

Two Decades of Caring, Community and 'Cakes: New Pioneer and ICARE's 20th Annual Pancake Breakfast

New Pioneer and ICARE's 20th Annual Pancake Breakfast will be held on Sunday, June 3, 2007 in conjunction with the Arts Fest on the Ped Mall in Iowa City, beginning at 8 AM and continuing until 1 PM. Come join us as we enjoy live entertainment and celebrate 20 years of caring, community, and 'cakes.

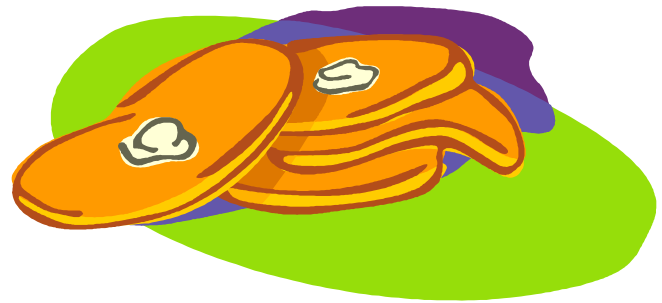
ICARE (Iowa Center for AIDS Resources and Education) is a not-for-profit organization who's mission and goals are to enrich the quality of life for persons living with and affected by HIV/AIDS and to educate communities on how to prevent the spread of HIV. ICARE utilizes a client-centered, holistic approach that actively involves the client in the service delivery process. Support is provided in a safe, accepting and non-judgmental atmosphere. All services are free and confidential. Staff is available to provide information, referrals, counseling and crisis intervention assistance twenty-four hours a day, seven days a week. ICARE actively advocates for services and understanding for individuals living with HIV/AIDS.

Twenty years. It's a pretty remarkable history for a fundraiser. When Marcia Wegman, David Leshtz and the late Rick Graf first had the idea of the Pancake Breakfast, who could have foreseen it's longevity? Given the commitment of our community, we weren't surprised. From modest beginnings, the Pancake Breakfast has grown to last year's 103 volunteers feeding nearly 1200 breakfasts.

A lot has changed in those 20 years. New treatments and medications have made HIV less of a terminal disease and more of a chronic, manageable one.

Despite this progress, there is still so much work to do. Prevention programs help stop the spread of HIV/AIDS though education, and case management services help those with HIV/AIDS find resources for everything from medication to daily living needs. It's the support of our community and the success of events like the Pancake Breakfast that make all this possible.

The surroundings may have changed appearance over the years, and we certainly have new faces amongst our steadfast volunteers and community, but the spirit, mission and fun of the breakfast remains the same. Join us at the 20th Annual ICARE Pancake Breakfast for good food and a good time, while supporting a good cause. If you would like to volunteer and become a part of the event, please call Joe Kane at 338-2135.



**New Pioneer and ICARE's 20th Annual
Pancake Breakfast
The Pedestrian Mall—Downtown Iowa City
(Rain Site: Chauncey Swan Parking Ramp)**

8 AM-1 PM

\$10 Pre-event, \$12.50 at the gate

Kids 7 and under admitted FREE!

Tickets Available at the ICARE Offices and the following local businesses:

Alberhasky Eye Clinic, PC

Rumours Salon

Fin & Feather

Velvet Coat

**New Pioneer Co-op
(Coralville and Iowa City
locations)**

The Chait Galleries

Downtown

Norma Jean's

Twin Image Salon & Spa

Meet Kurt

I would like to introduce myself to everyone—my name is Kurt Pierick and I am the new Program Coordinator for ICARE.

I would like to start out by telling everyone a little bit about myself and where I see ICARE going in the future. I grew up in a small north-western town called Anthon. I am the youngest of three children and family has always been very important to me throughout my life.

I attended the University of Iowa majoring in Chemistry, then realized that I didn't want to



KURT PIERICK
PROGRAM COORDINATOR
ICARE

go to medical school, but I wanted to help people in a different way.

