



Robert Waldinger MD, is the director of the Harvard Study of Adult Development. This 80 year study is now in its second generation of tracking adult health throughout life. Dr. Waldinger explains in his TED Talk, “What makes a good life? Lessons from the longest study on happiness” (<https://www.youtube.com/watch?v=8KkKuTCFvzI&t=537s>) that the best indicator of living a long and happy life is relationship quality.

Summer is a great time to invest in your relationships, not only romantic, but also with friends, family, and community. Connecting with others can be as simple as a phone call or chatting over a coffee, but Dr. Waldinger explains that the possibilities are endless. While the weather is nice, you might try going for a walk with a neighbor, visiting the farmer’s market, swimming or playing on the beach, gardening, or having your dinner date outside.

Survey Deadline July 31

The Ryan White Care Needs Assessment survey ends on July 31. Complete your survey ASAP for a \$25 gift card! See page 3 for details.

Did you know?

In season produce not only tastes better, but also has higher nutrient content than produce picked out of season.

Tip: frozen fruits and vegetables tend to be picked at peak ripeness and have their nutrients “frozen” in place.

Vegetable Facts from Colorado State University

Food Source Information <https://www.chhs.colostate.edu/fsi/>



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The pigmentation of a carrot is due to beta-carotene, the provitamin form of Vitamin A [which] is important for immune system functioning and healthy cell growth.

A single medium-sized potato provides nearly half the daily adult requirement (100 mg) of Vitamin C, and it is also a source of Vitamin B6, niacin, and potassium.



Notably, mushrooms exposed to UV radiation synthesize Vitamin D₂, making mushrooms the only known nonanimal source of dietary Vitamin D.

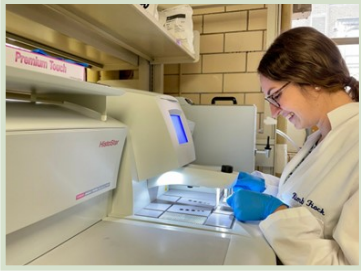
Phytonutrients are highly concentrated in broccoli, especially glucosinolates, which are under scientific investigation for their role in cancer prevention.





Are you interested in furthering neuropathology research? Consider brain donation to INRL!

The Iowa Neuropathology Research Laboratory (INRL) is a central hub for resources related to neuropathology research and education. Neuropathology is the study of disease of nervous system tissue. INRL provides collaborators with access to donated human brain tissue, as well as support their research efforts through consultations. Researchers then use the tissue to answer questions about how and why a disease occurs. They may also use it to confirm findings from animal models to assure that their work will translate into clinically significant treatments. If you or a family member is interested in registering as a donor, please contact UIHC Decedent Care Center at 319-467-7000 to begin the process.



Chen (Sabrina) Tan, MD

Associate Professor of Internal Medicine—Infectious Diseases

Associate Professor of Microbiology and Immunology

Dr. Tan is working with both the Ryan White Program and INRL to study HIV infection, aging, and central nervous system (brain) interactions. For more information, please visit: www.inrl.lab.uiowa.edu.



Insurance Reminders!

Medicare: Turning 65? Need help applying for Medicare or picking a plan?

- Contact certified SHIP Counselor, Field Benefits Specialist Eliza Rose, at (319) 467- 5662 for assistance

Medicaid: Missing paperwork can cause your coverage to be canceled even if you are still eligible. Follow these steps to ensure your coverage stays active:

- Update your mailing address with HHS (Department of Health and Human Services) if you have moved by calling (877) 347-5678 and selecting option 1, then option 2 (Mon-Fri 8-5.)
- Check your mail often to receive recertification paperwork and complete it promptly.
- Fill medication every month to be sure that your coverage is still active.
- Contact your case manager or **Eliza Rose at (319) 335-7449** if you need help completing paperwork or if your coverage is terminated.

Johnson County Food Resources

Community Food Bank

- Open to all in Johnson County
- Delivery available
- (319) 351-0128

North Liberty Community Pantry

- Open to North Liberty and those in rural Johnson Co.
- Delivery available
- (319) 626-2711

Coralville Food Pantry

- Open to Coralville, Tiffin, Oxford residents.
- Delivery available
- (319) 337-3663

IC Compassion

- Open to all residents - in person
- Pantry open on Wednesdays
- 319.330.9883

St. Andrew's Church Food Distribution

- Open to all - in person only
- Fourth Wednesday of Month (3rd Wed in Nov and Dec)
- (319) 338.7523

St. Raphael's Orthodox Church Pantry

- Open to all - in person only
- Open Monday, Wednesday, Thursday, Sunday
- (319) 337-6784

Health Updates and Reminders

Clinic Reminders



- Please stop at check-out to schedule your return appointment.
- Please head to the lab to have your blood drawn.

