

World AIDS Day 2006
Friday, December 1st

HEALTH BEAT

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INSIDE THIS ISSUE:

- AIDS Advocacy 2
- Women & HIV/AIDS 2
- Community Based Organizations 2
- HIV/AIDS Testing Sites 3
- Mobile Clinic Testing Info 4

WORLD AIDS DAY 2006

- November 28, 2006**
 HIV Positive Speaker Panel
 USU - Alamitos Bay Room
 3:00 PM - 5:00 PM
- November 29, 2006**
 Live Music & AIDS Info
 USU Southwest Terrace
 12:00 PM - 1:00 PM
- Movie Showing: *Touch Me*
 Post Movie Discussion
 Multicultural Center
 4:00 PM - 7:00 PM
- November 30, 2006**
 World AIDS Day Awareness
 Event & Fair
 Maxson Plaza
 10:00 AM - 2:00 PM
- FREE Rapid HIV Testing
 Between Parking Lots 3
 and PE-1
 10:00 AM - 1:00 PM
- Poet's Lounge: AIDS
 Location TBA
 8:00PM



World AIDS Day: A History By Melissa Attia

The prevalence of HIV and AIDS infections throughout the world is astonishing. It is estimated that between 35 and 42 million people worldwide are living with HIV/AIDS.¹ This worldwide pandemic hits close to home being the 9th leading cause of death in Long Beach and the 5th leading cause of death among persons ages 25 - 44 in the U.S. Half of all new HIV infections are among people under the age of 25.² These statistics alone cannot be ignored. One cannot stand by and feel there is nothing we students can collectively do to educate others and raise awareness.

We wear our red ribbons, awareness bracelets and agree with the commercials that promote know-

ing your HIV/AIDS status and feel that is enough to show support for prevention and finding a cure. But is this minimal effort enough? On December 1st, World AIDS Day, millions worldwide join together in solidarity to address this global issue and raise an understanding on HIV/AIDS. How did this global awareness begin? Why should you, a college student, become involved?

"This worldwide pandemic hits close to home being the 9th leading cause of death in Long Beach and the 5th leading cause of death among persons ages 25 - 44 in the U.S."

The History

World AIDS Day was inducted into the HIV/AIDS awareness doctrine from a global stance 18 years ago in 1988. This world

day of awareness and action was the outcome of a summit of international health ministers, who realized the importance of a "united global effort to halt the spread of HIV and AIDS."³ Annual themes are chosen as a suggestion for organizations and agencies to focus upon, such as this year's slogan "Stop AIDS; Keep the Promise." Various private and non-profit organizations, government agencies, universities and other academic campuses, the entertainment industry, and many more grassroots collectives participate in reaching out to the public to create a global consciousness. World AIDS Day offers an internationally recognized day to educate, to be actively involved, to know your status through testing, and to not feel alone in the battle against HIV and AIDS.

Continued on page 3

HIV Testing: What You Should Know By Ryan Tong

More than one million people in the United States have contracted HIV, and a quarter of that population are unaware they have contracted the virus. (Greenwald, Burstein, FAAP, Pincus, & Branson, 2006). Many new infections occur when people, unaware they are HIV positive, unknowingly transmit the disease to others. Many do not believe they have contracted HIV because symptoms may not appear suddenly (approx. 2-5 years). To prevent the further spread of the HIV virus, it is recommended that sexually active individuals get themselves tested. Advisable ages for testing are from 13 - 64 years old. It is very important to know if one has contracted HIV because the earlier the detection, the

better chance of treating and slowing down the infection. The current methods of testing for HIV are FDA approved, and over 99% accurate if taken at the right time.



Currently, there is no way to specifically test for HIV viruses in the body. HIV scans for HIV antibodies in the bloodstream or in other body fluids. For example, someone who has had unprotected

sex may have contracted the virus and may not have built up the antibodies. It normally takes 2 weeks to 6 months (the window period) to develop antibodies. Tests performed during this window period have a 99% accuracy rate (Greenwald et al., 2006). Keep in mind, if you exposed yourself to HIV through unprotected sex and are worried, the best time to test yourself is after 30 days. Everyone's immune system responds differently, so even if you test negative, it is advisable to retest three months after exposure to be sure of your status.

