

UNC gets \$1.7 million to curb HIV in N.C.

UNC News Services

CHAPEL HILL — A team of researchers from the UNC Institute for Global Health & Infectious Diseases has received a \$1.7 million grant from the U.S. Centers for Disease Control and Prevention to study novel HIV testing methods to detect acute HIV infection and target sexual networks to curb the spread of HIV in North Carolina.

The four-year study will assess the performance and cost-effectiveness of a new, fourth-generation test to diagnose acute HIV infection (AHI). AHI is the period between infection and detection of HIV antibodies and lasts up to 12 weeks. During this brief window of time, the virus replicates rapidly and the probability of transmission is very high.

"We believe that a significant proportion of HIV transmission by the sexual route is driven by AHI," said Peter Leone, professor of medicine in the UNC School of Medicine and adjunct professor of epidemiology in the

Gillings School of Global Public Health and co-principal investigator of the study. "Identifying individuals with AHI could have a significant positive impact on the spread of the virus."

Study investigators say the findings will likely have critical implications for the use of fourth-generation HIV testing methods.

"If these methods are shown to be accurate and cost-effective, their use would allow more widespread screening for acute infection and help with prevention," said co-principle investigator, an assistant professor of medicine at UNC.

The Screening Targeted Populations to Interrupt Ongoing Chains of Transmission with Enhanced Partner Notification, or STOP, study will use the AHI diagnosis to identify sexual networks where there is a high risk for HIV transmission and target them for prevention interventions, particularly partner notification. Men who have sex with men increasingly use the Internet to

find sexual partners.

"The anonymity of the Internet can limit the ability to perform partner notification by traditional means," said Lisa Hightow-Weidman, assistant professor of medicine at UNC and the study's third co-principal investigator. The study will utilize online social networks, Internet-based notification and text messaging for partner notification and education. "These technologies will also include real-time linkage to information about HIV testing sites for AHI, symptoms associated with AHI and referral to HIV and STD care," Hightow-Weidman said.

The study is a partnership between UNC and the Communicable Disease Branch of the North Carolina Department of Health and Human Services.

Two additional sites have been awarded funding for this project, the San Francisco Department of Public Health and the New York City Department of Health and Mental Hygiene.

HOUSE Calls

Practicing family physicians from the UNC Department of Family Medicine have teamed up with *The Carrboro Citizen* to bring you a weekly feature responding to your questions about health and medicine. Send your questions or comments to yourhealth@unc.edu



This week we respond to questions about domestic violence and getting healthy.

Dear HOUSE Calls, I saw my doctor recently for chest pain. She thought my pain could be from stress. We discussed that my husband yells at me a lot. He's even hit me once or twice over the years when he was drunk. Talking about this with my family physician made me feel better. Are there resources you could recommend to me?

Thank you for sharing this with us, because hearing your story may help many readers feel like this is something they are not facing alone. Sharing with your doctor really speaks to your relationship with her. If your husband is drinking a lot, there's a resource called Al-anon just for families dealing with family members who have problems with alcohol. Regarding domestic violence, there is the statewide N.C. Coalition Against Domestic Violence (919-956-9124) and then locally there is a family violence program in almost every county. You may want

to get in touch with such a resource. Remember, domestic violence is not just physical abuse (like the hitting you have experienced) but takes on lots of forms, like emotional abuse and controlling behavior. It seems that this stress over such a long period of time is impacting your physical and mental health. We are so glad that you were able to start this conversation with your family doctor.

Dear HOUSE Calls, Now that I am 50, I want to change my life for the better. I'm a corporate executive male. I am overweight at 240 pounds and I don't exercise. I have slightly elevated blood pressure (150/94) but I feel great. I don't smoke and rarely drink alcohol. What are the three most important things I can do for my health?

