Hey, sunshine! We want to feature you. Yes, you!

In 2013, Emory University became a site for WIHS. In 2019, nationally, MACS was combined with WIHS to make up the now MACS/WIHS Combined Cohort Study (MWCCS). Historically, our participants are extremely important to us and our mission. We would love to share how important MWCCS is to you or your inspiration for joining. If you are interested in being featured in the next newsletter, please email us at macswihsccs@emory.edu.
Yale University Researchers Propose Rise in HIV Cases in the U.S. Following Texas Judge's Verdict

Texas Judge Reed O'Connor releases his final decision in the case of Braidwood Management Inc. v. Becerra, a case that pushes back on the Affordable Care Act (ACA). ACA ended patients' requirement to pay in part for preventive services recommended by the United States Preventive Services Task Force (USPSTF). Judge O'Connor ruled that the coverage of Pre-exposure Prophylaxis (PrEP) violates private insurance companies' religious freedoms.

The USPSTF are a panel of volunteer medical professional who were arranged under the Public Health Service Act to improve the overall quality, effectiveness and access to healthcare services, assigning a grade rating for preventive services. Examples of preventive services suggested by USPSTF and enforced under ACA include making screening for Hepatitis B and C accessible and offering PrEP, a medication for HIV prevention, at no cost to the patient.

According to Yale University researchers, denying persons access to PrEP without shared costs will decrease access to the medication which can lead to an increase in HIV cases.

Other states have not adopted this approach to preventive medicine, vaccination and/or treatment, but it has led to concerns.

Source: bit.ly/yalepredictshivcases

CHEF'S CORNER
Summer Edition

Apple Nachos
1/3 cup dried unsweetened raisins or cranberries
1/4 cup sliced unsalted almonds
2 tbsp unsalted shelled sunflower seeds
3 medium green or red apples, slice thinly
1-2 tsp fresh lemon juice
2 tbsp of water
1/4 cup smooth low-sodium peanut butter
1 tablespoon honey

In a small bowl, stir together the cranberries, almonds, and sunflower seeds. Layer half the apples on a large plate or platter. Sprinkle the lemon juice over the apples to keep them from browning.

In a small microwaveable bowl, microwave the water on high for 2 minutes or until boiling (or boil on stovetop). Add the peanut butter and honey, stirring until smooth. Using a spoon, drizzle half the peanut butter mixture over the apple slices. Sprinkle with half the cranberry mixture. Layer the remaining apples over the cranberry mixture. Drizzle the remaining peanut butter mixture over all. Sprinkle the remaining cranberry mixture over all.

Summer Limeade
2 tsp lime zest
1/3 cup fresh lime juice
1 1/4 tsp sugar substitute (e.g., honey)
5 cups of cold water slices of lime

Mix in a large pitcher and serve over ice with lime slices. For extra flavor, add other fruits!

Recipes courtesy of American Heart Association. Find more on heart.org!
ANIZ
Headquarters and Holistic Harm Reduction Integrated Care Clinic
236 Forsyth Street, Suite 300
Atlanta, GA 30303
www.aniz.org
(404) 521-2410

ATLANTA HOUSING AUTHORITY
Government agency providing tenant-based vouchers, project-based rental assistance, supportive housing arrangements, homeownership opportunities, human development, and workforce development
230 John Wesley Dobbs Ave.
Atlanta, GA 30303
www.atlantahousing.org
(404) 892-4700

ATLANTA MISSION
Connects people with shelter, meals and various services (recovery programs, counseling, child care, job training and more) for men, women and children
atlantamission.org
(404) 588-4000

CLAYTON STATE UNIVERSITY - SCHOOL OF DENTAL HYGIENE
Dental school and office that promotes oral health and wellness, education patients regarding oral hygiene and providing preventive oral care.
Edgewater Hall, Room D-103
2000 Clayton State Blvd.
Morrow, GA 30260
(678) 466-4920, Ext. 4

DESTINATION TOMORROW SOUTH
LGBTQ+ center that provides much needed resources and services including healthcare, career readiness, and financial education.
1419 Mayson Street NE
Atlanta, GA 30324
(6780 732-3767

MIDTOWN ASSISTANCE CENTER ASSISTANCE LINE
Emergency assistance (e.g., assistance with rent, utilities, food, pantry, required clothing items, MARTA transit passes for work, ID vouchers, and referrals) to low-income working Atlantans to prevent homelessness and hunger during periods of crisis
613 Spring Street NW
Atlanta, GA 30308
(404) 681-5777

GRADY FRESH FOOD CART AT THE PONCE DE LEON CLINIC
Every 3rd Wednesday of the month in the parking lot of the Grady Ponce de Leon Center, patients of the clinic are welcome to attend the Fresh Food Cart event which is an opportunity for patients to access healthy foods. The Grady Fresh Food Cart at the Ponce Center, supported by the Atlanta Community Food Bank and Open Hand Atlanta, is hosted 9:00AM to 2:00PM.

WORKSOURCE ATLANTA
WorkSource Atlanta, formerly known as the Atlanta Workforce Development Agency, is an organization that offers services to prepare you for your next job opportunity as well as support services such as childcare assistance and professional clothing needed for interviews.
818 Pollard Blvd., SW
Atlanta, GA 30315
worksourceatlanta.org
404-546-3000
MWCCS participants contribute to science that positively changes the quality of life for persons living with HIV.