Iowa Care Needs Assessment

This important survey from Iowa HHS is open through July 31. All patients are eligible to complete it for a \$25 gift card. If you have lost your survey ID, you can contact your case manager or Christina (HHS staff) at 515-322-1882. If you've started your survey and not finished it, please go back and finish! You can also contact your case manager or Christina to request a paper copy.

Summer Health Reminders



- Sun protection is important year round but especially in the summer when we are outside more.
 - Sunscreen expires! Check the expiration dates on your sunscreens before use.
 - Shielding your skin from the sun by wearing more loose clothing or staying in the shade is more effective than sunscreen.
- With increased temperatures comes increased risk of heat stroke.
 - Protect yourself from heatstroke by taking breaks from the sun when fatigued, drinking water, and monitoring symptoms of dizziness and confusion. If you or someone else becomes unconscious, call 911 immediately as heat stroke can lead to death or permanent disability.



If you've had labs drawn in the last couple months, you may have noticed a change in the way those labs are being presented in MyChart. Previously, if your viral load was taken and the result was under 20 copies/mL, the result would look like this:

HIV by PCR, Quantitative

[View trends](#)

Copies/mL

Value <20

Laboratory result transmitted to Iowa Department of Public Health per policy.



However, due to improvement in the sensitivity of the tests being done at UIHC labs, we are now able to read results with additional precision. While most patients will see results that look like this:

HIV by PCR, Quantitative

[View trends](#)

Copies/mL

Value **Not Detected**

Laboratory result transmitted to Iowa Department of Public Health per policy.

Some patients will receive numerical results slightly lower or higher than 20. We've heard this change is alarming to some of our patients, so we want to reassure everyone that nothing about your health has actually changed.

As we mentioned above, these new tests are significantly more sensitive, and are able to detect minor fluctuations that occur as a natural part of living with HIV. Think about it like this: we've all seen cars that have analog speedometers, where the needle points to your speed. But that's an estimation of how fast you're going. In reality, you're probably traveling somewhere between 53 and 57 miles per hour. But we've also seen cars with digital speedometers that can tell you you're traveling 56 miles per hour. You haven't changed speeds. It's just that you're better able to gauge exactly how fast you're going.

If you were to see a larger blip, that might be cause for concern and you should consult your provider, but otherwise we encourage you to celebrate, not only your continued good health, but your ability to know exactly how healthy you are.



New Fellow Introductions

Sebastián Sanchez-Lopez, MD (he/him/his)

Hello, my name is Sebastián Sánchez-López. I'm one of the new infectious diseases fellows starting July 1st, 2024. I completed my medical school and residency in Universidad de Antioquia (Medellin, Colombia) and then came here to the U.S to repeat residency at Texas Tech (Lubbock, TX). I'm passionate about research and infectious diseases and will make the most out of my time here to grow in both those fields. Outside of work I have many hobbies, such as: playing the drums, fitness life-style, martial arts, history, dancing to Latin music, playing video games, high altitude hiking, among others. Hope to be a good member of the ID department and I'm excited to meet y'all.

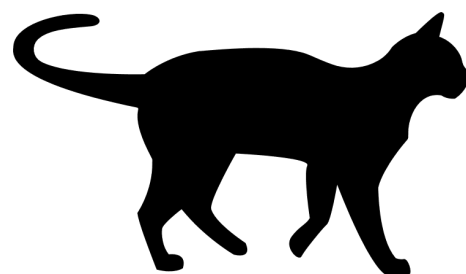


Alex Guard, DO (she/her/hers)

Hello everyone! My name is Alex Guard and I am one of the incoming fellows in infectious disease. I was born and raised in northern Iowa and went to Iowa State University for undergrad where I majored in microbiology and loved it! After college I worked in an R&D lab developing vaccines for a year and then went to medical school at Des Moines University. I stayed in Des Moines where I completed my residency at University of Iowa- Des Moines IM program. In my spare time I enjoy all things outdoors with my husband, two daughters, and labrador. I also enjoy reading and listening to podcasts.

