

# A New Drug is on the way



POSITIVELY POSITIVE

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A new HIV drug Isentress listed in Australia on the Pharmaceutical Benefits Scheme this week will open up new opportunities for patients who have developed resistance to multiple forms of treatment.

A new form of HIV-1 treatment will now be available to the public in Australia, and restricted in New Zealand.

The drug, which is already available in the US and Europe, is the first approved integrase inhibitor to be used in the treatment of HIV. The treatment works by inhibiting the function of integrase, one of the enzymes which enables HIV viral DNA to insert itself into human DNA. Inhibiting integrase essentially stops the virus's ability to infect new cells.

Australia's National Centre in HIV, Epidemiology and Clinical Research director, Professor David Cooper, said people with multiple forms of

**“It was through no fault of their own that they didn't get the right drugs. They simply weren't available so this is a great breakthrough.”**

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resistance see a total remission after starting the drug.

“There's a group of people who were sick in the 80s and 90s who took each drug as it came along — a situation which is really fraught with danger because it results in the development of resistance and cross-resistance,” he said.

“For those people who have been in a state of hanging on for many years, this drug and the development of some other new classes that have come along have been a real boon, so much so that we can get them completely into remission, where the virus is virtually undetectable.”

The release of Isentress will be particularly beneficial to those who have been on treatment for a number of years. Patients eligible for the drug must show they have failed in treatment or developed a resistance

to three different antiretroviral regimens.

With roughly 76 percent of HIV

patients showing resistance to at least one type of treatment, Dr Cooper said the potential to help people was enormous.

“Of course it feels good to be able to announce this. This is a population of people who always took their medication correctly and did what they were told and followed all the advice they were given,” he said.

“It was through no fault of their own that they didn't get the right drugs. They simply weren't available so this is a great breakthrough.”

The new drug is also available in New Zealand under section 29 for people with resistance issues. If you need to know more, please contact Body Positive 0800 HIV LINE.

For more information contact us in complete confidence.

Call toll free from anywhere in New Zealand

**Contact**  
0800 HIV LINE  
(0800 448 5463)  
or 09 309 3989

**Website**  
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P.O. Box 68-766  
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**positively POSITIVE** is a newspaper for all people living with HIV/ AIDS in New Zealand. Contributions are welcomed, but inclusion is subject to editorial discretion and is not automatic. The deadline is 14 days before publication date. Receipt of manuscripts, letters, photographs or other materials will be understood to be permission to publish, unless the contrary is clearly indicated.



**BODY POSITIVE**  
• NEW ZEALAND •

# Deep Vein Clotting



## *Risk Higher in HIV*

People living with HIV face an increased risk of deep vein thrombosis (DVT)—potentially dangerous blood clots in major blood vessels—according to a Johns Hopkins University School of Medicine study published in the July 1 issue of the *Journal of Acquired Immune Deficiency Syndromes*.

Left undiagnosed and untreated, DVT can cause pain, swelling and numbness—usually in the legs—and can also travel to the pulmonary artery in the chest and cause a life-threatening blockage (pulmonary embolism). Studies suggest that 1 to 2 percent of HIV-positive people develop DVT at some point in their lives, which is a rate 10 times higher than expected among people without HIV.

To confirm these results, Aima Ahonkhai, MD, and her colleagues investigated the incidence of DVT among patients in the Johns

Hopkins University AIDS Service cohort. They found the risk of DVT among HIV-positive patients to be approximately 0.54 percent per patient per year—comparable to what has been reported by other research teams. Compared with patients in the cohort who hadn't developed DVT, those who did were more likely to have slightly lower CD4 counts, higher viral loads and low hemoglobin levels preceding their DVT diagnosis. The use of antiretroviral therapy was not associated with DVT.

The authors suggest further studies elucidating why DVT risk is higher in people living with HIV are important. They write, "... the mortality from [pulmonary embolism] is high, and the morbidity from DVT is great. With the tremendous recent gains in life expectancy for patients with HIV/AIDS, addressing the threat of [DVT] is increasingly appropriate."

# New HIV Super Clinic *in Sydney*



The NSW Government will provide \$20 million towards the establishment of a new \$120 million dollar HIV research centre.

The development of a National Institute for Virology would enable 300 of the country's leading scientists to come together under one roof — at St Vincent's Hospital in Darlinghurst — in the name of finding new cures and preventative measures for a range of sexually transmitted diseases.

"This investment will expand the international role of our state's researchers in both the prevention

of HIV and their role in emerging public health issues such as the prevention of hepatitis C," NSW Premier Morris Iemma said.

"Currently 150 researchers are working around the state as part of the National Centre in HIV Epidemiology and Clinical Research under the leadership of Professor David Cooper. This new purpose-built facility will allow the expansion of the number of researchers and will consolidate the world class research capacity of the NCHCR in HIV research and medicine."



