

Caffeine:

The Good, The Bad, and The Maybe

BY TAMMY DARKE, M.S., R.D.

It is hard to pass up the allure of caffeine with its promise of increased alertness, increased energy, improved physical performance, and even reports of increased happiness. Coffee accounts for 75% of the caffeine we consume and Starbucks has profited well from this with nearly \$5 million in profits in 2006. Today, nearly 70% of soft drinks containing added caffeine, this \$3.7 billion industry is eagerly trying to compete with Starbucks with such brands as Red Bull, Rockstar, and Monster offering high doses of caffeine, vitamins, and herbal stimulants to increase the energy boost.

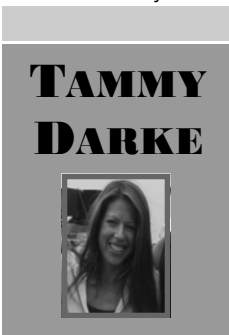
Caffeine isn't any food additive, it's a drug, effecting blood, nutrient, and oxygen delivery throughout the body. Caffeine increases epinephrine/adrenaline, the "fight or flight" hormone that prepares the body for action in emergency situations by increasing heart rate, which leads to an energizing boost of oxygen and glucose to the brain and muscles. Caffeine not only ener-

gizes, it works by blocking the effects of adenosine, a brain chemical involved in relaxing the body and preparing it for sleep. Caffeine also increases dopamine levels in the same way that amphetamines do (heroin and cocaine also manipulate dopamine levels by slowing down the rate of dopamine re-

uptake). Dopamine is a neurotransmitter that can activate the pleasure center of the brain and improve our energy and sense of well-being. Obviously, caffeine's effect is much lower than heroin's, but it is the same mechanism. It is suspected that the dopamine connection contributes to caffeine addiction. Caffeine's drug like effects can lead to addiction with physical dependence in individuals who use it regularly.

In fact, after less than one week of daily caffeine intake, most people will experience headache, fatigue, decreased alertness, and/or drowsiness if they stop. Consuming a lot of it can lead to heart palpitations, anxiety, irritability, difficulty sleeping, stomach complaints and insomnia.

(Continued on page 4)



TAMMY DARKE

C.A.R.E. PROGRAM

People Who CARE

The C.A.R.E. Program and Clinics are affiliated with St. Mary Medical Center

New C.A.R.E. Program Logo Marking 20 Years of HIV/AIDS Care

BY DR. MARK DAVIS

The C.A.R.E. Program has a new logo which is indicative of its role in the Long Beach community and in the fight against HIV/AIDS for the past 20 years.

The left line covers and protects - reflective of the program's outreach and "covering" of the community and its commitment to protecting the health and well-being of those infected/affected by HIV/AIDS.

The line on the right elegantly and gracefully reaches in an upwards direction conveying hope going beyond the present circumstances.

Together they form an inviting hand, which relates to the human touch and genuine caring demonstrated by the C.A.R.E. Program, as well as the "helping hand" that is extended to those in need.

(The Logo was designed by Yoko of Nomadesign in Japan.)

Visit the C.A.R.E. Program's new website at www.careprogram.org.

(The website was designed by Richard Hamel of Webworks.org, he specializes in designing websites for nonprofits.)

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Q&A With Dr. Ben Montoya

By PAUL LOVELY,
EDITOR

Dr. Montoya is the newest member of our medical team, joining CARE in January 2008. *People Who CARE* recently sat down to talk with him.

Tell me a little about your training, and where you worked before coming to CARE.

I went to college at UC San Diego, and medical school at UC Irvine. I did my residency in internal medicine at Western Medical Center. I worked for about five years as a hospitalist (hospital-based general physician) in the Torrance area, then I decided to go into an ID (infectious disease) fellowship, and I finished that in November of 2006. After finishing my fellowship, I practiced as a hospitalist for one additional year. As a fellow, our clinic practice was centered in HIV medicine. This took place at UCI Medical Center and the Long Beach VA.

What's the biggest difference between being a hospitalist and what you're doing now?

The continuity of care. Now there is the opportunity to have an ongoing relationship with my patients and to follow their recovery. As a hospitalist, I would take care of acute issues only.

And what was it about HIV medicine that particularly attracted you to it, in addition to the continuity of patient care?

From the science standpoint, I've always been inclined toward molecular biology; also the complexity of HIV and the opportunity to utilize my infectious disease knowledge in the HIV/AIDS population. From a personal standpoint, it's important to me to have the chance to work with disadvantaged populations; because for me growing up, that's my background. So it gives me the opportunity to give back, to honor the ideals I've had since I got into medical school. I'm not here to change the world— but I think the feeling that you're making a difference goes a long way, even if it's just helping one person at a time.

