While nutrition is vital to everyone’s survival, it is particularly crucial to those living with HIV infection. There are several ways that a good diet can help HIV-positive people remain healthy:

- **Fighting HIV.** Cells and chemicals used by the immune system require nutrients to fight HIV.
- **Protecting the body.** Diet may help alleviate HIV symptoms and medication side effects such as diarrhea, nausea, fatigue and lipodystrophy, as well as metabolic problems like elevated cholesterol, triglycerides and blood sugar.
- **Wasting.** Excessive weight loss, decreased muscle mass and malnutrition continue to be common problems in HIV, despite HIV treatment advances.

**WHAT, EXACTLY, IS A GOOD DIET?**

A good diet contains adequate amounts of all three nutrient groups: protein, carbohydrates and fat.

- **Protein.** Proteins are the building blocks of muscle, organs and many substances in the immune system. If there’s not enough protein in your diet, your body takes protein from your muscles to meet its fuel needs.
- **Carbohydrates.** Carbs are your main source of energy. Complex carbohydrates, such as those found in whole grains, legumes (beans) and vegetables are best. Your daily intake of simple carbohydrates—such as sugary foods, white flour and soft drinks—should be limited.
- **Fats.** Your body converts fats to energy when the sugar from carbohydrates runs low. Saturated fats, such as those found in fatty meats and dairy foods, can raise your cholesterol levels and increase your risk for heart problems. Monounsaturated and polyunsaturated fats, such as those in nuts, fish and various oils, are best.

**WHAT ABOUT CALORIES?**

Calories are the energy in food. Your caloric intake will depend on your activity level and health. You need at least 17 to 20 calories per pound of body weight per day. If you exercise regularly, work an energy-demanding job, are losing weight or have an active opportunistic infection, you may need more.

Consult with a nutritionist or a registered dietitian to learn more information about how many calories a day you should be consuming and how to choose nutrient-rich foods.

**WHAT ABOUT SUPPLEMENTS?**

It can be difficult to get 100% of the recommended daily allowance (RDA) of nutrients through food alone. For this reason, experts advise taking one or two multivitamin/mineral tablets a day. Additional supplements containing higher levels of antioxidants, essential fatty acids and vitamin B12 may also be necessary, but talk with your doctor or nutritionist about whether or not these are right for you.

Source:  
www.poz.com/factsheets/fs_2014_01_nutrition.pdf
Living Positively

Preventing Opportunistic Infections

When your CD4 counts get low, you may be at risk for developing potentially dangerous infections called opportunistic infections or OI’s. An OI is any infection or condition that takes the opportunity of a weakened immune system to cause disease.

Several strategies can be used to prevent OIs from occurring, but the most important is to take antiretroviral therapy (ART). This can allow a damaged immune system to recover and do a better job of fighting OIs. If your CD4 count drops too low, your doctor may recommend that you start taking prophylactic medication in addition to your HIV medications. These drugs are used to prevent OIs from taking advantage of your weakened immune system.

Some OIs are sexually transmitted, but you can reduce your risk of these infections by practicing safer sex. Others are preventable with vaccines.

Source: TheBody.com

ADAP Update-Required Six Month Verification

AIDS Drugs Assistance Programs (ADAP) are State-based programs funded in part by Title II of the Ryan White CARE Act created in 1990 by the US Congress.

ADAP provide medications to treat HIV disease or prevent related serious deterioration of health. Drugs provided and eligibility criteria are determined state by state with a focus on serving low-income individuals.

You may be eligible for California ADAP services if:

- You are a resident of the State of California
- You are at least 18 years of age
- You have an HIV diagnosis
- ADAP will only process prescriptions written by a licensed California physician/prescriber
- You have limited or no prescription drug benefit from another source
- You have a Federal Adjusted Gross Income of not more than $50,000.
- Effective August 15, 2014, ADAP clients must bi-annually verify eligibility.

What does this mean?

Six months after your birthday you will receive a questionnaire in the mail. It will ask you to verify that your address, income

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and insurance coverage are the same. If everything is accurate, you can just mark accordingly on the questionnaire and return it. If there are any changes, you will need to make an appointment with an enrollment worker.

To see if you qualify or to find out more about ADAP, please contact a local Enrollment Worker.