It is great that you are motivated to make changes and that you are a non-smoker. You may be more than just overweight. Unless you are more than 6' 3", we would consider you obese. This may change

your perception about your health and how much work you have to do to be healthy. The three most important things you can do are lose weight, exercise and pay attention to that blood pressure. Set a goal for weight loss of a half to one pound per week. It may take you a while to get to an ideal body weight, but it is for the long haul. Regarding exercise, try to find something you love to do — walking, jogging, tennis, swimming, cycling. Start low and go slow; make it a daily or near-daily habit. Lastly, we are concerned about your blood pressure and your long-term risk of heart disease and stroke. All three of these are closely related. See your doctor to come up with a plan. You may need medicine for hypertension.

HOUSE Calls is a weekly column by Dr. Adam Goldstein, Dr. Cristy Page and Dr. Adam Zolotor on behalf of Your Health and the UNC Department of Family Medicine.

OBITUARIES

Roxanne Shabani

Roxanne Shabani was born into this world on May 8, 1987 in London, England to her adoring parents, Mohammad and Mahnaz Shabani. Roxanne also had a loving little sister, Lily, who looked up to her every day. Roxanne unfortunately left us on June 25, 2010 at 23 years old.



Roxanne was one of a kind, always vivacious and bubbling with personality. Roxanne was not only intelligent, having recently graduated from the University of North Carolina at Chapel Hill with a degree in graphic design, but she was

also immensely talented. Roxanne had the ability to turn anything into a stunning piece of art. She could see the beauty in anything and everything.

Traveling and seeing the world was so important to Roxanne, with her favorite place being the mountains of North Carolina. She really loved all nature and its beauty, and she cared about the planet very much. She had so much to offer this world, and her close friends and family will never stop missing her.

A visitation was held at Renaissance Funeral Home of Raleigh (7615 Six Forks Road) on Tuesday, June 29 at 6 p.m., followed by a service.

The burial took place at Pine Forest Memorial Gardens (770 Stadium Drive) in Wake Forest on Wednesday, June 30 at 11 a.m.

FISH DAY!

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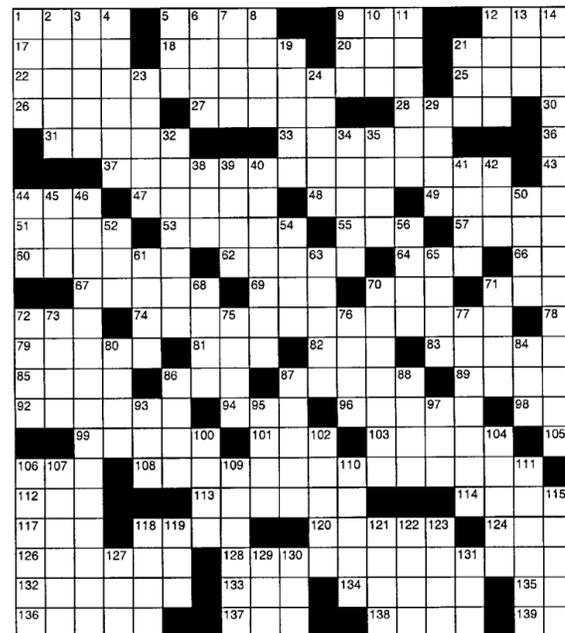
SUPER CROSSWORD HUMORISTS

ACROSS

1 Pollutant
5 Next in line
9 Viola part
12 Irish playwright
17 Strong ox
18 Extremely hot
20 Prospector's prize
21 Breakfast food
22 Humorous TV host?
25 Shadowy site?
26 Half a joint
27 Math relationship
28 Without
30 "— Blue?" (29 song)
31 Not as common
33 More promising
36 Field
37 Humorous Senator?
43 — de France
44 Mil. rank
47 Steakhouse order
48 Obscure
49 Medical word form
51 Mighty mile
53 Film barbarian

