

The University of  
Iowa Hospitals  
and Clinics

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**REMINDER:**

To schedule a clinic appointment, call (319) 356-8133.

For refill requests, contact the Infectious Disease refill line at (319)356-8510.

If you have a medical emergency during the 8am-5pm work day, please try contacting your doctor or NP. If your doctor or NP is unavailable, you may call the hospital operator at (319)356-1616 and ask for the Infectious Disease doctor on call.

Social work questions and concerns should be directed to Tricia Kroll at (319)384-7307.

For lab results or health-related questions, call Becky Johnson, RN at (319)353-7917.

# The Virology Newsletter

Fall 2009



## HIV 2009 Conference - October 16, 2009

hotelVetro & Conference Center, Iowa City, IA

*PATIENTS INTERESTED IN ATTENDING, PLEASE CONTACT TRICIA KROLL AT (319) 384-7307 NO LATER THAN OCTOBER 2, 2009.*

The conference includes a wide variety of topics and issues presented by UIHC and nationally recognized experts in the field of HIV. The nationally recognized speakers include:

**Dr. Renslow Sherer, MD,** Professor of Medicine at the University of Chicago. Dr. Sherer's presentation will address primary HIV care challenges, pressing needs, and future directions.

**Dr. Milton Wainberg, MD,** Associate Clinical Professor of Psychiatry at Columbia University in New York, New York. Dr. Wainberg's presentation will focus on dealing with pain issues in the HIV-positive patient with mental health and/or substance abuse. In addition, he will be addressing a break out session dealing with mental health and wellness issues for the HIV-positive patient.

**Mr. Jesse Milan, Jr., JD,** a person living with HIV for 27 years and a national expert on and advocate for HIV/AIDS policies and programs. Mr. Milan's presen-

tation, "People, Policy, and Practice: Connections and Disconnections in HIV/AIDS," will discuss cross-cutting national issues concerning HIV/AIDS.

**Mr. Scott Burris, JD,** Professor of Law at Temple Law School in Philadelphia, Pennsylvania. Mr. Burris' presentation will address the issue of the criminal transmission law for HIV, the history of these laws and their influence on public health and people living with HIV. The State of Iowa has a criminal transmission law for HIV.



## Welcome to the team!

My name is Becky Johnson and I am the newest member of the HIV team at the UIHC Virology Clinic. Previously I worked at the AIDS Project of Central Iowa in Des Moines where my duties included, but were not limited to, case management, prevention, program management, grant writing and

overall problem solver. I recently went back to school to get my nursing degree and am excited to be working with people living with HIV in a new capacity. I'm looking forward to meeting and getting to know everyone. You can reach me at (319)353-7917 or becky-johnson@uiowa.edu if you need assistance with

health related issues. Many thanks to the colleagues, clients, volunteers, and providers in the Des Moines area who taught me everything I know. Thanks in advance to everyone in Eastern Iowa for teaching me everything I have left to learn.

## Changes to Medicare’s Extra Help Program

Beginning January 1st, 2010, Medicare is changing its eligibility requirements for the Extra Help Program, making it easier to qualify. This program helps low income individuals pay their Medicare Part D prescription plan premiums, deductibles and copays.

The 2009 income limits for Extra Help are \$16,245 for individuals and \$21,855 for married couples. The resources

limits are \$12,510 for individuals and \$25,010 for married couples. These limits may go up in 2010, but that determination won’t be available until January 2010. You must meet the criteria under both limits— income and resources—to qualify for Extra Help.

Beginning in 2010 Medicare will no longer include the cash value of life insurance in the calculation of your resources,

and they will no longer include the value of help received from others for household expenses (such as food, rent or utilities) in the calculation of your income. Medicare will be sending a notice to those who previously applied but were not eligible in February 2010 encouraging them to reapply.

