



HIV + Aging Research Project | PS

NEWSLETTER

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JEFF TAYLOR

EXECUTIVE DIRECTOR HARP-PS

I hope everyone survived the summer, and the hurricane too! It's nice to see the return of cooler weather, as well as our seasonal residents.

Over the summer, I had the opportunity to attend the International AIDS Society meeting in Brisbane, Australia to present on new treatment options for longterm survivors, and

at a session on the neurocognitive issues facing older PLH.

You may have seen the biggest piece of news to come out of the meeting: the announcement of the "Geneva Patient"—the latest person possibly cured of HIV through a stem cell transplant for his cancer. What's different about this possible cure is that unlike Berlin Patient Timothy Ray Brown, or more recently our own City of Hope Patient Paul Edmonds, is that they weren't able to find a matched stem cell donor with the rare mutation to make his newly transplanted immune system resistant to HIV. Regardless, the Geneva Patient remains HIV free after 20 months off his HIV medications.

An interesting sidebar to this story: I was speaking with a Swiss colleague familiar with the case, who said this person initially had reservations about receiving the stem cell transplant. They suggested he talk to Timothy Ray Brown about his experiences. At the time, Timothy was in COVID isolation at City of Hope getting treatment for the relapsed cancer that eventually killed him. They spoke at length, and Timothy managed to convince him to go through with it.

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"A Star for Berlin Patient Timothy Ray Brown"



Palm Springs Walk of the Stars Fundraising Campaign



Save the Date



Join us as we mark **World AIDS Day** in partnership with the **Reversing Immune Deficiency in HIV Collaboratory (RID-HIV)**.

DATE: December 1, 2023

LOCATION: **The Camelot Theater**
2300 East Baristo Road, Palm Springs, CA 92262

TIME: 4:30pm
Cocktail Reception to follow

KEYNOTE SPEAKER:
"City of Hope Patient" **Paul Edmonds**, another Valley resident whose HIV cure was announced in July 2022

2nd Annual Timothy Ray Brown Community Cure Symposium

This annual event is in honor of **Timothy Ray Brown** - Palm Springs resident & first person to be cured of HIV. Earlier in the day will be a ceremony to place a star in his honor on the **Palm Springs Walk of Stars** in front of the **AIDS Memorial Sculpture** downtown. (Details to be announced). A star on the Walk of Stars costs \$15K, so please help us honor Timothy's legacy by supporting our GofundMe: <https://www.gofundme.com/f/a-star-for-berlin-patient-timothy-ray-brown> to make this possible.



Reserve a Spot



It's not surprising to those who knew Timothy, but it was heartening to hear that even from his sickbed, Timothy continued to be a cheerleader for cure research, and managed to add one more person to the small group of those who've been cured so far.

We will be honoring Timothy on World AIDS Day, December 1, 2023 with a star on the PS Walk of Stars downtown—right in front of the the upcoming AIDS Memorial Sculpture on Museum Way.

If you're interested in supporting this, please check out our GoFundMe to help us pay for the cost of the star.

**[Timothy Ray Brown](#)
[GoFundMe](#)
[CLICK HERE](#)**



The other big research news from the meeting were the results of the REPRIEVE Study—a huge study that happened right here in our Valley at the Eisenhower Rimrock clinic. It showed that taking the cholesterol-lowering statin pitavastatin significantly lowered the risk of heart attacks and strokes in older people living with HIV who didn't meet the standard criteria for prescribing statins. This could be a gamechanger for protecting the health of older PLH—who have much higher rates of heart attack and stroke than their HIV- peers in the same age group. The study authors hypothesize that it's the inflammation reducing properties of pitavastatin, not just its cholesterol-lowering properties that are at play here. They'll be further analyzing the results to examine this, and see there was a similar effect on other inflammation-related comorbidities like diabetes, cancer, etc. The good news is that there are efforts to continue this groundbreaking study of 7,700 older people with HIV so they can follow them longitudinally over time to see what happens as they age—and how we can keep them healthy as they do. This would fill a much-needed gap in aging research.

