

Spring 2018

Virology Newsletter

Living Well with HIV

Profiles from The Centers for Disease Control and Prevention. To read more profiles, go to: <https://www.cdc.gov/actagainstaids/campaigns/hivtreatmentworks/resources/profiles.html>



Aaron – St. Louis, MO
Living with HIV since 2011

This is my disease. It's in my body and I need to know everything I can to fight it. I stay informed. I talk to my doctor. I talk to my pharmacists. And I share my story through my own YouTube channel called My HIV Journey. Three years ago, when I met my partner Phil, I told him I was HIV positive in our first conversation. He said, 'That's OK. There are lots of ways to protect ourselves.' Phil takes PrEP and I take my meds every day. In this relationship, HIV ends with me.



Quoc – Nashville, TN
Living with HIV since 2002

When I found out I was HIV-positive, the news sent me into a spiral of shame and self-destruction. I hit rock bottom. I thought I would die from my drug addiction before I died from my HIV. I knew then that I had to take control of my life and get into treatment. After getting clean, I worked with my doctor to find the best treatment for my HIV. I've made taking care of myself and my HIV a top priority. Now, I'm at a point where I can help others get in care, stay on treatment, and learn to live a long, healthy life.



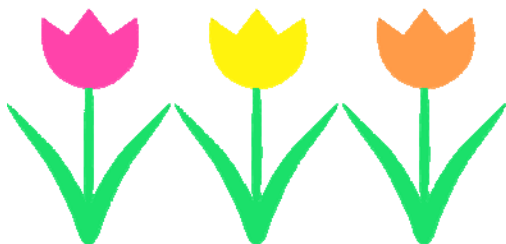
Jada – New Orleans, LA
Living with HIV since 1995

I tested positive for HIV just one week before my 21st birthday. I was afraid, I didn't tell anyone, and I didn't go into treatment right away. But now I know the value of medical care and treatment. I found a doctor who I love and who's been ultra-sensitive and helpful throughout my transition. And because of HIV treatment, my viral load is undetectable and my CD4 cell count is back to normal. I live my life to the max and I want other transgirls living with HIV to know that it only gets better!



L'Orangelis – San Juan, PR
Living with HIV since 1988

I was born with HIV so I don't know what a life without HIV is like. There was a period of time where I did not take medicine, but I decided to get back on treatment and seek medical care. I am motivated now to stay healthy because there are so many things I still want to accomplish. I have a whole life to look forward to and an opportunity to be a role model for other young people.





Malina – Bronx, NY
Living with HIV since 2010.

The moment I received my HIV diagnosis, negative thoughts rushed through my mind. Have I passed it on to my infant son? Will I live to raise him? Can I have more children? Like many people, I didn't know a lot about HIV. But with time, the right doctor, the right medicine, and a strong support group, I discovered that I could live a full life. I'm on treatment, my son is HIV-negative, and we're both healthy and living well with the love of our family and friends.



Eddie– Miami, FL
Living with HIV since 1987

Encouraged by the love of my HIV-negative partner, I started HIV treatment 27 years ago. I've seen first-hand the dramatic advancement of HIV care. When I first started treatment, I had to take 30 pills a day. Now, I just take 3 pills a day with few side effects. Initially, I started treatment to protect my partner from getting HIV. Now, I know that being healthy, taking my medication, exercising, and eating well are the reasons I have a full and productive life today.



Elizabeth – Boston, MA
Living with HIV since 2001

For a while, taking my meds was just a negative reminder that I had HIV. From time to time, I stopped treatment. I shouldn't have. Each time, my health would suffer. With the help of a great doctor, I came to understand that consistent medication and care were essential to living well with HIV. HIV is part of my life, but so is HIV treatment. Being in care lets me be here for my kids, my grandkids, my furry best friend, and hopefully one day, my great-grandkids.



Chris – Minneapolis, MN
Living with HIV since 2010



Diagnosed as a young college student, my first fears were of rejection and death. But, I was wrong about both. Instead of rejecting me, my grandmother immediately began to learn about the disease. She helped me see that, with HIV meds, I could live a long, healthy life. Now that I understand what it takes to live well with HIV, I take care of myself so I can spend time with the people who matter most.

