

BC CARMA CHIWOS COLLABORATION

NEWSLETTER

December 2023



Overview of BCC3

BCC3 is a community-based, women-centered, cell-to-society study with the primary aim to better understand healthy aging in women+ living with HIV

BCC3 was launched in 2020 with a goal of recruiting 700 research participants:

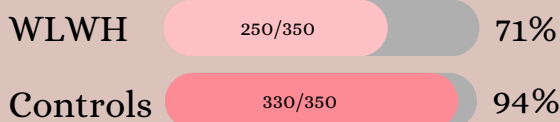
- 350 women living with HIV (WLWH)
- 350 women without HIV (Controls)

Who can participate?

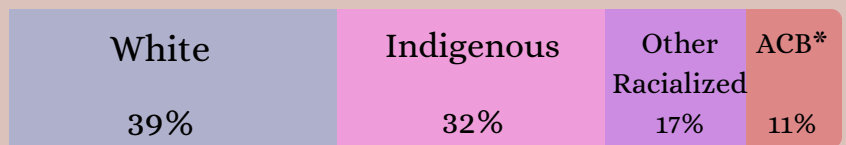
- Self identify as a woman
- Aged 16 years or older
- Not currently pregnant or breast/chest feeding
- Reside in British Columbia
- Able to complete the survey in English



Our recruitment progress



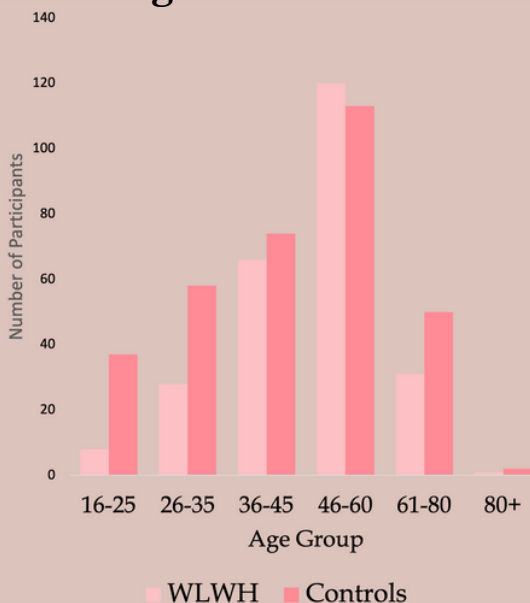
Ethnoracial Makeup



*ACB: African, Caribbean and/or Black

A quick look at our participants

Age distribution



The youngest BCC3 participant was 16 years old and the oldest was 82

Almost 300 people had never heard of Undetectable=Untransmittable and learned about it for the first time by participating in our study!



[LEARN MORE](#)

