

positively POSITIVE →

The official publication from **Body Positive Inc.** A peer support organisation for people living with HIV/AIDS



We Can Live as long as HIV- People Can

POSITIVELY POSITIVE

People with HIV in the developed world are no more likely to die within five years of contracting the virus than are HIV-negative people, Reuters reports (reuters.com, 7/2).

in antiretroviral medication in the 1990s. People who contract HIV through other means, such as intravenous-drug use or other blood-to-blood contact, weren't studied.

They suggested that people become less likely to adhere to HIV regimens after that time or may develop resistance to medication.

The study, published July 1 in the Journal of the American Medical Association, found that people who contract the virus sexually had the same mortality rate as HIV-negative people five years after infection, which can be attributed to advances

Same mortality rates for negative and positive people 5 years after infection

Researchers also found that mortality rates tend to rise in positive people after five years.

According to the article, the British study followed 13,000 HIV-positive men and women for five years after their infection and compared

that data to that of uninfected people in the same age and gender groups living in the same country at the same time.

On Saturday 4th October over 20 Stylists from all over Auckland City will congregate at David Playle's salon in Canada Street, just behind Karangahape Road in Auckland.

The discerning public will be invited to have their hair styled, cut and designed for absolutely FREE. To qualify for this free offer an HIV test is offered prior to the hair cut.

This is a unique way of bringing HIV



Designer Hair Stylist
Event Promoting HIV Awareness

awareness to people and promoting the information to best protect ourselves and sexual partners from HIV transmission.

The HIV test we will use is the new Canadian "Insti" test and results are immediate. Trained staff will be on hand for information, support, and assistance where required.

Watch this space for further information.



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 www.bodypositive.org.nz

Address 1/3 Poynton Terrace Auckland P.O. Box 68-766 Newton Auckland

Opening hours 10am-5pm, Mon-Fri E: office@bodypositive.org.nz Fax: 09 309 3981

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

Gift of True Friendship

to our very own Bain Duigan



to Duigan. En route were numerous tests and delays, including three postponements of the surgery; anxiety and frustration; a postponed OE for Alex; interrogations by professionals, friends and strangers; delicate negotiations between the friends and a deepening bond unlike anything either had experienced before.

I woke up in intensive care. I didn't feel at all distressed. I felt really calm and happy.

On June 25, 16 months after that day on Anzac Ave,

They call the kidney Zac. It used to belong to Alex Milne but now filters the blood of his friend Bain Duigan.

the transplant finally went ahead. Surgeons extracted Milne's left kidney, stored it in a sterile chilly bin, then opened up Duigan and attached the organ in Duigan's pelvic area, below his own defunct pair.

The nickname comes from Anzac Ave, the Auckland street the friends were walking down when Duigan finally prompted his friend to offer himself as a potential donor.

According to Kidney Health, an estimated 192,000 New Zealanders suffer chronic kidney disease. Just under 2000 New Zealanders are on dialysis; 570 on the waiting list for a kidney from a dead donor. Because of the specific conditions of death required - brain-death in intensive care - only about 1 per cent of deaths a year produce a candidate donor. Around 110 kidney transplants are performed in New Zealand every year, with about half using live donors.

The idea had hung silently between them for six months, since Milne, then 23, had wondered out loud why there wasn't a way for people to donate to strangers. He'd consider donating to someone.

Milne, now 25, asked for a photo of the kidney. "It's a bit gross but it's all right. It looks a bit like a chicken breast." Two weeks after the surgery, he says he feels ridiculously well. "It's almost a non-event."

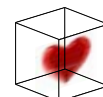
It was February last year, days before Duigan's 40th birthday. He'd been diagnosed with nephrotic syndrome, an incurable kidney disease, almost two years earlier, but the illness had only recently become debilitating. A short uphill walk would exhaust him. He'd started needing afternoon naps. His thinking was clouded, causing a "floaty doziness".

Duigan says having an ingrown toenail removed was more painful than his surgery. "I woke up in intensive care, I didn't feel at all distressed. I felt really calm and happy."

His kidney function had plunged to around 10 per cent of normal. He couldn't put off dialysis much longer, and he faced a five-year wait for a suitable kidney from a dead donor. Two family members and a family friend had offered to be donors, but they were either not blood matches or unsuitable.