Continued on page 3

How Can You Keep the Promise? By Ben Cabangun

Is the student community numb to the campaigns of HIV prevention efforts? Regardless of numerous ad campaigns in various locations on campus, and in surrounding communities nation-wide, HIV still continues to be a widespread pandemic. Studies have indicated that increased knowledge of HIV/AIDS does not always result in positive behavior change.¹ Recognizing and absorbing these campaign slogans is the first step, but what will it take for you to take the next? How can you step up to the challenge and take action?

Why should you get involved? Today, over one million people in the United States are living with HIV, with 40,000 new infections reported each year. "75% of new infections among women are heterosexually transmitted."² Contrary to the belief that HIV only affected men in the 80's, half of all new infections in the United States occur in people 25 years of age or younger. Will you take action today? Or will you wait until you or someone you know becomes one of the 40,000?

How can you get involved? The surrounding community has a variety of options for students who would like to get involved in HIV prevention. AIDS Project Los Angeles (APLA) offers many volunteer opportunities, as well as events that raise money for HIV prevention; among these events is the LA AIDS Walk. Other community-based organizations have programs for youth who would like to learn more about HIV/AIDS, as well as participating in outreach events.

Among these organizations are the Asian Pacific AIDS Intervention Team, the Minority AIDS Project, and Bienestar.

There are many avenues on campus in which students are currently contributing their strengths in the fight against AIDS. Project Choice is a campus organization that strives to educate and raise awareness of HIV among the student community, as well as outreaching to cultural organizations on campus. Many student organizations, fraternities, and sororities have facilitated HIV/AIDS and Safe Sex Workshops for members of their organizations. The Health Resource Center, a division of Student Health Services, also provides venues for health promotion on campus. Interested students may enroll in a two-hour Sexual Health Awareness Workshop. Students are also given the opportunity of free and confidential HIV testing and counseling, Monday through Wednesday. To take advantage of these resources, make an appointment at the Health Resource Center, (562) 985-4609.

If getting involved in an organization is not your cup of tea, there are ways you can personally lower the risks of contracting HIV for yourself, as well as your friends. Research has found that although heterosexual students have adequate knowledge about HIV/AIDS, most students do not perceive themselves at risk for HIV infection, and continue to engage in unprotected sex.³ Students should always be aware of their risks. HIV does not affect one specific community—it is non-discriminatory. *Anyone* can contract the virus. Monitor your risks, your partner's risks, and the risks of your

peers while at parties. Drinking excessively, or using drugs may impair your judgment and allow an increased chance of risky behaviors to occur. Be the HIV prevention activist amongst your peers. Encourage your partner, your friends, and family to get tested and be an advocate for always practicing safe sex.

The theme of this year's World AIDS Day is "Stop AIDS: Keep the Promise." Keep *yourself* a promise—don't let yourself or a friend become a statistic.

AIDS Project Los Angeles

611 South Kingsley Drive
Los Angeles, CA 90005
(213) 201-1600

Asian Pacific AIDS Intervention Team

605 W. Olympic Blvd., Suite 610
Los Angeles, CA 90015
(213) 553-1830
12900 Garden Grove Blvd., Suite 214A
Garden Grove, CA 92843
(714) 636-1349

Minority AIDS Project

5149 W. Jefferson Blvd
Los Angeles, CA 90016
(323) 936-4949

Bienestar

Long Beach Center
500 4th Street
Long Beach, CA 90802
(562) 436-9722

- Centers for Disease Control and Prevention. HIV/AIDS and College Students. Available at: www.aegis.com/pubs/CDC_Fact_Sheets/1995/CPATH003.html. Accessed September 11, 2006.
- Jasper C. Until There's a Cure: Vital Statistics. Available at: www.until.org/statistics.shtml. Accessed September 11, 2006.
- Lance LM. HIV/AIDS Perceptions and Knowledge Heterosexual College Students Within the Context of Sexual Activity: Suggestions for the Future. *College Student Journal*. September 2001;35(3):401-410.

Don't be a Statistic, Know the Facts about Women and HIV/AIDS By Antonya Jackson

HIV/AIDS is a real and continuing threat to millions of people. The virus infects all different races, sexes, and ages. College students might not want to hear about HIV/AIDS, but because there is a rising number of new cases amongst university age women, it is vital to listen. Some important facts to know:

In 2002, women accounted for 27% of the estimated 38,730 diagnoses of HIV/AIDS.

Of the HIV/AIDS diagnoses for women during 2001-2004, an estimated 15% were women aged 13-24 years.