Cedric – Bryant, AR
Living with HIV since 2012



After my diagnosis, it took me a while to accept the fact that being HIV-positive is not the end of the world: It's just the beginning of a whole new way of life. The first meds I was prescribed gave me some bad side effects. But I worked with my doctors to find a new one that was better for me. Now I feel great and my viral count is undetectable. That list of things you wanted to accomplish before you were diagnosed? It's still possible if you stay in care and work with your doctor to find the treatment that's best for you.

We'd like to share some local stories if there is interest. To have your profile featured in our next newsletter, contact Amy @ 319-335-7444 or amy-halvorsonbouffard@uiowa.edu



Insurance Information

- ◇ New Medicare cards are coming between April 2018 and 2019. The new card will have a number unique to you that will not be your social security number. This should help protect your identity. Things to know to avoid scams: Your card will AUTOMATICALLY be mailed to you, and you don't need to do anything to get it. This card is FREE, and you don't need to pay anything to get it. Your Medicare and benefits will stay the same.
- ◇ Regaining Choice in Medicaid: Those who chose Amerigroup Iowa and were temporarily assigned to Fee-for-Service coverage have now transitioned to their MCO choice of Amerigroup Iowa effective March 1, 2018. Those who are new to Medicaid, or those who wish to transfer to Amerigroup, can begin doing so May 1, 2018. Remember that you can change you Medicaid MCO at any time with good cause by contacting your current MCO and filing a grievance. If you need help in doing this please contact Angela Speers at 319-335-7309.

Insurance Vocabulary– Medicare

- ◇ Medicare: A federal health insurance program for people 65 and older, persons with end stage renal disease and certain people who are younger than 65 with qualifying disabilities.
- ◇ Medicare Part A: Covers inpatient hospital stays, care in skilled nursing facilities, hospice care, and some health care. Part A is free if you paid Medicare taxes for 40 quarters.
- ◇ Medicare Part B: After your \$183 deductible is met, then this typically covers 80% of most doctor services, outpatient therapy, and durable medical equipment leaving you to pay 20%. Part B is usually not free, unless you are receiving extra help.
- ◇ Medicare Advantage: Health plan offered by a private company that partners with Medicare to provide part A and B coverage, most also offer prescription drug coverage.
- ◇ Medicare Part D: Acts as prescription drug coverage. Most people can change coverage October 15th through December 7th of each year.
- ◇ Medicare Supplement: This is also known as Medigap. These plans are sold by private companies that help cover costs that original Medicare Part A and B don't cover like copayments, coinsurance and deductibles.

Ryan White Part C Applications Due

Our new fiscal year starts May 1, 2018 and runs thru April 30, 2019. All patients with no payer or ADAP-sponsored insurance should complete an application for Ryan White financial assistance. Patients with dual eligibility (having both Medicare and full Medicaid benefits) or patients enrolled in an Iowa Wellness Managed Care Organization (MCOs) are not encouraged to complete an application as Ryan White will not likely have any additional benefit to you. Patients seeking assistance with insurance premiums, co-insurance or co-pays are welcome to apply. Please attach all supporting income verification as requested and your eligibility for assistance will be calculated according to our sliding-fee scale. Please contact Tricia Kroll at 319-384-7307 or tricia-kroll@uiowa.edu to request an application or if you have questions or concerns.

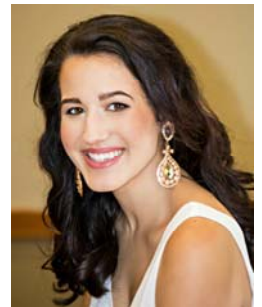
Putting a Face with the Name

We'll be highlighting a few staff in each newsletter so that you can put a face with the name and learn a bit about what each person does.



