

Positively Palm Beach



Treasure Coast Health Council, Inc., 600 Sandtree Drive, Suite 101, Palm Beach Gardens, Florida, 33403

1 in 22 Gay, Bisexual Men in Florida Has HIV, Study Says

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By Bob LaMendola
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Hoping to call attention to the extent of HIV/AIDS among gay men, state health officials said Tuesday that an estimated 1 in 22 gay and bisexual men in Florida had the virus last year, an infection rate that dwarfs any other group.

HIV has struck some areas of the gay community even harder, with rates as high as 1 in 11 among gay white men in Broward County, 1 in 13 gay black men in Palm Beach County and 1 in 12 gay Hispanic men in Miami-Dade County, officials said. By comparison, in the least affected group, 1 in 1,625 white women had the virus.

AIDS activists who gathered in Wilton Manors to hear the new report challenged the methods behind the new estimate, but universally agreed the virus is not declining among gays as hoped. They called on officials and one another to find new ways to stress the message of safe sex.

"Obviously, our programs are not working the way

we would like," said Lorenzo Robinson of the Palm Beach County Health Department, the state's coordinator for gay black men.

High rates of HIV/AIDS among gay men is not new in South Florida, which persistently remains one of the nation's epicenters for the disease. Broward had 43 new AIDS cases per 100,000 residents last year and Palm Beach County 28.6, putting them in the top 20 nationally.

But Florida's new estimate is a first-in-the-nation attempt to quantify the impact of the disease on gay men, said Spencer Lieb, a senior epidemiologist at the state Health Department. While officials know how many Floridians are living with HIV/AIDS (82,000), and how many are gay men (34,500), no one knows how many men are gay.

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Palm Beach County HIV CARE Council Holiday Potluck Luncheon

The Palm Beach County HIV CARE Council gathered on December 11, 2007 for their annual holiday luncheon. There was much to celebrate this year. Below there are several pictures taken by Gayle Corso, Ryan White Program Manager.

Mary Jane Reynolds, Caroline Wedges, Alice Holmes, Beatrice Manning



Pat Davis, Sonja Swanson, Bruce Conlin, Shirley Samples




Kristen Harrington, Mary Piper Kannel, and Susie Dahlenberg (above)



Pat Davis, Gayle Corso & Shoshana Ringer (above)



Annette Murzike Dunn (above)



FLORIDA DEPARTMENT OF HEALTH

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editorial staff prior to acceptance.



Mitchell Durant (above)



*Barbara Jacobowitz
&
Sarah Withrow (right)*

knowing love

By Lorenzo C. Roberson

knowing that you have unquestionable
unconditional love in your life
is the greatest feeling of all

to awaken knowing someone special is with you
to awaken sharing the joy of love that you feel
to awaken having love in your life

knowing that you have unquestionable
unconditional love in your life
is the greatest feeling of all

to live knowing someone special is with you
to live sharing the joy of love that you feel
to live having love in your life

knowing that you have unquestionable
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to slumber knowing someone special is with you
to slumber sharing the joy of love that you feel
to slumber having love in your life

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*This poem was selected from 'eclectic essence:
poetry for the heart, mind & spirit' by Lorenzo C.
Robertson. Lorenzo works tirelessly as an AIDS
advocate addressing the issues of HIV/AIDS and
its impact on the Black & Gay community.*

SHARE PROGRAM

January Menu

Basic \$18.00

- *1.7 lbs Split Chicken Breast
- *14 oz. Turkey Breast Medallions
- *1 lb. Breaded Patties
- *1 lb. Perch Fillets
- *1 lb. Ground Beef

Frozen Broccoli

*Indicates items included in the
"Double Meat" package

Specials

\$16.00

Bacon Wrapped Steaks 10~ 5 oz

\$11.00

Cooked Shrimp 2 lbs. (Peeled and
deveined)

Superbowl Pack

\$15.50

Cocktail Franks

Chicken Nuggets

Meatballs

Sliced Turkey Breast

BBQ Turkey Breast Strips

Cooked Bratwurst

Cheddar Cheese Stuffed Poppers.

For more information call
Carrie Allison
Share Florida Food Network
1-800-536-3379

Why Is Nutrition Important?

Good nutrition means getting enough macronutrients and micronutrients. Macronutrients contain calories (energy): proteins, carbohydrates, and fats. They help you maintain your body weight. Micronutrients include vitamins and minerals. They keep your cells working properly, but will not prevent weight loss.

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. But when you feel sick, you eat less than normal.

