



# positively POSITIVE

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

December 2011

## NEW REGULATIONS FOR FOREIGN HIV+ PARTNERS OF NZ CITIZENS / RESIDENTS

The New Zealand Immigration Service has issued new regulations covering "Medical Waivers" for foreign partners applying for permanent residency in New Zealand. HIV+ applicants will be granted a Medical Waiver if HIV is their only health issue.

Up until Monday 21<sup>st</sup> November any HIV+ person applying for more than a 1 year permit to be in New Zealand had to undertake a medical examination at an approved medical facility to identify a range of medical conditions that would be presumed to be a "burden on the healthcare system of New Zealand." Among these identified medical conditions known as "Appendix schedule 10 conditions" HIV was listed. If the medical exam identified HIV then the Immigration Service Medical Referee was instructed to issue a recommendation that the application be declined on the basis HIV would be a burden on the Healthcare system of New Zealand.

The HIV applicant then had to apply for a "Medical Waiver." This is where applications started to fall apart as there was no consistent way in which these applications were being processed. Some were granted a Medical waiver and processed promptly and a residency / work permit were

***HIV+ applicants will be granted a Medical Waiver if HIV is their only health issue***

IMMIGRATION  
NEW ZEALAND



issued. Other applicants were not so lucky and faced a "hell of a battle" resulting in the application being declined. "This was a gross abuse of HIV+ peoples Human Rights" said Bruce Kilmister CEO of Body Positive. We were seeing partners who had been together for years living overseas coming back to New Zealand or coming home for one partner and wanting to bring their partner to settle and live in New Zealand being denied their rights to cohabitate with their partner of choice.

An appeal to the "Appeal Authority" now called the "Tribunal" usually followed but not without spending thousands of dollars on Immigration lawyers. A decision was not always forthcoming in the interests of the applicant either resulting in some couples having to separate. If the Tribunal upheld the application it was referred back to the Immigration Service to reconsider and Body Positive was aware of applications that were

then reconsidered and declined for a second time.

Despite strenuous appeals to the Ministers office applications were being declined for no other reason than the applicant is HIV+. The argument that HIV medications were too expensive to consider being available for immigrants was slowly being deteriorated as intellectual patents were coming off HIV medicines and the price falling drastically. In the next 10 years many patents will expire and HIV medications will be a fraction of their current prices" says Bruce Kilmister. "But this was not being taken in to account by the Immigration Service."

Certainly today being HIV+ does not mean being unwell and posing a burden on the healthcare system. Most people living with HIV in New Zealand today are living well and working as well as paying taxes.

This new regulation is timely and most welcome. If anyone has any query on this they should contact Bruce Kilmister at Body Positive for referral to an HIV knowledgeable Immigration consultant.

By Bruce Kilmister

**W**ould you like to help reduce Body Positive's printing/postal bill and save a few trees as well??

To receive the Positively Positive Newsletter via e-mail instead of in the post, simply e-mail your name & current e-mail address to: [office@bodypositive.org.nz](mailto:office@bodypositive.org.nz) or call us to update your details.

**positively POSITIVE** →

**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](http://www.bodypositive.org.nz)

**Street Address:**

Body Positive House  
1/2 Poynton Terrace  
Newton  
Auckland 1011

**Postal Address:**

PO Box 68-766  
Newton  
Auckland 1045

**Opening Hours:**

10am-5pm, Mon-Fri

**E:** [office@bodypositive.org.nz](mailto:office@bodypositive.org.nz)

**Fax:** 09 309 3981



**+BODY POSITIVE+**  
• NEW ZEALAND •

## SEXUAL HEALTH CHECK UPS NOW PART OF REGULAR VISITS

Auckland City Hospital is introducing screening for sexually transmitted infections (STI's) in the Infectious Diseases Outpatients Clinic. This programme will be managed in partnership between Infectious Diseases and Sexual Health.

Regular visits to see your Infectious Diseases specialist will include checks for Gonorrhoea, Chlamydia, and Syphilis. It has long been recommended by the British HIV Association that all people living with HIV and / or AIDS should regularly be tested for STI's. Often these diseases can remain totally hidden in the body without symptoms and the only way to find them is to diagnose them through testing.

