



NYC/Bronx WIHS

Montefiore Hospital | 3311 Bainbridge Ave Bronx, NY 10467

Announcements/Staff Updates

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We want to extend a big, warm welcome to our new staff.

Renee James is the new Study Coordinator for Bronx-WIHS. Renee joined WIHS in April 2016. Renee has a background in public health and research. She graduated from Bowdoin College with a Bachelors degree in Sociology and Africana Studies and has a Masters of Public Health from Columbia University. Renee comes to us with experience in developing programs and managing research studies. She previously worked on HIV programs for youth in Malawi and in clinical research at the Yale University School of Medicine. In addition to managing the WIHS clinic, Renee will be the new CAB liaison as Lynn Murchison focuses on other projects.



Renee James, MPH

Renee is a recent transplant to the New York City area and spends her free time exploring the city, enjoying live music, trying new recipes and taking dance classes.

Note from Renee: *Hello Ladies and thank you for welcoming me into the Bronx WIHS family! It has been a pleasure meeting some of you since I started in April and I hope to meet the rest of you throughout the rest of the year and at this year's holiday party. I am amazed by the commitment and dedication that each of you have for this study. Your efforts certainly do not go un-appreciated here at WIHS. I'm looking forward to continuing to meet and develop relationships with you all.*

Titilope (Titi) Daramola is our newest Research Assistant/Interviewer. Titi graduated from William Paterson University with a Bachelors degree in Public Health. Titi joined our WIHS group in July 2015 and is glad to be part of the team.

Note from Titi: *Hi all! My name is Titilope (Titi) Daramola and I'm the newest interviewer in town. I graduated with my Bachelor's in Public Health and I'm very thrilled to be working here at WIHS. I enjoy getting to know people and making connections with them. I can't wait to continue to meet all of you. When you see me feel free to give me a warm welcome to make me feel at home.*

Rosanna Sanchez is our new Data Manager. She has been with the study since July 2014. Rosanna graduated from the Universidad Autonoma de Santo Domingo in the Dominican Republic with a Bachelors degree in Law.

Note from Rosanna: *It has been interesting and exciting to be a part of the WIHS team. I enjoy my work and I hope to continue to learn and grow within the WIHS family.*



Dr. Jessica Atrio

We also welcome Dr. Jessica Atrio to WIHS. She has been with WIHS since March 2016 as the Physician for the study. Dr. Atrio is a board certified obstetrician gynecologist at Montefiore and Albert Einstein School of Medicine. She is an Assistant Professor and the Co-Director of the Fellowship in Family Planning. Dr. Atrio joined the Montefiore-Einstein faculty in 2013. She has a keen interest in translational research, contraception for medically complex patients and the gynecologic care of HIV positive women. Dr. Atrio sees gynecologic patients at the Montefiore Positive Living clinic.

Both Dr. Rodney Wright and Xiomara Ortiz are no longer with the study. We thank them for all the work they have done for Bronx WIHS and wish them the best of luck in their new adventures!

Sister Study Spotlight: The Reprieve Study

Principal Investigators: Sara E. Dolan Looby, PhD, ANP-BC & Markella Zanni, MD



What is this study about?

REPRIEVE is a clinical research trial testing whether a daily dose of a FDA approved statin medication (pitavastatin) lowers the risk of heart-related disease in people living with HIV.

An important goal of the study is to examine how factors unique to women - such as female hormones - affect heart disease risk. The study will also teach us whether pitavastatin lowers heart disease risk in women as well as it lowers risk in men. **Women's participation is important.**

Who can participate?

WIHS women between ages 40 and 75
 On antiretroviral therapy (ART) for at least 6 months prior to study entry
 No history of cardiovascular disease (including heart attack or stroke)
 Not currently using a statin drug

What if I join?

Participants qualifying for REPRIEVE and choosing to enroll will be randomly assigned to receive pitavastatin (an FDA approved medication) or placebo (sugar pill).

Study visits may include:

- medical history
- physical examination
- blood draw

Study visits will take place every 4 months for approximately 4 years.

To learn more:

For more information visit: www.reprievetrial.org

Health Tips

All of us would like to live long and healthy lives, but for many of us our 'medical future' can seem like a scary unknown. As we go through life there are various illnesses that we should be aware of. Cancer tends to be a top concern for many women but with heart disease killing more women than all cancers combined, we should pay a lot of attention to our heart health.

