

**CAB Conference Call  
July 26, 2012  
12:00 EST  
Meeting Minutes**

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**Participants:**

<b>Carlos</b>	San Juan Hospital
<b>Carrie</b>	University of Colorado
<b>Christy</b>	Texas Children's Hospital
<b>De`Angelo</b>	University of Florida – Jacksonville
<b>Delia</b>	University of Miami
<b>Emily</b>	FSTRF
<b>Jennifer</b>	University of Colorado
<b>Juan</b>	University of Puerto Rico
<b>Julie</b>	Westat
<b>Kimbrae</b>	Texas Children's Hospital
<b>Krystal</b>	Harvard University
<b>Linda</b>	St. Christopher's Hospital for Children
<b>Mariana</b>	University of California San Diego Hospital Center
<b>Marilyn</b>	Bronx - Lebanon
<b>Megan</b>	Westat
<b>Rosetta</b>	Bronx - Lebanon
<b>Theresa</b>	Texas Children's Hospital

• **APPROVAL OF MINUTES**

The minutes from the June 21, 2012 call were approved with no changes.

• **PHACS CAB EVALUATION SURVEY RESULTS**

Megan talked about the PHACS CAB Evaluation Survey results. There were three responses and no suggested topics. Megan reminded the CAB that they can suggest topics for future calls in the PHACS CAB Evaluation Survey. Megan keeps a list of all suggested topics.

• **NEWSLETTER, JUNE 2012 EDITION**

Megan talked about the June 2012 edition of the PHACS CAB newsletter. The newsletter followed a theme of living healthy with HIV. Megan sent the newsletter to all PHACS members. Megan talked about the 2012 International AIDS Society (IAS) conference. The National Institute of Health (NIH) has a booth at the IAS conference. NIH is passing out the PHACS CAB newsletters at the conference.

Delia suggested that the CAB start planning for the December 2012 edition of the newsletter now.

Megan talked about the International Maternal Pediatric Adolescent AIDS Clinical Trials Group (IMPAACT) Americas Regional CAB (RCAB). The IMPAACT Americas RCAB wants to make a newsletter. Megan asked for the CAB's permission to send the PHACS CAB newsletter to the IMPAACT Americas RCAB. The CAB decided to let Megan send the newsletter to the IMPAACT Americas RCAB.

**Action Item: Megan will send the PHACS CAB Newsletter, June 2012 Edition to the IMPAACT Americas RCAB.**

- **CAB NETWORK MEETING DISCUSSION**

The PHACS Fall 2012 Network Meeting is November 8-9, 2012 in Bethesda, Maryland at the Bethesda Hyatt Regency. The PHACS Leadership would like to invite one local CAB member from each site. The PHACS Study Coordinators (SC) will help decide who will attend from each site. The representative will be given registration information.

Megan talked about the IMPAACT meeting. Each person at the meeting had a folder with handouts. The IMPAACT CAB made a handout about community concerns and priorities to put in the folders. Each person at the PHACS Fall Meeting will receive a meeting packet. The packets will have agendas, publications, and general meeting information. Megan wondered if the PHACS CAB would be interested in making a similar handout for the meeting packets. Everyone at the PHACS meeting would have a copy of the list to keep. They would be able to think about the issues that are most important to the PHACS community members. The CAB decided to make a handout about community concerns and priorities.

- **PRESS RELEASE – “FDA APPROVES FIRST DRUG FOR REDUCING THE RISK OF SEXUALLY ACQUIRED HIV INFECTION”**

Megan talked about the press release. The US Food and Drug Administration (FDA) approved the drug, Truvada for use by people who are not HIV-infected. Truvada is the first drug approved to reduce the risk of HIV infection in HIV negative people who are at a high risk of getting HIV. Truvada should be taken every day with safe sex practices to lower the risk of getting HIV sexually.

The use of Truvada to prevent HIV must only be used by people who are confirmed to be HIV negative. Truvada was approved with a Risk Evaluation and Mitigation Strategy (REMS). REMS is an educational program. REMS was made to help lower the risk of getting HIV and to lower the risk of developing HIV drug resistance. REMS was made to help health care workers with talking to people who are thinking about taking Truvada to prevent HIV.

The safety and efficacy of taking Truvada for HIV prevention were shown in two clinical trials. Efficacy is the ability to produce the desired effect. The studies showed that Truvada was effective for HIV prevention when taken as directed.

The most common side effects of Truvada were diarrhea, nausea, abdominal pain, headache, and weight loss. Serious adverse side effects were not common.

The company that makes Truvada is Gilead Sciences Inc. Truvada was approved with some conditions. Gilead Sciences Inc. must keep studying the safety and efficacy of the drug. They must also study any person who gets HIV while taking Truvada for HIV prevention. They will also study women who become pregnant while taking Truvada to prevent HIV.

Delia wondered who would pay for the Truvada when used to prevent HIV. Juan thought that taking Truvada for HIV prevention could be risky. People might not take the drug as directed.

- **CAB EVALUATION SURVEY TOPIC – NATURAL ALTERNATIVE METHODS FOR HIV TREATMENT**

Megan talked about an article on alternative, complementary, and traditional medicine and HIV. Alternative and complementary medicine is health care systems, practices, and products that are not a part of Western Medicine. Alternative therapies are often used in places where people cannot get ARV medications. Many people in the United States try complementary medicine as a way to help with the side effects of HIV treatment. Alternative therapies can help relieve stress and boost confidence.

Alternative medicine is therapies that are not proven by the standards of Western medicine. There is not a lot of scientific evidence because medical trials cost a lot of money. Researchers may not want to investigate the therapies if they do not fully believe in them.

The National Center for Complementary and Alternative Medicine (NCCAM) is funding research on alternative medicine. The website for NCCAM is [nccam.nih.gov](http://nccam.nih.gov).

There are different kinds of complementary and alternative therapies. Whole medical systems include traditional Chinese medicine. Mind-body medicine is relaxation, prayer, and yoga. Biologically based practices are vitamins and herbal remedies. Manipulated and body-based practices are massage, reflexology, and osteopathy. Energy medicine is acupuncture and therapeutic touch. People wanting to try these therapies should talk with their doctor.

CAB members shared their experiences with alternative medicine. Dr. Nance talked about a study at Texas Children's Hospital. The study is looking at a drug that is made of green tea molecules as an HIV treatment. They are researching how a part of green tea can stop HIV from starting infection. The study should be completed in a year. The study is funded by NCCAM.

**NOTE: The next CAB call will be on Thursday, August 23, 2012 at 12:00 pm EST.**