



Webinar #2 in our 2019 series

U=U in 2019: How Far We've Come and Where We're Going

Tuesday, July 9, 2019 | 12:00 PM - 1:30 PM ET

SPEAKERS: **Bruce Richman**, Prevention Access Campaign, **Lisa Scotti, NP**, Baltimore City Health Department, **Krista Martel**, The Well Project

PANELISTS: **Davina Conner, Maria Mejia, Katie Willingham**



Chat Log (Abridged)

- 12:02:29 From Michelle Harris To All Panelists : Michelle Harris, Fort Wayne IN. Hello everyone
- 12:03:05 From Davina Conner : Hello, Michelle
- 12:06:10 From Abosede Oladayo : Good evening all greetings from south west central Africa (Nigeria)
- 12:08:13 From Randy Davis To All Panelists : Greetings from Canada!!
- 12:08:32 From William Matovu To All Panelists : greetings from Love To Love Organization
- 12:08:35 From Olivia Ford : Hi Bose! Welcome! Such a great gathering of folks from so many places. Good day, everyone! <3
- 12:08:50 From DeAnna Young To All Panelists : Good morning almost afternoon from Nebraska
- 12:09:10 From Jenna Conley : hi everyone! thank so much for joining us!
- 12:10:09 From Amir Sadeghi To All Panelists : Hi Davina!! —everyone at CHLP
- 12:11:40 From Evelyn Simaloi To All Panelists : Evelyn Simaloi from Kenya currently in IN
- 12:12:32 From Jyoti Dhawale To All Panelists : hello :) Jyoti here...
- 12:12:45 From Jenna Conley : hi Jo!
- 12:14:28 From Olivia Ford : Welcome, Michelle! And Jyoti! And William! And Randy! And Amir! :-D
- 12:14:51 From Maria Mejia To All Panelists : hello everyone :) love and light
- 12:15:00 From Maria Mejia To All Panelists : #uequalsu set us free !!!!

12:17:37 From Evelyn Simaloi To All Panelists : I'd love to share on U=U and breastfeeding as I am a mom that did it

12:22:22 From Jyoti Dhawale : 34 countries!! whoaaaaaa. ALL continents??

12:22:49 From Abosedo Oladayo : wow.....

12:23:37 From Abosedo Oladayo : So true!...

12:26:46 From Abosedo Oladayo : ***I was talking to someone at the clinic where I access treatment about U=U and one of the staff have to ask me to stop because it will only encourage them to have unprotected sex and continue to spread the virus***

12:27:56 From Jyoti Dhawale : ***yes, same here but still, the people need to know. Rights to knowledge***

12:28:06 From Abosedo Oladayo : ***It was a shock to me as a advocate to even see that this international organization are not even talking to their clients about U=U***

12:28:32 From Maria Mejia To All Panelists : its horrible Bose !!!

12:28:55 From Maria Mejia To All Panelists : here in the USA we dont even have a national campaign !!!! which is horrific to me

12:28:56 From Olivia Ford : Wow, Bose - that sounds like a really frustrating experience. Wonderful of you to speak up at your clinic. Sadly, that argument against U=U is still used by uninformed or, really, biased providers.

12:29:19 From Abosedo Oladayo : ***This will even help PLWHA to adhere to their treatment more***

12:29:38 From Michelle Harris : be honest, know your status, take your meds to remain U=U

12:29:41 From Davina Conner : ***Its up to all of us to share U=U***

12:29:49 From Olivia Ford : Exactly! And sex with an undetectable viral load *is* protected/safer sex!

12:31:00 From Abosedo Oladayo : ***We all need to push for U=U campaign in our different community.***

12:31:24 From Jyoti Dhawale To All Panelists : yesssss. and it encouraged marriage with negative partners even more possible

12:31:42 From Abosedo Oladayo : Agree with you Michelle

12:31:44 From Michelle Harris : So true EVERY community

12:31:46 From Jyoti Dhawale To All Panelists : ***the hope HIGH!! survival HUGE***

12:32:13 From Evelyn Simaloi : I totally agree

12:32:44 From Abosedo Oladayo : It is an Amazing strategies in prevention

12:32:47 From Janine Brignola To All Panelists : yay Katie!!!