How's it been going for you here so far?

Working in the CARE Clinic is great—all the staff is very friendly here. I like my patients—they're very nice and easy to get along with. Overall, the experience

I've had so far has been very positive.

What was it like for you growing up?

I was raised in Tijuana—I lived there until I was sixteen years old. Then we moved to the United States, to Southeast San Diego, which is the inner city in San Diego, and there I finished high school. I had a big challenge at that time because I didn't know how to speak English at first. So I did a lot of studying, and by the time I finished the twelfth grade, I was in the top thirteen at my school. Because of that, they gave me a straight admittance to UCSD.

The first thing I really liked (in college) was biology. As a kid growing up, I was always trying to cure sick animals, like the ones you'd find in the street in Tijuana. So veterinary medicine was the first thing that I thought about. But somehow I didn't want to go straight in to animal care, so I took some time off after college and worked in the research field. At one point I was considering a biophysics degree. Then I went to a medical conference involving underserved populations, which I thought was very interesting, and I saw some of my friends

from UCSD who were first and second year medical students. That triggered my interest in medical school, and I thought it was a way to integrate what I liked to do into a career. So the following year I applied and got admitted to medical school at UC Irvine.



Dr. Ben Montoya

Tell me a little bit about your family.

I have four kids (two boys and two girls). I have a nineteen-year-old, a sixteen-year-old, a three-year-old and a one-year-old. I live in Laguna Niguel with my wife of seven years. My wife is an OB GYN, but right now she is dedicated to raising our children. My oldest daughter goes to college at UC Irvine, and she's thinking about pursuing a degree in criminology or law. My oldest son is in

high school, and he's athletic and studious. He also has a talent for developing characters & stories for comics.

When you're not being a doctor, what's a perfect day for you?

A perfect day for me is spending time with my family, going to the beach & surfing.

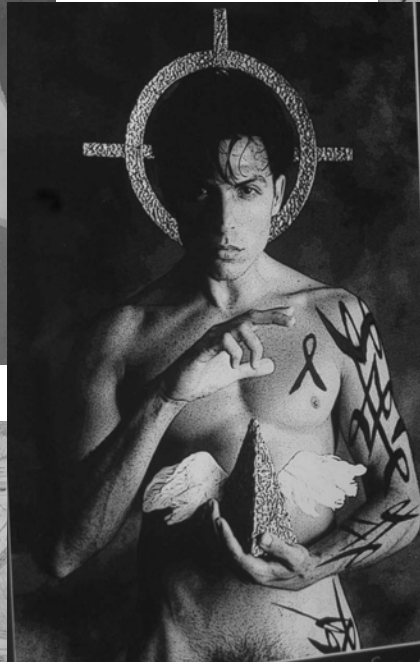
People Who CARE Remembers our Friend and Co-Editor KENT THOMAS SPEIRS



A Kind and Giving Man

World AIDS Day '07 Art Competition

Photos Courtesy Long Beach AIDS Foundation



THE WINNER



C.A.R.E. People Who CARE

Volume 7, Issue 1
Spring 2008

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www.careprogram.org

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All C.A.R.E. clients and staff are invited to send us comments, artwork, poetry, photographs, essays or other writing. Include your name, address, and phone number. All submissions are printed at the discretion of the editors.

People Who CARE is published by the C.A.R.E. Client Advisory Panel and is made possible by generous grants from Abbott Laboratories and Long Beach Lesbian & Gay Pride, Inc.

This project was supported by funds received from the L.A. County Office of AIDS Programs and Policy, the State of California Department of Health Services, Office of AIDS and the U.S. Department of Health and Human Services Administration.

