

TV CORE

October 2024

Monthly Newsletter



ALEKSANDER (ALEKS) GEORGIAN

Aleks is an undergraduate volunteer majoring in Biochemistry who has been a part of our lab for the past year and a half. Driven by a profound commitment to HIV/AIDS research, he joined our team to contribute meaningfully to this field. Aleks has been collaborating with Dr. Elizabeth Hastie on the project titled “Viral and Microbial Environment in the Male Genital Tract of People Living with HIV,” which was recently submitted to the Conference on Retroviruses and Opportunistic Infections (CROI).

Beyond his work in the lab, Aleksander is on the board of the Global Medical Brigades chapter at UCSD, where he helps organize annual trips to underserved communities to provide essential medical and dental care to thousands of residents. Last year, he participated in a trip to Belize (pictured above), and he will lead the upcoming mission to Guatemala. In addition to these commitments, Aleksander serves as an EMT, practices archery, listens to music, and studies art. With aspirations to pursue a career in medicine, he aims to continue advocating for and aiding those in need.

PROJECT HIGHLIGHT

The study “Quality of Life in People with HIV at the End of Life: Preliminary Results from the Last Gift Observational Cohort Study” investigates quality of life (QOL) and mental health in people with HIV (PWH) nearing the end of life (EOL). Conducted in Southern California from 2017 to 2023, the study enrolled 35 PWH with a prognosis of six months or less, all actively engaged in HIV cure-related research. The participants, primarily older (median age 62.7), White, and male, underwent structured assessments focusing on QOL and mental health, specifically neurologic and psychiatric conditions like depression and anxiety.

The findings reveal stable QOL scores among participants, with an inverse relationship observed between QOL and depressive symptoms (measured by the Beck Depression Inventory, or BDI). Higher QOL scores were linked with lower depressive symptoms ($p < 0.001$), suggesting that research participation may positively impact mental health or QOL in PWH at EOL. The study recommends future interventions to enhance the well-being of PWH in EOL settings through tailored research and mental health support.

LOOKING FORWARD

LAST ORDERS FOR NOVEMBER: 11/12

LAST ORDERS FOR DECEMBER: 12/9

November 5 marks **Election Day**. Make an impact—your voice matters!

November 11th is Veteran’s Day. The lab will be closed.

November 28th marks **Thanksgiving**, gather with family and friends to celebrate gratitude and enjoy a delicious feast. Thanksgiving is the time to reflect on the blessings of the year.

TRY SOMETHING NEW!

San Diego's Coastal Kayaking

This October and November, why not paddle your way into a new adventure with coastal kayaking in San Diego? As the weather cools and the summer crowds thin out, it's the perfect time to explore the stunning beauty of our coastline from a fresh perspective. Kayaking at La Jolla Cove or Mission Bay offers not just breathtaking views but also a unique opportunity to connect with the local marine environment.

Picture yourself gliding through the sparkling waters, surrounded by dramatic cliffs and vibrant tide pools. Keep an eye out for playful sea lions basking on the rocks, and don't be surprised if you spot dolphins frolicking nearby. The rich marine life is truly a sight to behold!

Local outfitters offer a range of options, from rentals to guided tours, making it accessible for paddlers of all skill levels. Whether you're a seasoned kayaker or trying it for the first time, there's something for everyone. Many tours include insights from knowledgeable guides about the area's ecosystem and history, enhancing your experience.

So gather your friends, or embark on a solo journey, and immerse yourself in the tranquility of San Diego's coastal waters. You'll return with not just great memories, but a renewed appreciation for our beautiful city!

POLLING LOCATIONS IN SAN DIEGO

Before 8 pm on election day, make your voice heard and cast your ballots! At UCSD's campus alone there are 2 polling stations- 1 in Eleanor Roosevelt College and a second at Price Center. To find your closest vote center location, check out SD Vote at <https://www.sdvote.com>.

Vote in person or drop off your ballot. At/by UCSD there is one Ballot Drop Box at Price Center loop, and another at the Lawrence Family Jewish Community Center.



DR. A. BRAD TRUAX AWARD NOMINATION!

THE LAST GIFT TEAM HAS BEEN NOMINATED
FOR THE PRESTIGIOUS DR. A. BRAD TRUAX
AWARD

This recognition highlights our outstanding contributions to the field of HIV service in San Diego, and it's an incredible honor for all of us. The award event is on Friday, December 6, 2024, from 3-5 PM at the LGBT Community Center. A link to RSVP was sent out by Sara and can be requested as well.

The Dr. A. Brad Truax Award in HIV Research is presented by the HIV Medicine Association (HIVMA) to honor individuals who have made significant contributions to the field of HIV/AIDS research. Named after Dr. A. Brad Truax, a dedicated advocate for HIV awareness and treatment, the award recognizes innovative research that advances understanding, prevention, or treatment of HIV. This award highlights the importance of ongoing research and dedication to combating the epidemic. It serves to inspire researchers and healthcare professionals to continue their efforts in improving outcomes for those affected by HIV and to push forward the boundaries of knowledge in this critical area of public health.

Previous awardees have been Doug Richman, Davey Smith, Liz Johnson, and our community member (Jim Dunn, LG16).

SHOUTOUT!

We would like to wish a happy birthday to Brady (10/1), Martina (10/7), Marissa (10/8), Brendon (10/15), Davey (10/16), Anadella (10/20), and Mary (10/23)!

GOOD TO KNOW: Dem will be working from the ACTRI starting at the beginning of November but will be reachable via email for any TV Core-related business.