



# Helping Your Medical Provider Keep You Healthy

Perhaps a few of you have noticed us being a little stricter on how many prescription refills are given when you or a pharmacy calls us. Because adherence, taking all your medication doses, is so important with HIV medicines, we try to be very prompt and make sure you can get your medication. However, anyone taking HIV medications, really anyone with HIV, should have a medical appointment at least twice a year. Most people like to have 3 or 4 visits per year to check CD4 and viral load, discuss any problems or symptoms, keep up with vaccinations, etc. People whose counts are stable and who feel well can sometimes visit every 6 months. But that is the minimum.

Antiviral medicines all have some possible toxicity. Prescribers are responsible to make sure the medications are working and are not causing problems like anemia, liver toxicity, high cholesterol, or diabetes. For this reason, checking these things at least every six months is included in standards of care and monitored by the Ryan White programs that help fund our clinic and the AIDS Drug Assistance Program. For these reasons, people who have not had a visit in the past six months or more will be limited on prescription refills until they've seen their clinic provider.



Another way to help your provider keep you healthy is to have the best possible symptom record if you call in while you're feeling ill. This includes taking your temperature with a thermometer. Although feeling hot, sweats, and other subjective symptoms are significant, the body temperature is more useful in deciding whether an infection is present and what type of infection. Nearly all sore throats, sinus congestion, cough, headaches, and body aches are caused by viruses. Antibiotics will not help and will contribute to resistance if they're used when not needed. This is why your provider will generally not prescribe antibiotics over the phone, but will ask you to come to the clinic.

Viral symptoms can be treated with over the counter medications for pain, cough, or sinus congestion. If those symptoms are lasting longer than a week without any improvement or are getting worse, you should call your provider or make an appointment. During flu season, these symptoms can last several weeks. Flu vaccine is generally available by mid October. Virology Clinic patients should request flu vaccine during their fall appointments or may stop by the clinic (now located on 3<sup>rd</sup> floor Pomerantz Pavillion) and request a flu shot.

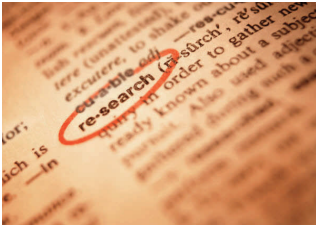


## HIV 2007 –

An **Interdisciplinary Conference** is scheduled for **Friday, October 5<sup>th</sup>** at hotelVetro and Conference Center in downtown Iowa City. Limited registration scholarships are available for persons living with HIV by contacting Tricia Kroll at 319-384-7307 or Carol Paper at 319-353-7917. Ryan White case managers also have registration forms available. Scholarship registration forms can be faxed to 319-353-8070 until noon on Thursday, October 4<sup>th</sup>.

### Inside this issue:

Helping Your Medical Provider Keep You Healthy	1
HIV 2007 - An Interdisciplinary Conference	1
Clinical Trials Updates	2
Coming Attractions for Men who Love Men	2
Coming Attractions for Women and Heterosex-	2
Social Workers Have Moved, Again	2



# CLINICAL TRIALS UPDATE:

**Ongoing Trials:** *GOAT STUDY: A Phase II Randomized, Controlled Trial of <sup>PE</sup>HRG214 in HIV Infected Patients with AIDS: HRG214 contains goat antibodies that target highly conserved regions on HIV not recognized by the human immune system.* This antibody is

administered intravenously three times weekly for up to 16 weeks. Eligibility: Adults 18 years or older, HIV infected patients with viral load  $\geq 500$  copies/mL and CD4 count of  $< 220$  cells/mm<sup>3</sup>, who are receiving optimized standard of care HAART. Compensation for subjects: \$250 per week.

**IMPACT: A Phase IV, Multi-center, Cross-sectional study to evaluate the I50L substitution among subjects ex-**

*periencing virologic failure on a HAART regimen containing Atazanavir (ATV).* This study is to find out the pattern of resistance, including the I50L substitution, when you and others like you failed an ATV containing regimen. Only one visit is required for this study. Eligibility: Adults 18 years or older, HIV infected patients who have failed a regimen containing Atazanavir (ATV), a protease inhibitor. Compensation for subject: \$20.