Some medications can upset your stomach, and some opportunistic infections can affect the mouth or throat. This makes it difficult to eat. Also, some medications and infections cause diarrhea. If you have diarrhea, your body actually uses less of what you eat.

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. Wasting can kill you. If you lose more than 5% of your body weight, it could be a sign of wasting. Discuss it with your doctor.

NUTRITION GUIDELINES FOR PEOPLE WITH HIV

First, **eat more**. Extra muscle weight will help you fight HIV. This is very important. Many people want to lose weight, but for people with HIV, it can be dangerous.

Make sure you eat plenty of protein and starches, with moderate amounts of fat.

- **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. You can get sugars in fresh or dried fruit, honey, jam, or syrups.
- **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, and work exercise into your daily activities.

Drinking enough **liquids** is very important when you have HIV. Extra water can reduce the side effects of medications. It can help you avoid a dry mouth and constipation. Remember that drinking tea, coffee, colas, chocolate, or alcohol can actually make you lose body liquid.

PRACTICE FOOD SAFETY

It's very important to protect yourself against infections that can be carried by food or water.

Be sure to wash your hands before preparing food, and keep all of your kitchen tools and work areas clean. Wash all fruits and vegetables carefully. Don't eat raw or undercooked eggs or meat, and clean up juices from raw meat quickly. Keep leftovers refrigerated and eat them within

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January

Monday	Tuesday	Wednesday	Thursday	Friday
28 7:30 p.m. Quilting Bee Compass 6:30 p.m. NA Meeting Compass 5pm-9pm FREE Rapid Oral HIV Testing Compass	29 2 pm-6 pm FREE Rapid Oral HIV Testing Compass	30 11:00 a.m. Drop In Center Potluck Support Group Calvary Methodist Church S. Federal Hwy at 1 st Ave Lake Worth 7:30 p.m. BrothasSpeak Support Group Compass	31 6:00 p.m. Circle of Hope HIV+ Women 629 5 th St, WPB 5pm-9pm FREE Rapid Oral HIV Testing Compass 8:00 p.m. Positive Living Support Group Compass	

February

Monday	Tuesday	Wednesday	Thursday	Friday
4 6:30 p.m. NA Meeting Compass 7:30 p.m. Quilting Bee Compass 5pm-9pm FREE Rapid Oral HIV Testing Compass	5 2 pm-6 pm FREE Rapid Oral HIV Testing Compass	6 11:00 a.m. Drop In Center Potluck Support Group Calvary Methodist Church S. Federal Hwy at 1 st Ave Lake Worth 7:30 p.m. BrothasSpeak Support Group Compass	7 6:00 p.m. Circle of Hope HIV+ Women 629 5 th St, WPB 5pm-9pm FREE Rapid Oral HIV Testing Compass 8:00 p.m. Positive Living Support Group Compass	1/8
11 6:30 p.m. NA Meeting Compass 5pm-9pm FREE Rapid Oral HIV Testing Compass	12 10:30 a.m. Planning Committee 600 Sandtree Dr. Ste 101 Palm Beach Gardens TCHC 2 pm-6 pm FREE Rapid Oral HIV Testing Compass	13 11:00 a.m. Drop In Center Potluck Support Group Calvary Methodist Church S. Federal Hwy at 1 st Ave Lake Worth 7:30 p.m. BrothasSpeak Support Group Compass	14 6:00 p.m. Circle of Hope HIV+ Women 629 5 th St, WPB 8:00 p.m. Positive Living Support Group Compass 5pm-9pm FREE Rapid Oral HIV Testing Compass	15
18 6:30 p.m. NA Meeting Compass 5pm-9pm FREE Rapid Oral HIV Testing Compass	19 2 pm-6 pm FREE Rapid Oral HIV Testing Compass	20 11:00 a.m. Drop In Center Potluck Support Group Calvary Methodist Church S. Federal Hwy at 1 st Ave Lake Worth 7:30 p.m. BrothasSpeak Support Group Compass	21 11:30 a.m. Client Education Series Compass 6:00 p.m. Circle of Hope HIV+ Women 629 5 th St, WPB 8:00 p.m. Positive Living Support Group Compass 5pm-9pm FREE Rapid Oral HIV Testing Compass	22
25 7:30 p.m. Quilting Bee Compass 6:30 p.m. NA Meeting Compass 5pm-9pm FREE Rapid Oral HIV Testing Compass	26	27 11:00 a.m. Drop In Center Potluck Support Group Calvary Methodist Church S. Federal Hwy at 1 st Ave Lake Worth 7:30 p.m. BrothasSpeak Support Group Compass	28 6:00 p.m. Circle of Hope HIV+ Women 629 5 th St, WPB 8:00 p.m. Positive Living Support Group Compass 5pm-9pm FREE Rapid Oral HIV Testing Compass	29

