

PrimaryHealthCare

# the project PRESS

## LIVE OUT LOUD

NEW FORMAT, NEW LOCATION, NEW ENERGY



This year, the prior All Iowa AIDS Benefit changed its location, entertainment lineup and fundraising structure. Live Out Loud made its debut to rave reviews. It was the shortest program in years, nearly 200 people came, and the audience’s energy indicated that we got it right.

We were thrilled to honor Jerry McDonnell, longtime volunteer and overseer of the food pantry and Tami Haught, Community Organizer for Community HIV/Hepatitis Advocates of Iowa Network (CHAIN), and President of Positive Iowans Taking Charge (PITCH) whose work at the Capitol helped undo an awful law that criminalized people living with HIV.

The new, shortened line-up at the event was a big hit. The Des Moines Gay Men’s Chorus, Ballet Des Moines, Tyona Diamond,

and many others performed and delighted the crowd. Nearly \$15,000 was raised for the food pantry, supportive services and client assistance.

### Client Transportation Assistance:

STARTING JANUARY 1ST. REQUESTS MUST BE MADE WITH YOUR CASE OR NURSE CARE MANAGER.

### Eat Well Be Well Dinner

THURSDAY, MARCH 19TH  
5:30 PM | DJANGO  
SEE YOUR CASE MANAGER TO RSVP

### 15th Annual AIDS Walk|Run

SATURDAY, APRIL 11TH  
STARTS AT 9:00 AM  
DMU CAMPUS  
\$20 REGISTRATION FEE

### Condom Couture Fashion Show

SATURDAY, MAY 23RD  
STARTS AT 8:30 PM  
THE GARDEN  
\$20 ADMISSION

## INSURANCE UPDATES

The Affordable Care Act has allowed almost everyone the ability to access health insurance, sometimes for the very first time. While having insurance is a benefit, it does come with some responsibilities.

Everyone receiving medical insurance under Iowa Health and Wellness, including the Iowa Wellness Plan and Iowa Wellness Meridian, is required to complete Healthy Behaviors Requirements once a year. This includes the completion of a health risk assessment online or over the phone and a wellness exam. The completion of both these pieces will allow the continuation of free health insurance under the Iowa Health and Wellness plan. If these are not done yearly, there may be premiums charged the following year.

Information about this program and other requirements that come with having insurance are often sent by mail. It is important that mail be opened on a regular basis so that requests for information can be handled immediately. It is also important to let your insurance company know when you move so they have an updated address on file.

It is your responsibility to complete these requirements yearly so please call your clinic to schedule your wellness exam. It can be done anytime within the 12 months of coverage. If you have questions or concerns, please contact your case manager or nurse care manager. The Project of Primary Health Care is here to assist you in any way we can!

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## HAVE YOU HEARD OF PrEP?

If you haven't, Pre-Exposure Prophylaxis (PrEP) is a once daily medication someone who is known to be HIV negative can take to prevent contracting HIV. PrEP is an additional barrier of protection against HIV, especially for those at a greater risk for contracting the virus. Currently, Truvada is the only medication approved for PrEP. Even though Truvada is used for the treatment of HIV, Truvada as PrEP should only be taken as prescribed by a doctor. PrEP does not prevent against any other STI.

PrEP has greatly leveled the playing field between those that are HIV positive and those that are HIV negative. This extra form of protection fill in the gaps that other

prevention methods leave behind, also putting more responsibility in the hands of those that are HIV negative.

If you want to learn more about PrEP or have any questions please contact a Prevention Specialist at The Project. 515-248-1595

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## JOIN US FOR 15<sup>th</sup> ANNUAL AIDS WALK/RUN

The one mile walk or 5K run winds through the beautiful campus of Des Moines University and the historic South of Grand neighborhood. The event is Saturday April 11 from 9 – 11 a.m. Pets, children and families of all ages are welcome on the route.

There will be raffle items, face painting, Starbucks coffee and interactive educational booths to increase awareness and visibility regarding HIV/AIDS in central Iowa.

A suggested registration fee of \$20 gets you a T-shirt, entry into the raffle, and participation in the event. If you wish to participate in the race, but don't have room in your budget, please contact your Case Worker – we don't want you to miss out on the fun!

# CLINICIAN'S CORNER

## KIDNEY DISEASE

There has been much talk about kidney disease and HIV infection. I will explain how kidneys function, mention some types of kidney disease and tips to keep one's kidneys healthy.

