



# ***RISING TIMES***

*Linking HIV+ women to information and each other* Fall 2007

## ***Living Well***

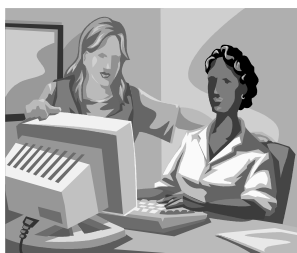
### ***Been Down .... But, Rising Up Now: A Spiritual Journey***

*by Lisa*

My name is Lisa and I have been a member of the Women Rising Project since 2004. Through the Project, I have been blessed with friendship and support from Sylvia and Demetra, and I treasure them both. Also, I have learned so much through the Project's education programs. I am a 2005 graduate of Rising Star University. So when this chance came to tell a little about my life's journey, I decided to do it. I welcome any opportunity to tell about what has been for me mostly a spiritual journey. Maybe on some level you can relate.

My life was one of troubled roads and pitfalls for more years than I choose to count. Drug use and the lifestyle that comes with it not only led me to jail 27 times including three prison terms, but cost me the relationships of my children and family for far too long. I was not one of those people that could find my way clear of trouble, nor could I seem to find a positive direction in my life. Along the way I was diagnosed with HIV. In spite of all that, I have been Spirit filled for the past seven years. In fact, I can tell you that August 6, 2000 was the exact date of my spiritual awakening. If you ask, I will say "on that day I was "saved, delivered and set free". Don't get me wrong it hasn't all been easy. For a number of years, I received HIV services through the C.A.R.E. Program that helped me get on track to a stable life. Today, I am proud to say that I can make it without public assistance, creating a space for someone else who needs help. With the support of my beloved husband, who is also my best friend, my life has been a journey I wouldn't trade for anything. We are both licensed Ministers, and we now go back into the very jails and prisons, which at one time held both of us captive. Just recently I was approved and accepted as a Chaplaincy Volunteer at the county jail in Del Valle.

Now I know that once I was sick in spirit but now I'm healed, blind but now I see. I believe that I have been given unlimited possibilities and I assure you that I have the drive and the desire to go just as high as God will take me. **The Sky is the Limit!!!**



***Education Opportunity: Women Rising Project will host a training on how to complete an application for scholarships to attend conferences. This training will be presented by Demetra Tension and Christine Harris. Check your mailbox for the flyer or call 406-6150 for information.***

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# "Commemorating National Latino AIDS Awareness Day -- October 15"

## Patricia Perez—Nobel Prize Nominee 2007

HIV-Positive Women Activists in Latin America Stand Tall, *By Diego Cevallos*

Patricia Pérez, an activist from Argentina who was diagnosed HIV-positive in 1986, has been nominated for the 2007 Nobel Peace Prize for her activism on behalf of women living with the AIDS virus. But her case is an exception to the rule.

Most Latin American women who contract HIV hide their status for fear of rejection, or experience veiled or open discrimination. And the number of HIV-positive women is rising sharply.

According to the United Nations Population Fund (UNFPA), three years ago there were seven or eight men with HIV/AIDS in Latin America for every woman with the virus. But today the ratio is three to one.

Pérez, the regional representative of the non-governmental International Community of Women Living with HIV/AIDS in Latin America (ICW Latina), has raised her voice, like other activists, to warn about the increasing feminization of the AIDS pandemic.

**But above all these women advocate the right of women living with HIV/AIDS to speak out freely and without fear.**

"I never thought that 20 years after being diagnosed with HIV, I would be nominated for the Nobel Peace Prize. But this is a recognition of the work of all of us," said Pérez in Mexico, before a mainly female audience who applauded enthusiastically.

Pérez, who is on familiar terms with government authorities and United Nations officials, is taking part in a meeting of 25 leaders and HIV-positive women activists from several countries being held in Mexico.

The participants are discussing possible strategies for the 17th International AIDS Conference, which will be held in Mexico in August 2008.

Some 25,000 researchers, health workers, members of civil society, authorities and HIV-positive people are expected to attend the 17th International AIDS Conference next year. The conference is held every two years. The last was hosted by Canada, in August 2006.



## Flu Vaccine

**National Flu Vaccination Week is 11/27 thru 12/3.** People with HIV and AIDS are at a greater risk of serious complications from flu, including hospitalization and even death. So, the Centers for Disease Control and Prevention (CDC) recommends that HIV+ people get a flu vaccination each year. The vaccine supply is ample this year, but even in times of shortage, people with HIV/AIDS are among the priority groups for getting their shots. **People with chronic underlying medical conditions, including HIV and AIDS should receive inactivated influenza vaccine ("the flu shot").**



## What is Influenza (Also Called Flu)?

The **flu is a contagious respiratory illness** caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a **flu vaccination** each year. Every year in the United States, on average:

- 5% to 20% of the population gets the flu;
- more than 200,000 people are hospitalized from flu complications, and;
- about 36,000 people die from flu.
- Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

## How Flu Spreads

Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 days **after** becoming sick. **That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.**

## Symptoms Include:

fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches, Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults

## ADVOCATES CORNER

### International AIDS Conference

AIDS 2008 will provide many opportunities for the presentation of important new scientific research and for productive, structured dialogue on the major challenges facing the global response to AIDS. Conference organizers are developing a wide variety of session types that meet the needs of various participants and support collective efforts to expand delivery of HIV prevention and treatment to communities worldwide. Central to many of these sessions will be the transfer of knowledge and sharing of best practices.

In addition to the conference sessions there are a number of activities, including satellite meetings, exhibitions, the Global Village and the Cultural Programme, that are integral to delegates' experience at the conference.