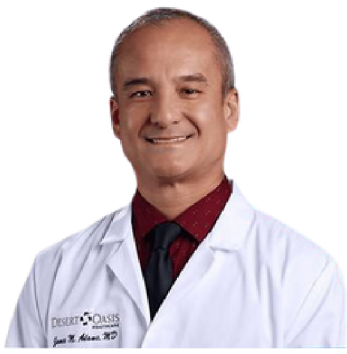
Welcome to the HARP-PS Board, Dr. James Adams

Dr. Adams is board-certified in Family Medicine and credentialed as an HIV specialist with the American Academy of HIV Medicine. After graduating from the University of North Carolina School of Medicine, Dr. Adams completed his internship at Santa Monica-UCLA Family Medicine Residency Program and residency at USC-California Hospital Medical Center Family Medicine Residency Program. He went on to complete a fellowship in HIV Medicine at the UCSD Owen Clinic.

With more than two decades of experience, Dr. Adams believes in forming strong relationships with his patients based on trust, empathy, and shared decision-making. Dr. Adams is dedicated to providing personalized care that considers each patient's unique story and healthcare needs. He is passionate about improving the health and well-being of his patients and helping them achieve their goals.

In his leisure time, Dr. Adams enjoys playing a variety of sports including tennis, softball, biking, running, skiing, and snowboarding. He follows several favorite professional sports teams including the LA Lakers, NY Yankees, LA Dodgers, and Dallas Cowboys, as well as the UNC Tarheels. Beyond sports, Dr. Adams enjoys reading, watching movies, and attending cultural events. As a former DJ, he has a passion for all kinds of music. He and his life partner, Rence, who is completing a graduate degree in architecture at Cal Poly Pomona, have found their forever home in Rancho Mirage and have enjoyed living in the desert since 2019.

Vaccines and HIV Part 2



James Adams, MD
& HARP-PS Board Member

Vaccinating PLWH (people living with HIV) can be a little complicated due to new vaccines for COVID-19, RSV, MPOX, and Streptococcus pneumoniae, as well as knowing which others are important and when the patient should be offered these. Nonetheless, providers and PLWH need to be aware of what vaccines they should be giving and getting. Dr. Rush covered Covid, RSV, and flu vaccines beautifully in her August/September article and I have omitted those.

Pneumococcal vaccination has gotten simpler with PCV20, AKA Prevnar 20. I recommend one PCV 20, which takes the place of 2 shots, Prevnar 13 and Pneumovax (PPV23). It's a little complicated if Prevnar or Pneumovax were given before, but generally speaking, I'd recommend getting PCV 20 five

years after the last shot if you have gotten both, and 1 year after the last shot if you have gotten one.

For bacterial meningitis prevention (meningococcus), I recommend 2 doses eight weeks apart of Menveo or Menactra, which are active against subtypes A, C, W, and Y, and a booster every 5 yrs. There's another meningococcal vaccine active against serogroup B, called "Bexsero" or "Trumenba." Even though MenB vaccine is not routinely recommended to be given to PLWH, I'd recommend it for high risk conditions, like asplenia, college student status, or severely immunocompromised patients who frequent sex clubs or parties. MenB was shown in a retrospective, case control study that linked it to a 30% reduction in rates of gonorrhea acquisition. However, we can't say definitively that this vaccine prevents gonorrhea, nor should it be recommended for this reason.

I recommend MPOX vaccination for PLWH who have not gotten it and who could be at risk for it. There are still infections occurring sporadically, with more prevalence in East Asia currently.

“Nonetheless, providers and PLWH need to be aware of what vaccines they should be giving and getting.”

Hepatitis A and B vaccinations are important for PLWH. I recommend getting your antibody levels measured in a blood test to check immunity status and get vaccinated if not immune.

HPV vaccination (Gardasil-9) is important given HPV's role in various cancers. I recommend this vaccine for PLWH until age 26 but it can be given to unvaccinated individuals 27-45 as well. Gardasil-9 does NOT prevent the progression of existing HPV infection, decrease time to clearance of HPV, or treat HPV-related disease.

Tetanus (Td) shots every 10 years, easy. Tdap, even better, as it adds diphtheria and pertussis protection.

I recommend Shingrix vaccine to prevent shingles and that is to be given at ANY age for PLWH. Varicella vaccine (the one we usually get as kids to prevent chicken pox) should be avoided in PLWH with T cells less than 200. Shingrix can be given any time, though, as it's not a live vaccine.

Which vaccines not to give/get at low CD4 counts (less than 200)? Avoid the live vaccines, like MMR, Varicella, Typhoid, Yellow Fever, and live influenza vaccines. Consider delaying Hep B, HPV, Meningococcal vaccines until CD4 count > 200.