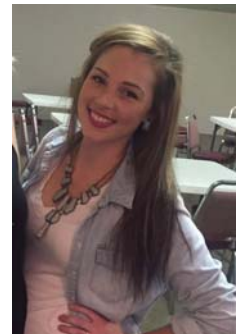
A. Benjamin Appenheimer, MD - Dr. Appenheimer is an Infectious Disease Specialist and has been a health care provider in the Virology clinic @ UIHC for over 3 years.

Madison Auge-Research Assistant. Madison has been with the HIV Program for over 6 months. She helps educate new patients and incorporate transfer patients into the clinic. Her office is located at 342 MRC and her phone number is 319-335-7218.



Tricia Kroll - Ryan White HIV Program Coordinator and Social Worker. Tricia has been with the Ryan White Program at UIHC for over 18 years. Her office is in the Boyd Tower area of the General Hospital.

Maddie Moree- Behavioral Health Consultant . Maddie has been with the HIV program for just over 1 year. She offers short term, brief intervention services. She can also assist with finding community mental health resources. Her office is in MRC 342. Her phone number is 319-335-7449

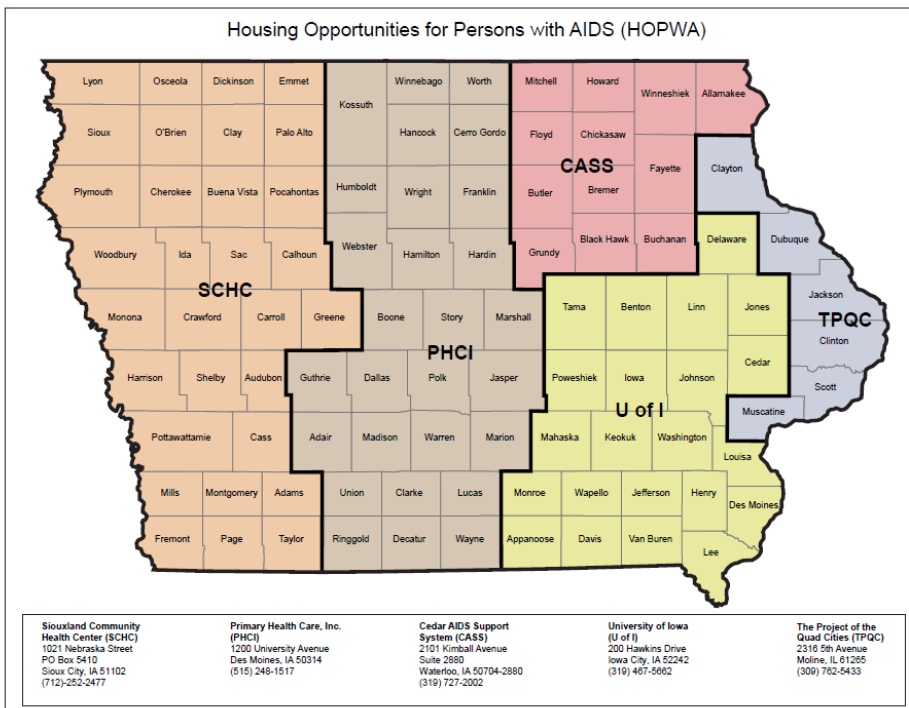


Michael Ohl, MD - Dr. Ohl is an Infectious Disease Specialist and has been @ UIHC for 8 years. In addition to seeing patients in the Virology Clinic, he also coordinates the PrEP and TelePrEP programs at UIHC.

Kari Vrbanc—Case Manager. Kari has been with the HIV program for about 8 months. She is one of six case managers. Her office is in the Boyd Tower area of the General Hospital.



HOPWA



Having trouble maintaining your housing due to an emergent situation such as job loss or illness? You may be eligible for HOPWA assistance. Please contact the HOPWA provider in your area to see if assistance is available. UIHC currently offers assistance with long-term rental assistance (TBRA), short-term rent, mortgage, and utility assistance (STRMU), and permanent housing placement services (PHP) (deposit and/ or 1st months rent). If you live in the U of I area, contact Jennifer at 319-467-5662.

CLEAR

Spring is here!! Are you ready to start fresh? CLEAR services are now available in both Cedar Rapids and Iowa City!

