

Positively Palm Beach



Treasure Coast Health Council, Inc., 4152 West Blue Heron Blvd., Suite 228, Riviera Beach, Florida, 33404

Pets and Our Health – Why They Are So Good for Us

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By Kristin Jenkins
Canadian Health Network
July 1, 2004

A cuddly cat, a loving dog: Some people are so attached to their pets you'd think they were part of the family. Well, as any pet owner will tell you, they are! But unlike relationships with human family members, which can sometimes be difficult and a source of stress, owning a pet can significantly improve overall health and reduce risk of disease. "The benefits of pet ownership are real -- physically, mentally and psychosocially," confirms Dr. Daniel Joffe, a Calgary veterinarian who specializes in companion animals.

Dr. Joffe points out that pet therapy or what is known in medical circles as "Animal Assisted Therapy" (AAT), has been shown in dozens of studies to reduce loneliness and improve health in many different kinds of patients.

The benefits of pet therapy

Research into animal assisted therapy (AAT) has revealed that pets and patients are a health-boosting

combination. Dr. Joffe's review of the medical literature, including the *Journal of Gerontology Medical Sciences*, *Nursing Clinics of North America*, the *Journal of Experimental Social Psychology*, the *Journal of Preventive and Social Medicine*, *Holistic Nursing Practice*, and the *American Journal of Alzheimer's Disease & Other Dementias*, has revealed that pet therapy has the following benefits:

- It can increase social interaction among patients in a long-stay psychiatric population.
- In a nursing home or residential care center, even patients who are usually withdrawn like to pat, talk to and even walk a pet. This not only gets them out and about and talking to other people, it also provides opportunities for physical and recreational therapy.

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Green Tea For HIV?

March 29, 2007

By Tim Horn

A component of green tea blocks the ability of HIV to enter CD4 cells, according to the results of test tube studies reported by researchers at the University of Sheffield in the United Kingdom and Baylor College of Medicine in Houston. The encouraging research is published in a recent issue of the *Journal of Allergy and Clinical Immunology*.

Green tea is a nonoxidized, unfermented product of leaves from *Camellia sinensis*, an evergreen plant. It is made up of catechins, chiefly epigallocatechin gallate (EGCG), and has been credited with possessing health benefits, including cancer and cardiovascular disease prevention properties. Studies have also suggested that EGCG can prevent HIV from binding the CD4 cells, although the reason for this has remained a mystery.

Using the tools of computational and structural biology, the University of Sheffield and Baylor College of Medicine researchers modeled the structure of the EGCG molecule to find the

CAP LAUNCHES PEER NAVIGATION PROGRAM!

The Peer Advocate Leader (PAL) program is designed to help people living with HIV/AIDS navigate medical and social service systems on an introductory level. The Peer Advocate Leader (PAL) Program will actively recruit, train, and support people living with HIV/AIDS in Palm Beach County to assist others living with HIV/AIDS in identifying and accessing essential medical and social services. PALs will provide compassionate care and support to both newly diagnosed and other designated clients that need support in the HIV disease spectrum.

For more information about the PAL program, please contact Ronald M. Pearson, Peer Advocate Coordinator, at the Delray Beach CAP Office, located at 2222 West Atlantic Avenue, telephone # 561-274-6400 ext. 17 or by e-mail to rpearson@cappbc.org.



You're NOT alone

mechanism by which it prevents the HIV gp120 protein from binding to receptors on CD4 cells.

"We found that the EGCG molecule itself binds to the same exact binding pocket on the CD4 molecule at the site of the same amino acids to which gp120 binds," said Baylor's Christina Nance, MD, PhD. "When it binds there, the gp120 envelope protein, and thus HIV, can't."

According to Dr. Nance, the investigators were determined to show that physiological levels of EGCG – an amount achieved by drinking just two

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- Companion animals are good company for orthopedic patients who may not be very mobile as a result of a broken limb or a back problem, for instance.
- When patients with dementia are given AAT, they become less agitated and more interested in social interaction.
- In patients with HIV/AIDS, AAT can help prevent or combat loneliness and depression and increase feelings of happiness. AAT with a cat can complement supportive relationships with family and friends.