There is much we can do to protect ourselves from heart disease (and at the same time protect ourselves from cancer!). It all boils down to two aspects of self-care: what we do and what we eat. First and foremost is staying away from tobacco smoke. This includes not smoking and protecting yourself from second-hand smoke. The smoking 'habit' is more than just a habit and is very difficult

break, but it can be done with goal setting, support groups, and medicine from your clinician. It usually takes several tries to quit for good, so don't view 'falling off the wagon' as a failure -- it's just one step along the way to becoming a non-smoker.



Ask the Clinician/Clinician Tips Continued

Physical activity is next : If we want to keep moving, we have to keep moving ! 😊 Exercise keeps our heart, lungs, and circulatory system strong. Aim for at least 30 minutes of moderate activity daily. This can be as simple as a 10 minute walk after each meal, which also helps to lower your risk for diabetes too!

Always check with your clinician before starting a new exercise program, especially if you've been inactive for a long time. For example, you might need to start with a 5 minute stroll and build up from there. It's also important to get enough sleep. Start with staying away from digital devices (cell phones, tablets, TVs, etc.) about an hour before you get into bed. I know... easier said than done but the light emitted from the screen stimulates our brain to stay awake.

If you think you've slept long enough, but are still tired, talk to your clinician about the possibility of a sleep disorder (waking at night, but being unaware of it). Sleep disorders can impact heart disease risk.

It's a good idea to review your eating habits with a registered dietician. Your clinician may be able to refer you to one in the area you go for your health care. A registered dietician can help you devise ways of preparing your favorite foods in more healthful ways.

But to begin with, concentrate on eating mostly fresh or frozen fruits and vegetables, whole grains, and moderate amounts of low-fat dairy products and lean protein (fish, poultry, beans/nuts, tofu). All forms of added sugars (even if they don't result in weight gain) and excess sodium (salt) are big contributors to heart disease, so be careful with these.

Get in the habit of reading ingredients on food labels. Breads and crackers should list 'whole wheat' as the first ingredient. Also remember to check for sodium content when buying breads, crackers and other packaged items. There can be a wide variation between brands—pick the one with the lowest amount. Fruit juice has a high sugar content, even if no sugar is added—eat fresh fruit instead or drink infused water (see below for more information).

Eating a healthful diet and exercising regularly can help reduce excess weight—even modest weight loss can have a positive effect on your health. Working on all of these things can lower your risk for heart disease, cancer and diabetes too.

Best of luck ladies and I'll see you at visit 45!
-Sue

Healthy Eating

Drink Up!: Infused Water



Photo: www.fitnessmusthaves.com

As Sue mentioned fruit juices can be packed with a high sugar content that does not help us on our journey to healthy hearts. A great way to get in our daily amounts of water and liven up our taste buds is with infused water.

Infused water is easy and inexpensive to make and does not include all the preservatives, sugars and artificial flavors that can be found in store bought flavored waters. You can make big batches in a pitcher or individual cups. Here are a few options to get started:

Try adding these combinations to water and refrigerate:

- * Slices of lemon, lime or orange
- * Chunks of watermelon & basil leaves
- * Handful of berries (raspberries, blueberries, blackberries) with mint leaves
- * Slices of cucumber, strawberries, lime & mint leaves
- * Chunks of pineapple with thin slices of ginger
- * Any combination of fruit, vegetables, herbs and spices that you like!

It's summer and that means crops are bountiful in our local farmer's markets and grocery stores. One of the most versatile crops is zucchini. Luckily it is also a great vegetable for healthy living. Among other great nutrients, zucchini is rich in potassium. Potassium helps to reduce blood pressure and heart rate.

Zucchini tastes great in all meals. Here are two options.



Healthy Eating Continued

Summer-Vegetable Casserole

Extra-virgin olive oil, for drizzling	1 teaspoon thyme leaves
1/2 pound Yukon Gold potatoes, peeled and sliced 1/4 inch thick	1/2 pound plum tomatoes, sliced 1/4 inch thick
Salt and freshly ground pepper	2 small zucchini (1/2 pound), sliced on the diagonal 1/4 inch thick
1 yellow bell pepper, thinly sliced	3 tablespoons freshly grated Parmigiano-Reggiano Cheese
1 large garlic clove, minced	

1. Preheat the oven to 350° F. Coat a 9-inch baking dish with olive oil. Spread the potatoes in the dish in an even layer; drizzle with oil and season with salt and pepper. In a bowl, combine the bell pepper, onion, garlic and thyme and season with salt and pepper. Arrange two-thirds of the bell pepper mixture over the potatoes and drizzle with oil. Top with the tomatoes and the zucchini; drizzle with oil and season with salt and pepper. Cover with the remaining bell pepper mixture and sprinkle with the cheese.
2. Cover the casserole with foil and bake for 40 minutes. Increase the oven temperature to 425°. Uncover the casserole and bake for about 20 minutes longer, until the vegetables are tender and glazed on top. Let stand for 10 minutes. Serve warm.