*By Bruce Kilmister*

### Procedures for Men:

Men should not pass urine for at least one hour before the appointment. A throat swab will be taken by the doctor or nurse and then you will be asked to go to the bathroom to collect a urine sample and a self-collected rectal swab. You will be advised how to do this.

### Procedures for Women:

Women will be asked to go to the bathroom to collect a self-collect vaginal swab. You will be advised how to do this.

Results will be sent to you only if you request them by text or by letter. If any of your tests give a positive result a nurse from the Sexual Health Clinic will telephone you to come in for treatment.

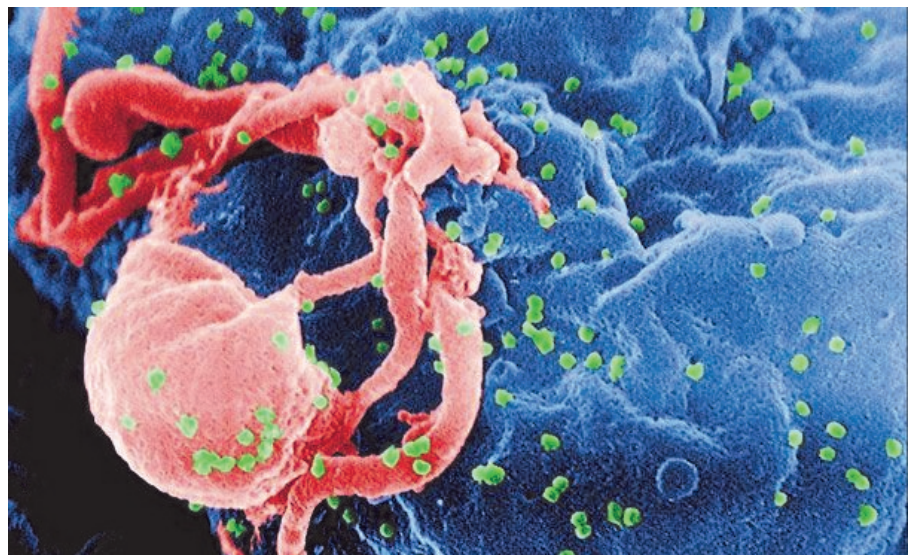
## THE BEGINNING OF AIDS?

In the early 1980s, epidemiologists were racing to understand a mysterious disease that was killing young men in California. As we now know, that disease was AIDS. And it soon grew into one of the biggest global pandemics in human history. But back in 1984, no one knew what it was, or how it was spreading. So the CDC commissioned a study to look at whether it might be sexually transmitted.

And the results were startling - the data seemed to point to a figure at the centre of the outbreak from which all the other cases radiated. A few years later, Randy Shilts published a formative book on AIDS called "And the Band Played On", which, along with documenting the early history of AIDS in the US, revealed the name of the man at

the center of that CDC study: Gaetan Dugas. Dugas was soon dubbed Patient Zero, and labeled by the media as the cause of the AIDS epidemic. But as Carl Zimmer and David Quammen explain, Dugas was absolutely not Patient Zero. Not by a long shot. Michael Worobey and Beatrice Hahn help us search for a much earlier Patient Zero, by taking us to Africa, and turning back the clock on a series of virus mutations and pinpointing one fateful moment of cross-species spillover in a jungle in Cameroon. And virus hunter Nathan Wolfe takes us back even farther, to an intracellular instant that created a chimp Patient Zero hundreds of thousands of years ago.

