomitant medications, there were reports of serious hepatic abnormalities.

Eraxis is manufactured by Pfizer Inc., New York, NY.



FDA Approves New HIV Treatment for Patients Who Do Not Respond to Existing Drugs

The Food and Drug Administration (FDA) today approved Prezista (darunavir), a new drug for adults whose infection with the human immunodeficiency virus (HIV) has not responded to treatment with other antiretroviral drugs. Prezista, a new HIV protease inhibitor, is approved to be co-administered with a low-dose of ritonavir and other active anti-HIV agents. Ritonavir, a protease inhibitor approved in 1996, slows the breakdown of Prezista in the body thereby increasing the concentration of Prezista in the patient's system.

Infection with HIV causes AIDS, which results in more than 15,000 premature deaths each year in the United States and more than 2.8 million deaths each year worldwide.

"This approval offers new hope to HIV patients who too often urgently need new therapies in order to maintain their health," said Andrew C. von Eschenbach, MD, Acting Commissioner of Food and Drugs. "This drug is not a cure, but when combined with other standard therapies, it presents one more major step in our effort to help patients combat the effects of the disease."

Today's accelerated approval is based on evidence from two randomized, controlled studies comparing the safety and effectiveness of a Prezista-ritonavir combination with other ritonavir-boosted protease inhibitor combinations. Patients in both arms of these

trials also used other anti-HIV agents (nucleoside reverse transcriptase inhibitors) with or without enfuvirtide, a fusion inhibitor that inhibits the virus from entering the cell. In these studies, patients on a Prezista-ritonavir combination experienced higher rates of reduction of their HIV viral load than patients on other ritonavir-boosted protease inhibitor combinations. Seventy percent of treatment-experienced patients achieved a virologic response, improving the treatment outcome, with Prezista-ritonavir in combination therapy compared to 21 percent in control group at week 24.

The most common side effects reported by patients on the Prezista-ritonavir regimen included diarrhea, nausea, and headache. About seven percent of patients on this combination therapy experienced skin rashes ranging from mild to serious.

The risks and benefits of Prezista have not been established for adults who have not been previously treated for HIV, or for children.

As a condition of the accelerated approval, the manufacturer is required to conduct post-marketing trials to verify and describe the clinical benefits of Prezista. Other postmarketing studies that the manufacturer has committed to conduct include studies in pediatric populations, studies to better define certain drug-drug interactions, and to evaluate the drug in patients with varying degrees of liver impairment to identify appropriate dosing for this patient population.

Continued on page 7

Patients are advised to take Prezista and ritonavir with food, and not to use the combination therapy together with St. John's wort or various other drugs, including certain anticonvulsants, antihistamines, sedatives and a few of the protease inhibitors.

Prezista is manufactured for Tibotec, Inc., Division of Ortho Biotech Products, L.P., Raritan, N.J., by JOLL, Gurabo, Puerto Rico.

MISSED AN ISSUE OF CHOICES?

You can view all of our past issues of CHOICES at www.hihaf.org. Click the News/Events tab.

Free Hepatitis C Screening Now Available

HIHAF is happy to announce that we now have the training and resources available to offer free Hepatitis C Screening. Our office and outreach staff island wide will be able to provide clients who have not been screened for Hepatitis C within the past year a free screening. This is only a screening to determine whether you have or have not within your lifetime been exposed to the Hepatitis C virus. More testing would be required for those who screen positive to determine if the virus is currently active in the body.

We hope that all clients unknowing of their Hep C status will take advantage of this new service. For more information, call us at 982-8800 (Kea'au) or 331-8177 (Kona)

Free and Anonymous HIV Testing Locations and Dates

Free and anonymous HIV testing and counseling is available to the public on a regular, on-going basis. The testing is confidential and totally needle free.

Hilo/Kea'au

Hawaii Island HIV/AIDS Foundation – Kea'au Office

Shipman Business Park – 16-204

Melekahiwa Place, Suite 1

Monday-Thursday, 8:30am-3:30pm

Pahoa

Pahoa Family Health Center, Pahoa Village

Every 2nd and 4th Tuesday of month, 9:00am-12:00pm

Kona/West Side

Hawaii Island HIV/AIDS Foundation – Kona Office

75-240 Nani Kailua Drive, Suite 5

In the Pines Plaza , Kailua-Kona

Tuesday and Thursday, 8:30am-4:00pm

West Hawaii Community Health Clinic

Every Friday from 1:00pm-3:00pm

Naalehu 8:30-12:00 PM

every 2nd and 4th Wednesday of each month



WHAT ARE THE LUNG DISEASES CONNECTED WITH AIDS?

