



# Hot Flashes

June 1, 2009 By Laura Whitehorn

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**Testosterone for women:** Low testosterone levels often cause irregular periods, fatigue, and weight and bone loss in women with HIV. Low-dose, twice weekly testosterone patches may ease these problems.

**Failure to smear:** Women with HIV have a heightened risk of cervical cancer, but about 25 percent of U.S. women don't get annual cervical Pap smears. Get thee to thy gyn.

**No hurry:** Hormonal contraceptives—birth control pills, implants or injections—don't speed HIV progression. (Earlier research had suggested they might.)

**No condom?** Women using Pro 2000/5, a vaginal gel to protect against HIV, ended up with fewer HIV infections than those using a placebo. The difference, though not significant, is the first sign of hope in human microbicide trials. Meanwhile, the Bill & Melinda Gates Foundation and the U.K. Department for International Development donated \$130 million to the International Partnership for Microbicides to help gel the progress.

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<http://beta.docker.poz.com/article/women-testosterone-contraceptive-16611-1247>