DOWN

1 Fiction's antithesis
2 9 Down character
3 — Loa
4 Repeat performance
5 Producer Prince
6 Celebrity hairstylist
7 Hawkeye State
8 Crowd-burst?
9 Erie author
10 Bungle
11 Old Faithful, e.g.
12 Certain steeds
13 Before, to Byron
14 Humorous poet?
15 Gorilla or groundhog
16 Novelist Gordimer
19 Chateau valley
21 Marsh
23 Prepared to propose
24 Plunders
29 Graceland name
32 Chest part
34 Like chiffon
35 Notion
38 San Diego attraction
39 Part of A.D.
40 Abominable
41 Plumbing problem
42 Oaf
44 Singer Davis
45 From — Z
46 Humorous jazzman?
50 Composer Nino
52 Actress Zetterling
54 Foch or Simone
56 Sitarist Shankar
58 "— Paul" ('59 hit)
59 Enraged
61 — vu
63 Practice
64 Apt. anagram of "voile"
64 Contented sigh
66 Gouda alternative
68 Read quickly
90 Tax shelter
91 Some
93 German spa
95 Tun throwaways
97 Bossy's chew
100 Workday start
102 Routine
104 English course?
106 Bobbins
107 Asian peninsula
108 Dog star?
110 Roberts or Tucker
111 Keep secret
115 Yonder
116 A la King?
118 Sailing supply
119 Christiania, today
122 Tend the sauce
123 Units of work
125 Orig. — Drang
127 — Bell Wells
130 Destiny
131 Kids' card game



CitizenCryptoquote By Martin Brody

For example, YAPHCYAPLM is WORDSWORTH. One letter stands for another. In this sample, A is used for the two O's, Y for the two W's, etc.. Apostrophes, punctuation, the length and formation of the words are all hints.

"Dissin Divides"

T X V Z I Q G V O V J W M V W G Q A E
G S M V W G , J P M T X Q A ' M
M Q Z V D W M V O T F T C T Q A .
- K D V C T O V A M Q J W G W ,
Q A D V Z T V F T A E E V A V D W Z
C M W A Z V S W . G I I U D S C M W Z W C
I Q G G W A O V D Q R W G V D T I W A
R Q D I V C T A W R E U W A T C M W A .
Find the answer in the puzzle answer section.

Weekly SUDOKU

by Linda Thistle

5	7	9				8
	1	8	7	5		
	9	4			6	1
	6	5		2		4
8	5	4			1	
	7		1	2	6	
4				5		3 6
		9	2		8	4
7	8		3		9	

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

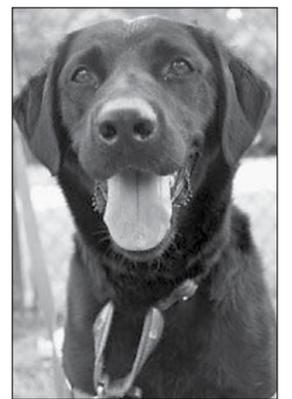
DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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PETS OF THE WEEK

PAWS4EVER — Mr. Boombastic, also known as Boom Boom and sometimes Boomer, is a black Labrador Retriever mix around 5 years old and perfect with other dogs, wonderful with children and cats are fine as well. He doesn't know why he was brought to the county shelter. He loved his humans, but won't bore you with his sob story. Now he is here awaiting someone like you to scoop him up and love him and hug him — you could even call him George. He knows not to go to the bathroom in the house. He's fun, happy, cute, easy to please, easy going and just down to earth. Please come see him. He needs you. WOOF (tail wag wag wag wag). Contact Paws4Ever, 6311 Nicks Road, Mebane, or call 304-2300. You can also go online at paws4ever.org



ORANGE COUNTY ANIMAL SERVICES — Say hello to Elijah!

This beautiful pit bull mix is around 8 months old and as sweet as he is handsome! He's a gentle boy who is well behaved and quite calm for such a young pup! Elijah loves people and is eager to please, but may be a bit shy around new situations that are especially loud or chaotic. He would do very well in a calm home where he could build confidence and perhaps be included in family activities or outings. Visit him at Orange County Animal Services, 1601 Eubanks Road in Chapel Hill. You can also see him and other adoptable animals online at co.orange.nc.us/animalservices/adoption.asp

