



## West County Health Centers

*Caring for our Communities*

a californihealth<sup>+</sup> center

### Russian River Health Center

16319 Third Street  
Guerneville, CA 95446  
Phone: 707-869-2849  
Fax: 707-869-1477

### Sebastopol Community Health Center

6800 Palm Avenue, Suite C  
Sebastopol, CA 95472  
Phone: 707-824-9999  
Fax: 707-824-9335

### Clinic Hours:

Mon-Thu 9:00 a.m. to 8:00 p.m.  
Fri 9:00 a.m. to 5:00 p.m.  
Sat 9:00 a.m. to 12:00 p.m.

### Mental Health Appointments

RRHC: 707-869-2961  
SCHC: 707-824-3376

### Russian River Dental Clinic

16312 Third Street  
Guerneville, CA 95446  
Phone: 707-869-2933  
Fax: 707-869-2663

### Visit us online at:

[www.wchealth.org](http://www.wchealth.org)



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# LivingPositively

WEST COUNTY HEALTH CENTERS HIV SERVICES

## PrEP Rally

In 2012 the Federal Drug Administration approved the anti-retroviral drug Truvada (Emtricitabine/Tenofovir) for use as pre-exposure prophylaxis. There's been a lot of chatter ever since. So let's talk about PrEP.

Pre-Exposure Prophylaxis (PrEP) is a prevention strategy in which an HIV negative person takes anti-retroviral medication to prevent the acquisition of HIV. It is not specific to the use of Truvada. There are a number of ongoing trials seeking FDA approval for other oral agents (Maraviroc combination pills are likely the next to be approved). What's more, evolving research around novel models for anti-retroviral drug delivery (long-acting depo shots, vaginal rings, rectal/vaginal gels, etc.) are likely to yield several new options for treatment and prevention over the next decade.

**So what's the big deal?** Despite three decades of strong work by advocates to ensure increased access to testing, anti-retroviral treatment, prevention counseling and aggressive messaging around universal condom use, we continue to have 40,000+ new cases of HIV infection every year in the United States. Our current prevention strategies have proven powerful but insufficient. How does it work?: Truvada's component parts, Emtricitabine and Tenofovir, are similar drugs (nucleoSide and nucleoTide reverse transcriptase inhibitors respectively) both of which interrupt HIV's re-productive cycle. HIV positive people benefit from the suppression of viral replication. HIV negative people



benefit from the prevention of HIV's integration into the DNA of its human host (thereby preventing permanent infection).

### How well does it work?

Surprisingly well... if taken consistently.

Initial PrEP trials had lackluster results with Risk Reduction (explained below) significantly worse than that of condoms (the Center for Disease Control sites ~80% risk reduction with 100% condom use).

However, the clever scientists running these studies had cataloged all blood samples taken during the study. When re-tested, not only were a number of participants actually already HIV positive at the beginning of the study, a sizable percentage of those stating

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## Body Composition Analysis

**We are fortunate to have access to BIA (Bioelectric impedance analysis) at our clinic.**

With a painless test, we can find out what your body composition is. This shows how much of your body tissue is muscle or other lean tissue like organs and bones, and how much is fat.

### How is this helpful?

Our body works best with enough muscle tissue and enough fat tissue. As we age, we can lose muscle mass, and this makes it harder to stay healthy. By testing we can find out what's going on and whether strength training will be helpful. If you've lost or gained weight, it can be helpful to see where you are.

## ADAP Update:

### What is ADAP?

AIDS Drug Assistance Program. It is a program run through a pharmaceutical company called Ramsell. They offer financial assistance with HIV medication for those who qualify. To see if you qualify or to find out more about ADAP, please contact a local Enrollment Worker. Effective August 15, 2014, ADAP clients must bi-annually verify eligibility.

### What does this mean?

Six months after your birthday (your eligibility date) you will receive a questionnaire in the mail from Ramsell. It will ask you to verify that your address, income and insurance coverage are the same. If everything is accurate, you can just mark accordingly on the questionnaire and return it in the pre-paid envelope included. If there are changes, you will have to make an appointment with an Enrollment Worker (Access Coordinator).

### ADAP Enrollment Workers Available:

**Katrina: (707) 887-0290 x4442**

Russian River Health Center: Mon-Fri 10am-5pm

Sebastopol Community Health Center: Tues 10am-5pm

Forestville Wellness Center: Thurs 12am-5pm

**Ascension: (707) 824-9999**

Sebastopol Community Health Center:

Mon-Fri 9am-5pm (some hours may vary)



## Covered CA Open Enrollment for 2015 Coverage Starts: November 15th 2014

West County Health Centers has Access Coordinators at ALL of our sites. Access Coordinators are available to help with Medi-Cal, Covered California, Cal Fresh and ADAP.

