

## Inside Edition...

A Nutritional Look at HIV  
 The Epidemic: The 21<sup>st</sup> Century  
 HIV Testing Clinic Test Dates  
 Community Highlight

## August Calendar

**August 21** Town Hall Meeting on  
 Medicine Abuse

6:00-7:00 pm

The Barbara Jordan Center  
 at 2803 E. Commerce  
 San Antonio, TX 78203

For more information or to RSVP, contact:  
 Cleo Garcia  
 (210) 271-7232  
 cgarcia@safb.org

## HIV NEWS Staff

### Editors

Howaida M. Werfelli, MPH

### Contributing Writers

Barbara Reyes

HIV NEWS is published monthly. Printed copies can be obtained at Health Education at Student Health Services. For more information contact Howaida M. Werfelli at Howaida.werfelli@utsa.edu or 210.458.6428

## A Nutritional Look at HIV by Barbara Reyes, Assist. Director of Health Educ.

People with HIV can generally live normal healthy lives with an adequate HIV support team consisting of their primary physician, counselor, registered dietitian, and access to community resources and services. Depending on how strong their immunity system is, their medical provider can allow people with HIV to consume foods eaten by the general population keeping in mind food safety and maintaining weight. Achieving the best nutrition on a daily basis is important to people with HIV, for optimum immunity health, maintaining a healthy weight for size, and for the medications to work well in preventing the transgression to AIDS. Weight reduction can be an issue to HIV patients, and therefore they must avoid skipping meals and incorporate nutrient-dense foods in their diets to achieve the best nutrition daily.

How can you achieve the best nutrition daily? Incorporate a variety of nutrient-dense foods in your diet. Certain foods have more and less of specific micronutrients (vitamins and minerals) and macronutrients (food groups) and to incorporate the entire spectrum is to consume a wide variety. The USDA's MyPyramid has the basic components of nutrition consisting of grains, vegetables, fruits, meats, milk, and oils for normal healthy people and incorporate a wide variety of foods. For example, not only are fruits and vegetables eaten raw, but increase variety by incorporating them as dried, frozen, steamed, stir-fried, and canned and eating them as a meal (with pasta, steak, or fish), in a salad (throw in some red grapes in your green salad), or snack (dried pineapple rings, apple chips, steamed soy beans, or raw carrots). Some fruits and vegetables are best sources of vitamin C (oranges, broccoli, and potatoes) while some are best

sources of vitamin A (mangoes, tomatoes, and carrots).

Incorporating the best variety of grains in your diet can mean reducing refined and processed foods (such as white bread, pastas, and macaroni) and increasing whole grain (such as whole grain breads, cereals, crackers to name a few). Also, the variety of grains can also be incorporated: oats, barley, rice, wheat, cous cous. Popcorn is considered a whole grain (be aware that the amount of butter and salt can increase calories from fat and sodium intake). Look for "whole grain", "whole wheat", "high bran" to determine whole grains in packaged foods.

Meals incorporate the best variety of foods. Breakfast, for example, consisting of a pancake, canned peaches, and milk incorporates a grain, vitamins and minerals from the pancake, fruit, vitamins A and D, carbohydrates, and a high calcium source.

The best way to incorporate a variety of foods in your lunch and dinner is to consist the following on your plate: a protein (meat, fish, seafood, tofu or other vegetable protein), a vegetable (steamed, boiled, canned or raw), a carbohydrate (whole grains, pasta, potatoes, rice, cous cous), and a fruit (raw, canned, dried).

For more resources on nutrition and HIV, click on the following links:

<http://aidsinonet.org/factsheets/en/pdfs/800.pdf>

<http://www.aids.gov/treatment/nutrition/index.html>

<http://www.mypyramid.gov/index.html>

HIV/AIDS is not much of a headline maker in the United States any more, giving the misperception that HIV/AIDS is not as dire of an issue as it was once before. The lack of media focus has left people believing HIV/AIDS is an African problem; an issue that's plaguing developing countries only. The reality though, is that more Americans are living with HIV/AIDS than ever before.