HOTLINES

A.G. Holley State Hospital TB Hotline	I-800-482-4636
CDC Info Hotline	I-800-342-2437
Crisis Line (Center Line).....	211
Drug Abuse Hotline.....	662-4357
Florida HIV/AIDS Hotline	I-800-352-2437
Gay and Lesbian Hotline.....	I-888-843-4564
Medicare Hotline.....	I-800-638-6833
National Deaf AIDS Line.....	I-800-AIDS-TTY
Project Inform Treatment Hotline.....	I-800-822-7422
STD Hotline.....	I-800-227-8922

EDUCATION/INFORMATION

Accessible Life Saving Education for at Risk Teens (ALERT)	966-4288
American Foundation for AIDS Research (AMFAR)	I-800-392-6327
CDC HIV/AIDS Treatment Information	I-800-448-0440
Children with AIDS Project of America.....	I-602-973-4319
Children's Case Management Org., Inc.....	804-9441
Clinical Trials Information.....	I-800-Trials-A
Farmworker Coordinating Council of PBC	533-7227
Florida AIDS Action Council.....	I-800-779-4898
Glades Health Initiative, Ind.....	996-0500
National Minority AIDS Council	I-202-483-6622
PBC Health Department	540-1300
PBC HIV CARE Council.....	844-4430
Red Cross, American	833-7711
Senior HIV Intervention Project (SHIP).....	586-4843

HIV/AIDS TESTING

Compass, Inc*.....	533-9699
Comprehensive AIDS Program (CAP)	
West Palm Beach*	472-2466
Delray Beach*.....	274-6400
Riviera Beach*.....	844-1019
Belle Glade*.....	996-7059
Glades Health Initiative, Inc.....	996-0500
Drug Abuse Treatment Association (DATA).....	844-3556
Hope House of the Palm Beaches, Inc.....	697-2600
PBC Health Department	
West Palm Beach Health Center	514-5465
Delray Beach Health Center.....	274-3105
Lantana Health Center	547-6805
C.L. Brumback Health Center.....	996-1625
Planned Parenthood of GMPBTC	
West Palm Beach.....	683-0302
Lake Worth.....	641-0300
Riviera Beach Family Resource Center.....	840-1888
True Fast Ministries	659-4500
United Deliverance Resource Center*.....	659-7988
*Rapid HIV Testing Available	

DENTAL CLINICS

C.L. Brumback Health Center	996-1636
Delray Beach Health Center	274-3111
Riviera Beach Health Center at 45 th Street.....	541-5306
West Palm Beach Health Center	514-5310

PHARMACIES

Department of Health	
Belle Glade.....	996-1637
Delray Beach	274-3107
Riviera Beach	804-7940
West Palm Beach.....	514-5380
Commcare Pharmacy	615-0564
BioScrip Specialty Pharmacy (Spanish speaking).....	683-0001

HIV/AIDS SERVICE AGENCIES

Comprehensive AIDS Program, Inc. (CAP)	
West Palm Beach.....	472-2466
Belle Glade	996-7059
Delray Beach	274-6400
Riviera Beach.....	844-1266
Pahokee.....	924-7773
Care Resource	
Coral Gables.....	I-305-667-9296
Fort Lauderdale.....	I-954-567-7141
Miami.....	I-305-573-5411
Compass.....	533-9699
Youth Line	533-9699
Children's Place at Home Safe, Inc.	
North/Central Palm Beach County	832-6185
Southern Palm Beach Count7	995-0490
Farmworker Coordinating Council of PBC.....	533-7227
Florida Lighthouse	499-1442
Gratitude Guild, Inc.....	833-6826
HIV Pastoral Care.....	I-305-858-4649
Hope House of the Palm Beaches.....	697-2600
Hospice By the Sea.....	395-5031
Hospice of Palm Beach.....	848-5200
Integrated Healthcare Systems.....	586-7404
Latin American Immigrants & Refugee Org.....	966-4515
Legal Aid Society of Palm Beach County.....	655-8944
Minority Development and Empowerment, Inc.....	296-5722
Palm Beach County Home.....	842-6111
Palm Beach Research Center	689-0606
Planned Parenthood.....	848-6300
Oakwood Center	844-9741
Social Security Administration	722-1213
Treasure Coast Health Council, Inc.....	844-4220

