

THE POSITIVE POINT

Exciting New Addition to the Five Counties in Our Ongoing Resistance to the Spread of HIV & HepC



Above: Tina Venable, Barbs Schott, Andrew Woodruff & James Wilson

Clinic Dates:

Lassen Clinic – June 15th
Contact: Helen May
530.251.2717 for further info.

Plumas Clinic – June 14th
Contact: Dawn Fowler
530.283.6584 for further info.

Siskiyou Clinic - June 26th
Contact: Stan Drucker
530.918.9007 for further info.

HIV & HepC Testing Van

The Plumas County Public Health Agency is excited to announce that the HIV Program that spans Plumas, Sierra, Lassen, Modoc, and Siskiyou counties has purchased a new mobile HIV testing van. This will allow our testers to travel to outlying areas in the 5 county region to test people at risk for HIV and Hepatitis C. In addition to communicable disease testing, we are also going to partner with other health department programs to provide an array of services to those outlying communities who may not have access to health care otherwise. (continued on back page)

Please e-mail your feedback/suggestions to positivepointnews@gmail.com



Life
Healing
Sunlight
Nature
Serenity
Spirit

Celebrate June and Pride Month!!

An opportunity to support the GLBTQIA community, creating an affirming atmosphere in which to celebrate and to come together and take stock and recognize the advances & setbacks made in the past year. www.glaad.org



16 Foods That Boost Your Immune System

Elderberry - This fruit is loaded with nutrients called antioxidants, and it may help fight inflammation. In some lab studies, an extract from the berries appears to block flu viruses. But scientists caution that more study is needed. You definitely still need to get a yearly flu vaccination!

Button Mushrooms - They give you the mineral selenium and the B vitamins riboflavin and niacin. That helps you in several ways. If you're low on selenium, you may be more likely to get a more severe flu. Riboflavin and niacin play a role in a healthy immune system.

Acai Berry - Its dark color is a sign that it's got plenty of nutrients called anthocyanins. There isn't any research that shows acai is good for any specific condition. But in general, antioxidants from foods are a key part of a healthy lifestyle. Enjoy these berries in juice or smoothies, or try them dried and mixed with granola.

Oysters - They've got zinc in them, which appears to have some virus-fighting powers. That's probably because zinc

helps create and activate white blood cells involved in the immune response. It also assists your immune system with tasks such as healing wounds.

Watermelon - It's not only refreshing. When it's ripe, it's also got plenty of an antioxidant called glutathione. It strengthens the immune system so it can fight infection. To get the most glutathione in your watermelon, eat the red pulpy flesh near the rind.

Wheat Germ - It's the part of a wheat seed that feeds a baby wheat plant, and it's rich in nutrients. It's a great way to get zinc, antioxidants, and B vitamins. Wheat germ delivers a good mix of fiber, protein, and some healthy fat. In recipes, you can substitute some of the regular flour with wheat germ.

Yogurt - Probiotics, found in yogurt and other fermented products, may ease the severity of colds. Look for labels that say "live and active cultures." Also look for added vitamin D. Studies show that

people with low vitamin D levels may be more likely to get colds or the flu.

Spinach - You'll find lots of nutrients in this "super food." One of them is folate, which helps your body make new cells and repair DNA. It also boasts fiber, antioxidants such as vitamin C, and more. Eat spinach raw or lightly cooked to get the most benefit.

Tea - Feel free to choose white, green, or black. Each delivers disease-fighting polyphenols and flavonoids. These antioxidants seek out cell-damaging free radicals and destroy them. Caffeinated and decaf work equally well.

Sweet Potato - Like carrots, sweet potatoes have beta-carotene. In your body that turns into vitamin A, which mops up damaging free radicals. This helps bolster the immune system and may even improve the aging process.

Broccoli - It's easy to find at the grocery store, and it's an immune-boosting basic. You'll get plenty of nutrients that

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Check Out Your Neutrophil Count

Neutrophils: A Deadly, if Delicate, Killer
 Researchers have long focused on natural killer (NK) cells as the principal cells of the immune system that receive a signal via antibodies to kill HIV-infected cells.