I received my degree in social work and have been working in a wide variety of areas such as substance abuse, HIV/AIDS, and people with disabilities.

I look forward to working with everyone at ICARE to increase HIV/AIDS awareness. As a prominent voice in the community, ICARE is in a prime position to help those who currently have HIV or AIDS and help prevent the spread of HIV.

In Memoriam, Reggie Cihla

Obituaries are strange things. Often they are articles written by people who didn't even know the deceased. That's true in this case. It's a testimony to ICARE volunteer Reggie Cihla's enduring spirit that after talking to his friends and reading about the kindness he brought into people's lives, I now wish that weren't the case.

Reggie passed away October 31st, 2006 after a 9 year battle with cancer. Some think it appropriate that he passed away on Halloween, because he was a bit of a clothes horse and worked in the beauty business—in a sense, costuming was his thing. It may also be appropriate because beneath a big personality was a man who liked to keep his own generosity quiet and disguised. I was informed that he would probably have hated this kind of tribute. Just this once, I'm willing to go against the wishes of someone who has passed away.

It seems through his sixteen year career at Twin Image Salon in Iowa City, his volunteer work, and his outgoing personality, he knew everybody. His friends, co-workers and clients became his extended family. They also became caring targets for his causes. "He would just say, 'You're going to buy these raffle tickets' and they would," said friend Erick Wolfmeyer. "I'm not sure what motivated him (in doing volunteer work), but whatever it was, there was a lot of it."

The volunteer in him that was competitive enough to talk people into giving was matched by his own incredibly generous nature. In some instances, he would buy tickets to

events (like the ICARE pancake breakfast) and give them away to people who couldn't afford the cost ...not only providing a meal to them, but also the opportunity to be included in a caring community that they may have previously felt excluded from.

His positive impact was not only far reaching, it was long lasting. Three months after his passing, people were still posting to his guestbook on Lensing Funeral Home's website. Despite the sense of loss, throughout the posts is also a sense of joy. The posters convey sadness, absolutely, but also a sense of happiness and gratitude for having had him in their lives.

When I read his obituary in the newspaper and got to the listing of his survivors, I knew that I had missed meeting an extraordinary person. The listing names his survivors as his parents, his grandmothers, numerous aunts, uncles and cousins...and his dog, Diesel. It may seem strange, but in my mind, anybody who loves an animal enough that the human family lists the fur family member in an obituary, must have been

a kind person indeed. It's a lovely and telling break from the traditional death notice, and caused me to miss a person I had never met.

ICARE extends it's condolences to all who knew and loved Reggie Cihla, our friend and volunteer extraordinaire. We are grateful to have had him with us, even if for too short a time. We hope to honor him with our mission. — Erin Kelly



ICARE volunteers Erick Wolfmeyer and
Reggie Cihla at the ICARE Pancake
Breakfast, June 2006

A Woman's View of HIV Drug Side Effects

by Anne Monroe

HIV drugs help HIV+ people live longer lives with fewer illnesses. But there are potential side effects associated with all of the drugs. Some of the side effects are worse in women than in men. Fortunately, side effects do not happen all the time and do not happen to everyone.

Anemia is a low red blood cell count. Without enough red blood cells, you feel tired. Women in general are at a higher risk of anemia because of blood loss during menstrual periods.

Anemia is common in HIV+ women and can be worse if CD4 cell counts are less than 200. It can be a side effect of AZT. Your doctor can run a blood test to check for anemia.

Several HIV drugs can cause **a skin rash**, especially Viramune, Sustiva, Rescriptor, Agenerase and Ziagen.

- Women are seven times more likely to get a rash from Viramune than men. If the rash is severe, you will need to switch drugs.
- The rash from Ziagen can be caused by a dangerous allergic reaction. If it is, you must stop the drug.

If you develop a rash, get it checked out immediately. It could be a sign of something serious.