HIV/AIDS in the United States used to mean a death sentence and evoked images of individuals wasting away to nothingness. Movies like *Philadelphia* left people scared of the virus and the discrimination that may ensue a diagnosis and was enough to get some people talking. By the time the movie was released many of the HIV/AIDS related myths were being dispelled. The effects of the movie, coupled with efforts by researchers, doctors and public health practitioners helped pave the way for the what was to be a more hopeful outlook for the 21st century .

The 21 century has been regarded as the dawn of a new era for HIV/AIDS prevention, detection and treatment. Health care models were expanded to improve access to HIV services. Prevention became a major buzz word and prevention initiatives in the United States have evolved to address the medical needs of HIV-infected persons and the public health need to contain the spread of the virus.

In 2006, President Bush signed the Ryan White Treatment Modernization Act of 2006. This served as an extension of the 1990 Ryan White Act and emphasizes funding resources on preventing new cases, directing funding in much needed

areas (communities, ethnic groups, and minorities), and further life-extending treatments.

Although the recognition of pairing awareness and education with prevention was a profound move, it hasn't been enough. Eight years into the new century, emerging research is showing that people have become more passive with regard to the disease.

"We continue to say this will not happen to me, it happens to others. But there is not enough emphasis being placed on overcoming our denial," Carlos del Rio, MD, chief of medicine at Atlanta's Grady Memorial Hospital, says. "We are not hearing enough. HIV continues to be a problem for people in this country. And there is nothing out there. Effective prevention has ground to a halt. We are going to pay the price. And the price is young people getting infected who should not be getting infected in this day and age...We need to work more and more with disadvantaged communities in the U.S.," he says. "AIDS is often a disease of the impoverished and disenfranchised. A disproportionate number of African-Americans and Hispanics get HIV. That tells you how well those communities get access to prevention messages. We need to do more."

*According to the UNAIDS 2008 report on the global AIDS epidemic, the United States accounted for an estimated 1.2 million of the 2.0 million people living with HIV in North America, and in Western and Central Europe in 2007.*

Stories making headlines...

- <http://www.iht.com/articles/ap/2008/08/10/africa/AF-Sudan-HIV.php>
- <http://www.commondreams.org/news2008/0806-09.htm>
- [http://www.prnewswire.com/news/index\\_mail.shtml?ACCT=104&STORY=/www/story/08-07-2008/0004864178&EDATE=](http://www.prnewswire.com/news/index_mail.shtml?ACCT=104&STORY=/www/story/08-07-2008/0004864178&EDATE=)

**Community Highlight: Mujeres Unidas**

by Victoria Gordon, SHADES Peer Educator

When an individual hears someone say they may have HIV or some other form of an STD, what comes to mind? If the individual is the person infected they may feel angry, depressed and most of all petrified for those who they have had sexual relations with. The individual may be trying to figure out who could of given them the virus, or if they have given the virus to someone else. The individual may be feeling all alone and looking for someone or somewhere to turn to. Mujeres Unidas Contra el SIDA-Women United Against AIDS (Mujeres Unidas) is one of those places.

Mujeres Unidas is a bilingual/bicultural support group that serves Latinas infected or affected by HIV/AIDS. Founded in 1994, Mujeres Unidas was the first bilingual/bicultural support group in San Antonio. It is an organization focused on helping individuals infected or affected by HIV/AIDS understand and cope with concerns they may have. Weekly group sessions allow individuals to come together and discuss their concerns, learn about new advances and treatments, and be in a comforting environment with people who may be going through the same thing.

Mujeres Unidas programming is not limited to just women, anyone infected or affected by HIV/AIDS is welcome. The programming is also open to anyone interested in learning more about the virus and the disease.

For more information contact Mujeres Unidas at 210.738.3393.

For students only



**FREE Testing Days**

**Student Health Services**

August 2008 Schedule

**DT Campus**  
**BV 1.308**  
August 13

**1604 Campus**  
**RWC 1.500**  
August 7, 14, 21, 28

By appointment only  
**Call 458-6428**

For students only