12:33:39 From Jyoti Dhawale : loving the today's slide. loving the screen cam view. loving zoom

12:34:08 From Abosedo Oladayo : I will love to launch this too in Nigeria!!!!!!.....

12:34:19 From Michelle Harris : You clean up well Bruce

12:34:47 From Krista Martel : Hi Bose! I hope we can help with that! <3

12:35:35 From Davina Conner To Abosedo Oladayo and All Panelists : You should... :)

12:35:43 From Abosedo Oladayo : I am so fire up about this Krista!

12:35:58 From Michelle Harris : T L C always

12:36:05 From Krista Martel : we have some slides we can give you! :)

12:36:06 From Abosedo Oladayo : Yes looking forward to speak more on this Krista

12:36:51 From Abosedo Oladayo : Okay please do send to me.

12:37:36 From Michelle Harris : I would love them , I need them please TY

12:37:41 From Abosedo Oladayo : Sign me up please

12:38:07 From Simon Horvat-Marcovic To All Panelists : ***Here in London last Saturday was our Pride, and the key message from all was U = U, I am a Peer Mentor with Positively UK And was marched under the Proudly Undetectable banner***

12:38:52 From Evelyn Simaloi : ***as a parent of a positive and a negative sons, my heart bleeds to see the younger ones lagging behind on this***

12:39:08 From Michelle Harris : Thank you so Bruce Richman

12:39:08 From Abosedo Oladayo : Yes We all join the Revolution!

12:39:32 From William Matovu To All Panelists : thanks Bruce for the wonderful presentation

12:39:33 From Jyoti Dhawale : hey Bruce, that's lovely slides. Am all fired up!!

12:39:36 From Abosedo Oladayo : Thank you so very much Bruce Richman

12:40:12 From Randy Davis : Inspiring and meaningful presentation Bruce!

12:40:33 From Kisten Nolan To All Panelists : Great presentation, Bruce. I shared your slides in Baltimore and now will share throughout the West Side of Chicago.

12:41:04 From Lisa Scotti : HI KISTEN!!!!

12:41:15 From Kisten Nolan To All Panelists : yo LISA!!

12:42:52 From Davina Conner To All Panelists : Great results!!

12:42:53 From Bruce Richman : Thank you! I rushed a bit, but hope i got the basics out. There is soo much more amazing work around the world that i can't capture in one presentation. You can see alot of it on our news section: www.preventionaccess.org/news

12:44:12 From Kisten Nolan To All Panelists : Go Lisa! I hope you all have your electronic medical record at least back online...

12:44:24 From Bruce Richman To All Panelists : the six month caveat is being phased out. Not important to say anything about it, just wanted to FYI

12:44:36 From Ed To All Panelists : ***This is so inspiring, I found out about U=U last year but still faced some internal stigma but this has changed my mind completely! This motivates me to be an advocate in my country! Thank you guys!***

12:45:04 From Maria Mejia To All Panelists : thats awesome Ed !!!

12:45:39 From Reggie Dunbar II To All Panelists : ***Poz Military & Veterans are open to campaigning with U=U for military and Veterans, the Veteran Administration, DOD, etc***

12:47:19 From Maria Mejia To All Panelists : 45 is his name lol

12:48:04 From Maria Mejia To All Panelists : they sure are ! here in south florida is horrible !!!!

12:48:27 From Michelle Harris : ***But so many educated folks in HEALTH CARE are not sure of the science and don't back us , the questions I get asked when I see them, and the questions that I ask them***

12:49:26 From Evelyynn Simaloi : coz like the latest advert on prep kinda contradicts U=U facts

12:49:35 From Janine Brignola To All Panelists : agreed, they give incorrect information.

12:50:54 From Bruce Richman To Ed and All Panelists : great to hear it Ed!

12:52:30 From Jyoti Dhawale To All Panelists : whose voice is this? who is the word "I" mentioned on the slide?