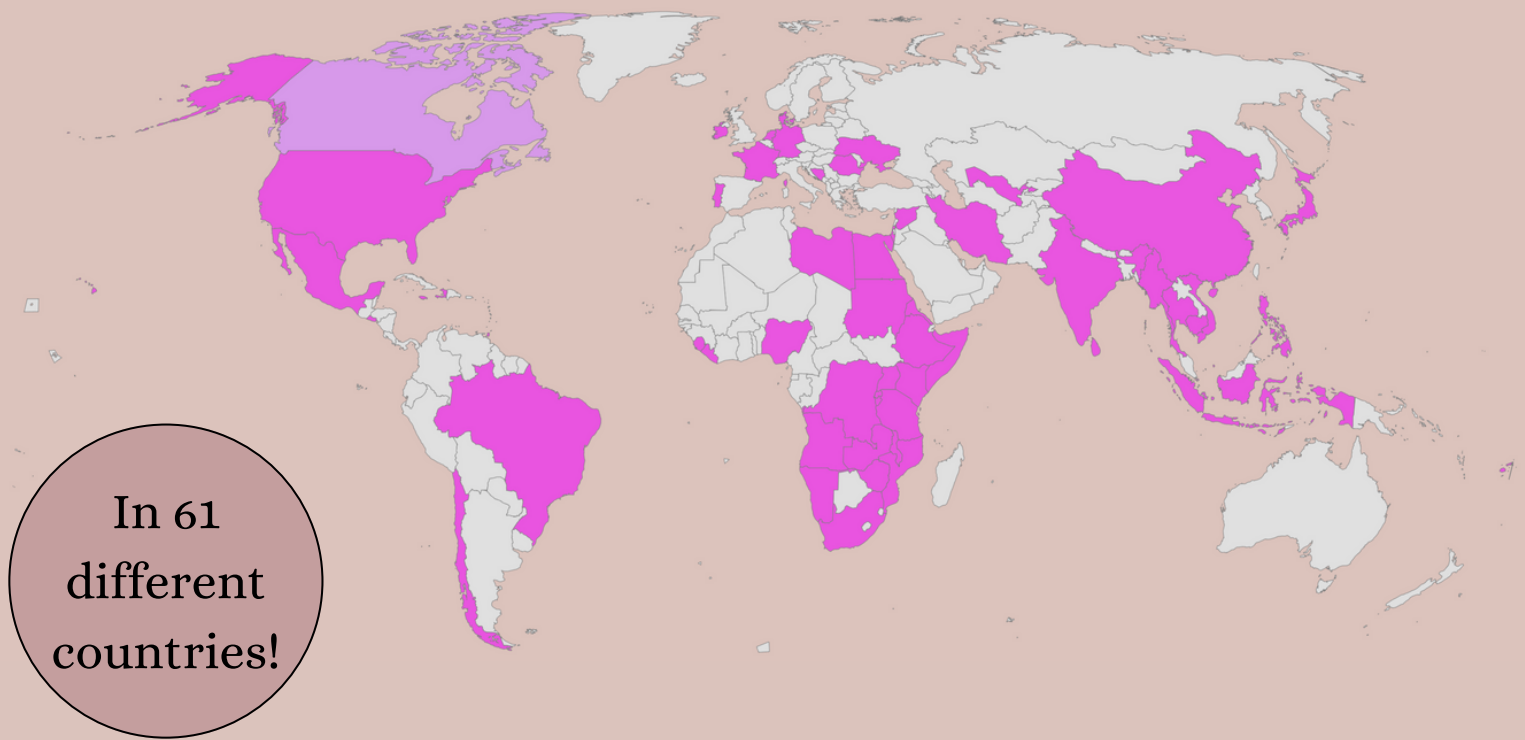


43.7% of participants have some form of post-secondary education
17.2% completed highschool only



60% of participants in our study have ever experienced housing insecurity

Where were our participants born?



Recruitment Gaps?

Young
women
living with
HIV

Women who identify as African, Caribbean and/or Black

Women with
trans
experience

Why are we highlighting these gaps?

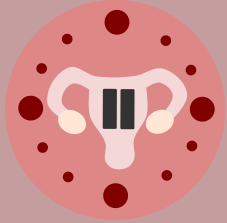
These groups have been historically excluded or under-represented in health research, which has negative consequences on health and wellbeing.

Race/ethnicity, gender identity, age and others, are important social determinants of health that need to be considered in research in order to promote health equity.

! PLEASE HELP US REACH OUR RECRUITMENT TARGETS BY SHARING WITH YOUR NETWORKS

So, after all those surveys and samples we collected from you...what have we learned?

Main finding from our first peer-reviewed paper:



When comparing WLWH and controls with similar sociodemographic characteristics (race, gender, income etc.), **age at menopause did not differ significantly**

[READ MORE→](#)

Some early stage data* also suggests that:



When comparing WLWH and controls, **there were no differences in experiences of sexual pleasure.**

Lower testosterone levels in WLWH are not associated with sexual pleasure.

