

UCSF

MACS/WIHS COMBINED COHORT STUDY



WINTER 2024

Bay Area Newsletter



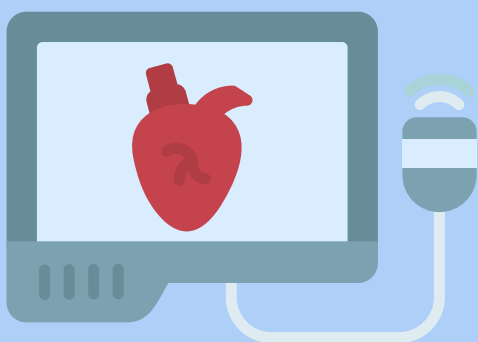
MWCCS

MACS/WIHS COMBINED COHORT STUDY

Substudies

We have additional visits that include pulmonary lung function testing, an in-depth mental health interview, and an echocardiogram.

We will call you if you qualify for any of these extra visits.



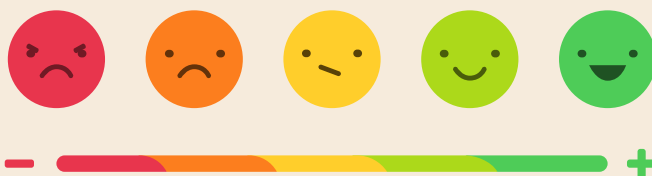
We have added a new survey for cis-males and transgender females taking Doxy-PEP. Learn more about Doxy-PEP in this newsletter!

Next Visit Cycle Changes

WE WANT YOUR
FEEDBACK!

Participant Feedback Survey

At the end of your visit, we will ask you to complete a 5-minute participant feedback survey. We are collecting data from all 13 MWCCS sites to learn more about our clients' experiences.





YOU ARE INVITED TO

**MACS 40TH AND WIHS
30TH ANNIVERSARY
PARTY**



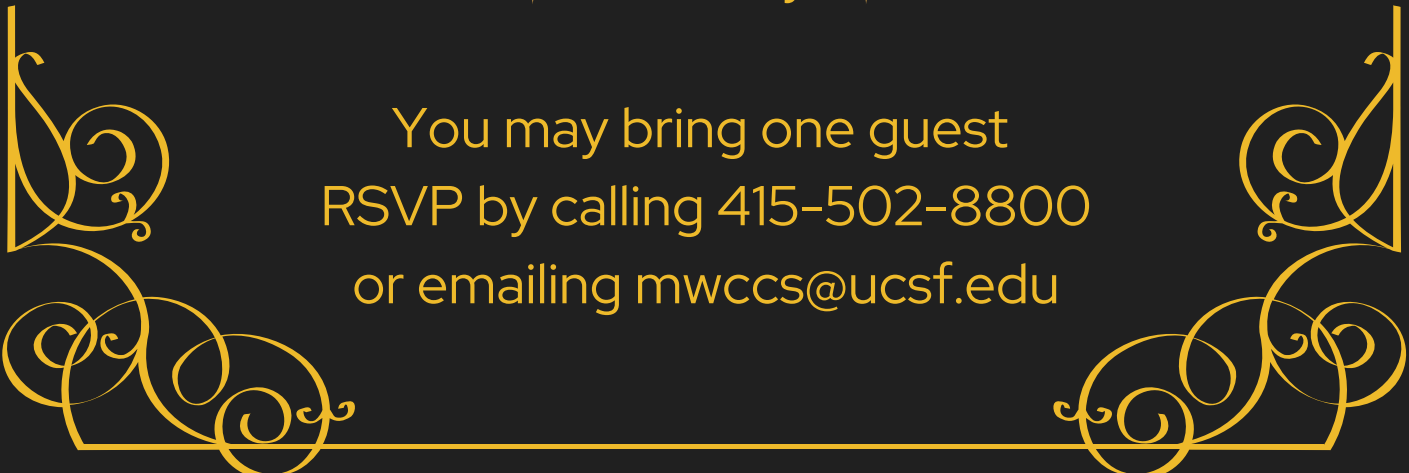
DECEMBER 12TH



4:30PM - 6:30PM

UCSF FACULTY ALUMNI HOUSE
745 Parnassus
San Francisco, CA 94122

Dinner ♦ Comedy ♦ Small Gift



You may bring one guest
RSVP by calling 415-502-8800
or emailing mwccs@ucsf.edu

Pulmonary Lung Function Test

A recap of Dr. Abelman's presentation at our last CAB meeting in July 2024

Pulmonary Lung Function Tests (PFT)

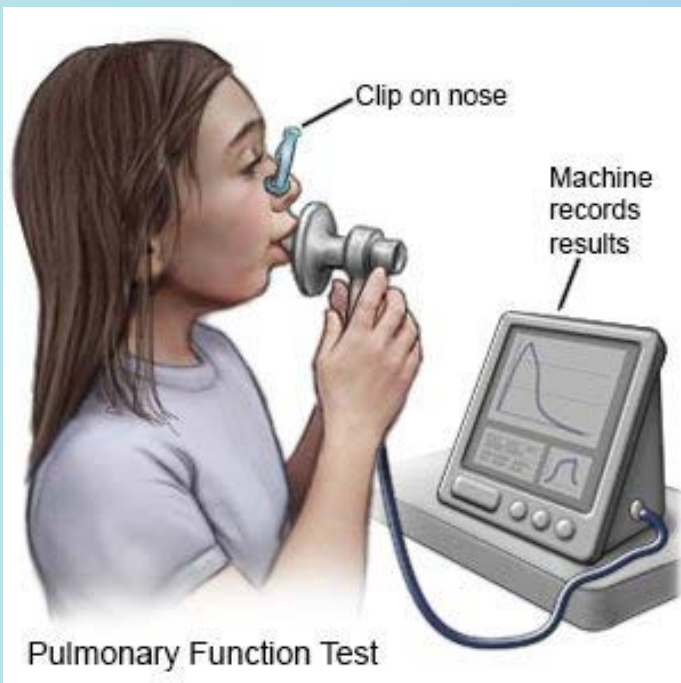
PFTs measure the amount of air inhaled and exhaled by the lungs and the volume of the lungs.

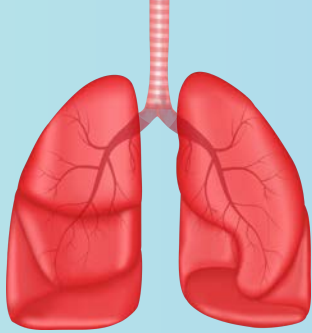
Allows us to diagnose chronic obstructive pulmonary disease (COPD) and other lung problems that are not visible on chest X-rays or CT scans.

Findings in the MWCCS

PFTs can tell us whether there are problems with respiratory gas exchange (abnormal DLco).

When observing 671 women and 1,067 men from the MWCCS, we found HIV was associated with lower DLco. Lower DLco means your lungs aren't getting oxygen from the air to your blood as efficiently.





PFT Continued

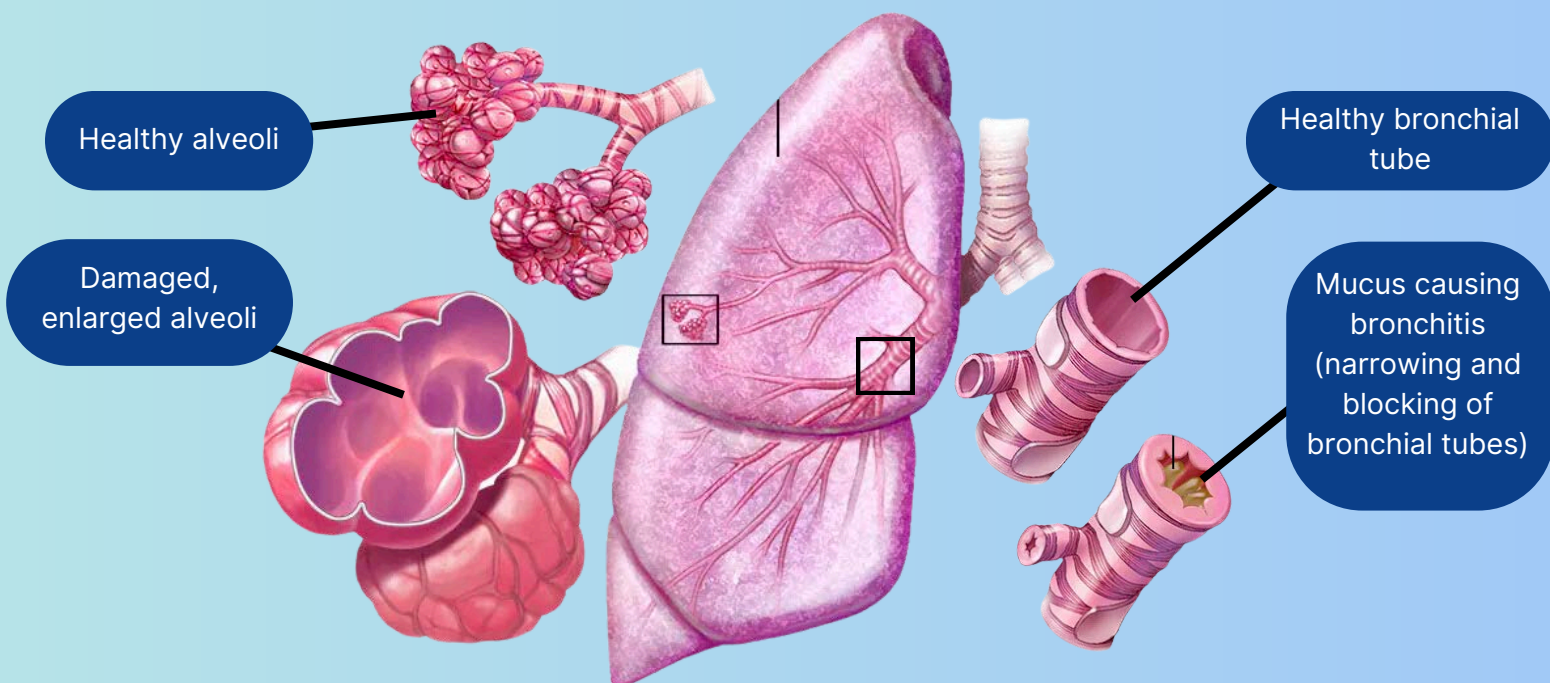
A recap of Dr. Abelman's presentation at our last CAB meeting in July 2024

Chronic obstructive pulmonary disease (COPD)

COPD is caused by damage to the lungs. The damage results in swelling and irritation, also called inflammation, inside the airways that limit airflow into and out of the lungs. This limited airflow is known as obstruction.

Smoking is the most common cause of COPD. Other causes include genetics and long-term exposure to irritating fumes, dust, or chemicals.

Emphysema and chronic bronchitis are the two most common types of COPD. Chronic bronchitis is inflammation of the lining of the tubes (bronchi) that bring air into the lungs. The inflammation prevents good airflow into and out of the lungs and makes extra mucus. In emphysema, the small air sacs of the lungs (alveoli) are damaged. The damaged alveoli cannot pass enough oxygen into the bloodstream.





Oakland Aging and Adult Services

A recap of the presentation by the Oakland Aging and Adult Services at our last CAB meeting in July 2024

Several Programs Available Including

Senior Centers

- Downtown Oakland (510)-238-3284
- East Oakland (510)-615-5731
- North Oakland (510)-597-5085
- West Oakland (510)-238-7016
- \$12 per year membership
- Open to all cities/counties
- Must be 55 or older
- Activities, programs, classes, local trips, and events

Multi-Purpose Senior Services Program (MSSP)

Comprehensive care management program. Provide in-home assistance.

Must be 65 or older, live in Oakland, and qualify for Medi-Cal. Must be at risk for being placed in a skilled nursing home or immediate care facility

Oakland Paratransit for the Elderly & Disabled (OPED)

Eligible participants receive discounted rides for non-emergency medical appointments, shopping trips, and other necessary errands.
510-238-3036

Assets Job Training Program

Job training at various City of Oakland Departments and nonprofits. Paid Oakland minimum wage for 20 hours a week, up to 24 months. Must be 55 or older, unemployed, and live in Oakland.

For those in the San Francisco, the Disability and Aging Services of the San Francisco Human Services Agency offers similar services.



Oakland LGBTQ Center

A recap of the presentation by the Oakland LGBTQ Center at our last CAB meeting in July 2024

Several Services Available Including

Senior Services

Older & Out

Wednesdays 1:15pm-2:45pm
Weekly support group for elders
55+ presented by the Pacific
Center

Game night 4th Fridays
6pm-8:30pm

Lavender Seniors, Rainbow
buddies, and Heart to Art Program

Glen Burke Clinic

Several services including:
STI testing and treatment,
PrEP/PEP enrollment, hormone
replacement therapy, MPOX
vaccinations, Covid tests,
sexual health counseling

Several Support Groups Offered Including

Trans Women and Trans Femme Support Circle

1st & 3rd Wednesdays
6pm-7pm

PowerX

Latinx support group
for gay/bi/trans/queer men
3rd Thursdays 7pm-8:30pm

Black Connect

Support group for
gay/bi/trans/queer men
2nd Thursdays 7pm-8:30pm

Black Women Connect

3rd Saturdays 3:30pm-5pm

Contact (510) 882-2286 for
more information

For those in the San Francisco, the San Francisco AIDS Foundation
offers similar services.

Fasting For Our Study



For our study, fasting means NOTHING to eat or drink,
EXCEPT WATER for 8 hours before your visit

Please DO:

Drink A LOT of water the day before and the day of your visit - we recommend drinking one 8oz glass every hour

Drink only PLAIN water (no flavored water)



Please DO NOT:

8 hours before your visit do NOT drink coffee, tea, soda, or juice

8 hours before your visit do NOT eat any food including snacks, meals, gum, or candy

Fasting for your annual visit with us might be different than fasting for your other doctor appointments. We ask that you fast for 8 hours before your visit, drink plenty of water, and you can still take your medications with water.

If you have any suggestions for drinks or snacks that we can provide, please let our staff know!

Hope This helps :)

Community Advisory Board Meeting

Join us for the last CAB meeting of 2024!

We will have lunch, a raffle, watercolor painting, and presentations by the San Francisco AIDS Foundation & Dr. Palar on diabetes and HIV



Wednesday, Nov 20th
12:30 PM - 2:30 PM

UCSF Mission Bay
Mission Hall - Room 2109
550 16th Street
San Francisco, CA 94158



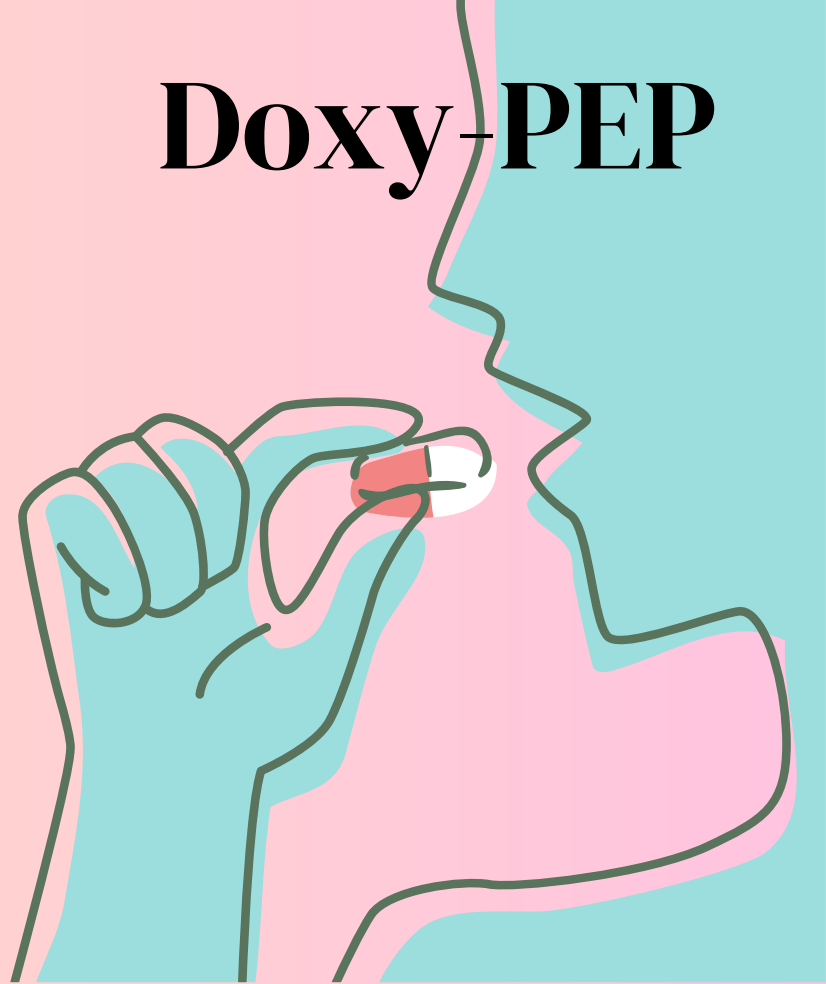
For CAB meetings, we can only reimburse local transportation (up to \$25). Please RSVP by calling 415-502-8800 or emailing mwccs@ucsf.edu



Doxy-PEP

In 2022 there were more than 2.5 million cases of chlamydia, gonorrhea, and syphilis reported in the United States.

Doxy-PEP stands for doxycycline post-exposure prophylaxis. It is a dose of the antibiotic doxycycline. If taken as soon as possible but no later than three days after having sex without a condom, Doxy-PEP reduces the risk of getting chlamydia, gonorrhea, and syphilis by about two thirds.



DoxyPEP (Post-Exposure Prophylaxis)	VS	PrEP (Pre-Exposure Prophylaxis)
Does not protect against viruses like HIV		Protects against acquiring HIV infection
Two 100-mg pills taken with 72 hours of possible exposure		Must be taken daily to maintain protection
Helps reduce the risk of chlamydia, gonorrhea, and syphilis		An antiviral that doesn't protect against bacterial infections

PrEP and PEP, medications taken to prevent HIV, are effective in both men and women. Doxy-PEP on the other hand, is currently **only** recommended for people born male at birth.

You need a prescription to get Doxy-PEP, so speak to a health care provider to learn more.

Other ways to prevent STIs include using condoms and getting tested regularly.

Welcome

New NCAB Rep & New Staff Member



Michael Stoutmire

Michael will volunteer for two years as our National Community Advisory Committee (NCAB) representative. Until January 2026, Michael will attend virtual and in-person meetings with NCAB representatives from the other 13 MWCCS sites. Michael will be at our local quarterly CAB meetings to collect feedback from our participants and provide updates from the NCAB group. Originally from Alabama, he works in the hospitality sector as Director of Operations and Administration at Ripple Effect 22. Michael is passionate about creating sustainable programs that equip young people with essential life skills. He strives for the voices of marginalized people who may feel unheard or unseen to be heard and seen with the dignity they deserve. He also manages volunteers at Glad Tidings Church, reinforcing his dedication to community service.

Kobi Miller

I'm Kobi, the newest Clinic Research Coordinator on the MWCCS team. I am a Northern California native with over four years of experience in research. I earned my Bachelor of Arts in Psychology from the University of San Francisco, where I developed a strong foundation in understanding human behavior. I'm passionate about exploring innovative solutions and actively participating in research initiatives focused on supporting Black birthing individuals, aiming to improve outcomes and empower communities. In my free time, I enjoy trying new restaurants with friends, playing video games, and collecting vinyl records.





Free Bay Area Events

Winter 2024



Nightmare on Front Street

2pm-10pm Thurs, October 31st
Front Street between Sacramento &
California St, San Francisco

Free block party will offer a full day of spooky fun in the heart of downtown. Attendees can expect DJs, live music, horror movie screenings, carnival games, and costume contests as part of the festivities.

Haunted House of Screams

6pm-9:30pm Thurs, October 31st
1730 Oregon Street, Berkeley

Enter the biggest and scariest haunted house in Berkeley. Get your best Halloween outfit ready for an evening of music, photo booth, fright and jumpers for the little goblins. Children under 9 must be accompanied by an adult to enter the Haunted House.