INFECTIOUS DISEASE PHYSICIANS

Central County

<i>Riviera Beach Health Center</i>	
Manochehr Khojasteh, MD.....	804-7900
Celeste Li, MD	804-7900
Kleper de Almeida, MD (Spanish Speaking)	967-0101
Kenneth Ness, MD	655-8388
Olayemi O. Osiyemi, MD.....	832-6770
Donald Watren, MD.....	655-9660
Larry Bush, MD	967-0101

Northern County

<i>Infectious Disease Associates- Leslie Diaz, MD.....</i>	776-8300
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Southern County

<i>Infectious Disease Consultants</i>	499-1442
Hamed A. Komaiha, MD, Jose C. Villalba, MD,	
Jaroslav F. Ondrusek, MD, Cesar A. Randich, MD, Melvin S. Kohan, MD	
<i>Delray Beach Health Center</i>	
Snehprabha Samant, MD	274-3178
<i>Guadalupe Medical Center (Spanish Speaking).....</i>	642-0768

Infectious Disease Associates

Julio Cardenas, MD, Ines Mbagha, MD, Susan Saxe, MD, Jill Howard,	
MD, Sanda Cebular, MD, Kurt Weise, MD	
Delray	496-1095
Boca Raton	393-8224

Western County

Lyonel Jean Baptiste, MD	992-9216
Juan Carlos Rondon, MD.....	924-7788

PRIMARY MEDICAL CARE

VA Medical Center (for veterans only).....	422-7522
Palm Beach County Health Department	
Riviera Beach Health Center	804-7900
C.L. Brumback Health Center (Belle Glade).....	996-1600
Delray Beach Health Center	274-3100
West Palm Beach Health Center (pediatrics).....	514-5300

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So, Lieb said the state assumed 10 percent of men are gay. Several activists argued that the state may be underestimating the amount of HIV/AIDS among gays.

But numbers aside, activists said many gay men do not practice safer sex, for many reasons: A cavalier belief that new drugs have made HIV a manageable disease instead of a killer; rebellion against safer-sex after years of sexual fear; abuse of party drugs; lack of safe-sex knowledge among younger males, and denial caused by stigma against homosexuality.

"There's no gay man who doesn't know having unprotected sex can lead to HIV. But sometimes they ignore it, and that's what we have not been able to address," said Christopher Lacharite, an HIV patient and prevention coordinator at Compass, a gay organization in Palm Beach County.

Part of the problem is that federal and state grants for education and prevention focus on well-established approaches that may be outdated, such as fliers and rap sessions, activists said.

Few new attempts have been made to intervene with young gay men meeting others on the Internet to organize high-risk sex parties, and education materials cannot go too far in portraying men as mates, advocates said.

"Prevention [efforts] are disconnected from the gay community," said Joey Wynn, an organizer at the Broward House in Fort Lauderdale. "There are new ideas out there."

The report notes varied impacts in South Florida. One in 11 gay white men in Broward County have HIV, as well as 1 in 17 gay black men and 1 in 16 gay Hispanic men. In Palm Beach County, 1 in 13 gay black men have HIV, as do 1 in 29 gay Hispanic men and 1 in 34 gay white men. ■

Bob LaMendola can be reached at blamendola@sun-sentinel.com, 954-356-4526, or 561-243-6600, ext. 4526.

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**Nutrition** continued from page 4

three days. Check the expiration date on foods. Don't buy them or eat them if they're outdated.

Some germs are spread through tap water. If your public water supply isn't totally pure, drink bottled water.

WHAT ABOUT SUPPLEMENTS?

Some people find it difficult to go shopping and prepare meals all the time. Supplements can help you maintain your body weight and get the vitamins and minerals you need. Don't use a product designed to help you lose weight, even if it says it contains everything needed for good nutrition! Your health care provider can help you choose a supplement that's right for you.

THE BOTTOM LINE

Good nutrition is very important for people with HIV. When you are HIV-positive, you will need to increase the amount of food you eat and maintain your lean body weight. Be sure to eat a balanced diet, including plenty of protein and whole grain foods, with some sugar and fat. An exercise program will help build and maintain muscle. Drink plenty of liquids to help your body deal with any medications you are taking. Practice food safety. Keep your kitchen clean, wash foods, and be careful about food preparation and storage. If your tap water isn't pure, drink bottled water. If you feel you need to use nutritional supplements, be sure to get some expert advice from your health care provider. ■

*This article was provided by AIDS InfoNet
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