



# REAL WIHS WOMEN



Dear WIHS Participants,

The University of Alabama at Birmingham (UAB) Women's Interagency HIV Study better known as WIHS as well as our WIHS sister site at the University of Mississippi Medical Center (UMMC) have been going strong for three years now. Our sincerest thanks to you all for so generously given up your time and self for these past three years.



Through your efforts and time WIHS has generated over 600 publications and we are coming closer and closer to understanding the challenges that women face. All of this is because of you. Thank you again for your efforts and your dedication. Please keep it coming!!!!!!!

We are happy to report that recruiting has closed at both the UAB and UMMC sites. We have a total of 115 women in our UAB cohort. We have been maintaining at least a 94% retention rate for our UAB site. Thanks to all of you that come faithfully to your WIHS appointments.



"IT ALWAYS SEEMS IMPOSSIBLE UNTIL IT'S DONE"  
-NELSON MANDELA

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## Current & Upcoming UAB WIHS Sub-studies

### WIHS Female Genital Tract

The main goal of the proposed research is to determine if HIV-specific tissue resident memory (TrM) T cells are present in menstrual blood, in order to study antigen-specific T cell responses in the female genital tract (FGT). The women in this study will be obtained from women already enrolled in the Women's Interagency HIV Study (WIHS) (UAB Cohort). Women will be asked to give a menstrual sample. Some women will also be asked to provide a cervical tissue sample. Compensation will be provided.

### Women's Adherence and Visit Engagement (W.A.V.E.) Study

The WAVE study is looking to address the gaps in knowledge relating to HIV-related stigma by using the resources of the national Women's Interagency HIV Study (WIHS) Cohort. This study involves three (3) 1 to 2 hour interviews where they will ask some questions regarding the important dimensions of stigma, psychological, and mental health mechanisms, and discrimination, as well as hair samples for assessment of cortisol (a biomarker for chronic stress). The study will last for 3 WIHS visit. Compensation will be provided

### Hospitalization Ascertainment Study

At your core WIHS visit, you will be given a card. When you are hospitalized, go to the emergency room or have a medical procedure done, please call the WIHS staff. We will ask you some questions and gather details about your visit. This data will be added to our database minus your personal information of course. Compensation will be provided.

### Fibroscan

The purpose of this study is to follow your liver function over a period of time. This test is non-invasive. A small metal device called probe is placed next to your skin and sends an ultrasound wave across your liver. This procedure take 15-20 minutes. Compensation will be provided.

University of Alabama  
Birmingham & University of  
Mississippi Medical Center

### Special points of interest:

- > Welcome Fall
- > Current and Upcoming Sub-studies
- > Becoming apart of the WIHS National Community Advisory Board
- > Getting ready for the cold weather
- > Importance of updated vaccinations
- > WIHS Facts

Women's Interagency HIV Study (WIHS) Sites





## Come be apart of the WIHS National Community Advisory Board (NCAB)



The National Community Advisory Board (NCAB) represents the participants in the **Women's Interagency HIV Study (WIHS)**. The Mission Statement of the NCAB is to:

- Provide on-going community, scientific, psycho-social, and political input to the national WIHS agenda
- Help design mechanisms to assure that WIHS participants are representative of the community at large
- Help design mechanisms to inform, educate, and support these participants over time
- Help design mechanisms to assure access of HIV-positive women to WIHS research sites and retention of these participants over time
- Advocate for adequate research funding and to allow the full WIHS research agenda to be fulfilled
- Provide support for local community advisory boards and encourage involvement at local levels
- Facilitate translation of WIHS-related information to the community
- Represent and be accessible to community members for WIHS-related concerns.

The women of WIHS will be asked to maintain an ongoing representation of the thoughts and cares of the women who are affected by HIV and those who are at risk. The WIHS NCAB will be asked to meet regularly to discuss topics, discuss matters and have some fun fellowship. As we go forward to advancing the HIV research field, we must ensure that the women of WIHS are properly heard and represented. We are asking if anyone is interested in being part of WIHS/NCAB please contact Zenoria Causey at [zcausey@uab.edu](mailto:zcausey@uab.edu) or 205-585-5704

**life hacks** #1117

Top ten ways to De-stress:

1. Play with a puppy
2. Drink some hot tea
3. Take a bath
4. Go for a run
5. Blare some music
6. Make a list
7. Catch up with a friend
8. Read a book
9. Turn off your phone
10. Sleep it off

@1000LifeHacks  
1000LifeHacks.com

Check out the UAB WIHS Website at:  
<http://www.uab.edu/medicine/wihs/about-wihs>

Research is formalized curiosity. It is poking and prying with a purpose. It is a seeking that he who wishes may know the cosmic secrets of the world and they that dwell therein.

(Zora Neale Hurston)

izquotes.com

### Participant's Corner: Some WIHS participants' favorite quotes

The most common way people give up their power is by thinking they don't have any.

—Alice Walker  
author of *The Color Purple*

I am a woman in process. I'm just trying like everybody else. I try to take every conflict, every experience, and learn from it. Life is never dull.

Oprah Winfrey

Beauty is how you feel inside. and it reflects in your eyes.

It is not something physical.

— Sophie Loren

Lines Don't Make Beautiful Women Less Beautiful."

—Isabel Wolff

Designed by RZC

"Love makes your soul crawl out from its hiding place." — Zora Neale Hurston

celeb quote  
**THOUGHT HIV WAS UGLY?**

[www.hydeabroadbent.com](http://www.hydeabroadbent.com)

THINK AGAIN

"ONE OF THE LESSONS THAT I GREW UP WITH WAS TO ALWAYS STAY TRUE TO YOURSELF AND NEVER LET WHAT SOMEBODY SAYS DISTRACT YOU FROM YOUR GOALS."

—MICHELLE OBAMA

### Did you know: Little WIHS Facts

- \*WIHS is the largest federally funded women's study
- \*WIHS has been collecting data for over 20 years
- \*The Closest WIHS site to UAB is Atlanta