*Source: [www.radiolab.org](http://www.radiolab.org)*



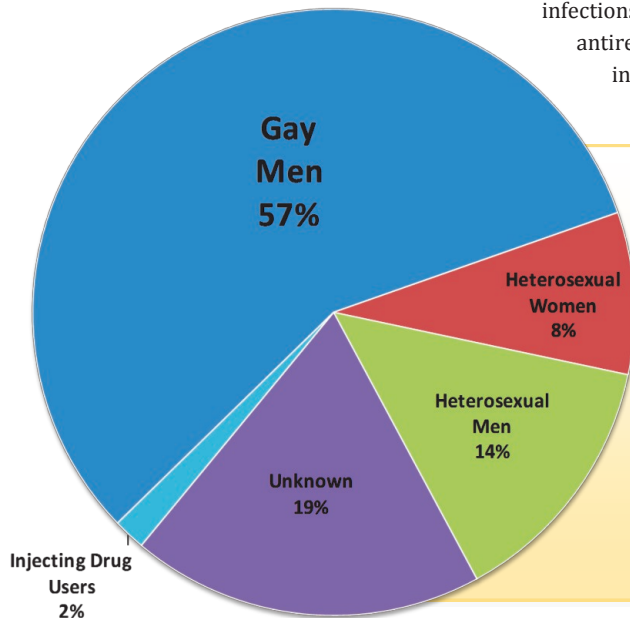
# HIV/AIDS IN NEW ZEALAND IN 2011

The theme of this year's World AIDS Day "Getting to Zero" echoes the UNAIDS vision of "Zero new HIV infections. Zero discrimination. Zero AIDS related deaths". One strategy to achieving no new infections or deaths from AIDS is through the early detection of HIV infection.

The earlier HIV is diagnosed the better it is for the individual and for control of HIV in the community. It means that the most effective treatment can be offered, and that infected people can be advised to behave in safe ways. Hence early diagnosis and treatment can reduce the risk of new infections. In addition, people taking antiretroviral therapy are less infectious.

New Zealand information just published shows that, in the last six years, half of all people diagnosed with HIV infection presented late - that is, past the ideal stage for starting treatment. Very late presentation (Advanced HIV disease) was more common among heterosexuals, among Māori and Pacific men who had sex with men (MSM), and among people 40 years or older.

Source: AIDS - New Zealand



## HIV INFECTIONS

Fifty-eight people (49 males and 9 females) were diagnosed with HIV through antibody testing in New Zealand in the first half of 2011.

Thirty-three were men infected through sex with other men, 13 (8 men and 5 women) through heterosexual contact, one man through injecting drug use in New Zealand, and one child through mother-to-child transmission overseas. For the remaining 11 people the means of infection was unknown or information is still awaited.

Of the 33 men infected through sex with other men, 26 (78.8%) were infected in New Zealand, and 7 (21.2%) overseas.

## WORLD AIDS DAY

World AIDS Day is always on December 1<sup>st</sup> each year and this year the theme was:

### Getting to Zero

- Zero New HIV Infections
- Zero Discrimination
- Zero AIDS Related Deaths

Backed by the United Nations the "Getting to Zero" campaign runs until 2015 and builds on last year's successful World AIDS Day "Light for Rights" initiative encompassing a range of vital issues identified by key affected populations.

In New Zealand we commemorate the day with a street collection to raise money for AIDS.

More specifically the funds raised are split 50 /50 between the NZ AIDS Foundation and the "Wellness Fund" managed by Body Positive.

As we go to print final figures have not been accounted as there are events to be

finalised. The general consensus is the funds raised will equal those funds raised last year. Last year about \$35,000 was raised nationally.

Some concern was expressed about the street collection competing with the "Stop Violence against Women campaign" collecting on the same day. The street collection has always been on the Friday before World AIDS Day of 1<sup>st</sup> December. This year this date was Friday 25<sup>th</sup> November.

Next year is a better looking prospective and will settle much closer to each other being Friday 30<sup>th</sup> November for the street collection and World AIDS Day the very next day on Saturday 1<sup>st</sup> December.

"We'll have to do something special for this one" says Bruce Kilmister "as this is the 25<sup>th</sup> anniversary of the World AIDS Day

commemoration and will be a celebration to hold."

By Bruce Kilmister



The Governor-General, Lt Gen The Rt Hon Sir Jerry Mateparae, as Patron of the New Zealand AIDS Foundation, participated in the organisation's annual street appeal in central Auckland



# MESSAGE THERAPY FOR BODY POSITIVE MEMBERS

Regular Massage Therapy can be very beneficial for those living with HIV.