"I said to Alex, 'You know how you mentioned donating to someone?'" recalls Duigan. "Well, I'm someone."

So began Zac's journey from Milne



Bone Fractures

More Common in HIV

HIV-positive people are more likely to suffer broken bones than their age-matched HIV-negative peers, according to a new study published online in the Journal of Clinical Endocrinology & Metabolism. Authors Steven Grinspoon, MD, of Massachusetts General Hospital in Boston, and his colleagues argue that this is the first study to show a higher prevalence of fractures in HIV-positive people and ultimately adds to the seriousness of other studies finding significantly higher rates of low bone mineral density among those living with the virus.

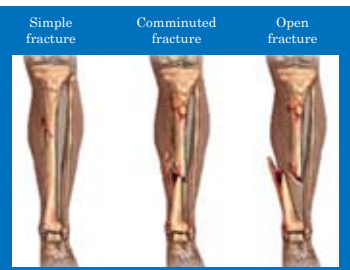
receiving inpatient or outpatient care between 1996 and 2008 through the Boston-based Partners Healthcare System. Their medical records revealed that the fracture prevalence—of the spine, hip or wrist, the most common breakages associated with decreased bone mineral density—was 2.87 percent among the HIV-positive patients, compared with 1.77 percent among the HIV-negative patients.

Among HIV-positive females, the overall fracture prevalence was 2.49 percent-compared with 1.72 percent among the HIV-negative females. Among the HIV-positive males, the fracture prevalence was also higher in the HIV-infected compared with the HIV-negative patients: 3.08 versus 1.83 percent, respectively.

“As the HIV-infected population ages,” the authors write, “reduced bone mineral density and increased fracture risk may become an even greater problem. Whether increased fractures are the [result] of antiretroviral therapy, increased rates of traditional risk factors such as low weight among HIV-infected patients, or HIV infection-and its accompanying metabolic and inflammatory disturbances-itself remains to be determined.... This study suggests the importance of assessing bone density and minimizing factors contributing to increased fracture risk in the HIV-infected population.”

Various studies have found higher rates of reduced bone mineral density—osteopenia and osteoporosis—in HIV-positive men and women compared with HIV-negative people of the same sex, race and age. While these findings allowed for the suggestion that people living with HIV are at a higher risk for bone fractures, there hasn't been any evidence to draw firm conclusions.

In the study reported by Dr. Grinspoon's group, 8,525 HIV-positive were compared with more than 2 million HIV-negative people

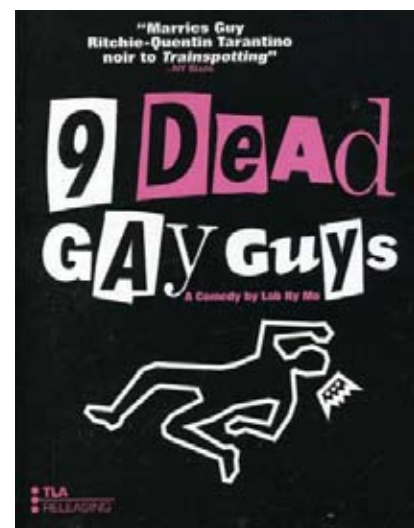


Glenn O'Malley



A new Social Worker started at Body Positive on Tuesday 15th July, Glenn O'Malley is on “placement” from Massey University where he is hoping to complete a Bachelor of Social Worker Degree. He will be at Body Positive for 3 months and hopes he will have the opportunity to meet as many of our members as he can. Glen and partner Graham have been together 6 years and live in Kaukapakapa. Traveling to Auckland each day will be a “treat” for him.

Movie & Pizza Afternoon



Movie featured
 { NINE DEAD GAY GUYS }

4pm–Sunday, August 10th

* Come along for a relaxing afternoon at Body Positive house.

* *Koha appreciated*

Brief

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. Phone for details.

Straight Arrows

Monthly Straight Arrows dinners for heterosexual members are being held at Body Positive House on the last Thursday 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 2nd Wednesday of the month - Dinner, 7pm
 Every 4th 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 Monday, 18th August 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.

Phone now for an appointment 09-309 3989

Fee: \$40.00 per consultation
WINZ Benefit by negotiation

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. Phone 0800 HIV LINE.

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.

This publication "Positively Positive" is
sponsored by

J.R. McKenzie Trust

