



WHAT CAN YOU DO TO REDUCE THE RISK FOR YOU AND YOUR PARTNER?



We care about our patients. We work hard to provide our patients with the best care possible. We are very happy that the treatment for HIV have improved. We want to help our patients stay as healthy as possible. We also want to do all we can to keep others from getting the virus. We believe our patients want the same thing.

Most of our patients want to keep themselves healthy. They also want to keep their partners from getting HIV.

- Some do this by not having sex at all.
- Some have one partner.
- Some choose safer behaviors like kissing, hugging, and the sexual stimulation of themselves or their partners without the exchange of bodily fluids.
- Some of our patients choose to have sex only with partners who are HIV positive.
- Some use condoms with HIV positive partners.
- Some choose safer behaviors, like oral sex, and they use latex barriers during oral sex.
- Some have anal sex, and they use condoms. Some have vaginal sex, and they use condoms.
- All of these will keep you safer and keep your partner safer.

(Adapted from Partnership for Health, Dept. of Preventive Medicine, University of Southern California)



JOIN US ON MAY 17,
2016 AS WE HONOR
SENATOR MATT
MCCOY AT THE
PRIMARY LEADERS
AWARDS DINNER.



REMINDERS:

To schedule or cancel a clinic appointment or for health related questions, please call your nurse care manager:

Katie (515)248-1575

Margie (515)248-1574

Erin (515)248-1821

Theresa (515)248-1577

For refill requests, please call your pharmacy.

For ADAP or other supportive services issues, please call your case manager.

If you're unsure who to contact or would like more information about our program, please call Anabel at (515)248-1595.

Our regular program hours are 8:00 a.m. - 5:00 p.m. Monday through Friday.

Primary Health Care After Hours Coverage:

Primary Health Care provides after hours coverage for all patients by contracting with an answering service to either provide patients with access to the on-call provider after hours or to provide telephonic triage.

Patients receiving HIV care at Primary Health Care can access these services by contacting the main number at the 1200 University Clinic (515)248-1500.

When appropriate, patients may be directed to PHC Eastside Clinic, with Monday-Thursday evening and Saturday morning hours, or an urgent care clinic or emergency room.

DIRECTORS NOTE: SPRING IS HERE

Happy Spring, everyone! We have a lot of exciting happenings to tell you about. During the winter months, David and the medical staff worked on establishing a partnership with Iowa Digestive Disease Center (IDDC) so that we could offer anal pap smears to our male patients and to female patients with abnormal cervical pap smears. This partnership allows patients who show abnormalities from the initial screening to receive follow-up care and treatment with Dr. Paige at IDDC. So far, over 30 patients have taken part in the screening and one-third of these patients have shown abnormalities. The patients have been referred and seen for treatment. This is an innovative practice that ensures we're providing the best preventative care that we possibly can.

We launched two new opportunities for clients in February. Wellness for Me is a holistic wellness group that meets for 8 weekly sessions and is facilitated by Anneke, our behavioral health consultant, and JaCarie Owens, our lead case manager. Clients have a meal together and spend an hour learning about wellness topics like turning unhealthy habits into healthy ones, cooking nutritious meals, and yoga and relaxation.

Also, the consumer advisory board held their first meeting. Eight clients are serving as board members. At the first meeting, the board approved bylaws for the group and elected a chair to lead future meetings. The group will meet every other month. The purpose of the group is to offer advice on improving the programs & services that are delivered by The Project of Primary Health Care. The board works collaboratively with staff from the Ryan White Program (RWP) on daily operations & strategies, quality evaluations, and systematic issues that affect the lives of people living with HIV/AIDS (PLWHA).

We're very proud of our clients and patients for participating in our programs and also partnering with us to improve what we do.

