Dem bones: Osteoporosis and HIV
Shekda Martin MD, FACP, AAHIVS

At the beginning of the epidemic, people diagnosed with HIV/AIDS could expect to live only one or two years. Issues of aging were not a major focus for them or their doctors.

New medications and treatments have changed that. Life expectancy has increased dramatically—which means facing the challenges of aging with HIV/AIDS.

Normal aging can lead to many disorders, such as osteoporosis and heart disease. HIV increases those risks. Osteoporosis, or bone loss, is common as we age. However, too much loss can make bones weak and brittle. When bones weaken, they are more likely to break, especially in the hip, spine and wrist areas. Broken bones are not only painful, but they can lead to disability, making it hard to perform common, everyday tasks. In the past, the most susceptible population was post-menopausal women. Now, new studies show that aging HIV-positive men are also at high risk.

How can you find out if you have weak bones? Bone mineral density (the amount of mineral thickness in your bones) can be measured by a test called a DXA scan. This safe, simple, and painless scan takes X-rays of your bones, usually the hip and lower back. The test is covered by most third-party insurance companies if you have significant risk factors. If you have low bone density, you may need additional blood tests to rule out other causes.

Who should get a DXA scan?
All HIV-infected post-menopausal women and men over 50 should be tested. Also, people who have had a fragility fracture (fracture from a fall that wouldn’t injure the average person) should have a scan regardless of age or sex.

Causes of osteoporosis
1. Traditional
   • Alcohol
   • Low Vitamin D
   • Aging
   • Small, thin body
   • Family history
   • Kidney disease

2. With HIV disease
   • Uncontrolled HIV viral loads
   • HIV medicines - studies are being conducted on protease inhibitors and the drug Viread (tenofovir), which is also found in Truvada and Atripla medications.

How to improve bone health

Calcium – You need 1000-1500 mg everyday through food or calcium pills. Getting calcium through food is better because of other healthy nutrients. Good sources include low fat dairy (cheese, yogurt and milk), canned fish, dark green leafy vegetables (kale, collards and broccoli) and calcium-fortified orange juice.

Vitamin D – You need 800-1000 IU of vitamin D everyday by getting 15 minutes of sunlight three times a week and an adequate amount in your diet. Good sources include eggs, fatty fish and fortified milk (with vitamin D).

Exercise – Try to exercise for 20 minutes at least three times per week. Jogging, yoga, walking and lifting weights help keep your bones and heart healthier.

Alcohol – If you drink, don’t drink more than one alcoholic beverage per day. It hinders calcium absorption and can lead to falls.

Stop smoking for lots of reasons!

Treatment is available for osteoporosis. Making the lifestyle changes above will also have a great impact on your bone health. If you have osteoporosis, medications are available. Your health care provider can work with you to decide the best treatment for you and your lifestyle.

Martin is the medical director of the Ryan White Program

To parents: talking to teens about HIV

Fall 2012

Pam LeRose

It’s sad, and sometimes dangerous, when teens feel that they cannot talk to their parents about sex. As parents, we love our children in a way that no one else can. We need to talk to them about sexuality and healthy adult relationships before someone else does.

When to talk
• Chose a quiet, calm time. Be sure you can talk without being interrupted.
• Some parents talk when driving or working with their teen. Having something to do while you talk can make it easier.
• Don’t let a natural opportunity to talk pass by, even if it’s not when you’d planned. A report on the radio, a TV show, or a news article can be good ways to start a conversation.

Be prepared
• Before you talk, be sure you know what HIV is, how it is spread and how it can be prevented.
• Think about your own feelings and fears about HIV. This will help you be clear about the facts and values you want to share.

Will you emphasize no drug use?
• Will you focus on no sex before marriage or no sex until it’s part of a mature, loving relationship?

And remember, there is nothing wrong with showing your teen that you are human. If you feel nervous talking to them about sex and HIV, tell them! This will help them understand how important it is to listen to what you have to say.

LeRose is the Ryan White Program outreach coordinator.

Teens and HIV: today’s choices, tomorrow’s consequences

Pam LeRose

Are you between the ages of 13 and 24? Do you think that there is no way you could get HIV or AIDS? Think only gay males, prostitutes and IV drug users are infected? Think again. This is one disease that does not discriminate. Whether you are in middle school or on Medicare, you can become infected.

The fact is that CAMC Ryan White Program’s teen and young adult population has doubled since 2006. This group makes up the largest number of HIV cases reported in recent years. Young adults and teens between 13 and 29 represent 34 percent of new HIV infections, the largest share of any age group.
Free, Confidential
HIV Rapid* Testing
Locations
The Covenant House
600 Shrewsbury St. Charleston, WV
The Covenant House offers free rapid testing on the first Wednesday of each month from 1 to 3:30 p.m. by appointment only. Contact Sherra Cates at (304) 344-8053, ext. 45 or scates@wvcovenant.org.

