

SMOKING AND HIV—NOT A PRETTY PICTURE

People living with HIV who adhere to antiretroviral therapy but smoke cigarettes are around 10 times more likely to die from lung cancer than from HIV itself, according to a study led by researchers at Massachusetts General Hospital (MGH). The report, which is being published in JAMA Internal Medicine, suggests that lung cancer prevention through smoking cessation should be a priority in the care of people living with HIV.

“Lung cancer is now one of the leading killers of people with HIV, but most of these deaths can be prevented,” Rochelle



Walensky, MD, MPH, chief of the MGH Division of Infectious Disease and a senior author of a recent study, said in a press release .

More 25% of those living with HIV in the United States are hooked on cigarettes and have a more than 10 times greater chance of dying of lung cancer compared with dying of AIDS-related complications.

The researchers found that nearly 25 percent of people who adhere well to anti-HIV medications but continue to smoke will die from lung cancer. Among smokers who quit at age 40, only about 6 percent will die of lung cancer. The authors also found that people with HIV who take antiviral medicines but who also smoke are from 6 to 13 times more likely to die from lung cancer than from HIV/AIDS, depending on the intensity of smoking and their sex.

“Quitting smoking is one of the most important things that people with HIV can do to improve their health and live longer, Travis Baggett, MD, MPH, of the MGH Division of General Internal Medicine and coauthor of the study, said in the same press release. “Quitting will not only reduce their risk of lung cancer but also decrease their risk of many other diseases, such as heart attack, stroke and emphysema.”

To read a press release go to <http://bit.do/hiv-smoke>.

Need help quitting/ Download the QuitGuide Mobil App (APP Store and Google play) go to “How To Quit” and stick with it. You CAN do it.

POZABILITIES AIDS WALK TEAM WINS AGAIN!

THANK YOU POZABILITIES AIDS WALK TEAM AND ALL THOSE WHO MADE DONATIONS! This year the 16-person team raised \$17,387, placed third in the overall team ratings and, for the second year in a row, took first place in the HIV Service Organization category. A phenomenal feat for such a small team. AIDS Walk is an important fundraising event for all AIDS Service Organizations in San Diego and especially for POZabilities. The money raised from the AIDS Walk Grant will be used to support our education and social support programs.

IT IS NOT TOO LATE TO DONATE. Donations made through October 9th to any member of the POZabilities Team will be included in our grant. To make a grant enhancing donation, go to www.bit.do/pozaidswalk and select a walker from the list.



2017 POZabilities Team

Use your phone app to scan the QR code at right to go directly to the team website, or use this address, www.bit.do/pozaidswalk, to donate.



POZCOFFEE



Wednesday and Saturday Mornings
10:00 am
Lestat's Coffee, 1041 University Ave.
\$2.00 suggested donation appreciated.

Jump-start your day with other HIV+ people and stay informed about local happenings and HIV news. Find out how other HIV+ people are handling their lives.

Info: call POZabilities at 619-241-8538.

BUILDING ON A POSITIVE LIFE



Thursday Evenings, 6:00 - 8:00 pm
Mercy Gardens, 540 Lewis St.

An ongoing Educational/Social support group for HIV+ men who have sex with men. Learn to be Positive about being HIV+. Be empowered, share and grow with other men who can relate to your journey. Frank Jones, 619-288-4439 or GatorBearCA@gmail.com. Sponsored by Hillcrest Pharmacy.

HIV+ SENIORS DISCUSSION GROUP



Every 2nd Thursday, 12:00 to 1:00 pm
LGBT Center Library, 3909 Center St.

If you are 50 years or better and living with HIV, then this discussion group is just for you! Discuss the topics that interest you most. Discover how to feel your best. Socialize with others who can relate. Join us for this lively discussion group to connect, to learn, and to have fun. For more information, contact LaRue Fields at seniors@thecentersd.org or 619.692.2077 x205.

POZATIVE GUIDED MEDITATION



Friday Evenings, 7:00 pm
LGBT Center
3909 Centre St., Room 201

Take a break, you deserve it. Rob Rodriguez leads guided meditation sessions to help you relieve the stress and anxiety that often accompany HIV. Drop in, no RSVP necessary. For more information call Rob at 818-720-2709.

POZ MEN'S MOVIE NIGHT AND POTLUCK



Tuesday, October 10th, 6:00 pm
Greg's House
4162 Genessee Ave.
RSVP by October 7th to 619-241-8538
Your \$2.00 suggested donation is appreciated.

Bring a dish to share and then sit with poz friends to watch "COMA" — A feisty, feminist intern uncovers a medical conspiracy in this icy thriller about mysterious goings-on at

Boston Memorial Hospital. Starring: Michael Douglas, Rip Torn, Geneviève Bujold. **No pets please.**

HALLOWEENIE BONFIRE & POTLUCK



Tuesday, October 31st
6:30 pm Bonfire, 6:45 pm Eats
Vacation Island. Directions below.
RSVP by October 28th
\$2.00 suggested donation appreciated.

We'll provide the, weenies, the fixin's, and the creepy crawlers. Bring a POZ friend, a spooky or scary side dish to share, a camp chair and/or blanket, some clean wood for the fire (no nails, screws, paint or laminates please). **DIRECTIONS:** Take 1-8 West to West Mission Bay Dr. exit, turn right onto West Mission Bay Dr. and merge into left lane. West Mission Bay Drive becomes Ingraham. Turn left on Vacation Rd, then take the first immediate right turn and follow to parking lot.

POZABILITIES URBAN ADVENTURE: MARSTON HOUSE



Sunday, October 15th
2:00 pm - 3:30 pm
3525 7th Ave., San Diego
1:45 pm - meet at Marston House
2:00 pm - tour starts promptly
COST: \$15

Tickets must be purchased before October 7th.

RSVP by October 6th to 619-241-8538 or poz@pozabilities.org

Take a walk on the architectural side with a 90-minute guided tour of the 1905 Marston House Museum inside and out. The San Diego firm of Hebbard & Gill designed the inviting English Arts & Crafts mansion with fluid indoor-outdoor connections. Irving Gill, who soon became San Diego's pioneering Modernist, created many of its design features and innovative conveniences. This 8500 sq. ft. home is surrounded by five acres of rolling lawns, manicured formal gardens, and rustic canyon gardens.

UNDETECTABLE

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UNINFECTIOUS

U=U

Get Tested.

Stay Undetectable.

Stay Uninfected.

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