With gratitude,
Greg Gross



Greg Gross,

HIV Program Director

PrEP: Pre Exposure Prophylaxis

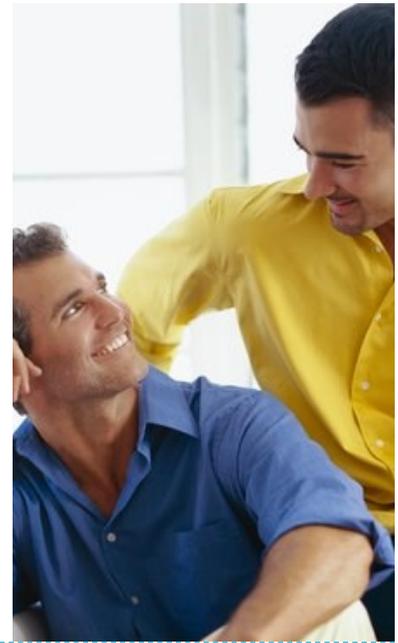
by Jacob Linduski

People living with HIV face many barriers. One we don't talk about often is the barrier to intimacy, especially between partners who don't share the same HIV status. These couples may feel frustrated about the lack of stress free intimacy they are able to share. Anxiety associated with passing on the virus or becoming HIV positive yourself could lead to sexual dissatisfaction or issues in other areas of the relationship.

The great news is that it doesn't have to be like that. PrEP, or Pre-Exposure Prophylaxis, is a daily medication that is 99% effective at stopping an

individual from becoming HIV positive. In addition, people living with HIV who take medication to suppress the virus in their bodies are ten times less likely to transmit the virus to their HIV negative partners. Couple this with PrEP and the chances of infecting an HIV negative partner are very small. For couples who don't share the same HIV status, this can lead to a greater shared level of physical and emotional intimacy which could ultimately mean a longer, happier relationship.

If you think you or your partner could benefit from PrEP, call us at 515-248-1595.



“For couples who don't share the same HIV status, this can lead to a greater shared level of physical and emotional intimacy which could ultimately mean a longer, happier relationship.”

CLEAR TIPS: BE HERE NOW!

by Brandon Foley

The mind. Our internal narrator that reflects on the past, imagines different scenarios of the future, and makes commentary on the present. Where would we be without our mind?

The mind is very important, but often times the mind gets caught in repetitive negative thoughts, it jumps to conclusions and can give us a distorted look at any given situation. The mind can cause unnecessary stress, misunderstandings, and when overactive, the mind keeps us from enjoying the present moment.

To practice mindfulness, all you have to do, whatever you're doing, is be aware of what the mind is doing. When you become more aware of what the mind is doing, it is easier let go of internal dialog and bring your attention to whatever you're doing in the present moment.

If you're eating pizza and you become aware that you are thinking about a conversation you had with your boss last week, you can return your attention to the taste of the pizza, to your chewing and swallowing. The pizza will taste better if you're not thinking about the conversation with your boss.

Mindfulness helps us let go of unhelpful, automatic thinking, and live more fully in the present moment.

To learn more about mindfulness, stress reduction, better communication, and goal setting, consider CLEAR. CLEAR is The Project's free one-on-one self-growth workshop.

Contact Brandon at 515-248-1584

PrEP Cocktail Hour

April 29th

5:30 - 7:30 PM

The Blazing Saddle



QUESTIONS?

Contact Jacob Linduski

515-248-1586

**JOIN US FOR BRUNCH
LIVE OUT LOUD
NOVEMBER**



**JOIN THE LIVE OUT
LOUD PLANNING
COMMITTEE AND
HELP US PRODUCE
AN AMAZING EVENT!**

Please contact:

Marissa Conrad

p: 515-248-1597

e: mconrad@phcinc.net

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WELLNESS FOR ME: A SUCCESS!

The Project of Primary Health Care recently wrapped-up the reboot of Wellness for Me.

This interactive, educational and social group met weekly to discuss a holistic approach to living well with HIV. About a dozen people participated and met for eight weeks in February and March.