The Onion Beaver



BY BOB POND

What Caffeine May be Good For	What Caffeine May Not be Good For	What You May Not Need to Worry About
<p>Gallstones</p> <p>Several studies have revealed that men and women who drink two to three cups of regular coffee per day had a about a 20 percent lower risk of gallstones than non-drinkers. Tea, decaf coffee, and caffeinated soft drinks were not protective due to their lower levels of caffeine. One theory is that caffeine is causing the gallbladder to contract more often, stimulating the emptying of stone-forming cholesterol and bile pigments.</p>	<p>Sleep</p> <p>Caffeine consumption within three to five hours of bedtime will disturb the sleep of most people. Caffeine interferes with adenosine, the brain's natural sleep regulator.</p>	<p>Heart Disease</p> <p>In a large meta-analysis of 10 studies and over 400,000 men and women followed for three to 44 years, those who drank coffee every day-whether regular or decaf-were no more likely to suffer from heart disease than non-coffee drinkers.</p>
<p>Mental Performance</p> <p>Caffeine improves alertness and reaction time in people, whether they're habitual consumers of caffeine or not, say researchers at the U.S. Army Research Institute of Environmental Medicine. Although memory or complex reasoning won't improve, caffeine, especially in those who are sleep deprived it can help considerably with alertness and the ability to focus on tasks.</p>	<p>Counteracting Alcohol</p> <p>Can caffeine reverse the effect of alcohol? Well those who are intoxicated think so. According to Roland Griffiths of Johns Hopkins's people who are both inebriated and caffeinated will think they're okay, but their reaction time and judgment will still be impaired.</p>	<p>High Blood Pressure</p> <p>Consuming caffeine every day for one week to several months can raise blood pressure by an average of 4 points (systolic) over 2 points (diastolic). In a study that followed more than 155,000 women for 10 years, those who drank regular or decaf coffee had not higher risk of hypertension than non-coffee drinkers...BUT some people are very sensitive to caffeine's effects and if your healthcare provider has advised you to stop due to your blood pressure, then follow their advice.</p>
<p>Mood</p> <p>It's no coincidence that people offer guests a cup of coffee. After consuming anywhere from 20-200 mg of caffeine people report increased well-being, happiness, energy, alertness, and sociability. In fact, a study of over 86,000 women who were followed for 10 years found those who consumed at least two cups of regular coffee per day were 60 percent less likely to commit suicide than those who drank none.</p>	<p>Migraines</p> <p>Caffeine may help relieve headache pain, in those susceptible to migraines overuse of caffeine could actually increase the risk of chronic daily headache syndrome-headaches 20-25 times per month. Those with a history of migraines should limit caffeine to no more than two days a week.</p>	<p>Dehydration</p> <p>Contrary to what many believe, caffeine is not a diuretic, at least not in the amounts that most people consume. In seventeen studies, those who drank beverages containing 45 mg to 550 mg of caffeine produced no more urine than they did when they drank caffeine-free beverages. Caffeinated fluids can contribute to the daily human water requirement in a manner that is similar to pure water. Unless, you consume more than 575 mg of caffeine, then you may experience a mild diuretic effect.</p>
<p>Headaches</p> <p>Caffeine may help constrict blood vessels that have become dilated (or widened) during a headache. It is also a mild pain-killer and it has the ability to increase the availability of other analgesics that it is combined with.</p>		<p>Weight Loss</p> <p>Consuming 100 mg of caffeine raises the metabolic rate by about 5 percent over the course of a day. That's equivalent to burning 75-110 extra calories, what many people burn in one hour of sitting still. Despite this mild increase calorie burn, there is no evidence that increased caffeine helps with weight loss because people develop a tolerance to the caffeine and the metabolic effects weaken over time.</p>

How much caffeine is in that...?

The Food and Drug Administration (FDA), does not require companies to list the caffeine content of foods or beverages on their labels. The list below includes the caffeine content of common foods and beverages but, if you don't see your favorite "caffeine fix" on this list, visit www.energyfiend.com for a more extensive caffeine database.

Coffee and Tea (16 ounces, unless noted)	Caffeine (milligrams)
Starbucks regular coffee	330
Starbucks Caffè Mocha	175
Maxwell House or Folgers, brewed from grounds	160-200
Starbucks Espresso, doppio (2 shots-2 ounces)	150
McDonald's Large Coffee (16 ounces)	145
Tea-black or green	60-100
Starbucks Hot Chocolate or Decaffeinated Coffee	25
Maxwell House or Folgers, decaf brewed from grounds	5-15
Bottled Coffee, Tea, etc.	
Starbucks Iced Coffee-Light or regular (11 ounces)	200
Starbucks Frappuccino, except Strawberries & Crème (9.5 ounces)	90
Tea (Arizona, Lipton, Snapple, etc)-black or green (16 ounces)	30-60
Hershey's Chocolate Milk (8 ounces)	5
Soda (12 ounces, unless noted)	
Mountain Dew MDX or VAULT (20 ounces)	120
Diet Pepsi Max	70
Mountain Dew, Pepsi One	55
Sunkist Orange Soda, Dr. Pepper	41
Pepsi Cola, Coca-cola	35
A&W Cream Soda-Diet or Regular	25
7-Up, Fanta, Fresca, Sierra Mist, Sprite, Root Beer	0
Energy Drinks (16 ounces, unless noted)	
Jolt (23.5 ounces)	280
Rockstar-Punched, Roasted, or Zero Carb	240
Arizona Green Tea Energy or SoBe No Fear	170
Rockstar-Juiced, Original, or Sugar Free	160
Monster, AMP, Full Throttle	150
SoBe Adrenaline Rush-Sugar Free or Regular	150
TAB (10.5 ounces)	95
Propel Invigorating Waters (20 ounces)	50
Ice Cream & Yogurt (1/2 cup unless noted)	
Dreyer's Grand Espresso Chip	45
Ben and Jerry's Coffee Heath Bar Crunch	40
Dannon All Natural Yogurt, Coffee (6 ounces)	30
Starbucks Frappuccino Bar (1 bar-2.8 ounces)	30
Stoneyfield Barm Lowfat Yogurt, Mocha Latte (6 ounces)	5

