HEALTH ALERT!

Illicit fentanyl overdose deaths are increasing in San Diego County with confirmed and suspected cases this year nearly tripling compared to the same time period in 2019. Fentanyl is 50 to 100 times more potent than heroin and less expensive to produce. It is thought to be manufactured in clandestine labs in China, Mexico, and India and sold on the street as heroin or pressed into illicit pills and sold on the street as Oxycodone and Xanax. It is likely also being used as an adulterant in San Diego’s methamphetamine and cocaine supply.

Fentanyl causes a physical dependence that these stimulants do not causing patients to experience unsuspected opioid withdrawal without their continued use further contributing to the cycle of addiction. Here is what you can do to help keep yourself and your family and friends safer when using illicit substances:

- Request Naloxone nasal spray (Narcan) from your medical provider or pharmacist to prevent opioid overdose – Naloxone can reverse fentanyl related overdose - repeated doses may be necessary
- Never use illicit substances alone

- Try a sample dose of the illicit substance before using the amount that you normally use
- Try smoking or snorting the illicit substance instead of injecting it
- Request a referral to the Medication Assisted Treatment Program at the Owen Clinic – We offer Suboxone, Sublocade, and Vivitrol for the treatment of opioid use disorder and Vivitrol and for the treatment of alcohol use disorder and substance use disorder counseling with a Behavioral Health Counselor.

It is not possible to tell based on look, smell, or taste, if fentanyl is contaminating an illicit substance so please always follow the above steps to help keep yourself and your family and friends safer!

September is HIV and Aging Awareness Month! Everyone living with HIV … is aging with HIV!
Thank you for your research participation!

Your participation in research contributes to your care and helps the medical community improve HIV management and prevention. We highlight research here that you have participated in:

A recent publication looked at survey data from 2002 to 2016 in people living with HIV to evaluate the association between depression and cognition.

- The group with high depression had a faster rate of cognitive decline compared to the non depression group
- Most of the declines in neurocognitive function were due to decreases in
  - executive functioning (memory, flexible thinking, self-control)
  - delayed recall (remember set of words)
  - verbal fluency (list as many words as possible in a short time)
- These domains are most commonly affected in the context of HIV.
- Depression was associated with non-adherence to antiretroviral treatment which may explain the findings

Publication can be accessed looking up: Paolillo et al. JAIDS July 1, 2020.

The following studies are now 100% virtual (i.e. can be 100% completed from your own home).

**TAKE CHARGE OF YOUR PAIN** (Dr. Young-Karris)

**Purpose:** To evaluate 6 weeks of group acceptance and commitment therapy compared to education on the personal pain experience. **You can now participate in this study from your home without having to come in for any study visits.**

**Eligibility:** HIV+, age 50 years and older, pain > 3 months, male/female/transgender persons wanted, and English speaking

Refer to Dr. Young at m1young@health.ucsd.edu or call 619-543-5039

The following studies are practicing strict COVID-19 precautions.

**TIRED, SLEEPING POORLY, FUZZY THINKING??**

(Conducted by Dr. Robert Owens)

**Purpose:** Sleep apnea is common in people with HIV (up to 70% in one study) and not necessarily associated with weight. This study will evaluate how common sleep apnea is in a mixed population of people with HIV and strive to understand why it is so common.

**Eligibility:** HIV+, male/female/transgender persons wanted, viral suppression, age 18 years and older, body mass index < 35 kg/m²

Refer to Nana at sleepresearch@health.ucsd.edu or call 858-246-2154

For other opportunities email Marvin at mhanashiro@health.ucsd.edu

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**New Owen Family Member!**

Mr. Ryan Anson, NP-c, AAHIVS

Before moving to San Diego Mr. Anson worked at East Bay Advanced Care in Oakland CA where he was the director of the clinic’s prevention program and the emergency department’s HIV-HCV routine screening initiative. Mr. Anson’s clinical and research interest include the treatment of Hepatitis C and acute HIV infection. He began his healthcare career as an EMT and psychiatric nurse.

Prior to becoming a NP, Mr. Anson traveled the world as a freelance photojournalist for 11 years. He covered a wide range of locations and issue and has published two books about youth gangs and the Islamic insurgency in Philippines. Bearing witness and listening to individual stories extraordinarily useful when transitioning to advanced practice nursing.

**WELCOME Mr. Anson!**