Participants learned about nutrition needs and prepared a healthy meal. A guest yoga instructor provided the group with some easy poses and breathing exercises to help reduce stress.

The group was facilitated by The Project's behavioral health consultant, Anneke Gustafson, LMSW and Case Manager, JaCarie Owens, MS.



The Project plans to offer more groups in the coming year and would love to know your interests and suggestions for future groups. Please contact Anneke if you're interested in participating or sharing your ideas.

5 POSITIVES TO HIV CARE & TREATMENT

CHOICES - Treatment is never one-size-fits all. Your health care team can help you find what works for you.

SAFER SEX - Staying on treatment reduces your viral load. Having an undetectable viral load greatly reduces your chance of transmitting the virus to your sexual partners who are HIV-negative.

BIRTHDAYS - Staying in care and on treatment will help you live a longer healthier life.

FAMILY - Options are available for people living with HIV who want to be parents. Talk to your healthcare provider about your plans for having children.

HOPE - Don't let HIV stand in your way. Keep doing the things you love and never stop living. If things get tough, seek support from your health care team and loved ones. Know that HIV treatment works.

Are you new to the area and looking for HIV services? Are you recently diagnosed? Need to get back into treatment and care? We are here to help! Call us at 515-248-1595 to set up an intake with a Case Manager and/or Nurse Care Manager.

MCO UPDATE: Medicaid Managed Care - Iowa Health Link

Managed care under the Iowa Health Link started April 1, 2016. All Medicaid or Iowa Wellness Plan recipients have been enrolled in one of the managed care companies (MCO), and Primary Health Care has contracts with all three of these companies.

Member ID cards will be arriving soon from all the managed care health plans. Benefits under the MCOs should not change but patients seen at Primary Health Care need to list our clinic as their Primary Care Provider. There is also still time to change your MCO. Members have until June 16, 2016 to change their MCO assignment for any reason, and can change any time after that for "good cause".

If you have any questions, you can call Dena, our Benefits Liaison, at 248-1599 or visit the DHS Medicaid Modernization page at: <https://bit.ly/MedicaidModernization>.

ANTIDEPRESSANT MAY IMPROVE COGNITIVE DAMAGE IN HIV-POSITIVE PEOPLE



Although with the right treatment people living with HIV can now live a long and healthy life, many still can experience complications that current antiretroviral medications don't treat. Cognitive damage and chronic

cognitive damage and suppressed inflammation for patients with HIV. The drug improved reaction time and decision-making and moderately suppressed inflammation in patients known to have HIV-associated neurocognitive disorders.

"Over a period of 20 years and after 10 clinical trials, this is the first time we have been able to clearly demonstrate benefit in a

summary measure of cognitive performance for patients with HIV-associated neurocognitive disorders," said lead author Ned Sacktor, a neurology professor at Johns Hopkins University, noting the groundbreaking

have on safely suppressing inflammation and reversing cognitive impairment, the research team led a 24-week trial that consisted of 45 patients with cognitive impairment divided into four control groups. Depending on the group, participants were either given 20 milligrams of paroxetine per day, 100 milligrams of the anti-fungal drug fluconazole twice a day, a combination of the two drugs, or a placebo.

Participants who took paroxetine alone saw a significant improvement in decision-making and reaction time than those not taking the antidepressant drug. Researchers thought positive results might be related to inflammation. They examined blood samples from patients, and discovered that the drug had reduced levels of inflammatory proteins in their bodies.

A ground-breaking study suggests an antidepressant may reduce inflammation--including in the brain, where it can cause problems with decision-making, reaction time, and memory.

inflammation are common side effects that can result from HIV, particularly in people who have been living with the disease for a long time.

Studies have shown that HIV-associated brain disorders can cause significant health impacts, accelerate the aging process, and increase death-rates. Meanwhile, increased inflammation is linked to cancer, heart disease, kidney failure, dementia and autoimmune diseases.