### Sebastopol Community Health Center (707) 824-9999

Ascension: Mon-Fri (9am-5pm, some hours may vary)

Andrea: Mon-Thurs (12-8:00pm) and Saturday (9am-12)

### Russian River Health Center (707) 869-2849

Maritza: Mon-Fri (9am-5pm, some evening and weekend support will be available soon.)

### Occidental Area Health Center (707) 874-2444

Alma: Mon-Fri (9am-5pm, some evening and weekend support will be available soon.)

### Forestville Wellness Center (707) 887-0290 x4442

Katrina: Thurs (12-5pm)

## Representing You on WCHC's Quality Team

By Mark Short

The Ryan White Act mandates that participating clinics have an ongoing quality improvement process. WCHC's HIV Quality Team meets monthly to monitor indicators for superior HIV+ patient care and takes on projects to improve them. Recently the group has focused on making sure clients are receiving appropriate dental care and increasing the use of Annual Patient Visits to catch up on preventive care and other issues that might have been missed over the year.

Eighteen months ago I went through formal training to be a Ryan White Patient Advocate on WCHC's

Quality team. That training, along with the fact that I am also HIV+, allows me to represent concerns that other patients might have on the quality of care they are receiving and bring our perspective into quality improvement initiatives.

But that training and my own experiences is not enough to address every patient's concerns. If you know of a way that WCHC could improve your care or the care of other HIV+ clients, I welcome your input. Feel free to e-mail me at [mcs39@aol.com](mailto:mcs39@aol.com)

## Nutrition News with Nina Redman:

*This tasty hash was a hit at Nina's cooking class at "Food for Thought" this month. You can substitute regular potatoes or partially cooked winter squash for the sweet potatoes.*

### Sweet and Spicy Breakfast Hash with Tofu

SERVES 4

1-2 T. vegetable oil  
1 cup finely chopped onion  
1 jalapeño, seeded and chopped  
1 red pepper, seeded and chopped  
2 stalks of broccoli, chopped  
1 large or 2 small sweet potatoes, partially cooked, peeled and cut into small cubes, (roast at 400 degrees for 30 minutes or peel and chop into ½ cubes and boil on the stove until barely tender.)

2 T. ketchup  
4 T. Worcestershire sauce  
8 oz seasoned tofu, diced (the Thai flavor is nice, or press regular tofu (put some paper towels on a plate,

drain the block of tofu and place on towels. Put more paper towels on top, and then top with another plate. Put something heavy on top of the plate, and let sit for ½ an hour.

Drain liquid and put in a marinade of 1 T. olive oil, juice of ½ lime, ½ teaspoon cumin, 1 teaspoon hot sauce, allow to stand for ½ hour and then cube)

Cilantro, chopped and lime slices to serve

In a non-stick skillet, heat the oil over medium high heat. Add the onions, peppers, and broccoli. Cook until golden, about 5 minutes.

Add the potatoes, ketchup and Worcestershire sauce and season with salt and pepper if

needed. (If using regular tofu, add it here.)

Press the mixture down in the skillet, reduce the heat to medium, and cook until golden, about 5-7 minutes. If using pre-baked tofu, add to skillet and mix gently.

Allow to cook for another minute or two to heat the tofu. Serve with chopped cilantro and lime wedges.



## PrEP Rally Continued from Page 1:

good adherence with Truvada actually had no detectable levels of the drug in their blood suggesting they were taking the drug intermittently or not at all.

When the data was re-analyzed, Truvada was found to confer more than a 90% Risk Reduction for those participants actively taking the drug.

**Risk Reduction, explained:** Efficacy in these studies is usually discussed in terms of Risk Reduction. Think of Risk Reduction as the percentage of people who would have seroconverted had they been on a placebo who instead remain HIV negative when using PrEP. So for example, a 75% Risk Reduction means that of 100 people on placebo who would have seroconverted in a given period of time, only 25% actually do when taking the study drug.

If you'd like to geek out about the science and statistics, check out iPrEx (2010), Partner PrEP (2011), Bangkok TDF (2013) and iPrEx OLE (2014), the largest and most cited studies of the bunch.

**So why weren't people taking the drug?** Taking any pill every day is tough and supporting adherence is a primary challenge for successful implementation of any PrEP program. Early data from focus groups suggest prior experience with daily medications, predictable daily routines, access to accurate drug information and regular contact with non-judgmental medical staff facilitate good adherence. By contrast, life stress, stigma and schedule disruptions are associated with missed doses.

