



# Positive Advocate

## Spring 2016

A publication of the Affected Communities Committee of the HIV Health Services Planning Council  
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### What If There Were a Pill That Could Prevent HIV?

by Cares Community Health  
Adapted from POZ.com (2015)

#### WHAT IS PrEP?

PrEP (pre-exposure prophylaxis) is an HIV prevention tool in which an HIV-negative person takes an antiretroviral medication to reduce the risk of contracting HIV. Currently, the available form of PrEP entails taking the pill Truvada, which is made of two drugs—tenofovir and emtricitabine. When these meds build up in the human body, they can stop HIV from replicating and establishing an infection. In 2012, the U.S. Food and Drug Administration (FDA) approved Truvada as PrEP with the requirement that it be used every day, even during periods of minimal or low-risk sexual activity. Future studies are exploring intermittent dosing strategies (for example, using PrEP only during high-risk periods). Researchers are also looking into injectable, long-lasting forms of PrEP as well as different medications that could be used as PrEP.

#### WHO IS A GOOD CANDIDATE FOR PrEP?

The Centers for Disease Control and Prevention (CDC) recommends Truvada as PrEP for those at high risk of HIV, including: those in a relationship with an HIV-positive partner; men who don't use condoms when having sex with men; men who have been diagnosed with a sexually transmitted infection (STI) in the past six months and who are not in a mutually monogamous relationship with an HIV-negative partner; heterosexuals who don't always use condoms for sex with partners who are themselves at high risk for HIV; and anyone who, in the past six months, has shared equipment when injecting illicit drugs or who has been in an injection drug treatment program.

#### HOW IS PrEP PRESCRIBED?

According to CDC recommendations, before prescribing PrEP, health-care providers should thoroughly assess a patient's HIV risk behaviors and also administer an HIV test. (More sensitive HIV tests can detect a more recent, or acute, infection; however, most home tests will not detect HIV during this "window period.") Tests for STIs are recommended. So, too, are tests for kidney function — tenofovir is associated with kidney toxicity — and hepatitis B virus (HBV), given that Truvada is also active against HBV and must be used cautiously. It is recommended that providers prescribe no more than a 90-day supply of PrEP and to offer extensive HIV risk-reduction counseling, adherence counseling and condoms. It is recommended that, before renewing Truvada scripts, providers follow up with patients every two to three months to test again for HIV, to assess adherence and HIV risk behavior, and to provide ongoing support and counseling. Kidney function testing is again recommended three months after a person first starts PrEP and yearly thereafter. Tests for common STIs are also recommended every six months, even if a person has no symptoms.

Continued from Page 1

### HOW LONG SHOULD A PERSON TAKE PrEP?

PrEP is appropriate for periods of time when people have greater risk for contracting HIV. Those periods may be short or long or recurrent, depending on the individual. The CDC also recommends that before people discontinue PrEP, their providers should link them to HIV care (if a person has become infected) or ongoing HIV risk-reduction counseling and support. For people who have hepatitis B, their providers should also discuss whether to continue treatment as a means to control their hepatitis.

Learn more about PrEP at:  
[PREPFACTS.ORG](http://PREPFACTS.ORG)



### Aging Not So Gracefully By Mark Underwood

It's been said that all of us develop problems with our health as we get older. That is certainly true. However, people living with HIV/AIDS can have their aging process accelerated, and can suffer from complications that are not necessarily a part of the normal course of aging.

I have for many years dealt with neuropathy in both my feet and legs. This has caused me undue pain and has severely limited things that I am able to do, such as walking or standing. I have Stage 3 kidney disease, which is either a result HIV/AIDS or the fact that I took Viread for many years..

I share this information about my medical conditions because of a desire on my part to educate others about the disease of HIV/AIDS and to let others know that this disease is totally preventable. No one should want to become infected because of a notion of some perceived financial benefit and no one should be casual or flippant about the possibility of being infected.

Being infected with HIV/AIDS is still a big deal and it always will be until a cure is found.

Cares Community Health offers **free** STD/HIV testing services on the following days/times:

Monday, Tuesday, Friday from 9:00 a.m. to 5:00 p.m.

Wednesday from 10:00 a.m. to 5:00 p.m.

Thursday from 9:00 a.m. to 6:30 p.m. and Saturday 9:00 a.m. to 1:00 p.m.



### **Partner Counseling and Referral Services:**

County of Sacramento - 916-875-1100

Cares Community Health - 916-914-6325

Yolo County - 530-666-8670

El Dorado and Placer Counties:

Sierra Foothills AIDS Foundation 530-889-2437



Golden Rule Services offers **free** rapid HIV and Hepatitis C testing and STD screenings

Monday through Friday 9 a.m. to 5 p.m.

