



L.U.C.E.S.

Latinos Unidos Contra El SIDA

¡Hasta Que Haya Una Cura!

The LHTF Chair

Personal Note:

Ann Robbins, DSHS Sr. Public Health Advisor, shared a profile of PLWH and Newly Diagnosed Texans presentation at the Ryan White Planning Council Training I attended. She provided recent statistics for Texans and a profile of how HIV has changed from 2011 to 2015. In this update, Latinos were present, surpassing the current priority populations with an increase in newly diagnosed cases. The age range of these newly diagnosed Latinos is from 25 to 34 years of age. The highest newly diagnosed Latino statistics were identified in the MSM community at 5,937. Our number of Latinos without viral load suppression in 2015 was 6,634. These numbers were an eye opener for me. It confirms that our work is not done. I will continue to energize and support The Latino HIV Task Force Members to continue to work together to increase education and awareness of HIV/AIDS in the Latino community.

Gloria Sierra

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Cardiovascular Awareness Month

February 2017



Cardiovascular & HIV

Cardiovascular disease (CVD) includes a group of problems related to the heart or blood vessels.

CVD includes: Heart Attacks, Chest pain caused by the lack of blood to the heart, Problems w/blood vessels in the brain, including Stroke, Hypertension, Blocked blood vessels in the legs, and Congenital Heart disease.

HIV infection alone increases your risk for cardiovascular disease. HIV causes chronic inflammation, which leads to plaque buildup in the arteries, which can cause cardiovascular disease. It is a fact, HIV causes inflammation. However, Antiviral Therapy, (ART) provides assistance to reduce that inflammation. This means for a person with HIV to stop use of ART and/or letting the viral load rise, can increase chances of complications and can make their heart disease worse. In recent studies, the benefits of ART have been shown to greatly outweigh the risks. Researchers warn against stopping your HIV meds to protect your heart. Decades of research, involving HIV-negative and HIV-positive people, have repeatedly shown that lifestyle changes such as diet, exercise and quitting smoking can greatly reduce the risk of cardiovascular disease. Both gender and age strongly influence cardiovascular health. If anyone should experience any symptoms as listed above, see your doctor.

Other Latino Heart Health Statistics: According to the most recent data from the American Heart Association (AHA) and the American Stroke Association (ASA) include:

- In Mexican American adults alone, 34.4 % of women and 31.6 % of men suffer from cardiovascular disease
- Among Mexican Americans age 20 and older, approximately 4 % of men and women have angina, chronic chest pain caused by a lack of blood flow to the heart.
- Mexican Americans have a higher incidence of ischemic stroke at younger ages.
- Mexican Americans have a higher incidence of hemorrhage and subarachnoid hemorrhage than non-Hispanic whites.
- Puerto Rican Americans have the highest hypertension-related death rate among all Hispanic sub-populations.
- Tobacco use, which increases the risk for heart disease, was found in 15.2 % of Latino males and 9 % of Latinas age 18 and older. AIDS.gov (2016)

Cardiovascular Health The Huffington Post (2013)

Among Latinos,
Heart Disease is the Leading
Cause of Death...



Cardiovasculares y el VIH

Las enfermedades cardiovasculares (ECV) incluyen un grupo de problemas relacionados con el corazón o los vasos sanguíneos. ECV incluye:

* Ataques del corazón, dolor en el pecho causado por falta de sangre al corazón, * Problemas con los vasos sanguíneos en el cerebro, incluyendo accidente cerebrovascular * Hipertensión (presión alta)* El bloqueo de los vasos sanguíneos en las piernas * Y Enfermedad cardíaca congénita

Solo la infección por el VIH aumenta el riesgo de enfermedad cardiovascular. El VIH provoca una inflamación crónica, lo que conduce a la acumulación de placa en las arterias, lo que puede provocar la enfermedad cardiovascular. Es un hecho, el VIH causa la inflamación. Sin embargo, la terapia antirretroviral (ART) ofrece ayuda a reducir la inflamación. Esto significa que una persona con VIH para detener el uso de ART y/o permitiendo que el aumento de la carga viral, pueden aumentar las probabilidades de complicaciones y puede hacer que su corazón enfermedad empeore. En estudios recientes, los beneficios del arte han demostrado que superan con creces a los riesgos. Los investigadores advierten contra la detención de sus medicamentos para el VIH para proteger su corazón. Décadas de investigación, involucrando VIH-negativos y las personas VIH-positivas, han demostrado repetidamente que los cambios en el estilo de vida tales como dieta, ejercicio y dejar de fumar puede reducir considerablemente el riesgo de enfermedad cardiovascular. Tanto el sexo y la edad influyen fuertemente en la salud cardiovascular. Si alguien debería experimentar cualquiera de los síntomas mencionados anteriormente, consulte a su médico.

Continuacion...



Her name is Carol Suazo, a proud Garifuna-Latina, and this is her story...