Of the 123,405 women living with HIV/AIDS, 64% in 2002 were African American, 19% were white, 15% were Hispanic, less than 1% were Asians and Pacific Islanders, and less than 1% were American Indians and Alaskan Natives.¹

Communication within a relationship is especially important for lowering the

risk of contracting HIV. It is crucial to discuss with one another all past sexual partners, health status, and sexual preference. Some women may never know they have HIV because they were unaware of their male partners' sexual activity.

In some relationships, women may feel pressured to abstain from condom use, thus resulting in more women being infected. These pressures can come from male partners not wanting to use condoms. Studies have shown many men do not like condoms and do not like when female partners suggest that a condom be used.² Often, men say they do not like condoms without ever having used one. Currently on the market, there are many types of condoms. Some have unique flavors, textures, colors, and lubricants. Have fun and try them out.

It is significant for women to know it is easier for them to contract HIV through vaginal intercourse than it is for a male. According to the Centers for Disease

Control, a woman is approximately twice as likely as a man to contract HIV infection during vaginal intercourse.¹ In addition, females are more susceptible to receive HIV if they have an STI. Statistics also indicate the rates of gonorrhea, and syphilis are higher among women.¹

Women, be on the alert; substance abuse increases the chances of engaging in risky sexual behaviors, including unprotected sex. When a person is under the influence of drugs or alcohol, they may be unable to make informed and safe decisions concerning sexual activity. In addition, alcohol and drug use can contribute to sexual violence. In the United States more than 300,000 women, and over 90,000 men, have been raped in the previous 12 months.³

Continued on page 4.

World Aids Day Continued ...

Awareness through this worldwide effort unites us as a collective whole to prevent new infections, educate the masses, and offer support to those infected with HIV.

Getting Tested and Becoming Active

Why is this important to you? The statistics are upsetting and HIV/AIDS has a devastating effect on many lives and regions of the world. But why be concerned? You may feel that you're not at risk and that you take extra precautions needed to protect yourself, right? Even if that is the case, when was the last time *you* were tested? Student activism starts with knowing your status. So get tested and encourage your partner to get tested as well. CSULB's Student Health Services offers free confidential HIV testing for students. It's

convenient, on-campus location offers no room for excuses to not get tested.



Free confidential testing is also available through the Long Beach Health Department, as well as other local health departments in your area. Get active! Being an ally for the cause through minimal efforts is a worthy contribution, but isn't enough to make

a difference in the fight against HIV/AIDS. Be involved in educating others, by educating yourself and participating in local organizations that raise HIV/AIDS awareness. Do your part:

Help
Intervene
Volunteer

Ask your partner
Inform yourself
Do something and
Spread the word.

1. World Health Organization. (2004). *AIDS and Sexually Transmitted Diseases*. Retrieved 8/14/2006, 2006, from www.emro.who.int/asd/events-wac-2004-statistics.htm
2. Centers for Disease Control and Prevention. (2004). *HIV/AIDS Among Youth*. Retrieved 8/14/2006, 2006, from www.cdc.gov/hiv/resources/factsheets/youth.htm
3. World AIDS Day. (2005). *Background*. Retrieved 8/14/06, 2006, from www.worldaidsday.org/background.asp

“ Student activism starts at knowing your status. Get tested and encourage your partner to be tested as well.”

HIV Testing Continued ...

HIV tests are more convenient than ever. Many local clinics provide free and anonymous testing for HIV. Along with the standard blood tests, quick and easy tests are readily available. Currently, there are seven different tests being offered. The oldest test is the standard blood test. The test runs through two checks. It uses the ELISA (Enzyme-Linked ImmunoSorbent Assay), and is confirmed using the western blot test. (Day, 2006) It requires a full vial of blood to test and takes about a week to get the results back. There is also a urine HIV test. This test uses the urine ELISA test as well as the urine western blot test. Another more advanced test is the OMT (Oral mucosal transudate) test. Instead of extracting blood to test for HIV antibodies, an oral swab is used to pick up the mucus from the mouth. It's quick, easy, and for people afraid of needles, an excellent alternative. The test takes two weeks to get results back. This test is provided free and confidentially on campus. Another method is the Rapid HIV antibody test. (Greenwald et al., 2006) There are two rapid tests currently used, a rapid oral swab test, and a rapid blood test. (Prevention, 2006) The entire procedure of extraction and testing takes roughly 60 minutes and is still 99.3% accurate. The final test is the home testing kit. If you are not comfortable



testing for HIV at a clinic, you can test at home. It is the same as the blood test, but you will have to mail the results to the laboratory yourself. (Day, 2006) The kit is available in normal drugstores and it costs roughly \$35.

