

CHOICES

MAY, 2007

THE HAWAII ISLAND HIV/AIDS NEWSLETTER



SPRING RUMMAGE SALE

Kona Side

**Saturday, May 19
7—to Noon**

**Kona United Methodist Church
On Palani Rd.**

DONATE VOLUNTEER SHOP

Call 331.8177



EXERCISE GUIDELINES FOR PEOPLE WITH HIV

Don't Overdo It!

A moderate exercise program will help your body turn your food into muscle. Take it easy, and work exercise into your daily activities.


Work up to a schedule of at least 20 minutes, at least three times per week as long as you are feeling better. This can lead to significant improvements in your fitness level and you may feel better.

People with HIV can improve their fitness levels through training like those who do not have HIV. However, people with HIV may find it harder to continue with a training program because of fatigue

Start exercising while you are still healthy. This can help you hold off symptoms of HIV that make you feel bad. Keep your exercise fresh. Find new ways to keep yourself motivated to maintain your exercise program.

Your fitness level may be different than it used to be. It is very important that you work your way into an exercise program to avoid injury.

Continued on page 5



EAST SIDE—KEA ' AU OFFICE
SUPPORT GROUP MEETING
EVERY 3RD THURSDAY
OF THE MONTH
4:30PM – 6:00PM

Facilitated by Laura Acevedo
Hosted by Jeff Seyfried

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
Shipman Business Park
16-204 Melekahiwa Place, Suite 1
Monday-Thursday, 9:00am-3:00pm

Pahoa

Pahoa Family Health Center, Pahoa Village
Every second and fourth Tuesday of the 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
Every Tuesday, Wednesday, and Thursday, 9:00am-4:00pm

West Hawaii Community Health Clinic
Every Friday from 1:00pm-3:00pm

Ka'u Family Health Center, Na'alehu
First Wednesday of the month, 9:00am-12:00pm

To lower any risk of getting HIV from oral sex, the CDC recommends the use of latex condoms (cut open), plastic food wrap, or a dental dam as a physical barrier to prevent transmission of HIV and other STDs.



Hawai'i Island HIV/AIDS Foundation

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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.

Editorial Policy

The articles contained in this publication are meant to inform and entertain only. They do not constitute an endorsement. The publication of any name or image does not necessarily imply anything about that persons condition, health or sexual orientation. The opinions expressed are those of individual authors and do not necessarily represent official positions of HIHAF or any other organization mentioned herein.

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

Exercise With Weights

Weight training (resistance exercise) is one of the best ways to increase lean body mass that may be lost through HIV disease and aging. Working out three times a week for an hour should be enough if done well. Combining weight training with 30 minutes of cardiovascular exercise may be the best way to improve body composition and keep your blood lipids and sugar down. Cardiovascular exercise means working large muscle groups continuously for at least 30 minutes. Activities such as brisk walking, jogging, bicycling or swimming can be cardiovascular exercise.

The Bottom Line

Exercise can improve strength, fight fatigue and depression, improve endurance, increase cardiovascular fitness, help to reduce stress and promote muscle strength. It may also help the immune system work better.

WHY IS SMOKING IS MORE DANGEROUS FOR PEOPLE WITH HIV?

People with HIV disease are more likely to smoke than healthy people. Smoking can interfere with normal lung function in healthy people. In people with HIV, smoking can make it more difficult to fight off serious infections. People are living longer with HIV disease. Smoking and related problems can interfere with long term quality of life.

WHAT ARE THE RISKS OF SMOKING?

Smoking weakens the immune system. It can make it harder to fight off HIV-related infections. This is especially true for infections related to the lungs. This is a risk for smoking marijuana as well as tobacco. Having HIV increases the risk of chronic lung disease. Smoking can interfere with processing of medications by the liver. It can also worsen liver problems like hepatitis.

SMOKING AND SIDE EFFECTS

People with HIV who smoke are more likely to suffer complications from HIV medication than those who don't. Smoking increases the risk of some long-term side effects of HIV disease and treatment. These include osteoporosis (weak bones that can lead to fractures. HIV treatment slightly increases the risk of heart attack, but smoking is the major controllable risk factor for heart attacks or strokes.

SMOKING AND OPPORTUNISTIC INFECTIONS

People with HIV disease who smoke are more likely to develop several opportunistic infections (see fact sheet 500) related to HIV. They are more likely to develop: thrush oral hairy leukoplakia (whitish mouth sores) bacterial pneumonia pneumocystis pneumonia (PCP, For women, smoking can increase the risk and severity of infection with human papilloma virus (HPV. This increases the risk of cervical disease.

Recently, the bacteria that cause Mycobacterium avium complex MAC, were linked to smoking. They were found in tobacco, cigarette paper and filters even after they had been burned.

HOW DO I QUIT SMOKING?

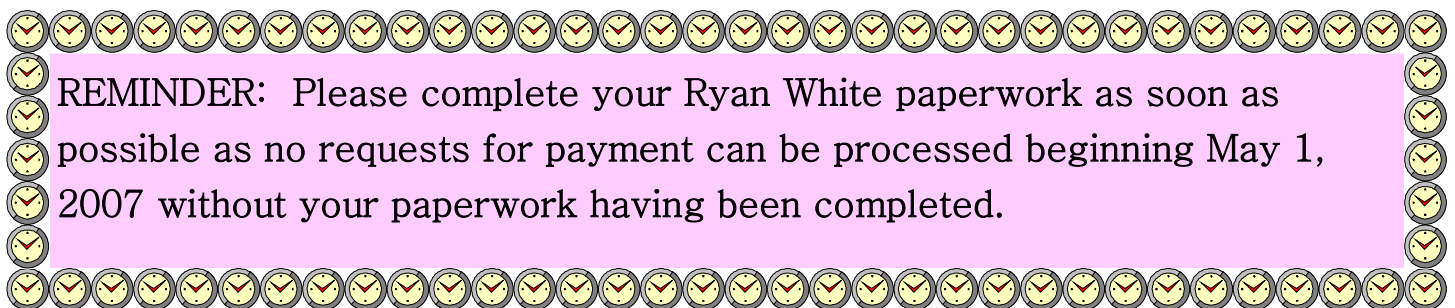
Smoking (nicotine) is highly addictive. It is very difficult to stop smoking. There is no one way to quit smoking. Different methods of quitting work better for different people. You and your doctor can develop a combination of approaches that work best for you.

Some people quit smoking "cold turkey." That is, they just stop smoking. Other people need some kind of support. This can be from medications that manage the physical symptoms of withdrawal. It might also be therapies that deal with the psychological addiction to smoking. Nicotine withdrawal can be treated with medications. Some are available over the counter, while others require a prescription. Gums and lozenges that reduce nicotine cravings are often available over-the-counter. Prescription medications include inhalers and nasal sprays, and a pill. All these treat the physical and chemical symptoms of withdrawal.

Some people try to stop smoking by altering the routines that encourage them to smoke. Other people get support to reduce outside factors like stress that encourage them to smoke. Some people have good success with alternative treatments like acupuncture, hypnosis and biofeedback.

THE BOTTOM LINE

For people already infected, smoking can reduce the immune system's capabilities to fight infections. There are many ways to quit smoking. You and your doctor can discuss the ways that would work best for you.



REMINDER: Please complete your Ryan White paperwork as soon as possible as no requests for payment can be processed beginning May 1, 2007 without your paperwork having been completed.