Carol Suazo was born and raised in a third world country we know as, Honduras. In her native country, being a woman is not the best and even considered to be bad or detrimental. To add to this, being a woman of color could be even more devastating. There, receiving beyond a 6th grade education has become a reserved privilege for those who can afford it; where opportunities for advancement do not recognize the Garifuna people as perspective candidates. The underprivileged face realities where sexual, emotional and physical abuse often times become part of an individual's life without any legal effect to the predator. There like in others areas of the world, family and cultural values continue to vanish over the years.

She immigrated to the United States as teenager in 1995. Like many others, she spoke no English before my arrival here. Overcoming the language and cultural barriers associated to my new life in The Bronx, NY was not easy for her. However, her consistency and dedication paid off when she completed her Bachelor Degree in Business Management in 2001. Her professional growth and development has been dedicated in the Social Services arena. Majority of her time is working to serve people living with HIV/AIDS. She is a current License Professional Counseling (LPC) program enrollee, and shares the found inspiration for this program is in response to the needs of the people that she serve in her current employment position as a Case Manager at Catholic Charities Houston/Galveston Diocese. She pledges, living and working in a large diverse city and being a Latina of African descent, places her in a unique position to serve a tremendously diverse population with a deeply ingrained knowledge of the culture and a respectful humility from her own life's experiences.

Her commitment for HIV related activities emerged when members of her family, and friends from her Garifuna community both here in the USA and in Honduras, started to lose their lives to HIV/AIDS. Her passion continues to grow as she witnesses how people living with HIV continue to struggle with shame, stigma, and limited opportunities due to language and cultural barriers; as well as the fear of discrimination due to their HIV status.

In addition to this, she has augmented her knowledge base in regards to helping people living with HIV by participating in a nationally acclaimed leadership training program called Project LEAP. LEAP is a 17 week long training for people living with HIV and those helping them who may wish to serve in the planning of services for the HIV community. Her participation led to her appointment by County Judge Ed Emmett to serve on the Houston Ryan White Planning Council. Members who participate under this council are all considered public officials. She continues to serve on this important body and was voted in as an officer of the Council as Secretary for 2016 and 2017. Moreover, she is also a Member of the Houston HIV Latino Task Force.

SHE WRITES: As we all continue to unify as one to celebrate the different achievements for our community, and to mourn those who have gone before us, there is more to be done. Being a Garifuna-Latina of African descent has placed me in a position to serve and to inspire people living with HIV from a diverse cultural background. And as we continue to join forces to advocate for those who cannot advocate for themselves; as we continue to learn to be a better voice for those who are in silence. Are we together?

Carol Suazo

 **LHTF-**
Community Advocate
SPOTLIGHT
Carol Suazo, BBM

The **LATINO HIV TASK FORCE**
"THANKS YOU!"

for your contribution to the care and
well being of those Affected and Infected
with HIV/AIDS.

Continuacion...

El Corazon y el VIH



Otro Corazón Latino Health Statistics:

Según los datos más recientes de la Asociación Americana del Corazón (AHA) y la American Stroke Association (ASA) incluyen:

- ☐ En Mexican American adultos solos, el 34,4 % de las mujeres y el 31,6 % de los hombres sufren enfermedades cardiovasculares
- ☐ entre los mexicano-americanos de 20 años de edad y mayores, aproximadamente el 4 % de los hombres y las mujeres tienen angina, dolor de pecho crónico causado por una falta de flujo de sangre al corazón.
- ☐ mexicano-americanos tienen una mayor incidencia de enfermedad cerebrovascular isquémica en edades menores.
- ☐ mexicano-americanos tienen una mayor incidencia de hemorragia subaracnoidea y que los blancos no hispanos.

Puertorriqueño ☐ estadounidenses tienen la mayor tasa de mortalidad relacionada con la hipertensión entre todas las subpoblaciones hispanas.

☐ contra el uso del tabaco, que aumenta el riesgo de enfermedad cardíaca, fue encontrado en el 15,2 % de los hombres latinos y el 9 % de las latinas de 18 años de edad y mayores.

AIDS.gov (2016) La Salud Cardiovascular

el Huffington Post (2013) **Entre los Latinos, *La enfermedad cardíaca es la principal causa de muerte***

HELPING HANDS & RESOURCES Available in **FEBRUARY**



**March 4th, 2017
9:00 am to 2:00 pm**

**EDUCATE,
EMPOWER,
INSPIRE!**

AAMA's Gulf Freeway Campus
Garza Center Gymnasium
6001 Gulf Freeway
Houston, TX 77023

Come together to support **women and girls**
who have been impacted by HIV and AIDS!
Learn that it's preventable and *join the fight to*
#ENDAIDS!

Contact: Adriana Dibello
713-929-9491 / adibello@aama.org
www.aama.org



POSITIVE WOMEN'S NETWORK USA
Support. Solidarity. Hope.