### Conference Objectives

AIDS 2008 will:

- Provide a forum in which key scientific and practice-based research, best practice, lessons learned and gaps in knowledge are addressed
- Present strong evidence to influence leaders, including key policy makers and donors, to increase their commitment to HIV and AIDS prevention, care and treatment, undertake responsible action and be more accountable.
- Increase understanding of the contribution made by the HIV global response to broader social, economic and health issues.
- Maximize opportunities for the participation in conference and programme planning of those engaged in evidence-based responses – scientists, PLWHA, members of marginalized communities especially those most vulnerable to HIV, including women, girls, and young people.
- Promote strategies that will reduce stigmatization and discrimination of PLWHAs and those working professionally across the response to HIV and AIDS.
- Reach a wider audience through the webcasting of conference proceedings to regional sub-conferences/meetings and through the availability of conference sessions online.
- Improve public awareness of the continued impact of and global response to HIV and AIDS through enhanced media coverage.

For more detailed information about the International AIDS Conference visit: [www.aids2008.org](http://www.aids2008.org)



**“The greatest treasures are those invisible to the eye but found by the heart” - Anonymous**

### FDA Approval of Isentress (Raltegravir)

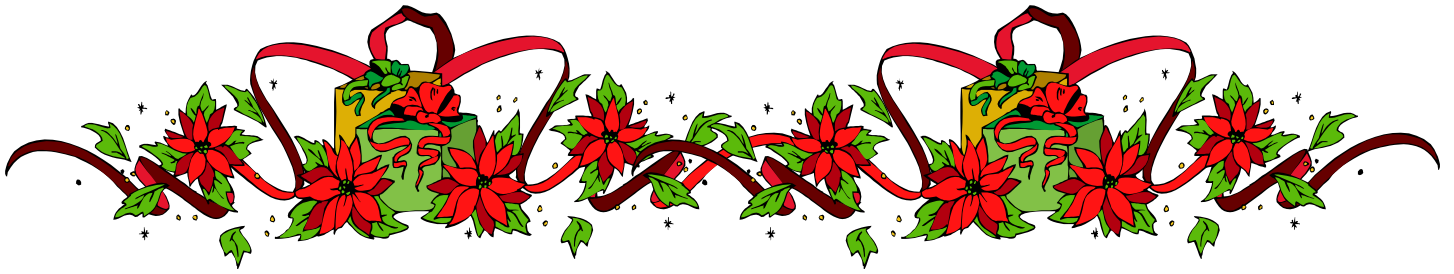


**Description:** On October 12, 2007, the Food and Drug Administration (FDA) granted accelerated approval for raltegravir tablets (400 mg) for treatment of Human Immunodeficiency Virus (HIV)-1 infection in combination with other antiretroviral agents. Raltegravir, sold under the trade name **Isentress**, is the first agent of the pharmacological class of antiretroviral agents known as HIV integrase strand transfer inhibitors, commonly referred to as integrase inhibitors. They are designed to slow the advancement of HIV-1 infection by blocking the HIV integrase enzyme that the virus needs in order to multiply.

**Uses:** When used with other anti-HIV medicines, raltegravir may reduce the amount of HIV in the blood and may increase white blood cells, called CD4+ (T) cells, that help fight other infections.

**Important Safety Information:** The most common adverse events reported with raltegravir were diarrhea, nausea, and headache. Blood tests showed abnormal elevated levels of a muscle enzyme in some patients receiving raltegravir. Caution is advised when using raltegravir in patients at increased risk for certain types of muscle problems, such as patients taking other medications that can cause muscle problems. Raltegravir has not been studied in pregnant women. Women who are taking HIV medications when they get pregnant are advised to ask their physician about registering with the Antiretroviral Pregnancy Registry [www.apregistry.com](http://www.apregistry.com). As with other treatments for HIV, patients taking raltegravir may still develop infections, including opportunistic infections or other conditions that may develop in patients living with HIV-1 infection, and can still pass the virus on to others through sexual contact, sharing needles, or being exposed to blood. The long-term effects of raltegravir are not known at this time, and its safety and effectiveness in children less than 16 years of age has not been studied.

Raltegravir is distributed by New Jersey-based Merck & Co., Inc.



## 10 Tips for Surviving the Holidays

1. **Plan Ahead!!!!**
2. **Take time out** when you are feeling stressed
3. **Choose to Eat Healthfully Ahead of Time**
4. **Take control** of your thoughts, feelings and actions.
5. **Exercise** a little longer and a little harder through the holidays.
6. **Practice** assertiveness skills.
7. **Stop** eating when you are physically full.
8. **Manage** your emotions.
9. **Practice** relaxation activities.
10. **Get back** to your lifestyle of **balance** after the holidays are over.

## Save the Date!!!!!!

**Women Rising Project Holiday Social**  
**Saturday December 8th 11:00—2:30**  
**Watch for your invitation coming soon!!**

### Light Chewy Chocolate Cherry Cookies

#### Ingredients

-1 cup all-purpose flour	-1/3 cup unsweetened cocoa
-1/2 teaspoon baking powder	-1/4 teaspoon baking soda
-1/4 teaspoon salt	-1 cup sugar
-1/3 cup butter, softened	-1 large egg
-2/3 cup dried tart cherries	-Cooking Spray
-1 teaspoon vanilla	-3/4
cup semisweet chocolate	
extract	
chips	



#### Preparation

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, cocoa, baking powder, baking soda, and salt, stirring with a whisk. Place sugar and butter in a large bowl; beat with a mixer at high speed until well blended. Add vanilla and egg; beat well. With mixer on low speed, gradually add flour mixture. Beat just until combined. Fold in cherries and chocolate chips.

Drop by tablespoonfuls 2 inches apart onto baking sheets coated with cooking spray. Bake at 350° for 12 minutes or just until set. Remove from oven; cool on pans 5 minutes. Remove from pans; cool completely on wire racks.

