



Volume 17 – Spring 2010

NEWS



From The Board Chair



Dear CFA Friends, Supporters and Volunteers,

On behalf of the entire Board of Directors, welcome to the latest news from The Center for AIDS Information & Advocacy (The CFA). I cannot tell you how excited I am to be taking the helm as Board Chair for 2010.

I have always loved what The CFA has done for the community. Without a doubt, The CFA is unique. However, in my communication with different people, I have come across folks who have no idea who we are. My mission is to change that. With your help, we will raise the visibility and profile of The CFA throughout the greater Houston community and beyond.

In 2010, The CFA will open the city's first post-exposure prophylaxis (PEP) clinic in collaboration with the University of Texas Medical School at Houston. This clinic is part of a public, private and academic effort to provide comprehensive HIV prevention and treatment services in Houston. This will be only the second such clinic in the country. I believe this is a natural evolution of the services offered by The CFA. We already provide assistance to those touched by this disease. With the establishment of the PEP clinic, we will be getting in front of the disease in an effort to stop HIV.

This is a landmark year for The CFA; 2010 marks the 15th anniversary of our founding. Without the support of our generous donors and volunteers, The CFA could not have achieved this milestone. Words cannot express how grateful we are for your contributions of time, talent and treasure.

The work The CFA has accomplished in the past has been superb. I invite you to join me as we continue with renewed effort the fight against HIV/AIDS. This is a great time for The CFA and I look forward to the road ahead in this next chapter.

Until there's a cure,

Bryan Hlavinka
Board Chair

The Mission of The Center for AIDS

The Center for AIDS Information & Advocacy empowers people living with HIV to make informed decisions about their healthcare by providing the latest research and treatment information and by advocating for accessible, affordable, and effective treatment options until there's a cure.

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Goodbye & Best Wishes, Sara!

After 13 years of dedicated service to The CFA, we bid farewell to Sara Haynes at the end of the year. Sara's hard work, virtually since our inception, made a significant impact in so many lives...past, present and future. We wish Sara the very best of luck in her new endeavors!

**PHOTO OF CFA STAFF:
PAUL SIMMONS, GAYLE ALSTOT, SARA HAYNES, AND DANIELLE HOUSTON**

Information, Advocacy, Hope

Building for the Future

by Paul Simmons, RN, ACRN
Executive Director



The CFA exists to put itself out of business. We imagine a world free of HIV/AIDS, and we work to bring it about.

A lot of infrastructure, real and virtual, makes this work possible. And like the roads, highways and other transportation infrastructure that supports American commerce, our infrastructure requires care and attention.

For example, in 2009, we finally bought the building that The CFA has occupied for more than a decade. We now have a mortgage that's roughly \$1,100 a month less than we were paying in rent. We're saving the difference to make improvements to the property, to guarantee that The Center provides a safe and comfortable environment to its visitors.

This year, we plan to make other investments in our virtual infrastructure. Information is our product, and we want to overhaul our information technology systems. Our goals are to save money, improve stability, gain efficiency and enhance service.

We've also scheduled a major redesign of our web site. We want The CFA's web site to highlight our world-class publications, to integrate social media, and to serve as platform for communicating with our volunteers, donors and clients.

With these changes, as with everything we do, we endeavor to be good stewards of the resources that have been entrusted to us. And we remain committed as always to providing a level of service and quality that's unsurpassed and that makes all The Center's constituents proud to be associated with us.

One day this epidemic will end. In everything we plan, we never forget that. In the meantime, we're deeply grateful for your support, which we regard as a trust. And in all that we do, we aspire to earn it.

YES Prep Students Create Posters for World AIDS Day



On November 18, 2009, 6th grade students from YES Prep South visited The CFA to learn about HIV/AIDS. During the visit the students created beautiful posters showing their support for those living with HIV, which were displayed in the center.

This project was in commemoration of the 22nd World AIDS Day celebration, held annually on December 1st. The 2009 theme was "Universal Access and Human Rights".

AIDS Walk Houston 2010



Mother Nature did not disappoint on Sunday, March 14, 2010, as thousands of Houstonians took to the streets under beautiful blue skies for AIDS Walk Houston

2010. The annual 5K event benefits Houston-area HIV/AIDS service organizations and The CFA is historically one of the largest beneficiaries. Final totals are still pending, but with gross donations of over \$56,000 to date, it looks like The CFA will win back our crown this year.



Special thanks to team captains Andrea Pro and Nick Espinosa, who recruited over 60 walkers for Team CFA. Team Susman Godfrey, LLP, led by captain Karon Allen, also raised funds for The CFA. Team t-shirts and a delicious post-walk barbeque lunch were generously underwritten by Sterling-McCall Lexus. Thank you to all our walkers and supporters!



Thank you to our AIDS Walk team sponsor, Sterling-McCall Lexus.

PHOTOS COURTESY OF HON SHAU LIN OF SLYWORKS PHOTOGRAPHY AND CORVIN ALSTOT

2009 Hope and Remembrance

For a full list of 2009 Honor Roll Donors, please see pages 6 & 7

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Jacki O'Donnell
- Michael Peranteau
Jan Peranteau
- Father John Robbins, C.S.B.
Mary Ann Layden

Spotlight on nPEP: 10 Things You Need To Know

By Danielle Houston, MSPH
Education Manager

What is “post-exposure prophylaxis” (PEP)?

PEP is a potentially powerful HIV prevention tool. To simplify the terms: “Prophylaxis” is a medical intervention designed to prevent disease. So “post-exposure prophylaxis” (PEP) for HIV is a medical intervention designed to prevent HIV infection after a person is exposed.

How is PEP taken?

