

2009

AVI CONFIDENTIAL



Happy New Year!!! May 2009 bring you all health and happiness.



Thank you to all who came to our community open house December 1st for World AIDS Day. It was nice to see some faces we haven't seen since last year.

Also, the client Christmas party was a big success again this year—even with the voucher hiccup!! It was

so nice to see everyone and to meet some in person for the first time.

We would like thank our volunteers and helpers and say a very special thank you to Rob T who, for the third year in a row, prepared the food for our feast - a fabulous job, as always.



For those of you waiting patiently for your 2009 bus pass, if you use this office

as your mailing address, please check in to see if it's here.



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New Stuff

It was mentioned that there have been very few articles in this newsletter about complimentary therapies and herbal therapies so I'm going to start a new section dealing with a different therapy each month.

Catie puts out a great guide for both herbal and compli-

mentary therapies and I have photocopies available here in the office for anyone who's interested in having one for home. If there is something particular that you are interested in learning more about, please let me know and I'll do my best to get the information in the next newsletter.

Also, we will have a column dealing with low income budgeting and getting the most bang for your buck. With the cost of living increasing, we can all use a little help to stretch our dollars a bit farther I'm sure.

Reminders:

- January 1st office closed
- January 21st Cheque Day

A Practical Guide to Complementary Therapies for People Living with HIV

The following is reprinted directly from the *CATIE* publication.

So, what are complementary therapies?

Here's one simple definition: those medical practices that fall outside conventional Western medicine. Complementary therapies include mind-body therapies, in which the power of the mind or the spirit is harnessed to heal the body. They also encompass touch therapies, which involve massage and other forms of physical manipulation performed by practitioners to promote healing. And they comprise physical agents that are eaten, inhaled or rubbed on the skin.

A specific complementary therapy may contain any or all of these elements. For example, aromatherapists use essential oils, which are inhaled or rubbed on the skin and are often used in massage. The process of heating and inhaling these oils includes a meditative component that many people think of as mind-body therapy.

Some people prefer the term alternative medicine to complementary therapies, and the abbreviation CAM (complementary and alternative medicine) is being used increasingly. Another term is complementary and alternative health care, or CAHC. These terms refer to the same spectrum of medical options. The words used reflect the different attitudes and experiences of the people speaking. For example, people who use the medical practices described in this guide instead of conventional Western medicines would be more likely to use the term alternative. The term complementary therapies implies that these treatments are used with conventional medicine. Still others use the term integrative medicine to strongly state the importance they place on integrating elements of conventional and complementary medicines into a more unified approach.

Research and Complementary Therapies

Knowledge based on individual stories rather than hard data is called anecdotal information. This information can be collected and shared by practitioners or (as often happens with PHAs) the people using the treatments. Anecdotal information is an important component of both complementary and conventional medicine. In conventional medicine, such observation may reveal new uses for existing treatments or identify un-



foreseen side effects.

In complementary medicine, anecdotal information is often recorded and compiled to form a base of information about the likely outcome of a treatment. Anecdotal information has limitations. It is based on the experience of individuals; how these experiences apply to others is often difficult to judge.

Although much of Western medical practice was developed from anecdotal information, the current standard for a Western medical treatment is a double-blind, placebo-controlled trial. In such a study, a group of people with the same medical condition believe they are being given the same treatment. Placebos (fake treatments) are used by some trial participants, but no one knows who is getting the real treatment. The study is called double-blind because even the physicians and researchers who collect the results are not told which participants received placebos. This method is intended to eliminate biases based on the expectations of researchers and participants and to gather statistical evidence about how often we can expect the treatment to work. Some complementary therapies can and are being tested in double-blind, placebo-controlled trials. This is particularly true outside of Canada. Unfortunately, various factors often hamper complementary therapies trials:

Money Practitioners and producers of complementary therapies rarely have the financial resources of a drug company. Even when they do, most complementary medicines can't be patented, so there is less financial incentive to pay for trials.

Skepticism Western scientists skilled in performing controlled clinical trials are often skeptical about complementary medicines. Due to this skepticism, trials of complementary therapies do not build a researcher's prestige in the same way that a typical drug trial might.