12:52:52 From Olivia Ford : The speaker is Lisa Scotti, a nurse practitioner in Baltimore here in the US

12:53:10 From Jyoti Dhawale To All Panelists : impressive notes.

12:53:26 From Olivia Ford : So the "I" is her - talking about her experience as a provider before and in the U=U era

12:54:10 From Jyoti Dhawale To All Panelists : saddened to hear it took so many years to make it official. so many lives would have been saved :(

12:54:27 From Bruce Richman To All Panelists : Yes, Maria it's mindblowing how silent it is here. AIDS Watch had nothing about the public health argument in their policy briefs, so all the activists were not informed about the importance of using U=U in advocacy for increased funding and services. They had one place where it was mentioned and then one place where it said "reduce transmissions" not "stop transmissions". AIDS WATCH!!! and the NY AIDS Walk (GMHC) had nothing. But Kansas City, Indiana, Columbus, Maine, Chicago all had U=U as the centerpiece or had strong representations.

12:54:51 From Jyoti Dhawale To All Panelists : My heartfelt thanks and gratitude to Sister Lisa

12:54:53 From Davina Conner To All Panelists : Jo, it has been known for many years it took for Bruce and advocates to get the word out

12:56:04 From Laura Simpkins To All Panelists : I'm an FNP in Baltimore I work in primary care. I agree with what you are saying! it's all a problem.

12:56:54 From Bruce Richman : WE are so impressed by the work in Baltimore! The campaign is one of the best in the U.S, and one that we have used as a role model. The public health departments are leading the way in the US. The national organizations are not.

12:57:42 From Bruce Richman To All Panelists : Great job Lisa!!!



12:58:13 From Janine Brignola To All Panelists :

12:58:39 From Maria Mejia To All Panelists : <3

12:59:03 From Janine Brignola To All Panelists : I applaud you for taking about this in everyday setting and situations! Thank you!

12:59:15 From Bruce Richman : i love this slide! yes!!! shout it from the rooftops every chance we get.

13:00:15 From Davina Conner To All Panelists : Great Job.. Thanks Lisa :0

13:00:19 From Kisten Nolan To All Panelists : ***Totally agree with Lisa's comments re: STI rise separate from U=U. this distinction is critical. Clinicians are afraid of promoting U=U in the setting of STIs. It takes practice discussing the concepts out loud for clinicians to adopt to this concept. I practiced with nurses and talking it out out loud really helped.***

13:00:21 From Davina Conner To All Panelists : :)



13:00:24 From Evelyann Simaloi To All Panelists : wonderful Lisa.



13:00:58 From Bruce Richman : Wonderful! I loved that presentation Lisa.

13:00:59 From Lisa Scotti : Thanks everyone! My pleasure to share with such notable and motivated folks!

13:01:06 From William Matovu To All Panelists : thank u we are inspired by the work in Baltimore

13:01:36 From Kisten Nolan To All Panelists : Thanks, Lisa!

13:02:15 From Abosedo Oladayo : Thank you for this great presentation Lisa.

13:02:19 From Michelle Harris : Thank you Lisa Scotti for sharing all of this important information

13:02:34 From Jyoti Dhawale : **wow!! I am empowered by Sister Lisa's slides. I don't educate healthcare workers because of their arrogant attitude but now I am going to give this a go!! Now I know how and where to start: by using this slides!! Thank you**

13:03:15 From Wes Chicko To All Panelists : Davina that's awesome that you have those cards in your Lyft! Love it!

13:03:18 From Jyoti Dhawale To All Panelists : Hola Maria!! you look lovely.

13:03:59 From Davina Conner To Wes Chicko and All Panelists : Thanks Wes :)

13:04:00 From Michelle Harris : being infected or affected it matters to know about U=U

13:04:52 From Evelyn Simaloi : **am encouraged Dee...am going to the bus transit starting Monday and dishing out info plus the small U=U cards...time to get facts rolling**

13:05:14 From Joe Kiser To All Panelists : Thank You To Everyone there is strength in numbers

13:05:31 From Jyoti Dhawale To All Panelists : Davina, do you get U=U stickers from the organisation itself or you have it made?