Prophylaxis for HIV is only available with a prescription. PEP must begin within 72 hours of a high-risk HIV exposure. The sooner PEP is administered after exposure, the more likely it is to interrupt an infection. PEP medications are taken for 28 days. Missing doses or not completing a 28-day supply could mean someone becomes HIV positive.

The CDC recommends both PEP and nPEP.

PEP has been standard practice since 1996 for healthcare workers exposed to HIV. Usually the exposure is from an accidental “needle stick.” In 2005, the Centers for Disease Control concluded that prophylaxis should also be available after HIV exposures that are not work-related (non-occupational). The term for non-occupational post-exposure prophylaxis is “nPEP.”

Who should receive nPEP?

Only people confirmed to be HIV negative should receive nPEP. There are only three HIV-infectious fluids: blood, sexual fluids, and breast milk. nPEP is strongly recommended for anyone who experiences a high-risk exposure to at least one of these fluids. High-risk exposures include unprotected sex and injection drug use. It is also standard medical practice to nPEP infants born to HIV positive mothers.

Is nPEP a “morning after” pill?

No! nPEP involves taking medication, usually twice a day, for 28 days. nPEP patients should expect laboratory tests and follow-up visits for up to 6 months post-exposure. nPEP is not a substitute for safer sex or for avoiding high risk behaviors.

What are the nPEP medications?

nPEP uses the same medications prescribed for someone with HIV. The technical term for anti-HIV medication is “anti-retroviral” or ARV. Currently, there is no evidence that a specific anti-retroviral medication or combination is optimal for nPEP. It is, however, recommended that a two to three-drug combination “cocktail” be prescribed.

Do the nPEP medications have any side effects?

The new classes of anti-HIV medications are generally safe and well tolerated. The most common side effects are upset stomach, dizziness, and headache. Regardless of the regimen chosen, all patients should be counseled about the potential side effects along with the risks and benefits of nPEP.



What is the proof that nPEP works?

Occupational PEP has been demonstrated to reduce the odds of acquiring HIV after a needle stick injury from an HIV-positive patient by 81%. In New York, even one-drug therapies administered to either mother or child within 72 hours of birth reduced perinatal transmission by greater than 50%. In an nPEP feasibility trial conducted in San Francisco, 401 persons with eligible high-risk exposures were enrolled. Not one person became infected with HIV.

How is The Center for AIDS involved in nPEP?

In 2010, The Center for AIDS and The University of Texas Medical School, with the generous donations of Houstonians, will open the nation’s second ever public nPEP clinic. The CFA Executive Director, Paul Simmons, said, “The creation of a nPEP clinic is the very sort of thing The CFA exists to do. We take what we know as a think tank for HIV, and translate it into projects that save lives and money. And your support makes it possible.”

The Bottom Line

The most effective means of preventing HIV infection is preventing exposure.

nPEP is a 28-day program of anti-HIV medications that must be initiated with 72 hours of a high-risk exposure.

nPEP is not guaranteed to be 100% effective; but for many, this may prove to be their best chance at remaining HIV negative.

FOR MORE INFORMATION

**Call The Center for AIDS Information & Advocacy
713.527.8219**

2009 Honor Roll

The Center for AIDS wishes to thank the following contributors for generous support in 2009.

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Did we miss your name?

Limited space prevents us from acknowledging in this newsletter the many generous individuals and in-kind contributions whose gifts of less than \$250 are so important to the work of The Center for AIDS.

If you made a gift of \$250 or more to The Center for AIDS in 2009 and your name does not appear, is misspelled, or does not reflect your preference, please contact Donna Moore, Manager of Development and Communications, at 713-527-2819 or donna@centerforaids.org.

2009 Holiday Schmooze News

Despite the chilly weather, a record crowd came to Schmooze on December 9, 2009, at the cozy home of Nancy McGregor Manne and Neal Manne, who co-chaired the event with Sara Dodd-Spickelmier and Keith Spickelmier. Guests enjoyed delightful hors d'oeuvres and cocktails, compliments of major underwriter Jackson and Company.

Good friends and generous supporters of The CFA in attendance included Julie Eberly, Jackson Hicks and Milton Townsend, Randy Powers and Bill Caudill, Nora and Bob Ackerley, Joe Shaffer, 2009 CFA board chair Steve Loden, 2010 CFA board chair Bryan Hlavinka, Becca Cason Thrash, Beth Sanders Moore with friend and designer Bill Hamilton, Planned Parenthood CEO Peter Durkin, Anne Farish with her children Stephen Farish and Martha Farish Oti, and Kathryn and Jim Ketelsen.

With 200+ guests in attendance, over \$210,000 was raised for the CFA. A heart-felt thank you to all who participated in some way to make the night a tremendous success!

Mark your calendar for December 8, 2010 and stay tuned. Phoebe and Bobby Tudor chair this year's Schmooze and it is sure to be an event you do not want to miss.



TOP: BECKY CASON THRASH, BILL HAMILTON, BETH SANDERS MOORE/
(TOP)/ALLEN MCREYNOLDS, P. JOE SHAFER (BELOW)/KEITH AND SARA DODD-SPICKELMIER, PHOEBE & BOBBY TUDOR
CENTER: NEAL MANNE AND NANCY MACGREGOR MANNE (TOP)/ALLEN MCREYNOLDS, P. JOE SHAFER (BELOW)/KEITH AND SARA DODD-SPICKELMIER, PHOEBE & BOBBY TUDOR
BOTTOM: MARTHA FARISH OTI, STEPHEN FARISH, ANN FARISH/NEAL LEBOEUF, J.C. PEREZ, STEVE LODEN