Most of us are born with two kidneys. The kidneys are usually located towards the back of the abdominal cavity, adjacent to the spine on either side. Atop the kidneys are the adrenal glands which secrete hormones to regulate circulation and electrolyte balance by the kidneys.

The kidneys are responsible for maintaining chemical balance of electrolytes, regulating blood pressure as well as acting as a filter for the blood. Metabolic waste products are excreted in the form of urine. Many medications are eliminated from the body through the kidneys into the urine.

Most kidney diseases are categorized under acute or chronic. An example of acute injury would be due to severe dehydration or blood infection. This problem usually resolves with appropriate medical care. Chronic kidney disease may develop as a result of other diseases such as diabetes, hypertension (high blood pressure), heart failure and many others. Sometimes excessive use of anti-inflammatory medications such as ibuprofen and naproxen can cause chronic kidney injury.

Medications used to treat HIV infection can cause changes in kidney tests and actually kidney damage. Some of the risk factors for the development of kidney disease include African American, hypertension, diabetes, older age, low CD4 count, and co-infection with hepatitis B or hepatitis C. That is one of the reasons why

safety laboratory tests are completed every few months while the person is taking antiretroviral medications. If the kidney condition persists or becomes progressive the antiretroviral medication may need to be changed.

There are some simple lifestyle behaviors to consider in keeping kidneys healthy. Always stay well hydrated year-round. This keeps the urine concentration lower and helps to eliminate toxins. Minimize the consumption of soda pop which is high in phosphate. If you take over-the-counter pain relievers such as anti-inflammatory medicine use them only according to the package recommendation. Higher doses may cause kidney damage. Finally, be sure to work closely with your healthcare provider to effectively manage conditions such as hypertension and diabetes, two major causes of chronic kidney disease.

David L. Yurdin, PA-C, AAHIVMS

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## COMMUNITY EVENTS

### DAY ON THE HILL

Community HIV/Hepatitis Advocates of Iowa Network  
 Wednesday, February 11th. Iowa State Capitol  
 Advocacy Training - TBA  
 Legislative Luncheon 11:00 am - 1:30 pm

### PITCH ON ICE

Positive Iowans Taking Charge  
 Sunday, February 15th. 6:00 - 8:00 pm  
 Ice Ridge Skating Rink (Southridge Mall)  
 \$5.00 Admission | 25% off for PITCH members  
 FREE SKATE RENTAL  
 Bottomless Bowl of Soup

### 2015 PITCH WELLNESS SUMMIT

May 15th - 17th.  
 VISIT: [pitchiowa.com](http://pitchiowa.com) for more information.

# DIRECTOR'S NOTE

Happy New Year to all of you!

A new year is a good time for all of us to take stock of where we are and set goals for the future. One of our goals for 2015 is to improve on listening to your input and using that information to provide better services. Two ways we plan to do that are through surveys and asking your input in person during an open feedback session as part of our Eat Well Be Well dinners. To start our goal in motion, we want to hear from you now!

Take a couple of minutes to complete the survey: <http://bit.ly/TheProject-2015-survey>

Tell us what stands out to you as strengths and areas for improvement at The Project of Primary Health Care.

We look forward to hearing from you and partnering with you to improve the HIV services we provide. Cheers to a healthy and happy 2015!



# EVENTS + ANNOUNCEMENTS

## EAT WELL | BE WELL DINNER

<b>WHEN</b>	Thursday, March 19th. 5:30 pm
<b>WHERE</b>	Django, Des Moines
<b>DETAILS</b>	RSVP by calling 515-248-1595
<b>COST</b>	FREE

## 15TH ANNUAL AIDS WALK/RUN

<b>WHEN</b>	Saturday, April 11th. 9:00 am
<b>WHERE</b>	Des Moines University Campus
<b>DETAILS</b>	Raffle Prizes, Face Painting, Interactive Educational Booths, Pets & Families Welcome.
<b>COST</b>	\$20 Suggested Registration Fee

## 2nd Annual Condom Couture Fashion Show

<b>WHEN</b>	Saturday, May 23rd. 8:30 pm
<b>WHERE</b>	The Garden Nightclub
<b>DETAILS</b>	High-fashion creations from an unconventional material: condoms!
<b>COST</b>	\$20 Admission