CLEAR stands for: choosing life, empowerment, action, and results! The CLEAR program is open to persons living with HIV who are interested in increasing or enhancing behaviors that promote healthy living, practice ways to effectively face challenges of daily living, increase positive thoughts, feelings and actions as well as develop daily routines to stay healthy.

Participation in CLEAR will involve at least 6 one-hour weekly sessions with a trained CLEAR counselor. Participants will be given incentives to attend weekly appointments. To learn more about screening and the enrollment process please call Katie Vodraska at 319-353-7173, email Katie at katie-vodraska@uiowa.edu, or contact your case manager.

Ryan White Support Group

What: The purpose of this group is to provide support to other adults living with HIV along with making friendships within our community.

When: Every 4th Thursday of the Month, next meeting on April 26th at 2 PM

Where: Medicine Specialty Clinic- 3rd floor elevator L

RSVP: Please RSVP to Madeline Moree

Text or call 319-383-3621 OR email madeline-moree@uiowa.edu



Hello From Dr. Phyu!



Hello! I am Htay Phyu. I started Infectious Disease fellowship training on January of 2018. I am originally from Myanmar. I earned my medical degree from medical school in Mandalay, Myanmar. I spent 3 years in Evanston, Illinois for residency training before I moved to Iowa City. I worked as a general medicine hospitalist at The University of Iowa for a year and a half before I started my fellowship. I am interested in improving care of persons with HIV in underserved areas and developing countries. During my free time, I enjoy travelling, baking, and playing game with my 5-year-old son.

WANTED:

Male Donors for Lab Studies



Male Donors Needed

Men are invited to participate in a University of Iowa research study on how serum and semen affect HIV infection of cells in the laboratory.

- 18 years or older
- No active symptoms of ill health
- Pre-existing hepatitis (HCV, HBV) or HIV is OK
- Compensation provided
- For more information: Call 319-335-7444

Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please call 319-335-7444.

Data and Quality Update

In January, the Des Moines Register reported that rates of sexually transmitted infections increased sharply in Iowa in 2017, with gonorrhea and syphilis infections more than doubling since 2013. This, according to the Register, indicates that “fewer Iowans are taking safe-sex precautions.” These increases have particularly hit young men the hardest, but anyone who has unprotected sex is at risk of contracting them. In response, the Iowa Department of Public Health and the University of Iowa Ryan White Program have emphasized the importance of screening our patients who are sexually active for these infections, which are often easier to treat in their early stages. And we have dramatically increased the number of screenings we have recommended. If you are interested in being screened, even if you are not sure you’ve been exposed or do not have any symptoms, please discuss it with your provider at your next appointment.

Dental Care @ UIHC

If you are interested in receiving Oral Health Care at UI College of Dentistry, please call 319-335-6946 for scheduling.

Please provide your dental insurance card/information at UI Hospital Dentistry or UI College of Dentistry when you have appointments there.

New Antiretroviral (ARV)

Bictegravir is the fourth “integrase inhibitor” drug. It works by blocking the integration of HIV’s genetic code into the code of the cell being infected. When this happens, HIV infects a cell but cannot make more copies of itself. It is currently only available as a combination product, Biktarvy™, that also contains emtricitabine and tenofovir alafenamide.

It was approved February 2018 for use in people who have never taken ARVs before, or who are currently on stable HIV treatment with a viral load that is < 50 copies/mL for at least 3 months, and have no history of treatment failure or resistance to the medications in Biktarvy™.

Resistance can develop quickly and sometimes, if the virus develops resistance to one drug, it will also have resistance to other ARVs. **It is very important to take antiretroviral medications according to instructions, on schedule, and not to skip or reduce doses.** If you’d like help to avoid missed doses, please ask to speak with Dr. Dena Dillon, the pharmacist in clinic or call her at 319-541-0335.

How to Take

Biktarvy™ is taken as one tablet by mouth daily. One tablet of Biktarvy™ contains 50 mg of bictegravir, 200 mg of emtricitabine, and 25 mg of tenofovir alafenamide. It can be taken with or without food. If certain antacids, calcium supplements, or iron are taken, there are timing requirements with Biktarvy™.