4433 Florin Road, Suite 760, Sacramento, CA 95823

Walk-ins are welcome or call for an appointment at 916-427-4653



### **The Sacramento TGA's HIV Health Services Planning Council and Committee Meeting Schedules**

1st Monday of Every Month: **Affected Communities Committee:** 4:00—5:00 p.m. at Sacramento Native American Health Center, 2022 J Street, Sacramento, CA 95811. 3rd Floor Conference Room  
No Meetings in July or September

1st Tuesday of Every Month: **Prevention Committee:** 1:00—2:00 p.m. at the Primary Care Center, 4600 Broadway, Sacramento, CA. Room 2020

1st Tuesday of Every Month: **Quality Advisory Committee:** 2:00—3:00 p.m. at the Primary Care Center, 4600 Broadway, Sacramento, CA. Room 2020

1st Tuesday of Every Month: **Needs Assessment Committee:** 3:00—4:30 p.m. at the Primary Care Center, 4600 Broadway, Sacramento, CA. Room 2020

2nd Monday of Every Month: **Priorities and Allocations Committee:** 10—12:00 p.m. at the Primary Care Center, 4600 Broadway, Sacramento, CA. Room 2020

2nd Thursday of Every Month: **Executive Committee:** 3:00—5:00 p.m. at Cares Community Health, 1500 21st Street, Sacramento, CA 95811. 1st Floor Boardroom

4th Wednesday of Every Month: **HIV Health Services Planning Council:** 10—12 p.m. at the Primary Care Center, 4600 Broadway, Sacramento, CA. Room 2020  
(Except Nov/Dec: 12/14/16)

Primary Care Parking: There is free parking on the LOWER LEVEL in the parking structure.

Cares Community Health and Sacramento Native American Health Center Parking: There is limited parking in their parking lots. There is plenty of metered street parking. The cost is 25 cents per 12 minutes.



# Back Page



The **POSITIVE ADVOCATE** Newsletter is a quarterly information and outreach project. We welcome submissions from the affected community. For additional information about the Affected Communities Committee (ACC), HIV Health Services Planning Council (HHSPC), or this newsletter, contact: Paula Gammell at 916-876-5548

[www.sacramento-tga.com](http://www.sacramento-tga.com)

The **Affected Communities Committee** addresses issues facing the HIV/AIDS community and advises the Planning Council on community affairs. The mission of the committee is to recruit, empower, and involve people living with HIV/AIDS in the strategic planning and advocacy of HIV/AIDS care and services. These goals will be accomplished with the assistance of the Council support staff toward the fulfillment of its mission. The committee encourages an environment of trust and safety in achieving its mission.

The Committee meets the first Monday of the Month, except holidays, at Sacramento Native American Health Center—Administrative Offices  
2022 J St., 3rd Floor Conference Room, Sacramento, 95811.

## RYAN WHITE CARE ACT SERVICE PROVIDERS

**Cares Community Health** - is a private, nonprofit community health center serving the greater Sacramento area. They use a medical home model of care, including preventive care, routine checkups, immunizations and management of acute and chronic illnesses.  
1500 21st Street, Sacramento, CA 95811  
916.443.3299

**CommuniCare** - HIV medical case management, ADAP, HOPWA and support services  
500-B Jefferson Blvd, Suite 195  
West Sacramento, CA 95605  
916.403.2970 \*\*\*\*Yolo County Residents only \*\*\*\*

**Harm Reduction Services** - Medical case management, Outreach and Testing  
2800 Stockton Blvd, Sacramento, CA 95817  
916.456.4849

**Sierra Foothills AIDS Foundation** - HIV/AIDS services serving both El Dorado and Placer Counties  
Main number: 530.889.2437  
*Placer County:* 12183 Locksley Lane, Suite 205  
Auburn, CA 95602  
*El Dorado County:* 550 Pleasant Valley Road, Suite 1C  
Diamond Springs, CA 95619

**Strategies for Change** - Medical case management and substance abuse outpatient services.  
4343 Williamsborough Drive, Sacramento, CA 95823  
916.473.5764

**Sunburst Projects** - medical case management, childcare, mental health, women's support groups, summer camp, youth programs, and pre-natal and maternal support services.  
1025 19th Street, Suite 1A, Sacramento, CA 95811  
916.440.0889

**Well Space Health** - Medical case management, mental health services, and substance abuse—detox services  
• 1820 J Street, Sacramento, CA 95811 — 916.236.4700  
• 8233 E. Stockton Blvd, Suite D, Sacramento, CA 95828  
916.368.3080

**UC Davis Medical Center**  
**Pediatric Infectious Disease** - HIV+ children  
2516 Stockton Blvd, Ticon II, Sacramento, CA 95817  
916.734.7618