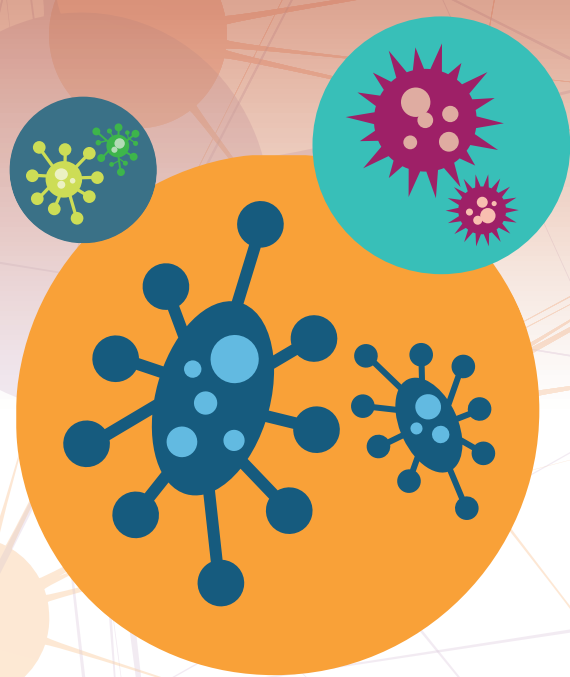


Avoiding Foodborne Illness



Having HIV makes it harder for your body to fight off infections because it weakens your immune system. Avoiding exposure to pathogens can help protect you from developing infectious illnesses. One way to reduce the risk of exposure to pathogens is by being smart about food safety.

Improperly handled food can contain bacteria and other pathogens that can cause serious illness. Although anyone can get sick from foodborne pathogens, people with HIV and other conditions that weaken the immune system are especially susceptible to illness. To protect yourself, follow these important food safety guidelines:

KEEP IT CLEAN Wash hands before and after handling food. Wash utensils and work surfaces thoroughly with soap and water after using. Wash fruits and vegetables thoroughly before eating.



SEPARATE RAW AND COOKED Keep raw meat and poultry apart from foods that are cooked or ready to eat. Use a separate cutting board for raw meats, and wash it well after using. Thaw frozen meat, poultry, and seafood in the refrigerator or microwave rather than the kitchen counter.

COOK THOROUGHLY Cook food completely, using a food thermometer to check temperatures. Don't eat raw or undercooked meat, poultry, eggs, and seafood, including sushi. Avoid unpasteurized dairy products.

STORE PROPERLY After shopping, chill perishables such as meat, eggs, and milk as soon as possible. After cooking, put leftovers away in the refrigerator within two hours or less (or within one hour if it's over 90 degrees F.) Set your refrigerator at 40 degrees F or below, and your freezer at 0 degrees F or below. If a food seems like it might be spoiled, throw it out.



LEARN MORE For additional tips, advice on how long various kinds of foods can safely be stored, specific food cooking temperatures, and other info, visit FoodSafety.gov.

CALL YOUR DOCTOR If you think you may have food poisoning or may have been exposed to foodborne pathogens, call your doctor right away.

Health Tip Protecting Your Partner from HIV



If you have HIV, you're probably concerned about spreading it to your partner. Here are four ways to reduce transmission risk:

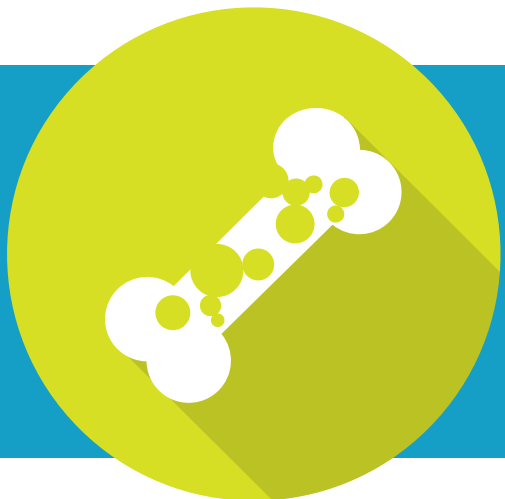
Take your HIV medications. Follow your healthcare provider's guidelines and take meds exactly as directed every day. They help lower the amount of HIV in your body. Your partner should also take any prescribed medications as directed.

Use condoms. Make sure you're using them correctly, and use them every time you have sex.

Position your partner for safely. Certain sex positions are riskier than others. "For the HIV-negative partner, receptive anal sex (bottoming) is the highest-risk sexual behavior, but you can also get HIV from insertive anal sex (topping)," according to the Centers for Disease Control and Prevention. "Either partner can get HIV through vaginal sex, though it is less risky for getting HIV."

Don't share needles. If you use drugs, use clean needles and other equipment.

News in HIV Keeping Your Bones Strong



You may think of osteoporosis as a disease that afflicts only older women. But osteoporosis—a disease in which bones become weak and prone to breaking—can strike other groups of people as well, including those with HIV.

Osteoporosis risk in people with HIV goes up for two reasons: Because of the infection itself and as a result of some of the medications used to treat HIV.