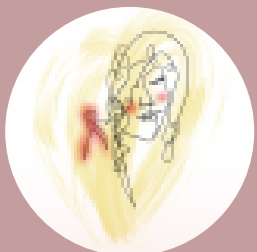


34% of women in BCC3 are living with chronic pain, with an average intensity of 6/10. Only 40% of those with pain are prescribed non-opioid pain medication.



Social support is crucial for physical and mental health.

Addressing psychological distress, resilience, and social support can help prevent and manage co-existing conditions, promoting healthy aging in women with and without HIV.



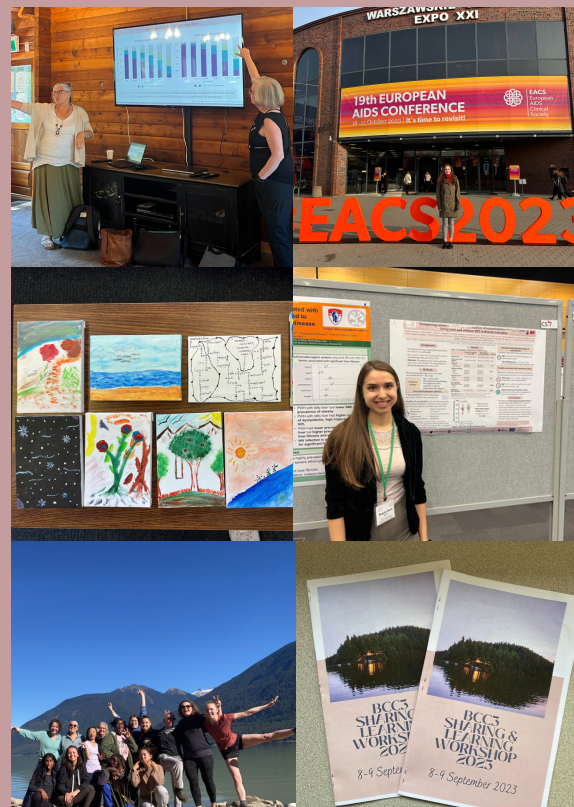
Focus groups with WLWH revealed that **women felt that they did not have enough/relevant information about menopause**. So our team created a [booklet](#) that provides information about menopause for WLWH who are at any stage of their menopause transition.

*These are early stage findings that we have presented at research conferences. They have not yet been published in peer-reviewed journals

What else have we been up to?

Dec 2020-Dec 2023

- 20+ conference posters and presentations
- 1 published paper using BCC3 data
- 7 in-person Knowledge Translation events/retreats
- 3 Community Advisory Board Meetings
- 2 recruitment drives in Prince George and Victoria and more to come
- 4 “Behind the Science” infographics
- 20+ students and trainees
- 2 “Journey through the BCC3 Study” videos



Would you like to attend our Knowledge Translation events where we share your results back to you?

**LET US
KNOW**

**Here are some of the projects and topics
we are currently working on**

Impacts of
racism on
health

Sexual
health +
wellbeing

Markers of
inflammation

Mental
health

Menopause
experience

HIV
medication
and side
effects

Concurrent
conditions/
Comorbidities

Hormonal
health

Why is women's healthy aging research important to you?

“
So that its out there that just
because we're positive doesn't mean
we can't live out there. To show that
its not the end of the world
”

“
It is underresearched
”

“
Because I want to see the
difference in aging of women
these days vs the 1900s
”

“
I was diagnosed very young and there is
no real precedent about how things are
going to be as I age. I wanna live a long
life and that will be a very long life living
with HIV.
”

*Direct quotes from BCC3 participants

Stay in touch



www.hivhear.me.ca



marcela.silva@cw.bc.ca



HIV_HEAR_ME



HIV_HEAR_ME

Would you, or someone you know want to participate in the BCC3 Study?

CLICK HERE



Or give us a call/text



604-868-5075

Or Scan Here