Side Effects

Biktarvy™ is very well tolerated by most people. The most common side effects in people taking it have been diarrhea, nausea, and headache.

Interactions

Biktarvy™ has been found to interact with St. John’s wort, rifampin, dofetilide, and some of the seizure medications. As mentioned above, the timing needs to be adjusted if used with certain antacids or iron or calcium supplements. It has not been studied with all medicines, over-the-counter drugs or vitamin or herbal supplements. Be sure your medical team knows about ALL medications, vitamins, and alternative products you are taking. Please ask to speak with Dr. Dena Dillon, the pharmacist in clinic, if you have any questions about this or any other medication. She can also be reached at 319-541-0335.

References: aidsinfonet.org
 aidsinfo.nih.gov

Partners PrEP (pre-exposure prophylaxis):

Access to HIV Prevention for Partners of People Living with HIV

TelePrEP, a collaborative telehealth service aimed to prevent the spread of HIV, has been providing HIV prevention care since February 2017. The program uses secure video conferencing, in-home visits with a pharmacist provider, and medication delivery by mail to expand HIV prevention across the state of Iowa. Partners PrEP is particularly helpful for people whose partner is newly diagnosed or doesn’t have fully suppressed virus. For more information about Partners TelePrEP, please contact Dena Dillon, the UIHC Clinic Pharmacist, at 319-541-0335. For more information about Partners TelePrEP, please contact Dena Dillon, the UIHC Clinic Pharmacist, at 319-541-0335.



Contact Us

- To schedule a clinic appointment at UIHC, call 319-356-8133 and for Cedar Falls Outreach, call 319-356-1533.
- For refill requests, have your pharmacy fax a request to 319-356-3004 or contact the Infectious Disease refill line at 319-356-8133.
- For insurance questions, contact Angela Speers at 319-335-7309
- For lab results or health related questions, call Madison Auge at 319-335-7218 or Amy Halvorson Bouffard at 319-335-7444.
- If you have a medical emergency during the 8am-5pm work day, please try contacting your provider. If your provider is unavailable you may call the hospital operator at 319-356-1616 and ask for the Infectious Disease doctor on call.
- For medication questions, contact Dena Dillon at 319-541-0335
- Social work questions and concerns should be directed to Tricia Kroll at 319-384-7307, Jennifer Keeler at 319-467-5662, Sarah Hambright at 319-353-8951, Katie Vodraska at 319-353-7173, Malory Dreasler at 319-356-1545, or Kari Vrbanc at 319-467-5655.
- If you have questions or would like more information about our HIV program please contact Amy Halvorson Bouffard at 319-335-7444.

Cedar Rapids Shuttle

Location: The shuttle leaves from the Ground Transportation Center (GTC) in downtown Cedar Rapids and drops off at University of Iowa Hospitals and Clinics (UIHC). Pick up/drop off at the Library in North Liberty can also be requested

Dates/Times: Mondays, Wednesdays and Thursdays (excluding holidays)

Depart GTC	8:00 am	11:30 am	3:30 pm
Arrive UIHC	8:45 am	12:15 pm	4:15 pm
Depart UIHC	9:00 am	12:30 pm	4:30 pm
Arrive GTC	9:45 am	1:15 pm	5:15 pm



*Arrival times are approximate. Most rides should take 45 minutes, but could fluctuate a bit based on traffic.

Cost: Rides are free for patients **not** covered by a Medicaid transportation benefit.

Contact: Reservations are required a minimum of 24 hours before the shuttle time, and by noon on Friday for rides on Monday. **To reserve a seat, call 319-363-1321**, or contact your case manager.

Moving? Transferring? Need Records Sent?

If you need to transfer your medical care, let us know! We can connect you to care wherever you may move and help you find services like you received at UIHC. HIV.gov is also a great resource for finding different services, like testing sites, housing assistance, Ryan White HIV care, and mental health and substance abuse treatment facilities. Once you find a location, call Madison at 319-335-7218, tell her where, and she will make sure you are linked to care in your new area.