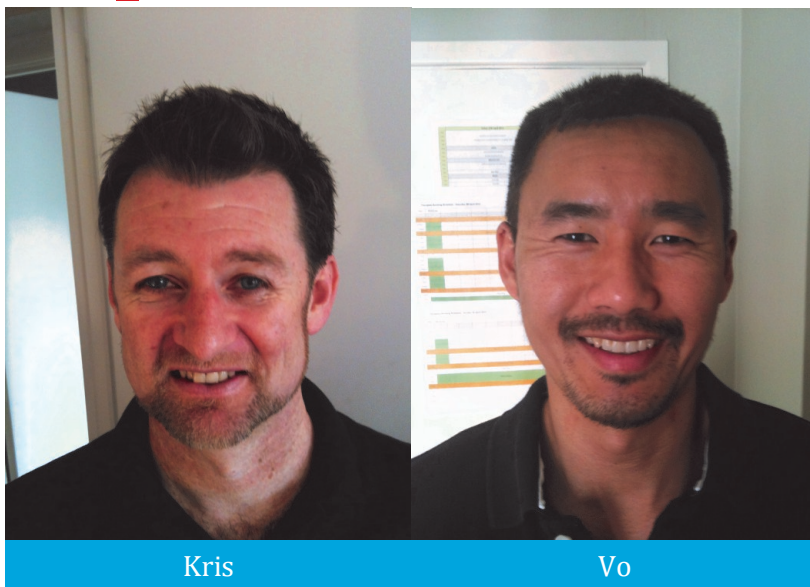
Body Positive currently offers a weekly massage service at Body Positive House in Auckland using services of our experienced masseurs, Kris and Vo.

If you are a Positive Health Card Holder you are also entitled to 6 free massages per year at any of the locations below. We are always keen to expand this list, so if you currently know of or use a masseur in your local area please contact us and pass on their details.

## Auckland:

\$40 or free for Positive Health Card Holders

Contact: Body Positive on (09) 309 3989



## Whangarei:

\$65 or free for Positive Health Card Holders

Contact: Steve Arundel-Fagge on (09) 433 4975

## Wellington:

\$40 or free for Positive Health Card Holders

Contact: Joelle Tregoskis at Radient Health on (04) 473 7318

**2012 Retreat**

**30<sup>th</sup> March - 1<sup>st</sup> April** Vaughan Park  
Long Bay, Auckland

Register online at [www.bodypositive.org.nz](http://www.bodypositive.org.nz)  
or call 0800 HIV LINE for more details.

Proudly Sponsored by

Dates for the 2012 HIV+ Men's Retreat have been announced. Starting on Friday 30<sup>th</sup> March to Sunday 1<sup>st</sup> April the Retreat as previously will be held at Vaughan Park in Long Bay just north of Auckland.

to make.

### Fees for 2012 will be;

- \$80.00 for a waged person.
- \$40.00 for a person with Community

# NEW FEES FOR RETREAT

"It is with regret we must increase the price for those attending the Retreat" says Bruce Kilmister CEO of Body Positive. "Funding has always been tight for this event and unfortunately after funding this project for over 10 years Glaxo Smith Kline will not be funding us this year."

This leaves a hole in the budget which we are trying hard to fill. To ensure the event goes ahead we have had to adjust the contribution our Members will be asked

Services card and/or on a WINZ benefit.

- \$30.00 for Marae style sleeping.

This fee covers all accommodation, meals, the Retreat programme, and assists with transport to the event.

In previous years the Wellness Fund has assisted those on a benefit to attend. **Due to pressures on the Wellness Fund it will not be able to support registration fees for this event but will be able to assist transport expenses.** Anyone finding the registration fee difficult to raise should contact Body Positive and discuss the options.

Allocation will also change from previous years. For 2012 allocation will be on receipt of paid registration. In previous years we prioritised allocation but Members expressed a desire to have bookings confirmed rather than having to wait so close to the event which often impacted on airline ticket prices.

**Registrations will be available online from early January 2012.**

# FDA WARNS OF SERIOUS SKIN REACTIONS AMONG ISENTRESS USERS

Severe, potentially life-threatening and fatal skin reactions have been reported in people living with HIV using Merck's integrase inhibitor ISENTRESS (raltegravir), according to an update to the drug's package insert announced by the U.S. Food and Drug Administration (FDA) at the beginning of November.

The reactions include cases of Stevens-Johnson syndrome and toxic epidermal necrolysis, two severe disorders. Other allergic (hypersensitivity) reactions have been reported and are associated with systemic symptoms along with organ problems, including liver failure.

If a skin reaction arises, people living with HIV using the drug are advised to contact their

health care providers. It may be necessary to discontinue ISENTRESS - along with other suspect medications - immediately if signs or symptoms of severe skin reactions or hypersensitivity reactions develop.