ADAP Enrollment:
Mendocino County, Sheri Santee
(707) 472-2710
Lake County, Chris McSorley, RN
(707) 263-1090

Source: www.ramsellcorp.com/individuals/ca.aspx

Support Group Announcements

Lakeside HIV Support Group
We are pleased to announce the successful start of an HIV Support Group at the Lakeside Health Center. This group is open to all HIV+ patients who wish to attend. The group is being facilitated by therapist Frank McGarvey and will be held every other Wednesday from 1:15-2:30pm.
Upcoming dates:
2/4, 2/18, 3/4, 3/18, 4/1

Please let us know if you plan to attend. You may call Joan Kammerer at (707) 262-3205 to indicate that you will be attending.

Hillside HIV Support Group
After many requests from our Ryan White Program Consumer Advisory Board and the success of the HIV Support Group at the Lakeside Health Center we are happy to announce the planning of a Hillside HIV Support Group.

This group will also be open to all HIV+ patients who wish to attend and will be therapist facilitated.

More details will be announced soon...

Lifestyle, Lunch & Learn Series

Ukiah Natural Foods Co-op and Ukiah Valley Medical Center are joining forces to provide classes on positive lifestyle changes called “Lunch and Learn” wellness class series for the greater community. These classes will be held monthly at Ukiah Valley Medical Center from 12-1pm and will cover a variety of topics.

Classes held at:
275 Hospital Drive Ukiah, CA 95482
707-467-5270

Upcoming Free Classes:
Lighten up with Greens
February 24, 2015 12-1pm
Hands-on class to prepare vegetable-based dishes

Practical Fitness
March 24, 2015 12-1pm
Exercise sampler with local fitness instructors

Health Eating on a Busy Schedule
April 28, 2015 12-1pm
Quick and easy meals that are affordable too

All classes are open to the public. Register at Ukiah Natural Foods Co-op or online at www.evenbrite.com

Volunteer Opportunities

CCHAP is looking for volunteers at the Lower Lake CCHAP Food Pantry and Drop-In Center.

For more information:
Contact Brian at 707-995-1606

Other Opportunities
Highlands Senior Center
707-994-3051
Lucerne Senior center
707-274-8779
Lakeport Senior Center
707-263-4218
Clearlake Oaks Senior Center 707-998-1950
Ukiah Senior Center
707-462-4343
Your Mouth, Your Health

When you are focused on your overall health and well-being—and especially when you are dealing with a chronic health condition like HIV—it can be easy to overlook dental issues and oral health care.

But good dental hygiene is an important part of managing your HIV disease. If you wait until you are having problems with your teeth and gums to see a dentist, you can end up with an infection, pain, and/or tooth loss.

Poor oral health can even lead to malnutrition. If you can’t chew or swallow because your mouth hurts, you may not eat enough to keep yourself healthy. This also can affect how your body absorbs your HIV medication. In addition, any infection can stimulate the virus to grow, resulting in loss of viral suppression and higher viral loads.

HIV and Oral Health

Your mouth may be the first part of your body to show signs of HIV infection. Oral opportunistic infections, such as candidiasis (thrush), are sometimes the first indicator that your immune system is not working properly—and oral health can be an important indicator of how HIV is affecting your body.

Anyone can have oral health problems, but HIV disease can make you more susceptible to:

- Oral warts, which can also progress to oral cancer
- Fever blisters
- Oral hairy leukoplakia
- Thrush
- Canker sores
- Cavities
- Gum disease (periodontitis and gingivitis)

In addition, bacterial infections that begin in the mouth, such as tooth decay, can become more serious and, if not treated, spread into your bloodstream and harm your heart and other organs. This is particularly dangerous for people living with HIV/AIDS who may have compromised immune systems.

People with HIV/AIDS may also experience dry mouth, which increases the risk of tooth decay and can make chewing, eating, swallowing, and even talking difficult. Some HIV medications can cause dry mouth. The best ways to avoid these problems include:

- See your dentist regularly for cleanings and ask about the best way to care for your mouth and teeth.
- Brush your teeth at least twice a day. (After every meal is better!)
- Floss every day. Flossing cleans parts of your teeth that your toothbrush can’t reach.
- Take all your HIV medications on schedule—this will protect your immune system and prevent oral opportunistic infections.
- Let your doctor know if your HIV meds are causing you to have dry mouth. There are remedies.
- Examine your mouth often and tell your primary care provider if you notice any unusual changes in the way your mouth looks or feels.
- If you do not have a dentist, ask your regular clinic or provider to refer you to one.

Source: