

**SUNY  
Downstate  
Brooklyn WIHS**

# WIHS Women

**Visit 45**

**October 2016**

## INSIDE THIS ISSUE:

<b>Farewell Karen</b>	<b>2</b>
<b>Meet Simone</b>	<b>2</b>
<b>Meet Ronica</b>	<b>2</b>
<b>Fibroscan</b>	<b>3</b>
<b>Frailty</b>	<b>3</b>
<b>Fall Treat</b>	<b>4</b>

## Visit 45 Updates!

It is important to try to come in **fasting**, which means **no eating or drinking 8 hours** before your appointment. Remember to drink plenty of water! Also, bring a list of all medications!

Every 2 years, we ask you to complete a neurocognitive assessment, which tests your thinking and problem solving ability. Researchers are trying to get a better sense of how HIV status, medication use, menopause, and aging affect women's memory and cognition.

The physical exam will not include body measurements!

Our computer systems have recently been updated. Our clinicians can now only write electronic prescriptions, so please make sure to keep your pharmacy's information handy.

If you need a doctor's note for work, school, etc., please let the WIHS staff know ahead of time so we can have that ready for you.

Turn the page to meet two of our new WIHS clinicians — Simone and Ronica!

Turn to page 3 to learn more about the two new WIHS protocols – Fibroscan and Frailty!

Turn to the back of the newsletter for information about the NEW WIHS cell phone!

## Positive Vibes Only!

No matter what life throws our way, it is best to always try to think positive thoughts, but often times that's easier said than done. It has been shown that better positivity and optimism can make one feel stronger and improve mental health. Follow these tips from *Mental Health America* this Fall to put more positive vibes out there:

1. **Stay positive** — try to laugh and do something fun! No negative thoughts!
2. **Connect with family and friends** — whether its making new friends or strengthening old friendships.
3. **Eat healthier and exercise**— it will boost your energy and mood!
4. **Sleep!** — try to get about 7-9 hours of sleep a night.
5. **Spirituality** — whether through religion or meditation, spiritual health is important.
6. **Help others** — whether through volunteering, donating to a charity or random acts of kindness; helping others will help you!
7. **Learn how to cope** — at some point we all experience stress or some curveball that life throws our way. But how you handle the situation can help you through tougher times.
8. **Get help!** — never be afraid or ashamed to talk to a professional. They are there to help and are great listeners!

## Clinic Schedule

WIHS' clinic schedule will be changing over the next few months. We will now have more sessions during the week!

**Monday:** Morning and afternoon clinic

**Tuesday:** Morning clinic only

**Wednesday:** Morning clinic only

**Thursday:** Morning and afternoon clinic

## Farewell Karen!



Karen Behringer, FNP, MPH resigned her position with the WIHS in July to return to her home in Vermont. Karen joined the FFHC Program of STAR in August 2013. As a public health and family nurse practitioner she came to WIHS with more than 20 years experience in reproductive health. During her time at SUNY Downstate she provided prenatal care in Suite G and complete gynecological care as the WIHS. Karen will be dearly missed and we wish her well in all future endeavors.

## Meet Simone!

Please welcome our new WIHS clinician - Simone Abbott, CNM! Simone is a Certified Nurse Midwife who received her bachelors degree in Nursing from Howard University and her masters degree in midwifery from New York University. She has been a midwife for 14 years working both at Maimonides Medical Center and in private practice. Simone is the proud mom to two children and lives in Brooklyn.



## Meet Ronica!

Ronica Mukerjee, MS, FNP-BC joined the WIHS program in July 2016. Ronica's clinical expertise includes HIV primary care with a focus on LGBT & transgender care and she most recently worked as a staff clinician at Callen-Lorde Community Center.



She is an international speaker on transgender healthcare and volunteers providing transgender care in India. She is also an Assistant Professor of Nursing at St. Francis College in Brooklyn Heights, a licensed acupuncturist and is pursuing her doctorate in Nursing at Yale. Ronica is fluent in Spanish, Hindi, Bengali and American Sign Language. We are delighted to have her join our WIHS team.

Here is what's new this WIHS visit!

## Fibroscan

The liver is one of our body's most important organs. It's main job is to help our bodies digest food, and to help get rid of toxins. There are a lot of factors that affect the health of our livers.

Liver disease is one of the major leading causes of death among older adults. Liver disease can be caused by genetics, health behaviors (diet, alcohol use, etc.), and other health conditions (Hepatitis C, obesity, cirrhosis). Without proper medical care and treatment, these factors — or a combination of factors — could lead to liver disease and ultimately liver failure.

The WIHS investigators want to study the effect of the menopausal transition and the hormones related to menopause on liver disease progression. To do so, they introduced the new **Fibroscan protocol**.

This substudy is geared towards women between **35 years old and 60 years old**. It is a relatively quick procedure — lasting about twenty minutes on average — and you won't even have to get undressed!

The clinician will use the **Fibroscan ultrasound** machine to take images of your liver. Your first Fibroscan image will be your baseline scan that we will use to compare all of your images to see if there have been any changes over the years.