Almost any kind of infection is a possible lung disease risk in the presence of HIV. In addition, several types of lung disease are included in the list of AIDS indicator diseases. This means that an individual who is HIV positive and who has one of those diseases is considered to have AIDS.

The forms of lung disease that are included in the list of AIDS indicators are *Pneumocystis carinii* pneumonia, cytomegalovirus, *Mycobacterium avium* complex, *Mycobacterium kansasii*, pulmonary tuberculosis, and recurrent bacterial pneumonia. In addition, it appears that the AIDS virus itself can cause a form of chronic lung disease. The major AIDS-related infections that are potentially preventable and/or treatable:

Pneumocystis Carinii Pneumonia (PCP)

Pneumocystis carinii pneumonia (PCP) is caused by an unusual fungus. PCP is the first sign of illness in more than half of all persons with AIDS, and perhaps 80 percent (four out of five) will develop it sooner or later without proper preventive treatment. However, it can be successfully treated in many cases. While it may recur a few months later, treatment can help to prevent or delay its recurrence.

Tuberculosis (TB)

Tuberculosis (TB) is caused by the bacillus *Mycobacterium tuberculosis*. Many Americans, perhaps, according to recent estimates, as many as 10 million, have latent TB infection: they are not sick, but they are carrying the bacterium (as shown by a positive reaction to the TB

skin test). They may have acquired the TB infection much earlier in life.

Fungal Infections

Fungal infections may affect various parts of the body, including the lungs; they include histoplasmosis, aspergillosis, cryptococcosis, candidiasis, and others. The fungi that cause these diseases are generally widespread, but some are found only in particular geographic areas.

Viral Pneumonias

Viral pneumonias, like most viral infections, are not easy to treat under any circumstances. The most prominent causes of viral pneumonia in persons with immune-system deficiencies are members of the virus group called herpes virus, especially herpes simplex and Cytomegalovirus (CMV).

Bacterial Pneumonias

Bacterial pneumonias do occur in the general population, whether or not people are infected with HIV, but HIV definitely raises the risk of contracting them. The chief causes are the bacteria *Hemophilus influenzae*, which has no connection with the better known "flu" (the viral illness influenza); the pneumococcus *Streptococcus pneumoniae*; and a few other bacteria, including *Legionella pneumophila* (which causes the pneumonia known as Legionnaires disease).

Other Forms Of Lung Disease

Other forms of lung disease affecting people with AIDS do not easily fall in any of the above categories. Some, like Kaposi's Sarcoma (KS), are primarily diseases found in other parts of the body but which have manifestations in

the lungs.

KS is a cancer complicating HIV infection and although it can involve a variety of areas of the body, approximately a third of KS cases involve the lungs. So far there has been little success in treating KS.

Lymphoma is another type of cancer which is manifest in the lungs and especially in the lymph nodes near the lungs.

Nonspecific interstitial pneumonitis, which causes inflammation of the lungs and an increase in difficulty in breathing is another lung disease affecting some people with AIDS. The inflammation caused by interstitial pneumonitis is not as severe as that seen in PCP and generally stabilizes without treatment.

HOW CAN THESE INFECTIONS BE PREVENTED?

It would be misleading to say that there are ways a person who is HIV positive can be sure of avoiding these diseases; no such promise can be made. But if you are HIV positive, there are steps you can take that may help.

Some are sensible precautions everyone interested in preserving and improving health should take; others are more special. Among them:

Eat a well-balanced diet:

Good nutrition plays an impor-

tant part in resisting disease. Exercise in moderation, to the extent that you can.

Be vaccinated against pneumococcal pneumonia, as well as against viral influenza, which can sometimes lead to pneumonia. (Public-health authorities recommend that children with AIDS or positive HIV tests should receive all the standard childhood vaccines, except that they should be given injected polio vaccine instead of the oral type.)

Faithfully follow any medical advice you have received, whether for treatment or for disease prevention. If you have questions about medications or other matters, ask your doctor.

Avoid anything that may damage your lungs or your health generally and thus weaken your body's defenses against infection. Most substances known as "recreational drugs," including alcohol and cigarettes as well as illegal drugs, can and do cause some damage.

If you feel symptoms arise, or if in doubt as to your physical condition, see a physician without delay!

NOTE: Treatments and medications mentioned here are intended as examples only. Your care must be individualized by your physician.



Labor Day

Volleyball

Great Food

Pool Party

Picnic

Gay, Lesbian, Transgender, & Friends

Bring a Dish to Share

Sunday Sept. 3rd from 2:30 pm to 7pm
In Kapoho @ Pamalu (Randolph's B&B)

Take Pua O Kapoho, 2 blocks off highway 137



FREE CONDOMS AND HIV TESTING