Día de los Muertos (Day of the Dead)

San Francisco

4th annual Día de los Muertos in the Outer Sunset. Nov 1st 6pm-10pm at 37th Ave & Ortega. Live music, dance performances, and alters.

32nd annual Festival of Altars in Potrero Del Sol Park on Nov 2nd 8am-6pm. Ritual Circle ceremony happen at 12pm & 5pm

Day of the Dead Ritual Procession 7pm-9pm on Nov 2. Begins at 22nd & Bryant St. Azteca Dancers lead the way, stopping 4 times to preform ritual dances.

Oakland

29th annual Día de los Muertos Festival, 10am - 5pm Nov 3rd. International Blvd btwn Fruitvale Ave & 42nd Ave. Live music, activities, vendors, rituals, and altars created by community members



Free Bay Area Events

Winter 2024



Oakland Diwali

6pm - 8pm Sat, Nov 2nd
1736 Franklin Street, Oakland

Take part in the celebration of this holiday and what it represents over an evening of food, performances, and speakers as we uplift the diversity of this festival that is celebrated in so many different ways across South Asia and the diaspora!



Bhangra and Beats Night Market - Nov Edition

5pm - 10pm Friday, Nov 15th
425 Battery Street San Francisco

Reinvigorating three city blocks, the Bhangra and Beats Night Market returns to create a lively cultural hub and marketplace. Attendees can dive into an electrifying experience, blending the lively rhythms of South Asian Bhangra music.

Mozart to Mendelssohn

3pm - 5pm Sunday, Nov 17th
Herbst Theatre
401 Van Ness Ave, San Francisco

The San Francisco Civic Music Association presents "Mozart to Mendelssohn" concerts! M2M is the Association's second full orchestra. The group typically performs pieces of varying complexity and difficulty from the 18th to 20th centuries.

Waverly Block Party

5:30pm - 9:30pm Friday, Nov 8th
162 Waverly Place, San Francisco

Event will showcase a lineup of local AAPI musicians, art, makers and community.

Free Bay Area Events

Winter 2024



Girl Gang Craft Holiday Market

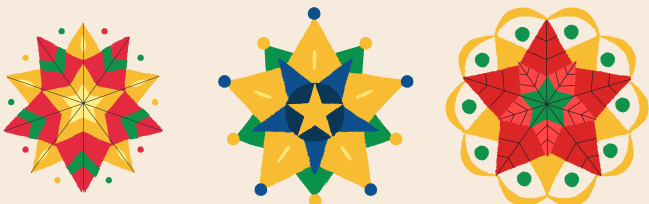
11am-3pm Saturday, December 7th
1547 Lakeside Dr, Oakland

Come shop and support 100+ local fem, trans, non-binary, and gender expansive creatives, makers, small-biz owners, artists and healers. First 200 attendees get a goodie bag!

Parol Lantern Festival

3pm-8pm Saturday, December 14th
Yerba Buena Center for the Arts
701 Mission St, San Francisco

The parol lantern is the Filipino symbol of hope, blessings, luck, and peace, during the holiday season, and can be found lighting up windows in Filipino homes around the world. Featuring Filipino food, live music, and a parol lighting ceremony.



"Civic Strings" Free Concerts

3pm-5pm Sunday, December 15th
First Baptist Church - 22 Waller Street
San Francisco

"Civic Strings" concerts – a smaller, string-focused ensemble, especially tailored for players getting reintroduced into classical music. Civic Strings performs music of the baroque and classical period with a focus on string technique for these eras.

Sundays at the Beach

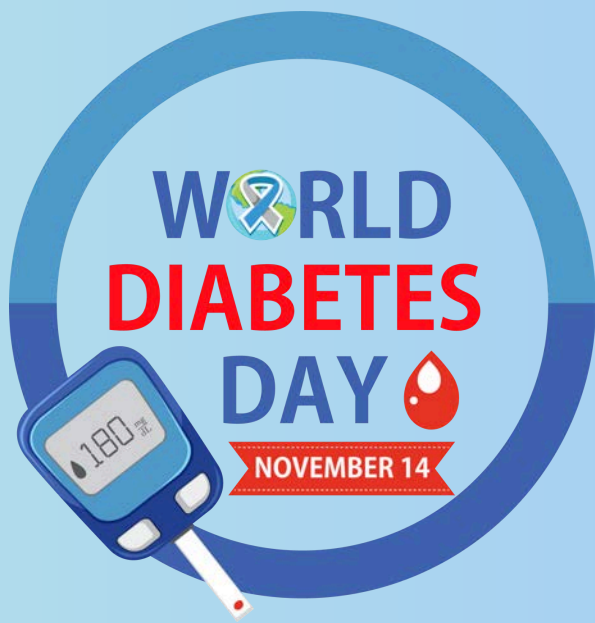
Free community events at Great Highway Park every Sunday in December