The Fibroscan will be done once every **three years**. For those who have Hepatitis C, we would like to do a Fibroscan before treatment if possible, then at **6 months and 12 months** after treatment.

However, you **can't** do the Fibroscan if:

- You have eaten within the last three hours — so **please** try to fast!
- You are pregnant (All women **under 50 years old** will be asked for a urine sample so we can perform a pregnancy test)
- You have an **implantable** device (Defibrillator or pacemaker, etc.)

If you are interested in doing the Fibroscan, please let Linda or any of the WIHS staff know. Depending on scheduling and availability, we are going to try to get as many participants as we can during visits **45, 46 and 47**. We will try to schedule it during or around your WIHS visit.

## Frailty

As women get older, we start noticing a lot of minor — and sometimes major — changes with our bodies. We start realizing that there are certain activities we can no longer do as well as we did in our teens, twenties and thirties; and others that we might do better.

In studying changes within our bodies, WIHS investigators have introduced the **Frailty protocol**. This new component of the WIHS study visit is to examine certain physical changes in our body. This study is geared only towards women **40 and older**.

The Frailty assessment takes no longer than **five minutes**, and involves three little tests:

- The first test measures **leg strength**. For this, we measure how long it takes for you to complete ten chair stands — where you start fully seated and then stand straight up — as fast as you can. While not everyone may be able to do all ten, we ask you to at least try to do as many as you can. And don't worry, we will demonstrate it for you before you begin.
  - The second test measures **grip strength**, where we use a special device that measures the pressure of your grip while you squeeze as hard as you can. We will only measure the strength of the grip in your dominant hand. **Please alert the WIHS interviewers if you have any acute or worsening of pain in your wrist or any flare-ups in your dominant hand, or are unable to squeeze.** We don't want you to hurt yourselves.
  - The third test, measures **gait speed**. This final test involves you walking back and forth over a short distance — about 13 feet — at your normal pace while we time you.
- These short tests are designed to measure and compare any changes in our body's functions over time. Many of you have already done the Frailty assessment — which is great! But we are asking everyone to do the Frailty at Visit 45. Once you have completed the assessment this visit, you will only do it **once a year**.



**There is a new WIHS cell phone number:**

**(347) 554-1310**

**Call/text Linda or any of the other WIHS staff at this number if you would like to make, confirm, reschedule or cancel your appointment!**

## What is WIHS Women?

WIHS Women is a newsletter for the participants of the Brooklyn site of WIHS. A person's HIV status should not be assumed based on any written material in this newsletter or their participation in WIHS.

A special **THANK YOU** to all of our participants. Staying in the study is crucial to its success. And we appreciate all your commitment and dedication to the study.

**For any questions, comments or concerns please don't hesitate to contact us:**

<b>Susan Holman, Project Director</b>	(718) 270-1819
<b>Taryn Aulicino, Study Coordinator</b>	(718) 270-4435
<b>Linda Latoni</b>	(718) 270-3390
<b>Michelle McMillan</b>	(718) 270-4136
<b>Raldyne Charles-Limage</b>	(718) 270-2250
<b>Anne Fortunat</b>	(718) 270-7274
<b>Tiffany Bryan</b>	(718) 270-4737
<b>MichelleAnn Joseph</b>	(718) 270-3746

## Fall Treat: Cinnamon Apple Pie Bread

**Recipe:** Wishes and Dishes

**Prep Time:** 20 minutes

**Total Time:** 50 minutes

**Serves:** 8

### Ingredients

- 1 1/2 cups all-purpose flour
- 1 3/4 teaspoons baking powder
- 1/3 cup light brown sugar
- 2/3 cup white sugar
- 1 Granny Smith apple (peeled and chopped)
- 1/2 cup milk
- 1/2 cup softened butter
- 2 eggs
- 1 teaspoon ground cinnamon
- 1 1/2 teaspoons vanilla extract

### Instructions

1. Preheat oven to 350 degrees.
2. Grease and lightly flour a 9x5 -inch loaf pan.

3. Mix brown sugar and cinnamon in a bowl and set aside.
4. Using an electric mixer, combine the white sugar and butter together until smooth and creamy. Then add eggs, one at a time and mix. Finally add vanilla extract and stir until mixed well.
5. In a bowl, combine flour and baking powder, then stir and add milk to the batter.
6. Pour half of the batter into the loaf pan.
7. Add half the chopped apples and half of the brown sugar cinnamon mix. Lightly press the apples into batter.
8. Pour the remaining batter over the apples, and top with remaining apples and add more of the brown sugar cinnamon mix.
9. Swirl brown sugar mix through the apples using either a spoon or your finger.
10. Put into the oven to bake for about 30 to 40 minutes.



### Baking Tips:

- If you insert a toothpick into the loaf, you will know whether or not it is done. If the toothpick comes out clean (no batter), then the loaf is finished.
- If you notice the top of the loaf getting brown before its done baking, cover it loosely with tin foil and continue baking until the inside is done.
- Most importantly: **Enjoy!**