Signs and symptoms include, but are not limited to, severe rash or rash accompanied by fever, generally ill feeling, extreme tiredness, muscle or joint aches, blisters, oral lesions, eye inflammation, facial swelling, breathing difficulty, swelling of the eyes, lips and mouth, and/or signs and symptoms of liver problems (such as yellowing of the skin or whites of the eyes, dark or tea colored urine, pale colored stools/bowel movements, nausea, vomiting, loss of appetite, or pain, aching or sensitivity on the right side below the ribs).



Though the FDA did not specifically comment on the frequency of these skin reactions among people living with HIV using ISENTRESS, the reactions are believed to be rare occurrences

Source: [www.aidsmeds.com](http://www.aidsmeds.com)

## Body Positive House Christmas/New Year Hours

Body Positive House will close for the holidays on:

**Thursday 22<sup>nd</sup> December 2011**

and will re-open again in the new year on:

**Monday 9<sup>th</sup> January 2012**

**If you require any urgent assistance while the office is closed please contact Bruce on 021-633-373**



**Club Phoenix will continue to run every Wednesday night from 6pm at Body Positive House during the Christmas Holidays.**

**There will also be a special BBQ on Boxing Day.**

**BODY POSITIVE WOULD LIKE TO INVITE ALL MEMBERS TO JOIN US FOR A FESTIVE CELEBRATION AT**

**BODY POSITIVE HOUSE  
ON  
FRIDAY 16<sup>TH</sup> DECEMBER FROM 6PM**

**COMPLIMENTARY DRINKS AND DELICIOUS NIBBLES WILL BE PROVIDED**



# POSITIVE WOMEN MOVE OUT..



Body Positive House has had a tenant for the last 10 years – Positive Women. They have quietly sat alongside Body Positive offering services and support to women and families. The relationship has

been excellent and mutually beneficial but as they say All good things come to an end. And so it has, Positive Women have long felt the need for extra space where their Members can bring their children and provide the networking environment they want. This new house in Mt Eden will give them all the space they need. A whole new programme of services are being planned and they will have the space to use.

**Visitors are welcome and Positive Women can be contacted on (09) 309-1858.**



## NEW CLINICAL REPORT PROVIDES THE FIRST-EVER RECOMMENDED TREATMENT STRATEGIES FOR OLDER HIV PATIENTS

**American Academy of HIV Medicine, American Geriatrics Society and the AIDS Community Research Initiative of America release best practices for managing multi-morbidity.**

Washington, DC: On the eve of World AIDS Day, the American Academy of HIV Medicine (AAHIVM), the American Geriatrics Society (AGS) and the AIDS Community Research Initiative of America (ACRIA) released the first clinical treatment strategies for managing older HIV patients: The HIV and Aging Consensus Project: Recommended Treatment Strategies for Clinicians Managing Older Patients with HIV.

The report is part of the organizations' HIV and Aging Consensus Project, developed to assess how the presence of both HIV and common age-associated diseases, alter the optimal treatment of HIV as well as other comorbidities. The purpose of the report, developed by a panel of experts with experience both in the fields of HIV and Geriatrics, is to provide best practice guidance for HIV practitioners and other health care providers who treat, diagnose and refer older patients with HIV disease.

In 2006, 26 percent of HIV-infected adults in the U.S. were at least age 50, and in 2011 estimates place that number at almost 40 percent. The most recent data from the Centers for Disease Control and Prevention (CDC) shows that individuals in that age group accounted for 17 percent of all new HIV diagnoses each year.

"This will be a valuable reference resource, an informed guide for the physician who has HIV patients manifesting multiple age-related diseases and is not sure how best to approach such challenges," said Jonathan Appelbaum,

MD, AAHIVS, co-leader of the study project and Director of Internal Medical Education at Florida State University College of Medicine.

"It gives the HIV clinician who has a patient with multiple medical conditions something to go on," noted project co-leader Wayne McCormick, M.D., MPH, a professor of geriatric medicine at the University of Washington's Division of Gerontology and Geriatric Medicine in Seattle. "There is so much we don't know about older people with HIV. This is an effort to begin to help."

The report represents a two-year collaboration among members of AAHIVM, AGS, and ACRIA regarding the clinical management of HIV-infected older persons. As the lines of communication have grown between HIV providers and geriatricians, common themes have emerged regarding the care of HIV-infected older adults. Recognizing the lack of information from clinical studies pertinent to the care of these older individuals, an Expert Panel was formed in 2009 to formulate clinical treatment approaches to these patients.