If there is any possibility that you could be infected with HIV, you need to get tested. You will grant yourself the peace of mind of knowing that you are not HIV positive. In the event of testing positive, you will be able to seek early treatment and make sure that you do not spread the virus to your partner.

Out of the Closet, Long Beach
Free and Anonymous
3500 East PCH, Long Beach, CA 90804
Phone: 562-494-0340
Rapid HIV Testing Truck, oral/ blood
Sundays 12-5pm

Gay & Lesbian Center of Long Beach
Free and Anonymous
2017 E. Fourth St., Long Beach, CA 90814
Phone: 562-434-4455
Rapid oral test
Wensday 10-4pm, Thursday 4:30-7pm

St. Mary's Medical Center
Free and Anonymous
1043 Elm Ave, Long Beach, CA
Phone: 866-243-7435
Oral test

CSULB Behavioral Research
Free and Anonymous
1090 Atlantic Blvd., Long Beach 90813
Phone: 562-495-2330
Oral test. Rapid tests free if you qualify
Tuesdays 9-4pm

Orange County Health Care Agency
Free and Anonymous
1725 W. 17th St. Santa Ana, Ca 92706
Phone: 714-834-8787
Blood, urine, oral tests.
Monday- Friday 8-4pm, Tuesdays 8-5:30

CSULB Health Resource Center
Free, Anonymous
1250 Bellflower Blvd., Room 268
Long Beach, CA 90840
Phone: 562-985-4609
Oral test
Monday & Tuesday 4-6pm,
Wednesday 10:30- 12:30

1. Day, N. H. T. (2006). *HIV Antibody Testing Options*. Retrieved 9/11/06, 2006, from www.nhtd.org
2. Greenwald, L. J., Burstein, G. R., FAAP, Pincus, J., & Branson, B. (2006). A Rapid Review of Rapid HIV Antibody Tests. *Current Infectious Disease Reports*, 8, 125-131.
3. Prevention, C. f. D. C. a. (2006). *OraQuick Rapid HIV Test for Oral Fluid- Frequently Asked Questions*. Retrieved 9/11/06, 2006, from www.cdc.gov/hiv

Don't Be a Statistic Continued ...

Communicate Protection

1. Use a condom every time you engage in sexual activity including oral, vaginal and anal sex.
2. Educate yourself about your partner's sexual history. Communication is very important even if you believe you are in a monogamous relationship. Encourage getting tested together.
3. Get tested for HIV and STI's - The

Health Resource Center offers free HIV testing on Monday & Tuesday 4-6pm and Wednesday 10:30am-12:30pm.

4. Carry your own protection; it is your responsibility. The Health Resource Center offers free condoms.

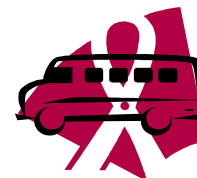
The rising rates of HIV amongst young women will not decrease until action is taken. Barriers such as non-communication, inequality in relationships, lack of education, and substance abuse are preventing success from hap-

pening, these barriers must be dealt with now.

1. Center for Disease Control and Prevention. *HIV/AIDS among Women*. Retrieved 08.11.06 from www.cdc.gov/hiv/topics/women/resources/factsheets/women.htm
2. Amnesty International. *Women, HIV/AIDS and Human Rights*. Retrieved 08.17.06 from <http://www.web.amnesty.org/library/Index/ENGACT770842004>
3. National Center for Injury Prevention and Control. *Sexual Violence: Fact Sheet*. Retrieved 09.07.06 from <http://www.cdc.gov/ncipc/factsheets/svfacts.htm>

designate
before
you
celebrate

CSULB SIS
ATOD
Alcohol, Tobacco, & Other Drugs Program



FREE HIV TESTING

November 30th • 10 AM - 1 PM • Parking Lot 3

The Long Beach Department of Health and Human Services Mobile Clinic Unit will be performing free Rapid HIV testing and results.

Rapid HIV testing allows you to receive your results in just 20 minutes!



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Editorial Policies

The Health Resource Center does not accept responsibility for views expressed in articles, reviews and other contributions that appear in its pages. The purpose of the HEALTH BEAT newsletter is to serve college students and related professionals with health-related information, which may help understand a diagnosis or treatment, yet cannot serve as a replacement for the services of a licensed health care practitioner. The information and opinions present in the HEALTH BEAT newsletter reflect the views of the authors.

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