The West Virginia Bureau for Public Health
Chuck Anziulewicz (Chuck A.) offers free rapid testing by appointment only. He is available to meet with you the first Saturday of each month at:
Ashbury United Methodist Church
501 Elizabeth St., Charleston, WV
He can also work with you to schedule another convenient time and location. Contact Chuck at (304) 336-4062 or Charles.H.Anziulewicz@wv.gov.

*This test requires only a mouth swab. Your results are ready in 20 minutes.

Post Traumatic Stress Disorder
Laura Wilhelm, PhD
If you are having trouble coping with the aftermath of a trauma, you may need to be tested for Posttraumatic Stress Disorder, also called PTSD.

Traumas can be painful life- or injury-threatening events such as:
• being the victim of a crime
• being a victim of a sexual assault
• being physically or sexually abused
• participating in combat
• watching someone else be seriously injured or killed
• experiencing a motor vehicle accident
• enduring a natural or human-imposed disaster such as a flood, fire, or bombing

Feelings of fear, horror, shock, and helplessness are typical for anyone who has lived through a trauma. However, this doesn’t automatically result in PTSD. Those who develop PTSD tend to struggle more over a longer period of time. They seem to be stuck in a mental tug-of-war of emotional turmoil. Preferring to bury painful memories, they try to forget and move on with their lives. At the same time, they want to try to make sense of what happened.

For example, if Joe was sexually abused by his older male cousin from the ages of 8 to 11 and then raped at a party when he was 18, he may attempt to live by the self-imposed rule, “Don’t think about the past—pretend it never happened.” Simultaneously, Joe’s mind might be churning out questions like “Why did this happen to me?” “What’s wrong with me?” “What could I have done to stop the abuse?” “Why didn’t someone help me?” and “How can I ever trust anyone or feel safe again?”

PTSD symptoms involve the following four categories:
• Avoidance of situations that remind you of the trauma(s) – You may go to great lengths to stay away from people, places, and things that bring up memories of the trauma.
• Feelings of numbness and detachment – Feeling different, alone, unable to express emotions, and incapable of enjoyment, you may find it hard to connect with loved ones and other people.
• Feelings of hyperarousal and hypervigilance – Feeling tense, on edge, and irritable, you may constantly be on the lookout for signs of threat. Recognizing PTSD in people living with HIV/AIDS is extremely important. They report more exposure to traumas, especially physical and sexual abuse, compared to the general population. PTSD is found at markedly higher rates in those living with HIV/AIDS. Untreated, it may hinder immune system functioning; promote unhealthy behaviors such as alcohol and drug use, unprotected sex, a poor diet, and limited physical activity; and, because of added stress, make it harder to adhere to HIV medication schedules.

There are effective treatments for PTSD. If you have any of the symptoms listed above, talk to your doctor about options for psychotherapy and medication evaluation. When a trauma has turned your world upside down, you might think that you should be able to handle it on your own, which is more harmful than beneficial.

Remember that PTSD is simply a prolonged normal reaction to an abnormal situation. The proper treatment will help you find ways to cope with the trauma “hot thoughts” and memories in effective ways so that you can get “unstuck” and move forward with your life.

Wilhelm is a psychologist and a member of the Ryan White care team.
Do you think if you only have oral sex you’re with? and the status of the people they have been know. Who would admit they are infected on a negative? Some hide the truth, some just don’t

Does your potential partner say he/she is to HIV. get an STD, which makes you more susceptible unprotected sex. And it’s also a great way to

Do you use condoms? One of the most common ways HIV is passed is through unprotected sex. It’s also a great way to get an STD, which makes you more susceptible to HIV.

Does your potential partner say he/she is negative? Some hide the truth, some just don’t know. Who would admit they are infected on a negative?

Do you think if you only have oral sex you’re safe? There is more than pregnancy to worry about here. The truth is that oral sex is not as safe as you think. Infected bodily fluids such as semen and vaginal secretions have high concentrations of HIV that can enter the blood stream through the mucous membranes of the mouth.

Do you drink? Be careful. You may take a dangerous risk that you wouldn’t if you were sober.

Are you a gay male? You are at high risk of HIV exposure. At your age, you might not have fully come out to friends and family and still need to come to grips with your sexual orientation. Don’t make unhealthy decisions about sex and/or substance abuse. As you get older and more comfortable with who you are, you will learn to accept yourself as will others who love you.

Get tested! You can buy home HIV tests at any drug store. You can also get free, confidential testing, which now consists of a cheek swab, no needles and the results take only 20 minutes. Chuck Anzuilewicz (or Chuck A., as we call him) does free rapid testing at various locations. His number is (304) 356-4062 (leave message) and his email address is Charles.H.Anzuilewicz@wv.gov. Or call us toll free at 1-877-565-4420.

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Causes of osteoporosis

1. Traditional
   - Alcohol
   - Low Vitamin D
   - Aging
   - Small, thin body
   - Family history
   - Kidney disease
   - Lipatrophy (loss of facial fat tissue)
   - Low testosterone levels
   - Menopause
   - Not enough exercise
   - Tobacco use
   - Steroids

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   - Uncontrolled HIV viral loads
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