Is your pet volunteer material?

So maybe you're the proud owner of a cute kitten or pup. You think he or she would make a great pet therapy candidate, so you just look up the number of the nearest nursing home and head on over, right? Wrong!

First you need to enroll in a well-structured program such as St. John Ambulance Canada, which has Pet Therapy programs across Canada. Through the St. John Ambulance Canada Dog Therapy Program, more than 2,500 volunteers and their dogs are brought together with 30,000 people isolated from the community.

If your dog is of sound temperament, chances are he or she can become a therapy dog, especially if he or she demonstrates capabilities such as:

- Accepting a friendly stranger
- Sitting politely for petting
- Walking on a loose leash
- Walking through a crowd (including wheelchairs)

- Sitting on command/staying in place
- Reacting well to another dog or to distractions such as noise or a jogger

Here's to the Woman

By Stephanie Milliken

Here's to the woman
Who knows where she's going
And will keep on until she gets there;
Who knows not only what she wants from life,
But what she has to offer in return.

Here's to the woman
Who is loyal to her family and friends;
Who expects no more from others
Than she is willing to give;
Who is confident in her beliefs
And yet is willing to listen
To what other have to say.

Here's to the woman
Who guides and inspires
By living her own good example;
Who accepts both victories and disappointments
With the same grace;
And who can rise above life's challenges and move on.

Here's to the woman
Who gives the gift of her thoughtfulness;
Who shows her caring with a word of support;
Her understanding with a smile;
A woman who brings joy to others
Just by being herself!

"A well-run [pet] visitation program involves people to screen pets, validate their health certificates and monitor 'risk management' on an ongoing basis," points out Dr. Joffe, who is a member of the Pet Access League Society (PALS), a Calgary-based organization which also provides screening and training for animals to be used in pet therapy. When pets aren't screened or monitored, they can be a source of "zoonotic" or infectious disease passed

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Green Tea for HIV? continued from page 2

cups of green tea – caused inhibition of gp120 binding to CD4 cells. After all, artificially high concentrations of EGCG placed in test tubes to inhibit binding have no meaning for patients.

The test tube studies suggested that EGCG concentrations as low as 0.2 mmols/L – the amount of the molecule found in a cup or two of green tea – reduced HIV-CD4 cell binding by 40%.

Today, Dr. Nance and her colleagues are trying to develop a three-dimensional replica of the molecule for a definitive determination of EGCG binding and inhibition of HIV. From that, researchers may be able to model synthetic molecules that might be even better at inhibiting HIV binding, or additives that could make the EGCG activity more sustainable.

HIV TESTING DAY EVENTS JUNE 27th

The Palm Beach County Substance Abuse Coalition is coordinating efforts to make the National Testing Day on June 27, 2007 the most successful to date.

Closer to testing day the 22-25 test sites will be registered and can be viewed at www.HIVtest.org or by calling 211 and giving a zip code. For further information call the Palm Beach County Substance Abuse Coalition at 561-627-6603.

EGCG has already been studied in cancer, Dr. Nance said. Those studies have shown it to be safe and non-toxic. However, its effect on immunological cells is not yet determined. Her group is currently doing studies of those effects in the laboratory at Texas Children's Hospital.

Dr. Nance does not recommend that people drink large quantities of green tea with the expectation that it will prevent infection with HIV. These studies, she said, were designed to determine whether a drug derived from green tea would have that effect. A Phase I/II clinical trial of EGCG is being planned. ■

Source:Williamson MP, McCormick TG, Nance CL, Shearer WT, et al. **Epigallocatechin gallate, the main polyphenol in green tea, binds to the T-**

cell receptor, CD4: potential for HIV-1 therapy.
J Allergy Clin Immunol 118:1369-74, 2006.

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Silence is Death:**unleashed voices call for submissions**

We are currently seeking submissions (poems, short stories, essays, living with HIV, how you cope with HIV/AIDS) for an anthology of literary works of people living with HIV from Palm Beach County. We are seeking men, women and youth who want to share their stories. This is an opportunity for us as a community to start the dialogue about HIV/AIDS in an on-going and thought provoking manner.