# SPEED DATING FOR FABULOUS HIV+ PEOPLE

♥ If you are HIV+ and would like to meet other HIV+ people in a friendly environment then register for the very first **HIV+ Speed Dating** session at *Body Positive House* on Friday 25th July, 6pm

Contact **Body Positive** on (09) 309 3989

\*Totally confidential, safe and friendly\*



## Dr. Mark Thomas



(Infections Diseases Physician Auckland Hospital) is absent from New Zealand travelling in France for 6 months. Mark returns to the clinic at the end of Jan 2009.

*BON VOYAGE MARK!*

## Glen O' Malley

A second social worker at Body Positive starts this month. Glen O' Malley is on placement with Body Positive from July to late in the year.

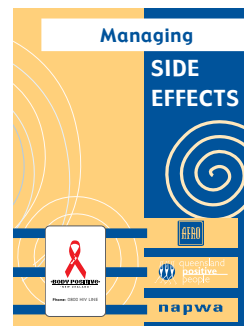
## Berend Off To Mexico

Body Positive received a grant from the Minister of Internal Affairs, Rick Barker to send our Chairman Berend Westera to the World AIDS Conference in Mexico next month.

## Pharmacy Charges Dropped

Grafton Pharmacy in Auckland no longer charge prescription fees for anti retroviral medications and will courier prescriptions anywhere in the Auckland region for a 5 dollar fee.

## Managing Side Effects



A new publication licensed to Body Positive from the Australian Federation of AIDS organisations dealing with side effects and how to manage them is now available free of charge. For your copy, phone Body Positive 0800 HIV LINE

## Staying Alive Group

A group for those who want to maximise their health. Main pitfalls to watch out for, how to eat well, to prevent heart disease, diabetes, cancer, exercise - keeping fit, build up your immune system, understanding your blood results. What test should I get to stay healthy and fend off complications. This group is hands on and will look at your diet, your blood results and your fitness regimen.

Brief

## Straight Arrows

Monthly Straight Arrows dinners for heterosexual members are being held at Body Positive House on the last Friday of every month. The dinners are a good chance to mix and mingle and we would love to see you. Call us at BP on 0800 HIV LINE or Positive Women 09-309 1858 if you would like to come along.

## Monthly Luncheon

Every second Wednesday of the month - Dinner, 7pm  
Every fourth Wednesday of the month - Lunch, 12pm  
here at Body Positive House 1/3 Poynton Terrace, Newton, Auckland.



## TRAVEL INSURANCE

Buy your Travel insurance from **Mike Henry** Agent Body Positive, whether you are Positive or Negative, travelling to Sydney or the Seychelles just call 0800 HIV LINE for a travel insurance quote. (When you buy from us you help support our work + you get a good deal!)



## VITAMINS

Body Positive has fantastic *Swisse brand vitamins* available to members for only \$7.00! (Usually over \$20) *Swisse Women's Ultivite Multi vitamins & Swisse Men's Ultivite Multi vitamins*. Both with the highest quality ingredients that will give you a kick! Drop by BP House or call **0800 HIV LINE**

## RECYCLED MEDICATION

If you have unused medication or no longer need left over medication, please either return your unused medication to your prescribing physician or send it to us at:

Body Positive Inc  
P.O. Box 68-766  
Newton, Auckland



We will pass it on to physicians.

## 6 ON 6



The next **6 on 6 support Group** is due to start shortly at Body Positive House. The support group is great for anyone that is newly diagnosed or any positive person male or female, gay or straight that just wants to know more about HIV in a casual environment.



Phone **0800 HIV LINE** to join the group.



## FOOT DOCTOR

Announcing a new service: **A FOOT DOCTOR**

Yes, a *real podiatrist* will run a clinic here at Body Positive on a monthly basis. Next clinic date—Thursday 31<sup>st</sup> July 2008 from 1pm to 5pm.

Phone now for an appointment 09-309 3989

Fee: \$40.00 per consultation

## MASSAGE



Both Swedish (Therapeutic) and Sports massage are available **FREE** at Body Positive on Wednesdays and Thursday. Phone 09-309 3989 and book an hour to pamper your body.

*Koha appreciated.*



## QUIT SMOKING

Apart from adhering to your medication regime, quitting smoking is the next most significant improvement HIV+ people can take to improve their health and life expectancy. Smoking increases the risk of brain, heart and lung diseases, various cancers and opportunistic infections. If you would like to quit smoking, we can help.

## HIV RAPID TEST for our whanau & friends



**The 60-second HIV Rapid Test** is now available at Body Positive House. A simple pin-prick is done, to test the blood with a 99.7% accuracy. It's always better to know your status early, so you can keep healthy, if you become HIV positive. Call **0800 HIV LINE** to book a **FREE no-hassle Rapid Test**.

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