**What are the risks?** Truvada is generally safe and well-tolerated. Initial GI upset is not uncommon and <1% of people on Truvada may experience a decrease in kidney function (which reverses upon discontinuation).

Special precautions are needed if there is a history of Hepatitis B.

Finally, all PrEP recipients are required to receive HIV/STI testing every three months to continue on treatment and are encouraged to meet with providers regularly to assess risk and strategize adherence.



*PrEP is a new HIV prevention method in which people who do not have HIV infection take a pill daily to reduce their risk of becoming infected.*

**Who's a good candidate?** Lots of people. Anyone at increased risk of HIV acquisition who is open to taking a daily medication as part of their prevention strategy.

**Who has access:** Out of pocket expense for Truvada is prohibitively expensive (\$2,000 per month). Luckily, most insurance companies recognize the cost-savings of HIV prevention and are providing coverage for PrEP (this includes Partnership Health Plan). For those under 26 who remain on their parent's health insurance and aren't excited about a family PrEP conversation, Patient Assistance Programs are available through Gilead.

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## BIA Testing Day: Is it muscle or is it fat?

**Drop -in testing: Thursday, November 20th, RRHC, 9am-12 pm**  
**Questions? Contact Nina Redman, RD: 303-8909 ext. 3737**

Find out your body composition:

- Body fat percentage
- Lean body mass
- Ideal body weight



## Introducing Christopher Bowers, Social Worker



**What kind of life experiences made you passionate about helping others?**

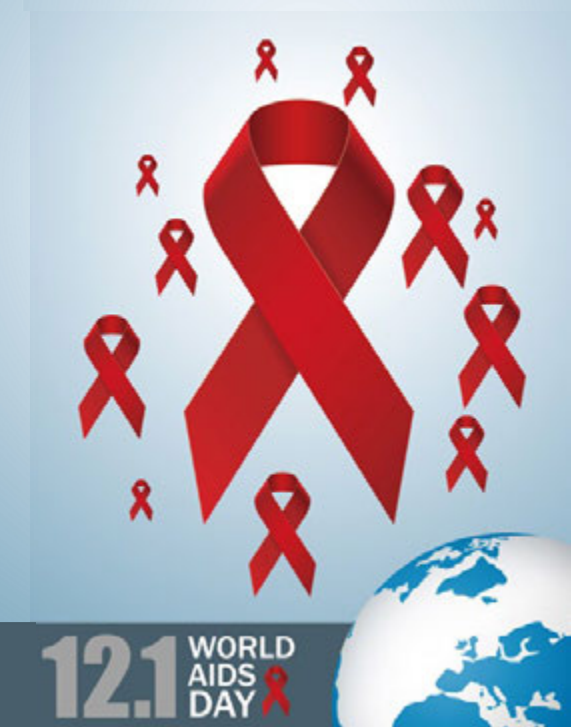
I'm not sure I believe in the idea of me being the "helper" and someone else being the recipient of my so-called "help". We are a community and whether we act like it or not, we are all interdependent on each other to get through this thing. I feel accountable to my community because it has supported me in so many ways. I also simply don't want to live in a world in which unfair power dynamics and stigmatizing shame are allowed to dictate people's well-being and peace of mind. For me it is as much about social justice as it is social service. So I have a part to play, as we all do.

**What brought you to work at RRHC and how long have you worked here?**

I've worked in the field for most of the last 20 years. I used to work at Face to Face and I heard about the position from them. I live in West County and thought it would be nice to work in the same community in which I live. I have been at WCHC (in Sebastopol and Guerneville clinics) since July of this year and so far it's a really nice fit. My coworkers are kind and committed, and the people who come to see me are resilient survivors. I don't know how they do it. I look forward to getting to know more of them!

[www.wchealth.org](http://www.wchealth.org)





## PrEP Rally *Continued from Page 3:*

### So what's the controversy about?

- Risk Taking:** There is significant concern that the apparent efficacy of PrEP will facilitate increased risk-taking behavior. Data from existent studies does not validate this concern but likely does not accurately reflect the general population as all study groups received access to regular counseling regarding additional prevention strategies.
- Pharmaceutical Profit:** Let there be no mistake, drug companies are very aware that PrEP broadens the applicability of their very expensive ARV regimens from a market of 1.1 million HIV positive Americans to a much larger group of HIV negative people. As with everything in medicine, looking to the science (rather than profit-motivated advertising) will always be essential.
- Partial Adherence:** Data exists to suggest fairly good efficacy with occasional missed doses. These are very early studies. No "safe" level of missed doses is known and lay-press articles claiming safety with partial adherence should be read with skepticism.
- Savage Love:** Even wise men say foolish things. Let's forgive Dan this once.