Ted Guice

Certified in Fitness Trainer,
Senior Exercise Specialist
HARP-PS Board Member

LET'S ALL STRETCH !

By Ted Guice

As we age, staying flexible becomes increasingly important for maintaining mobility and preventing injuries. Stretching exercises can help people over 60 living with HIV maintain their flexibility, improve their range of motion, and promote their overall well-being. Let's explore some of the best stretches - nothing too complicated. You should do these every day!

1. Neck Stretch: Start by sitting or standing tall, then slowly tilt your head to one side, bringing your ear towards your shoulder. Hold this position for 15-30 seconds, then repeat on the other side. This stretch helps relieve tension in the neck and upper back.
2. Shoulder Stretch: Extend one arm across your chest and gently pull it towards your opposite shoulder with your other hand. Hold for 15-30 seconds, then switch arms. This stretch helps loosen the shoulder muscles and improve flexibility.
3. Chest Stretch: Stand near a wall or doorway and place your forearm against it at shoulder height. Slowly turn your body away from the wall, feeling a stretch in your chest and shoulder. Hold for 15-30 seconds, then repeat on the other side. This stretch helps counteract the forward-leaning posture that can develop with age.
4. Hamstring Stretch: Sit on the edge of a chair and extend one leg straight in front of you, with your heel on the ground. Slowly lean forward from your hips while keeping your back straight until you feel a gentle stretch in the back of your thigh. Hold for 15-30 seconds, then switch legs. This stretch helps improve flexibility in the hamstrings, which can reduce the risk of lower back pain.
5. Calf Stretch: Stand facing a wall and place your hands against it. Step one foot back, keeping it straight, and press your heel into the ground. You should feel a stretch in your calf muscle. Hold for 15-30 seconds, then switch legs. This stretch helps maintain flexibility in the calf muscles, which are crucial for balance and walking.

You need to know that stretching should never cause pain! Start gently and gradually increase the intensity of your stretches over time. If you have any HIV related health concerns or specific limitations, you should consult with your healthcare provider before beginning a stretching routine.

There you have it! Five great stretching exercises you can, and should, perform every day. Incorporating stretching exercises into your daily routine can greatly benefit you. The neck, shoulder, chest, hamstring, and calf stretches I've written about above are all excellent choices for maintaining flexibility, improving range of motion, and promoting overall well-being. By making stretching a regular part of your daily routine, you'll enhance the quality of your life and help maintain your independence for years to come. I promise! ❤️👊

I always welcome your comments, your questions and your own unique experiences regarding health and fitness. Please don't hesitate to contact me. I want you to live your healthiest, happiest, and longest life THRIVING with HIV!

**CLICK FOR
FITNESS OVER FIFTY**





Wesley Detwiler, PHD
& HARP-PS Board Member

Negative self-talk can be a barrier to aging positively with HIV. As we grow older, it is common to have feelings of low self-esteem, guilt or shame. Our inner critic serves to perpetuate these feelings by telling us we are not enough. The good news is that through awareness and practice, we can learn how to recognize and challenge our negative self-talk. In this article, we will explore four tips and tricks to help quiet our negative inner critic and cultivate a more positive, empowering mindset.

To begin, identify your negative self-talk patterns. Do you tend to use absolutes, such as “never” or “always?” Do you catastrophize situations and envision the worst-case scenario?

Do you use “should” or “must” statements that impose unrealistic expectations on yourself? All of these are common distortions which can seemingly increase as you age. Once you become aware of your negative self-talk patterns, you can start to challenge them with logic and even humor. For instance, if you catch yourself thinking “I can’t do this,” counter it with “Gurl, you got this!”