Adult Vaccinations

BY DAVID CHAILLÉ, STAFF COLUMNIST

Vaccinations or immunizations, commonly called shots or injections, are treatments that build up your body's defenses against certain infections. Such vaccinations are classified into two types: therapeutic and preventative. A therapeutic vaccine is used when a person has already acquired a disease. An example of a therapeutic vaccine would be a shot of antibiotics to fight an existing infection. A preventative vaccination such as a flu shot is used to help the body resist getting a potential disease or infection.

In HIV positive adults, a vaccination can cause a temporary increase in a person's HIV viral load. Therefore, the HIV viral load should not be measured for 4 weeks following a vaccination. For this reason, it is important that you inform your HIV specialist if you have received a vaccination such as a flu shot from another doctor or clinic. You should also take into consideration that a preventative vaccination may not work for you if your CD-4 cell count is very low (i.e., under 200).

Avoiding Live Vaccinations

Unless an HIV specialist agrees to the safety, an HIV positive adult should not receive most vaccinations that contain a live virus. Such live virus vaccinations include chickenpox (varicella), yellow fever, and smallpox (vaccinia).

Preventative Vaccinations Recommended for HIV Positive Adults

Pneumococcal Pneumonia - repeated every 5 years

An HIV positive adult is at greater risk for pneumococcal pneumonia and therefore should get this vaccination. Since the vaccination usually takes 2-3 weeks to become effective, it is important that the vaccination be administered before the on-set of the disease.

Hepatitis A - two doses at least 6 months apart

This two-dose vaccination will normally remain effective for about 20 years. Although the Hepatitis A virus (HAV) is usually not serious, it can cause significant liver damage in someone with a weakened liver such as a person already infected by Hepatitis B or C. The Hepatitis A vaccine is especially needed for anyone with chronic liver disease or a liver implant, for current or former users of illegal injectable drugs (especially sharing needles), for anyone with a blood clotting factor disorder (e.g., hemophilia) and for travelers to certain geographical areas.

Hepatitis B - 2 doses, 1 month apart, followed by a booster at least 6 months later

If previously exposed to the Hepatitis B virus (HBV), you should already have antibodies. If not, you should get vaccinated since this can be a serious disease. The series of vaccinations should remain effective for about 10 years. Like Hepatitis A, the risk of Hepatitis B is especially high for men who have sex with men and for adults who use street drugs or who inject drugs. Vaccination is also recommended for travelers to certain geographical areas. Since Hepatitis A can be transmitted through sex, the proper use of condoms is believed to reduce the chances of transmission.

Influenza (flu) - one annual vaccination

It is recommended that all adults with HIV get a flu shot each year by mid-November in advance of the flu season. The flu can sometimes lead to pneumonia. For some flu vaccines, persons allergic to eggs may experience a reaction. Adults with HIV should avoid the "Flu Mist" type of vaccine since it contains "live-attenuated" vaccine that may be harmful to someone with a weakened immune system. To protect the HIV positive person, it is recommended that all household members also receive the flu vaccine.

Tetanus and Diphtheria - once in 10 years

Tetanus and diphtheria vaccines are combined into a single injection. Tetanus is a serious skin disease caused by a common bacteria. It can occur in any cut in the skin. It is not transmitted from one person to another. Intravenous drugs users are particularly at higher risk. Diphtheria is a bacteria that can be transmitted from one person to another. An HIV positive adult should not receive more than one shot every 10 years or after 5 years of an injury.

DAVID
CHAILLÉ



(Continued to page 7)

Let's Talk Dignity

BY MICHAEL L. DIXON, STAFF COLUMNIST

The City of Long Beach has a Human Dignity Policy that was established in 1998. It expresses:

“Everyone should be treated with courtesy and respect, regardless of their racial background, their nation of origin, the religion they practice, their sexual orientation, gender, or disability status. It is the right of all residents to pursue their daily lives with the knowledge that they will not be threatened with violence or physical harm... The City will vigorously fight criminal activity known as hate crimes with all resources at its disposal.”