1st Sunday 12/1: Chair Yoga, 2pm @Irving

2nd Sunday 12/8: Live Music, 12-3pm
@Noriega

3rd Sunday 12/15: Tai Chi, 10am @Judah

4th Sunday 12/22: Mat Yoga, 12pm
@Judah (bring your own mat)



Diabetes Awareness

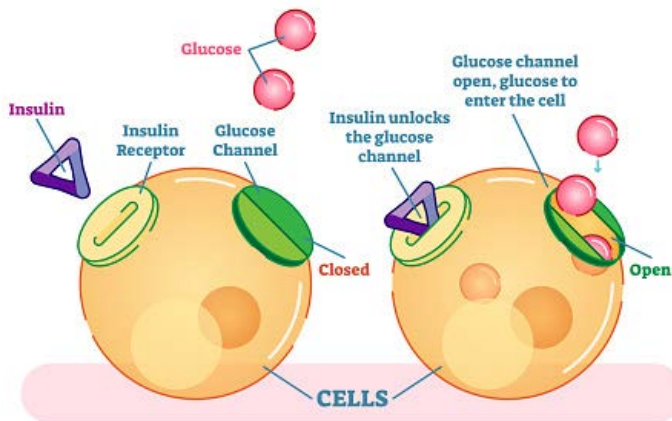


November is diabetes awareness month. 38.4 million people in the United States have diabetes which means about 1 in 10 Americans have diabetes.

Diabetes is a condition that happens when your blood sugar (glucose) is too high. Glucose is important source of energy for our bodies.

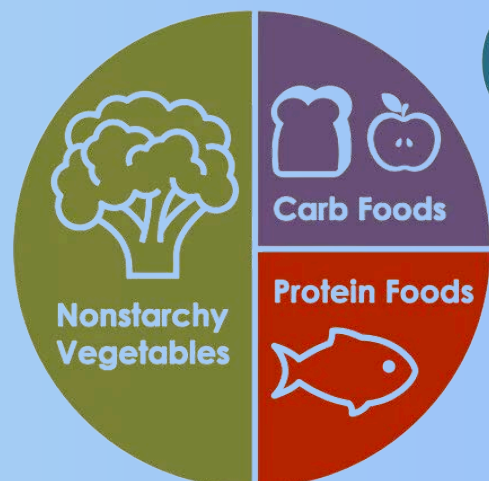
When glucose is in your bloodstream, it needs help — a “key” — to reach its final destination in our cells. This key is insulin. If your pancreas isn’t making enough insulin or your body is not using insulin properly, glucose builds up in your bloodstream, causing high blood sugar.

HOW DOES INSULIN WORK



The longer you have diabetes and the less controlled your blood sugar — the higher the risk of complications. Over time, having consistently high blood glucose can cause health problems, such as heart disease, nerve damage, kidney damage, eye issues, etc.

Prevention and care for diabetes include a healthy diet, monitoring your blood sugar levels, and 30 minutes of physical activity per day. For diet, more vegetables, fruits, lean proteins, and whole grains are recommended. It is recommended to cut down on saturated fats, refined carbohydrates, and sweets.





Refer someone to our study to earn a \$10
gift card!

Person must qualify for and
attend a screening visit and
mention your name.

Client must be willing and
able to participate in
interviews, physical exams,
and blood draws.

Eligibility Criteria:

Ages 30-70

HIV Positive or Negative

English or Spanish Speakers

If you know someone who is
interested, have them
contact us:

415-502-8800 for San
Francisco

415-476-2982 for Oakland

Ask our team if you have
any questions about this
limited time program.