<http://www.curecountdown.org>



Research Update - May 15, 2018
 Marcella Flores, M.P.H., Ph.D.
 amfAR's Associate Director of Research

In the May issue of the *Journal of Immunological Methods*, amfAR Krim Fellow Dr. Amy Chung and colleagues shed new light on this topic by highlighting the role of neutrophils, a more numerous and much more difficult cell to study, and their less well studied role in killing infected cells via antibodies.

Unlike NK cells, which can persist for years, neutrophils live less than a week inside the body. Outside of the body, they die easily within a few hours and react so quickly to their new environment that, in a petri dish, they no longer resemble the cells the researchers set out to study. While it is known that neutrophils use antibodies

to direct their killing ability towards HIV-infected cells, the mechanisms through which they do so remain a mystery.

To spur this research, Dr. Chung developed a tool to study how antibodies in a patient's blood might team up with neutrophils. To get around studying the fragile neutrophils in healthy blood, Dr. Chung developed the tool using cells from a cancer patient who donated her cells to science. It was Robert Gallo, one of three scientists credited with discovering that HIV causes AIDS, who archived the cells in 1977. In a petri dish, these cancerous cells can live indefinitely and maintain many of the same characteristics as fresh neutrophils.

Using this tool, Dr. Chung found, surprisingly, that **neutrophils were six times better able than NK cells to**

kill HIV-infected cells when antibodies were present. The authors note that "neutrophil-mediated effector responses should be investigated in future HIV vaccine trials." Given what the field is learning



Dr. Amy Chung

about the diverse activities of antibodies, there is real potential for neutrophil function to also play an important role in an HIV cure.

16 Foods That Boost Your Immune System ... *continued from page 2*

protect your body from damage. It has vitamins A and C, and the antioxidant glutathione. Add to any dish or top with some low-fat cheese to round out a side dish.

Garlic - This kitchen staple does more than punch up the flavor of food. Raw garlic can help beat skin infections thanks to its ability to fight bacteria, viruses, and fungi. To get the benefits, you have to use the real stuff, though, not garlic powder. A garlic supplement may even help lower your cholesterol.

Miso - This traditional Japanese seasoning, made of fermented soybeans, usually comes as a salty paste. You've probably had it in a soup, but you can also add it to sauces. It has probiotics, the "good" bacteria found in yogurt, some fermented foods, and your gut. Because they give your immune system a lift, they can help fight infectious diarrhea as well as other types.

Chicken Soup - There's hard science behind Grandma's favorite cold remedy. Homemade chicken soup really can ease your symptoms and may help you get well sooner. What's more, there's a chemical in it called carnosine that can protect your body from the flu virus. Don't have time to make soup from scratch? Researchers say many store-bought soups have the same effect.

Pomegranate Juice - The ancient Egyptians were on to something when they used this colorful fruit to treat infections. So far, most modern research has focused on pomegranate extract, but the juice shows promise: It may help your body fight bacteria and several kinds of viruses, including the flu.

Ginger - Maybe you love ginger for the spicy kick it gives Asian food. Or because when you drink it in tea or ginger ale, it can ease nausea and vomiting. But wait -- there's more. This knobby root is also a good source of antioxidants. Skip the supplements, though. Add ginger to stir fries or steep it in hot water to make tea. Antioxidants work best in your body when you get them straight from fruits and veggies.

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HIV & HepC Testing Van ... *continued from front page*

According to a 2016 CDC study, Plumas County is in the top 5% of counties in the nation at risk for HIV/HepC. We are going to be targeting persons who inject drugs for testing, but will allow anyone who is at risk for HIV infection to get free screening in the vehicle. This population group has been hard to reach and by reducing the barriers of getting tested, we hope that it will encourage people to know their status. It is important that anyone who is at risk for HIV get tested regularly. In the US it is estimated that one out of every seven people living with this virus is unaware that they are infected. People who are unaware that they are HIV positive account for approximately 75% of new HIV infections. Once someone knows that they are HIV

positive, we have programs available to help get them into specialized medical care and make sure that they have access to the latest life-saving drugs. Once someone is on medication, and that medication is working, then they become "undetectable," meaning that there is no trace of virus in their blood when tested. When someone is undetectable, they are also un-infectious and cannot transmit the HIV virus to others. Therefore, it is not only important that people know their HIV status for their own health, but it protects the health of their partners and our community as well.

For more information on the new mobile HIV testing van, and/or suggestions for where to have the van come, please call Barbs at 530-283-7080.