

2009

AVI CONFIDENTIAL



Happy March everyone!! Don't forget to Spring Ahead on March 20th or you're going to be early for everything!

March also brings our Dining Out for Life fundraising campaign. For those of you with internet access you can go to the web-site at:

www.diningoutforlife.com

You'll be able to find partici-

pating restaurants in your area and for Nanaimo our 3 participating restaurants are:

Tina's Diner for breakfast and lunch; the Thirsty Camel Café for dinner; and the Blue Ginger Restaurant for dinner.

So if you only eat out once this year, make it March 12th, come out and show your support for AVI.

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As I mentioned in the October or November newsletter last year, our drop is closed on cheque day each month for staff meetings. As this is generally the slowest day, it was the one picked as having the least impact on clients. Our drop in will resume on the following day as usual.

## Inside this issue:

|                             |   |
|-----------------------------|---|
| Catie Peanut Alert          | 2 |
| Herbs & Spices              | 3 |
| Honey Mustard Meatballs     | 3 |
| Pine Nut & Raisin Meatballs | 3 |
| Important Phone Numbers     | 4 |

## Complimentary Therapies - Complete Medical Systems

Practitioners of several distinct medical systems are currently practicing in Canada. Although their services are not available in all communities, interest in their therapies is growing among PHAs. These systems have their own unique philosophies, diagnostics and treatment methods and their own recognized methods for training practitioners. In some cases, the medical system is the collective medical practice of a specific culture, such as traditional Chinese medicine. In other cases, the system has developed concurrently with West-

ern medical methods but has its own unique methodology. This is true for homeopathy and naturopathy. Although these systems have developed individually, they are grouped together in this section because of what they share. Each system has a comprehensive set of principles dictating the diagnosis and treatment of various conditions—unlike the wellness strategies and unconventional therapies described in the following two sections. The effective use of these systems relies heavily on an individual's relationship with

a practitioner. For ancient systems of healing, HIV is a relatively new illness. As information about HIV/AIDS is changing rapidly, it is important to find a skilled, experienced practitioner who is knowledgeable about the disease. The latter half of this book includes a brief discussion of points to consider when choosing a practitioner, as well as a listing of organizations that may be able to refer you to qualified practitioners.

Next month we're going to look at Ayurvedic Medicine.

## Special points of interest:

- March 8th Daylight Savings begins - Spring Ahead!!
- March 9th - Support Group
- March 12th - Dining Out for Life
- March 17th - St. Patrick's Day
- March 20th - First Day of Spring
- March 25th - Cheque Day (office closed)

## CATIE News - Peanut product alert

Canada's food inspection agency (CFIA) is alerting the public about the danger of eating certain peanut products—including peanut butter, paste, powder, nuts and so on—made or packaged by the Peanut Corporation of America. The reason for the warning is that these products may contain *Salmonella* bacteria. People with weakened immune systems can develop serious symptoms when infected with *Salmonella*.

### Background

*Salmonella* are bacteria that live in the gut of animals. People can become infected with *Salmonella* when they eat food contaminated with animal feces.

Health Canada estimates that there are between 6,000 and 12,000 cases of *Salmonella* infections reported in Canada each year.

Infections caused by *Salmonella* bacteria are common in tropical countries.

### Symptoms

The most common symptoms of *Salmonella* affect the gastrointestinal tract and include the following:

- \* nausea
- \* vomiting
- \* diarrhea

These can occur within six to 48 hours after eating contaminated food. However, in people with weakened immune systems, symptoms can appear faster.

In addition to the three previously mentioned symptoms, several others may appear, including:

- \* fever
- \* chills
- \* abdominal cramps
- \* muscle and/or joint pain
- \* headache

In extreme cases of *Salmonella*, inflammation of the membranes surrounding the brain—a condition called meningitis—can occur. This can lead to blood clots, strokes, seizures and brain damage.

For the most part, *Salmonella*-associated diarrhea resolves within three to seven days and fever within three days. However, some groups of people are at risk for prolonged and severe *Salmonella* infections.

### Who is at risk?

Because of weakened immunity, the following conditions can increase the risk of severe *Salmonella* infection:

- \* HIV infection
- \* being younger than three months of age
- \* being older than 60 years
- \* organ transplant
- \* cancer

- \* cardiovascular disease
- \* corticosteroid use
- \* autoimmune disorders (including arthritis and lupus)
- \* diabetes
- \* sickle cell disease

### Treatment

For people with brief symptoms of *Salmonella*, some experts suggest that antibiotics are not needed. Nor should anti-diarrhea medications be used, as these could prolong the time that *Salmonella* remain in the body.