HIV/AIDS is a devastating disease and we as Blacks are disproportionately impacted than any other race of people in Palm Beach County. This is a tool we plan to use to get people to talk, talk, talk about HIV/AIDS.

Please help us find people who want to tell others about living with HIV/AIDS and how it changed the way they live their lives. Please contact me and let me know you want to be a part of this important book. We want people to talk, share and empower others to be comfortable about sharing their HIV/AIDS status.

This book will published in the next few months and those that are interested in sharing their poems, short stories, essays, living with HIV and how they cope with HIV/AIDS on a daily basis please contact me.

Lorenzo C. Robertson
Regional Minority AIDS
Coordinator
C. L. Brumback Health Center
38754 State Road 80
Belle Glade, FL 33430
561-996-1600 Telephone
561-996-7532 Fax
561-722-8876 Cellular

May

Monday	Tuesday	Wednesday	Thursday	Friday
28 6:30 p.m. NA Meeting Compass 7:30 p.m. Quilting Bee Compass	29 3 pm-6 pm FREE HIV Testing Compass	30 6:30 p.m. HIV+ Support Group New Hope 1 st Community Church 500 Gulfstream Blvd. Ste 101 Delray Beach 561-721-0842	31 6:00 p.m. Circle of Hope HIV+ Women 629 5 th St, WPB 5pm-9pm FREE HIV Testing Compass 7:30 p.m. BrothasSpeakSupport Group Compass 8:00 p.m. Positive Living Support Group Compass	

June

Monday	Tuesday	Wednesday	Thursday	Friday
4 6:30 p.m. NA Meeting Compass 7:30 p.m. Quilting Bee Compass	5 10:30 a.m. Planning Committee* 3 pm-6 pm FREE HIV Testing Compass	6 6:30 p.m. HIV+ Support Group New Hope 1 st Community Church 500 Gulfstream Blvd. Ste 101 Delray Beach 561-721-0842	7 6:00 p.m. Circle of Hope HIV+ Women 629 5 th St, WPB 5pm-9pm FREE HIV Testing Compass 7:30 p.m. BrothasSpeakSupport Group Compass 8:00 p.m. Positive Living Support Group Compass	8
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18 6:30 p.m. NA Meeting Compass	19 3 pm-6 pm FREE HIV Testing Compass	20 6:30 p.m. HIV+ Support Group New Hope 1 st Community Church 500 Gulfstream Blvd. Ste 101 Delray Beach 561-721-0842	21 11:30 a.m. Client Education Series Compass 6:00 p.m. Circle of Hope HIV+ Women 629 5 th St, WPB 7:30 p.m. BrothasSpeakSupport Group Compass 8:00 p.m. Positive Living Support Group Compass 5pm-9pm FREE HIV Testing Compass	22
25 6:30 p.m. NA Meeting Compass 7:30 p.m. Quilting Bee Compass	26 3 pm-6 pm FREE HIV Testing Compass	27 6:30 p.m. HIV+ Support Group New Hope 1 st Community Church 500 Gulfstream Blvd. Ste 101 Delray Beach 561-721-0842 NATIONAL HIV TESTING DAY	28 6:00 p.m. Circle of Hope HIV+ Women 629 5 th St, WPB 7:30 p.m. BrothasSpeakSupport Group Compass 8:00 p.m. Positive Living Support Group Compass 5pm-9pm FREE HIV Testing Compass	29

*Treasure Coast Health Council, 4152 West Blue Heron Blvd. Ste 228, Riviera Beach. All meetings are subject to change. Please see www.carecouncil.org or call 844-4430 ext. 28.