Yacoub Sallam, MD (he/him/his)

Hi, my name is Yacoub, but you can call me Jacob, I'm one of the incoming infectious disease fellows. I was born and raised in Jordan, I moved to the US in 2018 to do my internal medicine residency in Cleveland Ohio. I moved to Iowa City in 2021 and have been working as staff with the internal medicine department. In my spare time I like to go shopping with my wife, play video games and annoy my cat Francesca.



Departing Fellow Farewell

Thomas Wright, MD (he/him/his)

Thank you to the patients and members of the UIHC Virology Clinic! It was a privilege to partake in your care; you have given me the opportunity to learn how to care for people living with HIV. I will be graduating from the University of Iowa Infectious Disease Fellowship, but I will be staying in Iowa City for research at the VA and the occasional week working inpatient at the university hospital for at least one more year while my wife completes her training. After that, who knows! Thank you all very much! – Thomas Wright

SUPPORT GROUP

for People Living with HIV

Are you a person living with HIV? Consider joining UIHC's monthly Support Group Zoom meetings! In this online meeting we focus on connecting with others who may share similar experiences, discovering helpful resources, developing coping strategies and more!

Who: Kari Vrbán, LMSW (host)

When: First Wednesday of the month from 4-5:30pm (Zoom)

How: Contact Kari (319-467-5655 or at kari-vrbán@uiowa.edu) or scan the QR code below

LGBTQ

**SAFE
ZONE**

A safe, inclusive environment for
Lesbian, Gay, Bisexual, Transgender,
and Queer individuals

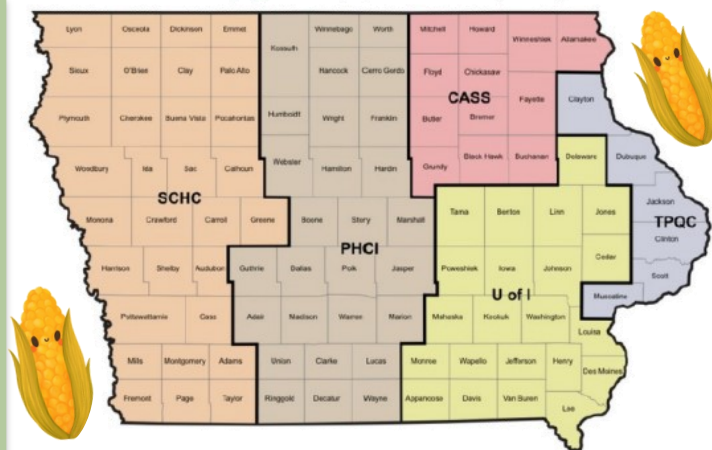
**IOWA
HEALTH CARE**



To join Support Group, you must fill out an online form. To access it, scan the QR code (left), or visit:

<https://forms.office.com/r/f8eYjN4L6A>

After filling out the form, Kari will email you a Zoom link the day before each meeting.



HOPWA (Housing Opportunity for People with AIDS)

Are you in need of financial assistance to get or maintain housing? You may be eligible for services provided by HOPWA such as Long-Term Rental Assistance, Short-Term Rent, Mortgage and Utility Assistance, or Permanent Housing Placement. Eligibility is based on your income (limits vary by county), emergency status, and Ryan White case management status.

Clients case managed at UIHC may talk to their case manager to complete a referral form that will be forwarded to the HOPWA coordinator.



Tricia Kroll	Program Manager, Case Manager	319 384 7307	tricia-kroll@uiowa.edu
Malory Dreasler	Case Manager	319 356 1545	malory-dreasler@uiowa.edu
Kari Vrbán	Behavioral Health Consultant, Case Manager	319 467 5655	kari-vrbán@uiowa.edu
Viri Estudillo Gil	HOPWA Manager, Case Manager	319 353 8951	viridiana-estudillo@uiowa.edu
Lisa Dye	Case Manager	319 335 7309	lisa-dye@uiowa.edu
Megan Mineart	Case Manager	319 335 7218	megan-mineart@uiowa.edu
Mike Lawler	Case Manager	319 335 7449	michael-j-lawler@uiowa.edu
Eliza Rose	Field Benefits Specialist	319 467 5662	deros@uiowa.edu
Rina Chaudhary	Clinical Trial/Grant Specialist	319 335 7437	rina-chaudhary@uiowa.edu
Mike Bates	Data Quality Manager	319 335 7442	michael-c-bates@uiowa.edu
Ashley Brennan	Administrative Services Coordinator	319 335 7520	ashley-brennan-1@uiowa.edu