AAMA
EMPOWERING LEARNERS.
INSPIRING LEADERS.



Project LEAP 2017

Project LEAP has allowed me the chance to stop standing on the sideline of the HIV/AIDS field, now I can start being an actual player.

~ Project LEAP Graduate

Project LEAP (Learning, Empowerment, Advocacy, Participation) is a free 17-week training course for individuals infected with and affected by HIV to gain the knowledge and skills they need to help plan HIV prevention and care services in the Houston Area. Topics covered include HIV 101, the history of HIV, services for people with HIV and much, much more!

Classes are on Wednesdays from April through July
10:00 am - 2:00 pm -OR- 5:30 pm - 9:30 pm
Lunch or dinner is provided

A brief application and in-person interview are required

Application Deadline: Friday, March 3rd at 5:00 pm



If you have questions about the program or would like to request an application, please contact Diane Beck:
713 572-3724 or diane.beck@cjo.hctx.net

Or apply online: www.surveymonkey.com/r/PLEAP2017

RYAN WHITE PLANNING COUNCIL OFFICE OF SUPPORT
2223 West Loop South, Suite 240; Houston, TX 77027
Phone 713 572-3724 Fax 713 572-3740 TTY 713-572-2813
www.rwpcHouston.org

You are Invited!

Join us for a
FOCUS GROUP

BLACK LATINO GAY TRANSGENDER WOMAN BISEXUAL

HOUSTON HEALTH DEPARTMENT

**\$100 Drawing
\$20 Guaranteed**

#CoinsHunty



Are you a person age 18+ who identifies as African American or Black, Latino, gay, bisexual, or transgender?

Join us for a FOCUS GROUP. Tell us your thoughts on posters, flyers, websites, and such. **Talking = #CoinsHunty**

March • June • September • December 2017
Total four (4) meetings

\$20 Incentive per meeting for all participants
\$100 gift card drawing each meeting
Food and drinks provided

COMPLETE THESE 12 QUESTIONS TO PARTICIPATE:
<https://www.surveymonkey.com/r/HHDFocus>

WE WANT TO HEAR FROM YOU



Spanish Women's Support Group

2nd & 4th Wednesday

11:am at Thomas Street Clinic



LET US SHOWCASE YOUR

UP-COMING EVENTS:

latinohivtaskforce@gmail.com

Positive713
Invites you to join us
Educational Presentation and Lunch
For
Health Care Professionals, Outreach Workers,
Case Managers, and other HIV Service Providers

Presentation
** HIV and Co-infections **
Provided by Derwin Hall at Merck

Wednesday February 22 2017 11:00-12:30

The Montrose Center Room 107
Branard Street. Houston, TX 77006

*** Lunch with RSVP ***
Please register by contacting Chris
(713) 965-4483 or positive713@yahoo.com

**IF YOU HAVE A PASSION TO
CONTRIBUTE TO THE FIGHT
AGAINST HIV/AIDS IN THE
LATINO COMMUNITY , JOIN US...**

Meeting Dates and Times

The LHTF meets the **4th Friday of every month**
at : **The Montrose Center 401 Branard St.**
2pm-4pm.

latinohivtaskforce@gmail.com

<https://www.facebook.com/LHTFhouston/#>

facebook



FB QUICK SEARCH: @LHTFhouston

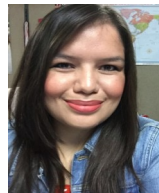
Introducing the 2017-2018 Leadership Committee



Gloria Sierra
LHTF Chair
gasierra@att.net



Luis Lopez
LHTF Co-Chair
Lopez_luisito@yahoo.com



Carolina Camargo
LHTF Secretary
ccamargo27@gmail.com

The Latino HIV Task Force

Mission Statement

To encourage the collaboration between public health agencies, community-based organizations, private physicians, HIV-infected and HIV-affected individuals to help strengthen awareness on HIV and AIDS in the Latino community.

Who We Are

The Latino HIV Task Force is made up of community members, community-based organization employees and other volunteers interested in reducing the number of HIV transmission in the Latino community.

All are encouraged to attend.



What We Do

The LHTF participates in Events that provide HIV Awareness, Prevention and Intervention on HIV/AIDS in the Latino Communities of Houston. The group enjoys an open-table discussion format, in which all opinions are heard and respected. Discussion topics include, but are not limited to, statistics, trends and current events.

Plan of Action

- Increase education and awareness of HIV/AIDS in the Latino community.
- Increase private and public partnerships to increase involvement of community leaders, corporate entities, and local celebrities.
- Increase resources and activities targeting Latinos.
- Increase education to medical care providers to ensure rapid referral of HIV positive individuals to Early Intervention Programs and appropriate medical services.
- Use prevention methods including community mobilization, public information, and primary level behavioral modification.