Liver damage is most common with Viramune and the protease inhibitors. Women (including pregnant women) starting on Viramune with a CD4 cell counts greater than 250 are 12 times more likely to develop liver problems than other patients. Risk of liver damage is also high in HIV+ people who have hepatitis B or C.

There may be no symptoms of liver damage, although some people do have nausea, vomiting, fatigue or yellow eyes and skin (jaundice). It is important that your



doctor run liver function tests while you are on HIV drugs, especially if you are just starting Viramune.

High blood sugar can be a problem with HIV drugs, especially the protease inhibitors. People who already have diabetes must check their blood sugar carefully while on HIV drugs.

There have also been new cases of **diabetes** in people on HIV drugs (including pregnant women). Some symptoms are feeling very thirsty and hungry and urinating a lot. Ask your doctor to check your blood sugar along with your regular labs.

Lactic Acidosis is a buildup of acid in the blood that can be fatal. It sometimes occurs along with fatty liver (steatosis) or an inflamed pancreas (pancreatitis).

The combination of d4T and ddI can cause lactic acidosis, especially in pregnant women. Pregnant women should never use this drug combination and nowadays it is almost never used in starting regimens for anyone with HIV.

Let your doctor know if you have any of the symptoms of lactic acidosis: nausea, vomiting, diarrhea or belly pain. The doctor can run lab tests to check for lactic acidosis.

Decreased bone density and hip and joint problems can be a side effect of the HIV drugs or HIV itself. Severe decreases in density lead to thin or brittle bones (osteoporosis). Women, especially postmenopausal white or Asian women, are at the highest risk for osteoporosis.

Your doctor can do a DEXA scan or ultrasound to see if you have decreased bone density. He or she may recommend calcium, vitamin D, exercise and quitting smoking to maintain bone density. Some postmenopausal women also take hormone replacement therapy to slow down bone loss.

The location of fat in your body may change while you are on HIV therapy. Some women report extra fat in their bellies or upper back and enlarged breasts. They also report thin arms and legs and a sunken face. The longer you are on therapy, the more likely you are to experience these changes. Research is ongoing to find out how to prevent or reverse body fat changes.

Increased fats (lipids) in the blood, such as cholesterol, have been reported with protease inhibitor therapy. High cholesterol may increase the risk of heart disease. The risk is highest in people who smoke, do not exercise and eat a lot of saturated fat. Living a healthier life will help your heart!

Keep your doctor informed if you experience side effects so that any problems can be addressed quickly.

Anne Monroe is a medical student with a long-standing interest in HIV clinical trials.

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AIDS Resources and
Education

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ICARE PROVIDES COMPASSION, EDUCATION AND RESOURCES:
THE BEST DEFENSE AGAINST HIV/AIDS

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Nutrition and HIV

Good nutrition can be a problem for many people with HIV. When your body fights any infection, it uses more energy and you need to eat more than normal. Some medications can upset your stomach, and some opportunistic infections can affect the mouth or throat.

When you lose weight, you might be losing fat, or you might be losing lean body weight like muscle. If you lose too much lean weight, your body chemistry changes. This condition is called wasting syndrome or cachexia.

Protein helps build and maintain your muscles. Meats, fish, beans, nuts, and seeds are good sources.

Carbohydrates give you energy. **Complex** carbohydrates come from grains, cereals, vegetables, and fruits. They are a "time release" energy source and are a good source of fiber and nutrients. **Simple** carbohydrates, or sugars give you quick energy.

Fat gives you extra energy. You need some - but not too much. The "monounsaturated" fats in nuts, seeds, canola and olive oils, and fish are considered "good" fats. The "saturated" fats in butter and animal products are "bad" fats.

A moderate **exercise** program will help your body turn your food into muscle. Take it easy, check with your doctor, and work exercise into your daily activities.

Source: <http://www.aidsinfonet.org/>