For people with weakened immune systems who have severe gastroenteritis, doctors can consider treatment with the following antibiotics:

- \* fluoroquinolones such as ciprofloxacin (Cipro)
- \* azithromycin
- \* Bactrim/Septera

The length of treatment for people with weakened immune systems can range between seven and 14 days. In cases where *Salmonella* has escaped from the gastrointestinal tract into the blood, these bacteria can easily cause life-threatening complications in HIV positive people. In such cases, infectious disease specialists suggest that treatment consist of one to two weeks of intravenous antibiotics, such as ceftriaxone or ampicillin (or even longer in cases of *Salmonella*-related meningitis). After this, suppressive therapy with oral ciprofloxacin or Bactrim/Septera is recommended. As is the case with many other life-threatening infections, prolonged suppressive therapy is not likely to be routinely used in HIV infection.

The prolonged use of antibiotics increases the risk of *Salmonella* developing resistance to treatment. This problem of resistance is a growing issue for the treatment of *Salmonella* and many other bacterial infections. In the case of *Salmonella* infections in HIV positive people, reports of resistance to ciprofloxacin are increasing.

### Peanut products to avoid

Canada's Food Inspection Agency is hard at work trying to identify and remove all affected products and peanuts that have been imported into Canada. To find out more about these products, visit the CFIA's Web site at:

[www.inspection.gc.ca/english/corpaffr/recarapp/2009/20090203be.shtml](http://www.inspection.gc.ca/english/corpaffr/recarapp/2009/20090203be.shtml)

### Investigation underway

The American Food and Drug Administration (FDA) and that country's Justice Department have launched a criminal investigation, looking into the actions of the Peanut Corporation of America to find out if it knowingly sold contaminated peanut products. In April 2008, the FDA disclosed that the corporation apparently shipped peanut products to Canada that were contaminated with metal shavings. Moreover, the FDA refused permission to have the contaminated products shipped back to the United States. The corporation destroyed this contaminated shipment in November 2008.

### Consequences of contamination

In the United States, at least 529 people have become ill and eight have died from complications of *Salmonella* infection due to eating contaminated peanut products.

In Canada, so far federal authorities are not aware of anyone who has been stricken with *Salmonella*-related disease after eating contaminated peanut products.

### Beyond the peanut

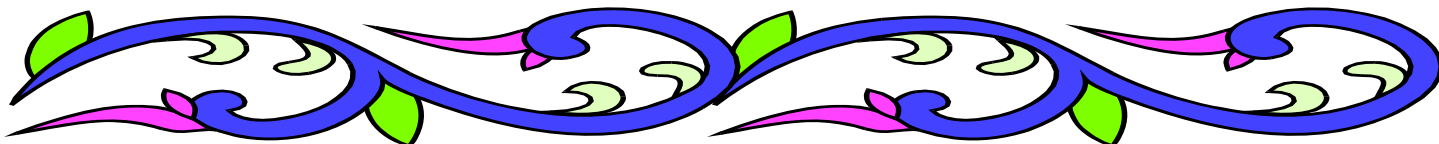
Although the current CFIA warning encompasses selected peanut products, readers should be aware that *Salmonella* can contaminate other foods. Health Canada has issued helpful advice to minimize exposure to *Salmonella*, as follows:

- \* Thoroughly cook eggs and meats (especially ground beef and poultry).
- \* Wash vegetables and fruit before eating.
- \* Avoid raw (unpasteurized) milk and cheese.
- \* Avoid raw eggs. This point is particularly important because raw eggs can sometimes be found in homemade products such as hollandaise sauce, Caesar salad dressing, tiramisu, homemade ice-cream, homemade mayonnaise, cookie dough and cake frosting.
- \* Thoroughly clean cutting boards, counters, knives and other utensils after preparing uncooked food.
- \* Wash hands after touching pets, particularly reptiles, as they can have *Salmonella* and can transmit them to people, particularly those with weakened immunity.
- \* Wash hands after contact with animal feces, for instance after changing kitty litter or scooping up after dogs.
- \* Keep refrigerator temperature at 4°C (40° F) and freezer at minus 18°C (0°F).