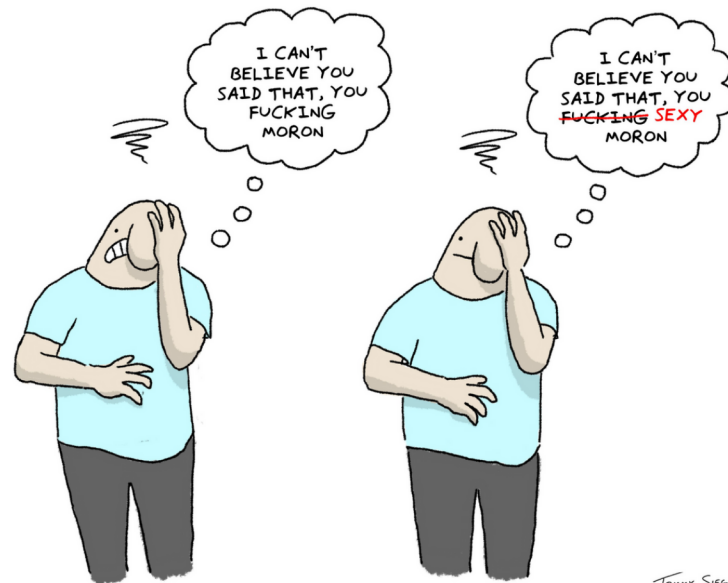
Next, practice self-compassion. Treat yourself as you would a good friend who is going through a tough time. Instead of criticizing yourself for your flaws, remind yourself no one is perfect and it's okay to make mistakes. Age is truly just a number. So, remember – you are the curator of your own experience. You hold the power to choose how to think and feel. With practice, you can learn how to reframe negative self-talk into positive, empowering thoughts at any age.

Then, challenge your negative self-talk with evidence-based facts and positive affirmations. For example, if you’re thinking “I’m too old to start a new career,” challenge it with evidence such as “Many successful people didn't reach their peak until later in their lives.” For example, Ian McKellen, the first openly gay man to have been knighted by Queen Elizabeth, continued to inspire new generations of actors well into his 70’s and Edith Windsor found herself at the center of a landmark legal case after she challenged the Defense of Marriage Act at age 83. You can also boost your confidence and motivation by creating positive affirmations, such as “I am capable and worthy of success” or “I am confident in my abilities and choices.”

Fourth and last, cultivate a positive and supportive social network. Don't be afraid to take advantage of the community organizations available to you. Participate in activities that make you feel good about yourself and align with your values and goals. The key is to surround yourself with people who uplift and encourage you. You will likely feel more empowered and happier just by engaging with your community.

Remember you are not alone! If you're feeling overwhelmed, talking to a therapist or support group may be helpful in managing self-doubt and finding your inner strength. By recognizing and challenging our negative self-talk, we can take better care of ourselves and age positively with HIV

THE POWER OF POSITIVE SELF IMAGE



On Saturday September 23rd we held our Eighth Annual Positively Aging Project conference at The Mizell Center. Once again, this conference, led by HARP-PS in collaboration with a host of community partners was extremely well received by our community! Now the planning process for next year begins- stay tuned.



Peter Staley, Keynote Speaker


Thank you Chad Sain Photography!
www.chadertonsainphotography.com






October 3, 2023
 Resistance in HIV
 Jim Osburn, Thera Tech

November 7, 2023
 HIV Research in Palm Springs
 Golkoo Morcos, Bios Clinical
 Research & Carlos Martinez Palmtree
 Clinical Research

December 2023
 Look over here 

January 2, 2024
“Commitment to Life”
 APLA Documentary Screening

February 6, 2024
HIV and The Law
 Andrew Vincent Alder-Larue

December 1, 2023
 2:30 PM - 3:30 PM
 Timothy Ray Brown
 Walk of Fame Star Dedication Ceremony, Museum Way
 Palm Springs, CA

December 1, 2023
 4:30 PM - 6:30 PM
 2nd Annual Timothy Ray Brown
 Community Care Symposium

6:30 PM - 8:00 PM
 Reception
 Palm Springs Cultural Center
 2300 E Baristo Rd,
 Palm Springs, CA 92262

Register
Now



HELP MAKE A DIFFERENCE!

We are grateful for your generous donations to HARP-PS that help us continue our vital research and educational initiatives as well as our twice annual symposiums. Our primary focus in 2023 is to expand our Virtual Village Study/Application to connect isolated, long-term survivors of HIV to their peers and providers through a virtual community forum.

We Need Your Support! Your monthly (or single) donation in ANY AMOUNT allows us to continue our mission to “Improve the lives of the large and growing population of long-term HIV and AIDS survivors by studying the impacts of long-term HIV disease and its treatments on the natural aging process.



DONATE
CLICK HERE

A Very Special Thank You To Our Volunteers!

*Ken Vergonet – Social Media & Webmaster Extraordinaire
 Jim Ferguson – Layout of Newsletter, Administration, and all around good guy!
 Chad Sain – Photographer (Chad Sain Photography) a great person, artist,
 and friend to HARP-PS*