**New Trials:** *Early access of MK-0518 in combination with an optimized background antiretroviral therapy in highly treatment experienced HIV-1 infected patients with limited to no treatment options.* Expanded access to drug prior to product's approval and availability on the market. Safety and tolerability of drug will be monitored. Pill taken

twice/day. Patient with limited or no treatment options due to resistance or intolerance to multiple HIV regimens. Visit at screening and 4 weeks and then every 12 weeks.

*Early access of TMC125 in combination with other antiretrovirals in treatment-experienced HIV patients with limited*

*treatment options.* Expanded access to drug prior to product's approval and availability on the market. Safety and tolerability of drug will be monitored. Pill taken twice/day. Patient with limited or no treatment options due to resistance or intolerance to multiple HIV regimens. Visit at screening and 4 weeks and then every 12 weeks.

**Upcoming Trials:** *A Phase III Randomized, Double-Blind, Parallel-Group, Placebo-Controlled, Two-Stage Study to assess the Efficacy and Safety of Crofelemer 125mg, 250 mg, and 500 mg Orally Twice Daily for the Treatment of HIV Associated Diarrhea (ADVENT Trial).* The objective of this study is to determine the optimal dose of Crofelemer and the proportion of subjects for treat-

ment of HIV-associated diarrhea. Male or female subjects aged  $\geq 18$  years, with HIV-1 infection confirmed by standard serological tests and/or viral load and history of diarrhea of at least 1 month duration. Compensation provided.

*A Phase III study of Vicriviroc in combination with other antiretroviral drugs in HIV-infected persons who have failed other HIV treatments (VICTOR-E4).*

The objective of the study is to see if vicriviroc provides added benefit when added to optimized background therapy for HIV. Eligibility criteria: adults with HIV, viral load  $> 1000$ , and documented resistance to other HIV medications. Subjects will receive 48 weeks of treatment.

Please contact Rina at 319-384-9017 for clinical trial inquiries.

## Coming Attractions

### For Men who Love Men:

Coming Attractions is a social group for persons living with HIV. It is a great chance to meet new people, get away for a weekend, watch movie clips, and have fun. The next weekend is set for Saturday and Sunday, October 6 and 7.

If you want to attend, please contact Andy Weigel at 319-356-6038 ext. 2 or [aweigel@co.johnson.ia.us](mailto:aweigel@co.johnson.ia.us). We may ask you to room with another participant, depending on available space. It should be a great chance to meet new people and have fun.

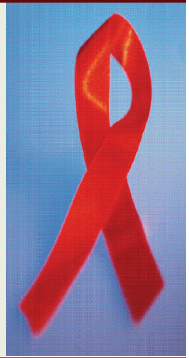
### For Women and Heterosexual Men:

Coming Attractions is a social group for persons living with HIV. It is a great chance to meet new people, get away for a weekend, watch movie clips, and have fun. We have set the weekend of Saturday and Sunday, October 20 and 21.

If you want to attend, please contact Andy Weigel at 319-356-6038 ext. 2 or [aweigel@co.johnson.ia.us](mailto:aweigel@co.johnson.ia.us). We may ask you to room with another participant, depending on available space. It should be a great chance to meet new people and have fun.

### SOCIAL WORKERS HAVE MOVED, AGAIN:

Carol Paper and Tricia Kroll, Program social workers, will continue to have offices in Boyd Tower. In early August, their offices were temporarily moved after a brief stay in the old clinic. Their final destination is yet to be determined. Their phone numbers will remain the same.



### Positive Connections

A social event for gay HIV+ men started Sept. 18 and will occur every third Tuesday of the month from 7 pm to ? at the Piano Lounge, 217 E Iowa Ave in Iowa City. This is an opportunity to meet other HIV+ men in a social setting. Contact info. for Positive Connections is [poscon@sthirteen.com](mailto:poscon@sthirteen.com)