—Sean R. Hosen

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9. Raffatellu M, Santos RL, Verhoeven DE, et al. Simian immunodeficiency virus-induced mucosal interleukin-17 deficiency promotes *Salmonella* dissemination from the gut. *Nature Medicine*. 2008 Apr;14(4):421-8.
10. Gordon MA. *Salmonella* infections in immunocompromised adults. *Journal of Infection*. 2008 Jun;56(6):413-22.



## Common Herbs & Spices

Rob T.



Herbs and Spices all enhance the taste and smell of foods. The list of herbs and spices below is not the complete family of herbs and spices available to people but they are some of the more commonly used ones to add to our everyday foods.

Allspice, anise, basil, bay leaves, caraway seeds, cardamom seed, celery seed, cinnamon, cloves, coriander, cumin, dill seed, fennel, fenugreek, ginger, mace, marjoram, mint, mustard, nutmeg, oregano, paprika, parsley, black and white pepper, poppy seed, red pepper, rosemary, saffron, sage, savoury, sesame seed, sweet pepper flakes, tarra-

gon, thyme, turmeric.

### Tips for Herbs and Spices

It is best to store all kinds of herbs and spices in a cool, dark place far from heat and light sources. Dried herbs and spices do not go bad but they do lose their potency if not used for a long time.

Seeds like poppy and sesame turn rancid if left for a while. Most of the whole herbs and spices usually retain their flavour for about a year. Dried and ground herbs and spice are best consumed within six months of the buying date.

Crushing dried herbs in the palms of your hands before adding them to the food makes them more flavourful. Most dried herbs can be substituted with one teaspoon of the dried herb with one tablespoon

of chopped fresh herb.

Some of the items in the list of herbs and spices above can also be utilized for medicinal purposes and remedies. Most of our medicines today come from herbs and spice and other plants. Keeping a list of herbs and spices and their uses can be a useful thing to study or even have in the kitchen. Sometimes, experimenting with food and the various herbs and spices available to us can yield fantastic results and also really weird tasting food.

You can always read about which herbs and which spices can do what or add flavour to which food but actually tasting it can open your eyes to possibilities.

## Honey Mustard Meatballs & Meatballs

Rob T.

1/2 cup Honey Mustard  
1/4 cup finely chopped green onions  
2 tbsp. each barbecue sauce, and soy sauce  
1 lb. ground beef  
2 cups cooked rice  
1/3 cup finely chopped Bread & Butter Pickles  
1 egg, beaten  
1 clove of garlic minced  
1/2 tsp each salt and pepper

Stir the mustard with the green onions, barbecue sauce and soy sauce. Stir in the beef, rice, egg, pickles, garlic, salt and pepper.

Shape, heaping tablespoonfuls into balls. Place on greased metal rack (like a cooling rack) set on top of rimmed baking sheet.



Bake for 20 minutes or until no longer pink inside.

Transfer to platter, Sprinkle with parsley.

### Meatballs

1 lb. extra lean or lean ground beef  
2 tbsp. finely chopped sweet mixed pickles

1 tbsp. yellow mustard  
1 clove of garlic minced  
1/4 tsp each salt pepper.  
Gently mix beef with pickles, mustard, garlic, salt and pepper.

Shape, heaping tablespoonfuls into balls. Place on greased metal rack (like a cooling rack) set on top of rimmed baking sheet.

Bake for 20 minutes or until no longer pink inside.

Transfer to platter, Sprinkle with parsley.

## Pine Nut Raisin Meatballs

Rob T.

1 large egg  
1/4 cup milk  
1/4 cup dry breadcrumbs  
1/4 cup grated Parmesan Cheese  
1/4 cup finely chopped onion  
1/4 cup raisins (any kind)  
1/4 cup pine nuts, coarsely chopped  
2 tbsp. Chopped fresh parsley  
1 tbsp. Balsamic Vinegar  
1 1/2 tsp. minced fresh rosemary (or 1/2 tsp crumbled dried rosemary)

3 cloves garlic, minced  
1/2 tsp. salt  
1/4 tsp. pepper  
1 1/4 lbs. ground beef  
Chopped fresh parsley for garnish

1. Preheat oven to 375 degrees Fahrenheit  
2. In a large bowl, beat egg with milk. Stir in breadcrumbs, cheese, onion, raisins, pine nuts, parsley, vinegar, rosemary, garlic, salt and pepper. Mix in beef.

3. Shape heaping tablespoonfuls into balls. Place on greased metal rack (like a cooling rack) set on top of rimmed baking sheet. Bake for 20 minutes or until no longer pink inside. Transfer to platter, Sprinkle with parsley.