As a result of the policy's establishment and a concern for human relations issues in the community, the City's Human Dignity Program was created and housed in the Office of the City Manager.

A defining element of the Human Dignity Program is its Community Assistance Team which consists of a voluntary Hate Crime Response and Inter-Group Conflict Resolution Team. This team consists of a highly trained, diverse group of individuals who are on call seven days a week to assist victims of hate crimes or bias incidents.

I joined the Hate Crime Response and Inter-Group Conflict Resolution Team because I believe that everyone has a right to exist peacefully in this world. I'm inspired by looking back on the words of the late John F. Kennedy who said, "Ask not what your Country can do for you, but what you can do for your Country". The City of Long Beach has the opportunity to be an example to other cities by showing that everyone is treated with the same respect. It is my mission as a Community Assistance Team member to model and encourage that belief, to help promote diversity acceptance and awareness, and to stomp out hate!

In addition to responding to hate crimes, bias incidents and conflict in the community, the Human Dignity Program focuses on violence prevention through the coordination of the City's Youth and Gang Violence Prevention Task Force, support of violence prevention initiatives in the community, and delivery of Conflict Resolution Workshops.

The Program also promotes diversity education and delivers such trainings in partnership with the California Conference for Equality and Justice (CCEJ, formerly known as the National Conference for Community and Justice). These efforts give others the

tools to build more inclusive communities. Of note, the Program facilitates a regular interfaith dialogue between Jewish, Christian, and Muslim clergy.

Further, the Human Dignity Program celebrates cultural diversity and encourages community harmony. The Program encourages others to be involved with commemorations such as Peace Week in January, A Season for Nonviolence held between January 30 and April 4, and Cultural Diversity Month during October.

If you suspect you are a victim of a hate crime or bias incident:

Call the Long Beach Police Department 9-1-1 or 562-435-6711 [non-emergency] and call the City of Long Beach Human Dignity Program Hate Crime Response Team 562-570-6948 [Office] 562-570-6706 [TTY]

Hate Crime Victims Should Also:

- Obtain medical attention, if needed
- Write down the exact words that were spoken
- Save any evidence for law enforcement to photograph
- Get the names, addresses, and phone numbers of other victims and witnesses
- Get a description of the perpetrator, vehicle, etc.

www.dignity.longbeach.gov

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Measles, Mumps and Rubella

Measles, mumps and rubella are caused by viruses. They are very contagious and can be spread by coughing and sneezing. Children are normally vaccinated with the MMR shot which gives them life-long protection. If, however, you were born after 1957 and did not get the MMR vaccination, you should. MMR is a live vaccine and is recommended for Adults with a CD4 cell counts above 200.

Meningitis (meningococcal meningitis) - one shot with booster after 5 years for people who got their first shot before age 65 are at very high risk. Adults with weakened immune systems have a greater risk of developing meningitis if they are exposed to this bacteria. Traveling to certain geographical areas also warrants this vaccination.

Candy	
Pit Bull Energy Bar (1 bar-2 ounces)	165
Blitz Energy Gum (2 pieces)	110
Snickers Charged (1 bar-2 ounces)	60
Jelly Belly Extreme Sport Beans (14 pieces-1 ounce)	50
Hershey's Milk Chocolate Bar (1 bar-1.5 ounces)	10
Miscellaneous	
Sumseeds sunflower seeds (3.5 ounces)	120
Swiss Miss Pick-Me-Up (1 packet)	65
Morning Spark Energy Instant Oatmeal (1 packet)	60
Bud Extra beer (10 ounces)	55
Swiss Miss Mocha Cappuccino (1 packet)	25
Swiss Miss Milk Chocolate (1 packet)	1-3

C.A.R.E. CLINIC

562.624.4999

Monday—Friday 8:30am—12:00noon 1:15pm—4:30pm



LAB HOURS

Monday—Friday 8:30am—11:30am 1:15pm—3:30pm

Clinic and Lab are closed on the 2nd Wednesday and the 1st Thursday of the month from 8:30am until 9:30am for staff meetings.

Remember to bring your insurance card every time you have lab work done.

C.A.R.E. PROGRAM OFFICES

562.624.4900

Monday—Friday 8:30am—12:00noon 1:15pm—4:30pm

Program offices are closed on the 2nd Wednesday of the month from 8:30am until 1:15pm for staff meetings.

C.A.R.E. DENTAL CLINIC

562.624.4949

Monday—Friday 8:00am—12:00noon 1:00pm—4:30pm

Dental Clinic is closed on the 2nd Wednesday of the month from 8:00am until 10:00am for staff meetings.

www.careprogram.org