ADVANCE CARE PLANNING AMONG SEXUAL MINORITY MEN: SOCIODEMOGRAPHIC, HEALTH CARE, AND HEALTH STATUS PREDICTORS

Advance care planning (ACP) is the planning of care in the event of a medical emergency. It helps make sure that a person’s wishes are respected if they can’t speak for themselves. ACP can be formal (legal document(s) that describes healthcare wants and/or names a person chosen to make those decisions if one is unable) or informal (conversations with important people about healthcare-related wants). Researchers studied the ACP habits of sexual minority MACS men (men identifying as gay, bisexual or men who have sex with men). They surveyed 1,071 participants, half living with HIV. Half of all men had informal ACP and over one-third of men had formal ACP. There were differences in ACP habits among men with different ethnic identities, income, education, health status, and relationship status.

Men who are not in a legal relationship (married or domestic partnership) were less likely to have formal or informal ACP than men who are in legal relationships. Also, men younger than 65 years of age, men who identify as a person of a racial minority or men who do not have a primary care physician were less likely to have formal ACP. Men with higher annual income and/or had completed some graduate school education were more likely to have formal ACP than men with lower annual income and/or had a high school diploma or less. Men who experienced cardiovascular (heart) issues were more likely to have informal ACP.

Researchers concluded that we need more education and conversations about formal and informal ACP among sexual minority men.

To learn more, visit bit.ly/mwccssummer3

**Formal ACP** is a legal document describing someone’s medical decisions or chooses a person to make those decisions if that person unable.

**Informal ACP** is a conversation a person has with important people to share their desired medical decisions.

1,071 MACS participants completed surveys about their ACP.

- Half of the men engaged in informal advance care planning.
- A little more than 1 in 3 of the men engaged in formal advance care planning.
- About 1 in 4 of the men did not engage in formal or informal care planning.
Antiretroviral therapy (ART) is crucial to a longer life and better quality of life for people living with HIV. The goal of ART is to lower the amount of HIV in the blood to undetectable levels.

However, it can be hard to take ART as prescribed all the time. Some people on ART have periods of time with detectable HIV. Researchers wanted to know if these periods of detectable HIV took a toll on a person’s overall health. They studied 806 Women’s Interagency HIV Study (WIHS) participants who were on ART to see if women with periods of detectable HIV were more likely to develop aging-related health conditions. Researchers found that women who had more time with detectable HIV were more likely to have hypertension (high blood pressure), cardiovascular disease (heart disease), chronic kidney disease (damaged kidneys), diabetes (high blood sugar), and dyslipidemia (high cholesterol and fats in the blood) than women with less time with detectable HIV. Women with a higher total amount of detectable HIV had more health conditions than women with a lower total amount of detectable HIV. This study showed that having an undetectable HIV viral load can lower the risk of developing other health conditions. To learn more, visit bit.ly/mwccssummer2

Multimorbidity is the presence of two or more health conditions such as:

- Heart Disease
- Kidney Disease
- High Blood Pressure
- Diabetes

More time with detectable HIV can lead to multimorbidities.

Important Dates

21 JULY
Zero HIV Stigma Day

06 AUGUST
Atlanta MWCCS Summer BBQ

20 AUGUST
Southern HIV/AIDS Awareness Day
### THE SCOOP ON UPCOMING VISITS

#### ANNUAL/BASELINE VISIT
3.5 - 4 hours

- Consent or reconsent into study, as needed
- Blood draw (up to 15 tablespoons of blood)
- Physical Exam
- GYN Exam (women only)
- Interviews - In Person or Computer Assisted
- Frailty Assessment (if you are 40 years old or older)
- Neuropathy Assessment
- Dental Exam with Photograph
- Brainbaseline Assessment of Cognition and Everyday Function (BRACE - completed on iPad)
- Address Confirmation / Locator Update (for study purposes and ClinCard)
- Pulmonary Function Test (PFT) (Lung Health - requires additional time and offered if not completed at short visit)
- Computerized Adaptive Test for Mental Health (CAT-MH) (test for mood disorders and behavioral health - completed on iPad)

**Locator forms are completed at annual and short visits.**

You will schedule your short visit and possibly CIDI interview at annual visit.

#### SHORT VISIT
2.5 - 4 hours

- Consent or reconsent into study, as needed
- PFT (Lung Health)
- BRACE+ (completed on iPad)
- Blood draw (only if you do a PFT and/or BRACE+)
- Interview - In Person or Computer Assisted
- Fibroscan of Your Liver (Liver Health) (as needed)

Your short visit will be 4 - 8 months after your annual visit.

#### COMPOSITE INTERNATIONAL DIAGNOSTIC INTERVIEW (CIDI)
1.5 – 3 hours

Some MACS/WIHS CCS participants will be asked to complete a CIDI interview in 2023 based on length of time in study. The CIDI interview is a one-time, in-depth mental health evaluation completed separate from annual and short visits.

No blood draws or physical exams are needed.

**CIDI interviews will be scheduled sometime between your annual visit and short visit.**