If you have HIV, you can reduce your risk of osteoporosis by taking a few important bone-protective steps. Start by eating a healthy diet that includes foods with calcium (such as dairy products, dark-green leafy vegetables, broccoli, sardines, tofu, and almonds) and vitamin D (such as vitamin D-fortified dairy foods). Do weight-bearing exercises that strengthen bones, such as walking, jogging, and weightlifting. If you smoke, quit, and if you drink alcohol, limit yourself to no more than one drink a day for women and two for men. And be sure to talk to your doctor about whether you should take supplements or have your bone density tested.

HIV and YOUR HEART

Cardiovascular disease is the number one killer of Americans—each year, about 610,000 people in the U.S. die from diseases of the heart and blood vessels, including heart attack, stroke, heart failure, and other related diseases. Although CVD is a concern for all Americans, people with HIV should be especially aware of it because they have higher rates of CVD than people with HIV.

In particular, having HIV is associated with an increased risk of three kinds of cardiovascular disease: heart attack, ischemic stroke, and heart failure.



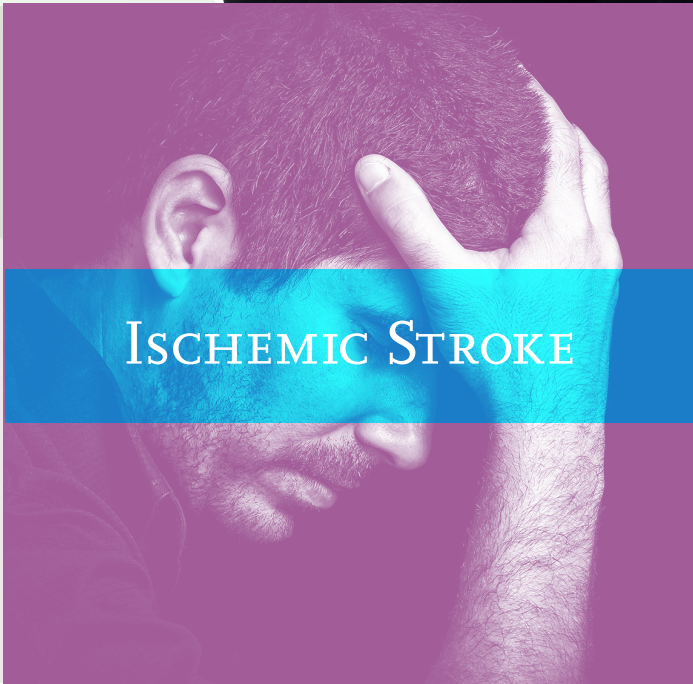
Researchers don't fully understand why CVD risk is higher in people with HIV, but they have some ideas. First, they think the HIV virus itself has some impact on the cardiovascular system. They also believe that certain types of antiretroviral therapy (ART) may raise CVD risk—although it's important to note that even with that risk, it's healthier for your cardiovascular system to receive treatment with ART than to allow

HIV to go untreated. In addition, hepatitis C, substance abuse, and other risk factors that may be more prevalent in people with HIV can cause damage to the heart and blood vessels.

There may also be another factor at play: Some research suggests that people with HIV may be less likely to receive treatment for certain types of CVD risk factors than people without HIV. For example, research shows that only 17 percent of people with HIV who could benefit from aspirin therapy to lower CVD risk are receiving it.

IF YOU HAVE HIV, THERE ARE SEVERAL IMPORTANT STEPS YOU CAN TAKE TO LOWER YOUR CVD RISK.

ISCHEMIC STROKE



Start by talking with your healthcare provider about CVD, and learning more about your own personal risk. Many factors play a part in your CVD risk, including your age, weight, fitness level, smoking history, health conditions other than HIV, blood pressure, cholesterol levels, and family history of CVD. Ask your doctor if you need tests to check on your cardiovascular health, such as a cholesterol test, a blood glucose test, or an electrocardiogram.

If your healthcare provider is concerned about your CVD risk, talk about treatment strategies. Ask your provider if you should take low-dose daily aspirin, which may help with heart attack risk. (But don't take daily aspirin without your provider's OK.) If you have high cholesterol, your healthcare provider may prescribe cholesterol-lowering medications such as statins.

If your healthcare provider is concerned about your CVD risk, talk about treatment strategies.

HEART FAILURE



You can also protect yourself from CVD by making heart-healthy lifestyle choices, such as eating a healthy diet, losing excess weight, exercising regularly, quitting smoking, and cutting back on alcohol. Getting regular dental care can also help, because untreated dental disease can increase inflammation in your body, which could harm your heart and blood vessels.

If you have diabetes, you can help your cardiovascular system by taking diabetes management seriously. Having diabetes raises CVD risk; in fact, adults with diabetes are two to four times more likely to die from heart disease than those without diabetes. Testing your blood sugar regularly, taking diabetes medications as prescribed, and following a diabetes-supporting diet and exercise plan can help keep your diabetes in check.

By making heart-healthy choices with your medical care and your lifestyle, you can help keep your CVD risk as low as possible even with HIV.