13:05:42 From Davina Conner To Evelyn Simaloi and All Panelists : Yes! please do.. it's a must to share U=U

13:06:03 From Abosedo Oladayo : i have been undetectable three month after I started ARVs since October 2003.

13:06:31 From Davina Conner To Evelyn Simaloi and All Panelists : **society needs to know that we cannot transmit HIV.. It will help eliminate the stigma and self-stigma that people diagnosed feel**

13:07:15 From Evelyn Simaloi : I totally agree. I am pumped to do this

13:07:15 From Davina Conner To Jyoti Dhawale and All Panelists : They were given to me, but I can send you some if you like

13:07:41 From Jyoti Dhawale To All Panelists : Davina, I will PM you in FB

13:07:49 From Abosede Oladayo : ***Married to an HIV negative man for 13 year now and have two HIV negative kids***

13:09:13 From Davina Conner To Abosede Oladayo and All Panelists : ***Same here beauty.. I was married for almost 15 years and have a beautiful daughter who is 17 years old now.. My x husband is negative***

13:09:15 From Ed To All Panelists : ***I do agree with María, most providers keep the truth, same thing happened with my doctors, at first when I speak about U=U they pretend to not know it, then when I explain it they tell me they know but not willing to share with the patients, so sad tbh***

13:09:20 From Janine Brignola To All Panelists : now you don't my beautiful friend!!!

13:09:37 From Davina Conner To Abosede Oladayo and All Panelists : Love you Katie

13:09:43 From Kisten Nolan To All Panelists : ***I have been talking about this to every single person I know - from taxi drivers to doctors - since I saw Bruce's presentation in DC last spring. Using the data he and Lisa presents compels others to think this through and start advocating themselves.***

13:10:05 From Janine Brignola To All Panelists : don't let it stop you*

13:10:15 From Katie Willingham To All Panelists : love you too Dee

13:10:47 From Katie Willingham To All Panelists : heyyyy Janine!!

13:11:17 From Abosede Oladayo : ***This will help women living with HIV to leave a fear free life,***

13:13:28 From Olivia Ford To All Panelists : Ooooo some background noise on the line

13:13:43 From Olivia Ford To All Panelists : Seems to have gone away for now!

13:13:44 From Bruce Richman To All Panelists : Great job!! So inspiring to hear this -- and fires me up to continue the work

13:14:05 From Abosede Oladayo : ***Disclosure is not an easy thing to do but I know that U=U will help a lots of women living with HIV***

13:16:24 From Janine Brignola To All Panelists : ***I didn't date for 7 years and finally decided I wanted to live my life again, to try. U=U is a powerful tool to help people feel more confident but a lot of times it's teaching women to love themselves again and to believe in themselves first. Then they feel confident to share and educate others and not as stigmatized by it.***

13:16:28 From Robert Singh : Good guidance from Maria

13:16:45 From Janine Brignola To All Panelists : Maria is an expert!!!

13:17:53 From Maria Mejia To All Panelists : thank you hun <3 love you Janine !!

13:17:59 From Maria Mejia To All Panelists : self stigma !

13:18:15 From Olivia Ford : Quick FYI to all attendees! So many people are making such amazing comments - and they are just going to us panelists, which is wonderful - but feel free to switch the "To" line to "All panelists AND attendees" so your comrades and community can see and respond to your comments! <3 <3 <3

13:18:41 From Janine Brignola To All Panelists : thanks Olivia!

13:18:45 From Evelyn Simaloi : ***I have a Facebook group for women MOST in relationships with negative partners***

13:19:03 From Evelyn Simaloi : ***Maria you may not remember me but am that stubborn girl from Kenya who had refused to start medication but I finally did and immediately took after your steps. I also face what you face on Facebook but yes, let's keep going on.***

13:19:32 From Evelyn Simaloi : I keep forgetting lol...sorry about that

13:19:42 From Bruce Richman To All Panelists : this is powerful content. Any chance of getting a transcription? The quotes are so valuable in our advocacy.