Fortunately, researchers from John Hopkins University School of Medicine recently discovered that an existing anti-depression drug may be able to ameliorate these health concerns and improve the quality of life for those aging with HIV

In a small, controlled study, the antidepressant drug paroxetine (Paxil) boosted mental functions related to

nature of the findings.

Even when virally suppressed, people living with HIV can still experience inflammation as a result of the disease. HIV-associated neurocognitive disorders (HAND) occur when this inflammation occurs in the brain causing damage to nerve cells. People who suffer from HAND can often experience difficulty with learning, decision-making, motor function, and memory.

Remarkably, this drug seems capable not just of stopping the mental decline but also of reversing some of the damage. In an earlier study published in 2014, Sacktor and his team found two FDA-approved drugs, (paroxetine and the antifungal fluconazole) showed promising results.

To ascertain the effect the drugs could

"By reducing inflammation, we hoped to have the added benefit of improving cognition, and our results show that to be the case," says Sacktor.

Fluconazole did not yield the same results, prompting the research team to abandon any further evaluation of the drug.

Paroxetine is currently approved to treat obsessive-compulsive disorder, post-traumatic stress disorder, anxiety, panic attacks, and depression. The drug is classified as a selective serotonin reuptake inhibitor.

Because it has already passed testing for safety, paroxetine shouldn't have to go through the lengthy trials that can delay FDA-approval. Which could dramatically reduce the time before the treatment is available.

(Source: hivplusmag.com)

EVENTS CALENDAR

April 1st - ONE IOWA's 7th Annual Gala. 5:30 PM at Community Choice Credit Union Convention Center

April 1st & 2nd - Des Moines Gay Men's Chorus Presents "When I Knew". 7:30 PM at First Unitarian Church

May 13th & 15th - 2016 PITCH Wellness Summit

May 17th - Primary Leaders Awards Dinner. 5:30 PM at Forte, Downtown Des Moines.

June 10th - 12th - Capital City Pride

2016 WELLNESS SUMMIT

THIS IS OUR FIGHT SONG: 10 Years Celebrating PITCH

MAY 13 - 15, 2016

PITCH changed our policy for the Wellness Summit last year. To sustain our organization and continue to grow we want to be welcoming to our partners, family members and others who are directly impacted by HIV/AIDS. The Wellness Summit will always be open to people living with HIV 1st, but we also want to invite our support systems to join us at the retreat to revitalize and gain awareness about living with HIV and living with and loving someone living with HIV. We think this will provide a unique opportunity and a new element to the Wellness Summit.

PITCH still strives to make the Wellness Summit a SAFE place for everyone who attends the weekend. So mark you calendars and save the date. Stay tuned for more information for "This is Our Fight Song, Celebrating 10 Years of PITCH."

The Wellness Summit provides a safe, non-judgmental environment for Iowans living with HIV/AIDS. The Wellness Summit is one way to help reduce the stigma and isolation that many people living with HIV/AIDS feel. The Summit is a source of encouragement, provides educational opportunities, camaraderie and a sense



P.O. Box 518
Des Moines, IA 50302
www.pitchiowa.com

The Project of Primary Health Care

1200 University
Avenue
Suite 120
Des Moines, IA 50314

P: 515-248-1595

F: 515-248-1522

W: phtheproject.org



WELCOME BABY ZOEY ROSE!

Congratulations to Anabel Gonzalez (Front Desk / Program Specialist) on the birth of her first child, Zoey Rose Cardenas Gonzalez.

Zoey was born on December 27, 2015 at 12:30 pm. She was 20 inches, 7 lbs. and 10 oz. She has hazel eyes with golden brown and black hair.



Anabel & baby Zoey Rose.

"She loves to talk early in the morning, play on her play mat, kick and lean sideways. Loves snuggles and naps with mom. Loves having sleepovers at grandmas. Zoey is an amazing happy baby", gushes new mom Anabel.