The Expert Panel reached consensus on treatment strategies in the following categories:

- Screening, Monitoring, and Initiating Antiretroviral Therapy in HIV and Aging
- Cardiovascular Risk Reduction, Diabetes in HIV and Aging
- Monitoring Renal Function/Hypertension in HIV and Aging
- Drug-drug Interactions and Polypharmacy in HIV and Aging
- Viral Hepatitis Screening in HIV and Aging
- Cancer Screening in HIV and Aging
- COPD in HIV and Aging
- Immunizations in HIV and Aging
- Sexual Health in HIV and Aging

- Osteoporosis in HIV and Aging
- Advance Directives in HIV and Aging
- Neuro-cognitive Changes, Psychiatric Illness and Substance Use in HIV and Aging

The Panel adopted the convention that the term "older", in the context of persons with HIV infection, pertained to age 50 or greater. The composition of the Panel was made up of equal proportions of experts with expertise in geriatrics and those with expertise in HIV medicine (7 each). Many panelists are acknowledged leaders in research at major academic institutions and practices settings across the country.

To access the entire report, the executive summary or for a full list of the panel members, please visit the AAHIVM website at [www.aahivm.org/hivandagingforum](http://www.aahivm.org/hivandagingforum). The Expert Panel members and other participants in the HIV & Aging Consensus Project also invite interested readers to visit this site to become actively involved in advancing the knowledge and communication in this area of medical uncertainty. The Panel is most hopeful that as more medical knowledge becomes available from observational studies and clinical trials, the care of HIV-infected patients over age 50 can be more evidence-based. Because this area of interest is rapidly evolving, with new information coming forth weekly, the results of the Panel's work now appears in a discussion forum format at [www.aahivm.org/hivandagingforum](http://www.aahivm.org/hivandagingforum).

The HIV and Aging Consensus Project was made possible through generous support from Tibotec (now Janssen Pharmaceuticals), Strativa Pharmaceuticals, and the Campbell Foundation, awarded to the American Academy of HIV Medicine to administer this program.

Source: [www.eatg.org](http://www.eatg.org)

# FACIAL WASTING LIPOATROPY

For the last few years Body Positive has offered to repair some of the facial wasting effects of lipodystrophy by filling the face with a product called Aquamid. This has reversed the visual impact of this AIDS related illness. Aquamid is a product we import from Scandinavia and is used extensively around the world, primarily in cosmetic surgery. Oddly enough Japan uses it most for penile implants for size enhancement. Body Positive has used this product for the last few years and has repaired the visual impacts for about 70 people.

Now we are importing another product to compliment Aquamid. Some people were

reluctant to use Aquamid due to its "permanent" repair and the irreversibility of this product in case anything went wrong. "It never has gone wrong" says Bruce Kilmister "and the physicians using this product are very experienced." Nevertheless individual concerns are real for the person so to help overcome this concern we have added "Sculptra" to the option for people to use. Sculptra is widely used in Australia to repair this effect and whilst not a permanent product usually requires a top up after 2 years."