**So let's review:** Truvada is currently the only FDA drug approved for PreExposure Prophylaxis for the prevention of HIV acquisition and has been found to be safe, effective and well-tolerated when taken daily. It is a powerful new approach for our prevention toolbox but does not replace other risk-reduction strategies.

If you (or anyone you know) has more questions about PrEP please come see us!

Special thanks to Project Inform and Dr. Oliver Bacon's presentation "PrEP Update 2013."

## Events Calendar

### Day/Date Time Event & Location

#### NOVEMBER

Mon	3	11 a.m.	HIV + Gay Men's Support Group, Russian River Health Center
Mon	3	1 p.m.	Beyond Stress Group, Forestville Wellness Center
Tues	4	12:30 p.m.	Yoga Basics, Forestville Wellness Center
Wed	5	12 p.m.	Food for Thought Cooking Class with Nina-International Vegan
Mon	10	11 a.m.	HIV + Gay Men's Support Group, Russian River Health Center
Mon	10	1 p.m.	Beyond Stress Group, Forestville Wellness Center
Mon	10	3 p.m.	Nutrition for Wellness, Forestville Wellness Center
Tues	11	12:30 p.m.	Yoga Basics, Forestville Wellness Center
Mon	17	11 a.m.	HIV + Gay Men's Support Group, Russian River Health Center
Mon	17	1 p.m.	Beyond Stress Group, Forestville Wellness Center
Tues	18	12:30 p.m.	Yoga Basics, Forestville Wellness Center
Tues	8	7 p.m.	Food For Thought Volunteer Orientation
Wed	19	12 p.m.	Food for Thought Cooking Class with Nina-Holiday Favorites Pt 1
Mon	24	11 a.m.	HIV + Gay Men's Support Group, Russian River Health Center
Mon	24	1 p.m.	Beyond Stress Group, Forestville Wellness Center
Mon	24	3 p.m.	Nutrition for Wellness, Forestville Wellness Center
Tues	25	12 p.m.	Yoga Basics, Forestville Wellness Center
Fri	8	12 p.m.	Positive Women's Group, Food For Thought

#### DECEMBER

Mon	1	11 a.m.	HIV + Gay Men's Support Group, Russian River Health Center
Mon	1	12 p.m.	Beyond Stress at the Forestville Wellness Center
Tues	2	12:30 p.m.	Yoga Basics at the Forestville Wellness Center
<b>Tues</b>	<b>2</b>	<b>6 p.m.</b>	<b>Give Back Tuesday for World AIDS Day Rainbow Cattle Co.</b>
Wed	3	12 p.m.	Food For Thought Cooking Class with Nina
Thurs	4	12:30 p.m.	Healthier Living + Chronic Conditions - Forestville Wellness Center
Thurs	4	3:30 p.m.	Healthy Eating at the Forestville Wellness Center
Mon	8	11 a.m.	HIV + Gay Men's Support Group, Russian River Health Center
Mon	8	12 p.m.	Beyond Stress at the Forestville Wellness Center
Mon	8	3 p.m.	Nutrition for Wellness at the Forestville Wellness Center
Tues	9	12:30 p.m.	Yoga Basics at the Forestville Wellness Center
Thurs	11	12:30 p.m.	Healthier Living + Chronic Condition - Forestville Wellness Center
Thurs	11	3:30 p.m.	Healthy Eating at the Forestville Wellness Center
Mon	15	11 a.m.	HIV + Gay Men's Support Group, Russian River Health Center
Mon	15	12 p.m.	Beyond Stress at the Forestville Wellness Center
Tues	16	12:30 p.m.	Yoga Basics at the Forestville Wellness Center
Wed	17	12 p.m.	Food For Thought Cooking Class with Nina
Thurs	18	12:30 p.m.	Healthier Living + Chronic Conditions - Forestville Wellness Center
Thurs	18	3:30 p.m.	Healthy Eating at the Forestville Wellness Center
Mon	22	11 a.m.	HIV + Gay Men's Support Group, Russian River Health Center
Mon	22	12 p.m.	Beyond Stress at the Forestville Wellness Center
Mon	22	3 p.m.	Nutrition for Wellness at the Forestville Wellness Center
Tues	23	12:30 p.m.	Yoga Basics at the Forestville Wellness Center
Mon	29	11 a.m.	HIV + Gay Men's Support Group, Russian River Health Center
Mon	29	12 p.m.	Beyond Stress at the Forestville Wellness Center
Tues	30	12:30 p.m.	Yoga Basics at the Forestville Wellness Center