13:20:01 From Davina Conner To Janine Brignola and All Panelists : Absolutely!!! it's given many women so much more confidence in who they are..

13:20:03 From Maria Mejia To All Panelists : <3 bruce

13:21:06 From Maria Mejia To All Panelists : hey girl !!! of course I remember and I am so happy you are taking your meds !!!

13:22:48 From Davina Conner : go to uequalsu.org or preventionaccess.org read and keep educating yourselves please

13:23:33 From Evelyn Simaloi : thanks Dee... I need that for my Facebook followers

13:25:51 From Olivia Ford : For more info on breastfeeding: <https://www.thewellproject.org/hiv-information/can-i-breastfeed-while-living-hiv-overview-infant-feeding-options>

13:27:10 From Abosede Oladayo : Stay on meds it is very important

13:27:25 From Janine Brignola To All Panelists : Thank you for the webinar and information!

13:27:30 From Bruce Richman : well said! take your meds to stay undetectable

13:28:14 From Lisa Scotti To All Panelists : ***Thanks. I did answer a question from someone about being HIV negative and their doc does not educate or ask about HIV etc. i did answer and talk about how all docs need to discuss sexual health with ALL patients. This is how so many people still go undiagnosed.***

13:28:25 From Lisa Scotti To All Panelists : Thanks so much again. Hope to talk with you all again.

13:28:31 From Lisa Scotti To All Panelists : Cheers!

13:28:34 From Joe Kiser To All Panelists : Adherence to meds is the key Undetectable for 22 years

13:28:42 From Krista Martel To All Panelists : Thank you so much, Lisa, again! has been a pleasure!

13:28:49 From Lisa Scotti To All Panelists : KEEP UP ALL OF THE GOOD WORK EVERYONE!!!

13:29:50 From Joe Kiser To All Panelists : Thank You To Everyone 🙌

13:30:32 From Olivia Ford To All Panelists : Any successes working with LTS on U=U? Since folks are so used to condom msg, also trauma of early days

13:31:37 From Krista Martel : Thank you to everyone who joined us! We will follow up! Appreciate the lively conversation!!

13:31:50 From Evelyynn Simaloi : ***I'm 20yrs. 21 next year with HIV and U=U is by far the best revelation after access to treatment***

13:31:55 From Davina Conner : Thank you Krista

13:32:07 From Jyoti Dhawale : Thank you Kris. This app is wonderful too

13:32:12 From Abosede Oladayo : Thank you too.

13:32:24 From Olivia Ford : Hey, who watches "Empire"? U=U was on there!

13:32:57 From Evelyynn Simaloi : yea for Jamal and his husband but still Jamal was on prep still?

13:33:12 From Donald Hinshaw To All Panelists : Thanks everyone for all the information on Advocating for U=U!

13:33:16 From Wes Chicko : U = U also features prominently in the new season of Tales of the City on Netflix

13:33:18 From Janine Brignola To All Panelists : get it Maria!!!

13:33:33 From Olivia Ford : I missed that Jamal was on PrEP - promising but of course much work still to be done in mainstream media and beyond!

13:33:58 From Bruce Richman : Tales of the City didn't say it accurately but Designated Survivor was accurate and very powerful.

13:34:29 From Bruce Richman : I don't think Empire went all the way -- i can't recall. I think they said "makes it harder to transmit" or something to that effect.

13:34:34 From Janine Brignola To All Panelists : also theres a new show but I can't remember the name of it ill have to look for it.

13:35:16 From Juliana Johnson To All Panelists : Thanks!

13:35:16 From Olivia Ford : Lisa said goodbye and best to all!

13:35:17 From Simon Horvat-Marcovic To All Panelists : Thank you all for sharing this important message. Its a game changer

13:35:17 From Abosede Oladayo : Good bye

13:35:17 From Davina Conner : Thanks

13:35:25 From Robert Singh : A special thanks to all the panelists

13:35:26 From Evelyn Simaloi : thank you all so much

13:35:28 From Olivia Ford : Take care, everyone!

[END OF WEBINAR]