

Positive Pathways

Positive Life NSW



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Welcome to our newsletter focused on all older people living with HIV in NSW!

Welcome to the latest edition of our Ageing Newsletter!

We're thrilled to have you with us as we explore the various facets of ageing with grace, dignity and joy.

In this edition, we bring you the latest information about HIV and your heart health, especially how to reduce your risk of a cardiovascular event as a person living with HIV, along with practical tips to enhance your quality of life.

In this edition you'll also see information about the NSW Seniors Cards that are available to reduce your costs across a range of different areas.

National Pain Week is coming up and we also

provide you with details of events to learn more about managing pain from clinical perspectives as well as from others who live with chronic pain.

Our aim is to create a supportive community where we can share experiences, learn from each other and celebrate the journey of ageing.

We are here to serve you look forward to continuing this journey with you.

Please enjoy this month's newsletter!

Priscilla X

THIS MONTH

HIV and Statins

Event News

Counselling

Treatments Support

Dental Options

Ageing Support

NSW Seniors Cards

National Pain Week

Type 1 and Type 2 Diabetes



HIV and Statins

People living with HIV have up to **two times the risk** for cardiovascular disease and outcomes such as heart attacks and strokes compared to people without HIV. A large international study called REPRIEVE, [showed that the use of a daily statin \(pitavastatin\) by people living with HIV](#), substantially lowered the risk of a major adverse

cardiovascular event (heart attack or stroke) by 35%. Having a discussion with your HIV specialist about the [REPRIEVE study](#) is an important conversation for all people living with HIV to have as soon as possible.

[Click here to download our Factsheet about HIV and Statins](#)



Finding it difficult to reach Services Australia?

If you're living with HIV and finding it difficult to reach Services Australia (Medicare, Centrelink etc), get in touch with Positive Life NSW

- for a face to face appointment
- access Centrelink relevant payments and other government payments.



Event News

Join us for a discussion on the latest understanding and research about the link between our HIV medications (antiretrovirals) and weight.

Date: Tuesday 30 July 2024

Time: 6pm-7.30pm

Location: Your place ONLINE

www.positivelife.org.au/latest-news/positive-conversations/

RSVP Essential
contact@positivelife.org.au

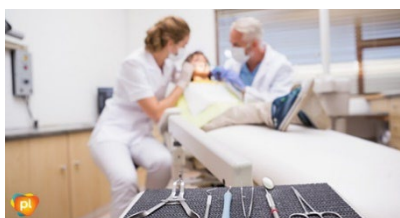


Positive Minds

Positive Minds offers all people living with HIV in NSW access to free counselling, in a private and confidential space near Positive Life's Surry Hills office.

Both our counsellors are accredited, non-judgemental, trained professionals who are either living with HIV or directly affected by HIV themselves and understand what it's like to live with HIV.

Get in touch with Positive Life on (02) 8357 8386, 1800 245 677 (freecall) or contact@positivelife.org.au



Dental Options

Free public dental health care is available to all people living with HIV who hold a **Health Care Card, Pensioner Concession Card** or **Commonwealth Seniors Health Card** and eligible for Medicare.

Public dental services provide both emergency and general dental services.

Priority will be given to dental emergencies, such as

- Bleeding in the mouth that will not stop.
- Swelling of the face from a tooth infection.
- Recent injury to the teeth.

Call the Oral Health NSW Intake Centre on 1800 679 336 and have your Medicare and concession card details with you.

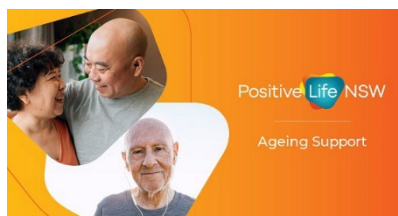


Treatments

If you have any questions about HIV medications, including

- Understanding your blood test results, viral load, etc
- Difficulties with side effects, taking medication on time,
- Depression, anxiety and thoughts of suicide,
- Substances use, smoking, alcohol and other drugs,
- HIV and travel, links to immigration support and studying with HIV in NSW.

Get in touch with Positive Life on (02) 8357 8386, 1800 245 677 (freecall) or contact@positivelife.org.au



Ageing Support

Positive Life offers one-on-one support for anyone living with HIV over 45 years across NSW to navigate and access the aged care, disability and/or healthcare maze and find the services you need to live your life your way.

Together we can talk about what you want, what works for you, and how you can keep your dependence for as long as possible.

Most of our friendly and knowledgeable staff live with HIV ourselves, are non-judgemental and understand how important it is to live life your way!

Get in touch with Positive Life on (02) 8357 8386, 1800 245 677 (freecall) or contact@positivelife.org.au



NSW Seniors Cards

The NSW Seniors Card and NSW Senior Savers Card are for NSW permanent residents over the age of 60 to receive discounted products and services.

The Seniors Card is for people over 60 years who engage in 20 hours or less of paid work a week, across a 12-month period.

The Senior Savers Card is for people over 60 years who engage in more than 20 hours of paid work a week, across a 12-month period.

[Click here to learn more about Card Holder Benefits.](#)

[Click here to apply for a NSW Seniors Card or NSW Senior Savers Card.](#)

Exclusive Energy & Fuel Offers for Seniors Cards

NSW Seniors Card and NSW Senior Savers Card can get [access to exclusive discounts to seniors energy plans through Energy Australia and AGL.](#)

NSW Seniors Card and Senior Savers Card members across the state can now [save 4 cents per litre on every fuel purchase at participating United service stations.](#)



National Pain Week / 22-28 July 2024

National Pain Week is Australia's annual awareness event for chronic pain running annually in the last week of July each year.

Pain colours your world. Finding the right treatments, community and connections can be a game-changer and a painchanger!

Chronic Pain Australia's annual National Pain Week is about helping people living with chronic pain to find their painchangers.

Chronic pain generally refers to pain that has persisted for [at least three consecutive months, and that has been present on at least half the days in the past six months](#).

Chronic pain is widely prevalent in people living with HIV, and a direct threat to our quality of life. Many people living with HIV experience chronic pain such as

musculoskeletal pain of neuropathic and inflammatory nature, mainly in our joints, head, legs, feet and back.

"The experience of chronic pain is individual, and it's important to remember; this is your body and your pain". [Click here to learn more about the different types of chronic pain, and how it is managed today](#).

Mark your calendars for the last week of July for National Pain Week 2024, and [register on the Chronic Pain Australia website for updates](#).

Visit the **Chronic Pain Australia** website to learn more about the National Pain Week online panel discussions, webinars, and hear directly from people living with chronic pain as they share their personal journeys: chronicpainaustralia.org.au/painchanger/



National Diabetes Week runs from 14-20 July. Diabetes is condition where there is too much glucose in the blood. The body can't make insulin, enough insulin or is not effectively using the insulin it does make. It's important to take the time to **learn the signs and symptoms of type 1 and type 2 diabetes**.

The [early symptoms of type 1 diabetes](#) are severe fatigue, thirst and weight loss also called 4Ts (Toilet, Tired, Thinner and Thirsty). It takes just a minute to learn. If you see the signs, don't waste time, see your doctor immediately.

[Type 2 diabetes](#) can be 'silent' and occur **without any obvious symptoms**. Other signs can go unnoticed, being seen as part of 'getting older'. When type 2 diabetes goes undiagnosed there is a danger of complications like vision loss and blindness, kidney failure, nerve damage and heart disease occurring. If you are over 40 years of age, take the time to get checked out by your doctor.

[Click here to learn more about Diabetes](#)