**Please contact Body Positive for information.**



## Diary Dates

### December

Tue 6 Message Clinic

Wed 7 Club Phoenix

Fri 9 Members Lunch



Tue 13 Message Clinic

Wed 14 Club Phoenix

Fri 16 Members Lunch



Fri 16 **Members Christmas Party**



Sun 18 Wellington

Tue 20 Message Clinic

Wed 21 Podiatrist Clinic

Wed 21 Club Phoenix

Thur 22 **BP House CLOSED for Holidays**



Tue 26 Club Phoenix BBQ

Wed 28 Club Phoenix

### January

Wed 4 Club Phoenix

Mon 9 **BP House REOPENS for 2012**



Tue 1 Message Clinic

Wed 2 Club Phoenix

Fri 4 Members Lunch



### February

Sun 5 Under 35's Group



### March

Fri 30 **HIV+ Men's Retreat 2012**

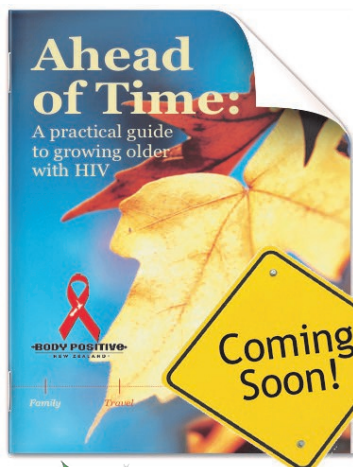
Sat 31

Sun 1



**For detailed updates check out the online calendar at [www.bodypositive.org.nz](http://www.bodypositive.org.nz)**

# GROWING OLDER WITH HIV



Body Positive is in the final stages of completing a booklet for people living with HIV who are growing older. This is something we thought we would never see for those diagnosed in the 80's and early 90's as HIV had a terminal diagnosis. Today we should make the beat of what we have and there is no reason to look forward to golden retirement in our Autumn years.

Our new booklet is just being edited by the specialists at Auckland Hospital and should be available early next year.

## Special Christmas BBQ for Wellington Members

A special Christmas BBQ will be held in Wellington on **Sunday 18th December from 3pm onwards at 2 Konini Rd, Hataitai (access via rear entrance)**

*Just bring along your favourite dish to share or something for the bbq, and your choice of drink.*

For further information or details, contact Lance on 021-737-055 or [lance@bodypositive.org.nz](mailto:lance@bodypositive.org.nz)



## Under 35's Group

As a younger HIV+ person you may feel an added sense of isolation because of your age.



'Get Connected' is a monthly social group for HIV+ people aged 35 and under, giving younger people an opportunity to connect and socialise with other people around your own age.

Call 09 309 3989 for details or visit [www.bodypositive.org.nz](http://www.bodypositive.org.nz)

## HIV Rapid Testing

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. Its always better to know your status early, so you can keep healthy, if you become HIV+



Call **0800 HIV LINE** to book a FREE no-hassle

## WINZ Clinic

Remove the anxiety you experience in dealing with WINZ.

Body Positive operates a monthly WINZ Clinic for anyone at our premises with qualified, sensitive, understanding and supportive WINZ staff.



## Friday Pot-Luck Lunch

Members please note Body Positive will be hosting a drop-in lunch every Friday at mid-day. Members are welcomed to bring a pot-luck plate of food.



## Foot Doctor

A professional podiatrist runs a clinic here at Body Positive House on a monthly basis.



Phone now for an appointment  
**09-309 3989**

## Budgeting Service

Need help with your money? Body Positive has developed a computer software programme that helps you to identify concerns and issues with your personal budget and recommend ways to help.



Contact us in complete confidence.

## 6 on 6

The next 6 on 6 will start soon. This facilitated peer support group is for anyone who has issues around their HIV status. It is particularly useful to recently diagnosed people and is open to both men and women.



If you would like to register your interest in attending or want more information call us on 09-309 3989

## Vitamins & Supplements

Body Positive has a fantastic Swisse brand Men's and Woman's Multi Vitamins available for members at the low cost of only \$16 for 30 days supply (Usually over \$30!)

Drop by BP House or call **0800 HIV LINE**

An extensive range of other vitamins & supplements are also available, please see [www.bodypositive.org.nz](http://www.bodypositive.org.nz) for full details.



## Recycled Medication

If you have unused medication or no longer need left over medication, please either return it to your prescribing physician or drop it into us or send it to: (We will pass it on to physicians.)

Body Positive Inc.  
PO Box 68-766  
Newton Auckland 1045



## Facial Lipodystrophy Treatment

A fantastic facial filler treatment is available through Body Positive to reverse the effects caused by Lipodystrophy.



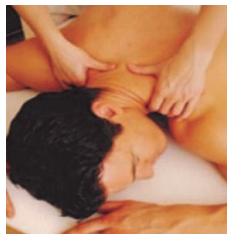
Please contact Body Positive on 0800 HIV LINE for more information.

## Massage Therapy

Massage Therapy is available at Body Positive House every Tuesday.

**\$40 per session or free with a Positive Health ID Card** (Limit: 6 free sessions)

Phone 09 309 3989 to book an hour to pamper your body.



## Straight Arrows

A monthly get together for **Heterosexual Men and Women living with HIV** on the last Thursday of each month a Body Positive House from 6.30pm.

Contact Body Positive for further information