## AIDS Vancouver Island

[www.avi.org](http://www.avi.org)

201-55 Victoria Rd  
Nanaimo, BC  
V9R 5N9

Phone: 250-753-2437  
Fax: 250-753-4595  
Email: [anita.rosewall@avi.org](mailto:anita.rosewall@avi.org)

*AIDS Vancouver Island provides comprehensive, accessible and effective education, prevention, care, treatment and support services to residents of Vancouver Island and the Gulf Islands to:*

- (1) reduce the spread of, primarily, HIV/AIDS and also Hepatitis C and/or other co-infections; and*
- (2) improve the health and well-being of people infected and affected primarily by HIV/AIDS and also by Hepatitis C and/or other co-infections.*

*For more information call the AIDS info line*

**1-800-665-AIDS (2437)**

## IMPORTANT PHONE NUMBERS

### Health & Addictions

Clearview Detox 753-9968  
Crisis Line 754-4447  
Drug & Alcohol 741-5554  
Nanaimo Hospital 754-2141  
AVI Health Centre 754-9111  
Caledonia Clinic 754-7777  
Medical Arts Clinic 741-0447  
Lantzville Medical Clinic 390-4542  
Wellington Medical Clinic 740-2100  
Victoria Rd Clinic 716-9911  
Hepatitis C Clinic 740-6942  
Snuneymuxw First Nation Health Centre 740-2337  
Tillicum LeLum Health Centre 753-6578  
Harris House Health Clinic 753-6759  
Samaritan House 753-1474  
New Hope Centre 714-1142

### Mental Health Services

Mental Health & Addiction Services 741-3600  
716-7786

### Life Labs

Port Place Mall 753-1342  
Brickyard Road 758-7852  
Norwell Road 758-1811  
Wallace Street 754-7524

### Pharmacies

Outreach Pharmacy 753-9606  
London Drugs 753-4433  
Shopper's Harewood 753-8234

### Central Drugs:

Dunsmuir St 753-6401  
Campbell St. 753-5342  
Dufferin Cres. 716-0063  
Bowen Rd 758-7711  
Brickyard 751-2439  
Lantzville 390-4423  
Beaufort Rexall 753-6655  
Southgate Rexall 753-7195

### Community Services

Citizens Advocacy 753-2321  
Nanaimo Affordable Housing Society 755-1158  
Legal Aid 753-4396  
Nanaimo Community Food Bank 753-6232  
RCMP 754-2345  
The Canadian Red Cross  
Equipment Loan Service) 756-9363  
The Salvation Army 754-2621  
BC Ferries General Information 753-1261

### Social Services

MEIA 1-866-866-0800  
BC Government Access Centre 741-3636

### Toll-Free & Long Distance Numbers

AIDS Vancouver Island - Victoria 1-800-665-2437

AIDS Vancouver Island—Courtenay/Comox 1-877-311-7400

AIDS Vancouver Island—Campbell River 1-877-650-8787

VIPWAS 1-250-382-7927  
VARCS 1-250-388-6220

BCPWA 1-800-994-2437

Positive Women's Network 1-866-692-3001

BC Bus Pass 1-888-661-1566

BC Ferries (Schedules) 1-888-223-3779

Travel Assistance Program 1-800-661-2668

BC Hydro 1-800-224-9376  
Telus 1-888-811-2323

### Canada Customs & Revenue Agency (Income Tax)

Child Tax Benefit 1-800-387-1193  
General Inquiries 1-800-959-8281  
Refund Inquiries 1-800-959-1956  
GST 1-800-959-1953  
CPP 1-800-277-9914  
MSP 1-800-663-7100

### BC Centre for Excellence (St Paul's Hospital)

Dr. Montaner 1-604-806-8316

Dr. Montessori 1-604-806-8644  
or 1-604-806-8667

Oak Tree Clinic - 1-604-875-2212  
1-888-711-3030

Spectrum Health 1-604-681-1080

Swift Street Clinic 1-250-385-1466

Mental Health Info Line 1-800-661-2121

Narcotics Anonymous – 24 hr. 1-888-265-7333

Pharmacare 1-800-554-0250

Inquiry BC 1-800-663-7867

Social Insurance Number 1-800-206-7218

### Social Services

Tenant's Info Hotline 1-800-665-1185

Residential Tenancy Office (24 hr) 1-800-665-8779