(Source: The Boston Globe)

## Prepare for Flu Season

In addition to the annual vaccine for seasonal flu (regular flu), the CDC recommends that people living with HIV receive the vaccine for the novel H1N1 influenza (swine flu). The vaccine is currently in production and expected to be available in October 2009. Information is frequently being updated, so check with your medical provider or the CDC ([www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu)) for the most current guidelines.

The groups recommended to receive the 2009 novel H1N1 influenza vaccine include:

- **Pregnant women** because they are at higher risk of complications and can potentially provide protection to infants who cannot be vaccinated;
- **Household contacts and caregivers for children younger than 6 months of age** because younger in-

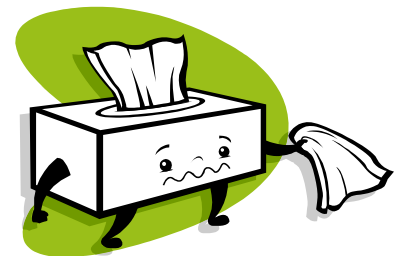
fants are at higher risk of influenza-related complications and cannot be vaccinated.

Vaccination of those in close contact with infants younger than 6 months old might help protect infants by “cocooning” them from the virus;

- **Healthcare and emergency medical services personnel** because infections among healthcare workers have been reported and this can be a potential source of infection for vulnerable patients. Also, increased absenteeism in this population could reduce healthcare system capacity;
- **All people from 6 months to 24 years of age** because many cases of 2009 novel H1N1 influenza have been seen in these healthy young adults and they often live, work, and study in close proximity, and they are a frequently mobile population; and,
- **Persons aged 25 through 64**

**years who have health conditions associated with higher risk of medical complications from influenza.**

In addition to receiving the vaccine, there are other ways to reduce your risk of getting the flu. These include frequent and thorough hand-washing; avoiding touching your eyes, nose, and mouth; staying home if you’re sick until 24 hours after your fever is gone; and avoiding close contact with sick people. It also can’t hurt to get enough sleep and exercise and eat a balanced diet.



## Studies You Can Participate In



Opportunities exist to participate in one of two available studies!!! Individuals with HIV/AIDS can join the studies if they meet specific guidelines. Each study is different and compensation is provided.

The first study involves looking at the effectiveness of a new investigational medication for

the treatment of **HIV associated diarrhea**. Participants must have a history of at least 1 month of diarrhea. **Compensation is provided for participation.**

The second study looks at the long term safety of maraviroc (Selzentry). This medication has already been approved by the FDA for use in adults who are failing their current HIV therapy. Maraviroc blocks the virus's ability to get into cells. The study involves collection of selected bits of information from your medical record for about 5 years. No special or

additional visits required. Volunteers will receive a free blood test to first make sure their virus is susceptible to maraviroc. **Compensation is provided for participation.**

Future possibility: Vicriviroc study for subjects who have not yet received HIV treatment (Vicriviroc blocks entry of HIV into cells).

Keep checking the newsletter for more future studies/trials. Interested individuals should call Rina at (319)384-9017.

## Receive Your Newsletter Electronically

Due to rising healthcare costs and environmental factors, we are trying to cut down on the number of newsletters we mail out. As an alternative method, we are offering the option to receive your future newsletters

electronically. If you would like to receive your newsletter electronically, please email Tricia Kroll at [tricia-kroll@uiowa.edu](mailto:tricia-kroll@uiowa.edu) and ask to be added to our mailing list. Please know that with this option you will have to

make sure your email settings are set to receive emails from the above mentioned email address so that it does not end up in your spam folder!

Thank you!

### Changing Medicine, Changing Lives!

The University of Iowa Virology Program uses a multi-disciplinary approach to provide comprehensive care including: social services and community referrals, financial programs such as the Ryan White funds, psychiatry services, nutrition consultation, referrals to experienced professionals in all medical specialties, medication, clinical trials, and specialized medical care. The staff understands confidentiality concerns. If you have any questions, concerns, or if you have tested positive and want to schedule your first appointment, please call the Virology Clinic at (319)356-8133.

#### The University of Iowa Virology Program

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