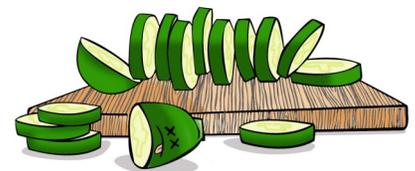
This dish can be served with your protein of choice, such as baked chicken, fish or tofu.
Recipe from Food & Wine Magazine (August 2010)

Zucchini Bread

- 6 egg whites
- 1/4 cup canola oil
- 1/2 cup unsweetened applesauce
- 1/2 cup sugar
- 2 tsp vanilla extract
- 1 1/4 cups all-purpose flour
- 1 1/4 cups whole-wheat flour
- 1 tsp baking powder
- 1 tsp baking soda
- 3 tsps. ground cinnamon
- 2 cups shredded zucchini
- 1/2 cup chopped walnuts
- 1 1/2 cups crushed, unsweetened pineapple

1. Heat the oven to 350° F. Lightly coat two 9-by-5 inch loaf pans with cooking spray.
2. In a large bowl, add the egg whites, canola oil, applesauce, sugar and vanilla. Using an electric mixer, beat the mixture on low speed until thick and foamy.
3. In a small bowl, stir together the flours. Set 1/2 cup aside. Add the baking powder, baking soda and cinnamon to the small bowl of flour.
4. Add the flour mixture to the egg mixture and using the electric mixer on medium speed, beat until well-blended. Add the zucchini, walnuts and pineapple and stir until combined. Adjust the consistency of the batter with the remaining 1/2 cup flour, adding 1 tablespoon at a time. The batter should be thick and not runny.
5. Pour 1/2 of the batter into each prepared pan. Bake until a toothpick inserted into the centers of the loaves come out clean, about 50 minutes. Let the bread cool in the pans on a wire rack for 10 minutes. Turn the loaves out of the pans onto the rack and let cool completely. Cut each loaf into 9 1-inch slices and serve.

Recipe from The Mayo Clinic Online (June 2015)



Upcoming Events

CAB Meeting

The CAB (Community Advisory Board) provides on-going community, scientific, psycho-social and political input to the national WIHS agenda. In addition and among other things, the CAB works to represent and be accessible to community members for WIHS related concerns.

After a bit of hiatus we're back with our CAB meetings!

Join us on **September 13, 2016 at 1pm** for our next meeting.

We'll be discussing updates in the WIHS—both at our site in the Bronx and nationally.

Refreshments will be served.

We hope to see you there!

WIHS Holiday Party

We're celebrating the season with lunch, gifts, and a raffle! Come by to catch up and share in the fun and festivities!

When: Thursday, December 22, 2016, 12:30pm—5:00pm

Where: Grand Hall in Montefiore Hospital (Gunhill Road Entrance)

Please RSVP with Lorraine Harper (718-655-8748)



What to Expect for Visit 45

Visit 45: October 2016—March 2017

Our new 45th visit cycle starts on October 1, 2016.

Here are some of the sub-studies you'll hear about next visit:

Fibroscan

Gut Microbiome

Cardiac Dysfunction

Hospitalization: We introduced this study in visit 44 and it will continue in visit 45.

More details for each of these studies will be provided by our staff during your appointments.

In visit 45 we are also partnering with **SMART University**. SMART University is a treatment, health and prevention program that addresses the physical, psychological and social needs of women living with or affected by HIV in a supportive environment. You can learn more here: www.smartuniversity.org

WIHS will be working with SMART University to create programs for the CAB. Look out for these exciting programs in the coming months.

In addition to programs, SMART University has generously given us a gifts to hand out to the women of WIHS. These gifts will be given out at the beginning of visit 45. There is a limited supply and it's first come, first serve. So remember to keep your appointments ladies!





Women's Interagency HIV Study Staff

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