HOTLINES

A.G. Holley State Hospital TB Hotline	1-800-482-4636
CDC Info Hotline	1-800-342-2437
Crisis Line (Center Line).....	211
Drug Abuse Hotline.....	662-4357
Florida HIV/AIDS Hotline	1-800-352-2437
Gay and Lesbian Hotline.....	1-888-843-4564
Medicare Hotline.....	1-800-638-6833
National Deaf AIDS Line.....	1-800-AIDS-TTY
Project Inform Treatment Hotline.....	1-800-822-7422
STD Hotline.....	1-800-227-8922

EDUCATION/INFORMATION

Accessible Life Saving Education for at Risk Teens (ALERT)	966-4288
American Foundation for AIDS Research (AMFAR)	1-800-392-6327
CDC HIV/AIDS Treatment Information	1-800-448-0440
Children with AIDS Project of America.....	1-602-973-4319
Children's Case Management Org., Inc.....	804-9441
Clinical Trials Information.....	1-800-Trials-A
Farmworker Coordinating Council of PBC	533-7227
Florida AIDS Action Council.....	1-800-779-4898
Glades Health Initiative, Ind.....	996-0500
National Minority AIDS Council	1-202-483-6622
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.....	1-305-667-9296
Fort Lauderdale.....	1-954-567-7141
Miami.....	1-305-573-5411
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.....	1-305-858-4649
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
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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from animals to humans. While the risk of this kind of disease in pet visitation programs is very low, these risks can be minimized even further with good practices and a bit of common sense.

"You can't say, 'Oh, my Aunt has a nice dog. I'm going to take him to the hospital,' " explains Dr. Joffe. All it takes, he adds, is a couple of problems and "it can blow all your good intentions out of the water." Still, says Dr. Joffe, "in my opinion, the benefits of pet therapy are great and far outweigh the risks."

Do's and don'ts of pet therapy

Dr. Joffe recommends the following for introducing a pet into a Pet Therapy program:

- Don't take kittens or puppies that have not been fully immunized and that may not be fully trained into a health care facility.
- Don't take pets fed a raw diet (raw meat, raw eggs or unpasteurized dairy products) into a health care facility. They can be a source of salmonella, bacteria found in uncooked meats and other unprocessed foods that could put someone with a suppressed immune system -- including cancer patients, HIV/AIDS patients and the elderly -- at risk of infection.
- Don't take a pet with an uneven temperament into a health care facility. It could bite or scratch someone.
- Don't leave a pet to roam free outdoors where they can hunt, eat garbage and animal feces.
- Do provide a pet with clean water at all times so it doesn't drink out of toilets.
- Do give a pet therapy pet good quality commercial food.

- Do have your pet examined regularly by a veterinarian to make sure that all vaccinations are up to date and that the animal is free of worms and parasites.

When you can't manage an animal...

Elderly people living alone or in a long-term care facility often feel isolated and suffer from loneliness and depression. Having an animal in their lives can change all that. Sometimes, however, having an animal around isn't always practical, and in the case of someone with Alzheimer's disease, may even put the animal's well-being at risk.

Now, researchers at the Center for the Human-Animal Bond at the Purdue University School of Veterinary Medicine in West Lafayette, Indiana, may have hit on a solution.

Remember *Tamagochi* and *Furby*, those cuddly battery-powered pets that would respond to your care?

Now, they're testing AIBO, a robotic dog, to see if this man-made creature can provide the same kind of physiological, cognitive and emotional benefits to the elderly as real animals do. AIBO will be paired with an older adult who lives alone and will use a journal to track daily activities, social interaction and so on, with the cyber-pooch in tow. (Source: [Robotic Pets and the Elderly, Purdue University](#))

Will he be as loyal and loving a companion as the real thing? Will he confer the same health benefits on his elderly master or mistress? Hopefully but one thing we know for sure: Stooping and scooping just got a whole lot easier!

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Mexican Stirfry

- 8 oz. lean beef steak, cut into thin strips
- 2 tbsp tomato ketchup
- 1 tbsp chili sauce
- 2 tsp lime juice
- 2 oz. cherry tomatoes, cut in half
- 1 red chili, finely sliced (optional)

In large non-stick wok or saucepan, fry the meat with no oil until browned. Add the remaining ingredients and cook for 1-2 minutes. Stir through the fresh chilies if you wish. Serve in toasted pitas. Makes 2 servings.

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