History Complementary therapy practitioners and users have not participated in many controlled clinical trials. As well, practitioners schooled in medical systems with established bodies of knowledge (such as traditional Chinese medicine) may see little need to re-examine these therapies to comply with Western medical standards.

Western medical researchers, on the other hand, may see little need to study complementary therapies when a Western medical treatment

exists.

Pure substance A controlled trial requires a purified, consistent dose of the treatment. In the case of some complementary therapies, this purified form is not available. In others, practitioners and users believe the therapy is most effective in its natural "unpure" state. Some solutions to these problems are emerging. Governments are now more willing to dedicate resources to the study of complementary therapies. For example, the federal government of Canada has targeted funding for research on natural health products through the Canadian Institutes of Health Research and through the Natural Health Products Directorate. Other research funds are also targeting complementary therapy research. In some cases, trial methods may need to be adapted to study complementary therapies effectively. All of these efforts will require collaboration between Western scientists and complementary therapy practitioners to produce reputable results.

Regulation of Practitioners

In this guide, we discuss many different therapies and various types of practitioners. Only some of these practitioners are regulated by legislation. Health care, including complementary therapies, is regulated at the provincial level in Canada. That means provincial parliaments pass laws empowering governing bodies to set educational requirements and other standards for practitioners. In some cases, practitioners must be licensed, and only those holding a license may practice. This is the case for chiropractors in most parts of Canada. Other professions have "protected title" legislation. For example, in Ontario, anyone can give a massage, but only those with specific credentials can call themselves registered massage therapists.

In each section of this guide, we give information about the regulations that apply to practitioners in that discipline. When applicable, we outline education standards for practitioners, which readers may also use to judge unregulated practitioners. See Bonnie and Craig Harden's excellent book, *Alternative Health Care: The Canadian Directory*, for more information about the regulations that apply to complementary practitioners and an extensive listing of local and national professional organizations.

Next Month:

Complete Medical Systems

Christmas Vouchers

For those of you who were unable to come to the Christmas party on December 10th and did not get your gift bag or vouchers, please contact the office to make arrangements.

I know that for those of you who live outside the Nanaimo area this is more difficult so call me and we'll figure out something.

I'll be back in the office on January 5th and you can reach me as always, at **250-753-2437**.



To Change One's Life:

*Start Immediately
Do it flamboyantly
NO EXCEPTIONS
NO EXCUSES*

William James

Rob's Famous Whipped Shortbread

Speaking with authority, from years of cookie tasting experience, this is the best shortbread I've ever had and it comes to us from our resident expert in all things culinary, Rob T.



1 lb. Butter
1/2 cup cornstarch
1 1/2 tsp. Vanilla
1 Cup icing sugar
3 Cups flour

In a large bowl whip the first four ingredients together until creamy. Gradually add flour and continue whipping.

Drop by teaspoonfuls onto a ungreased cookie sheet.

Bake at 300 degrees for 15 minutes or until lightly browned.

Yield: Depends on the size of spoon used.

Cooking: Tips, Tricks & Substitutes

When you need

In this Amount

Substitute

Baking Powder

1 teaspoon

1/2 teaspoon cream of tartar plus 1/4 teaspoon baking soda

Broth

1 cup

1 cup hot water plus 1 tsp. bouillon granules or 1 bouillon cube

Cajun Seasoning

1 teaspoon

1/4 tsp. Cayenne pepper, 1/2 teaspoon dried thyme 1/4 tsp. dried basil and 1 minced garlic clove (1 clove = 1/8 teaspoon garlic powder)

AIDS Vancouver Island

www.avi.org

201-55 Victoria Rd
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AIDS Vancouver Island provides comprehensive, accessible and effective education, prevention, care, treatment and support services to residents of Vancouver Island and the Gulf Islands to:

- (1) reduce the spread of, primarily, HIV/AIDS and also Hepatitis C and/or other co-infections; and*
- (2) improve the health and well-being of people infected and affected primarily by HIV/AIDS and also by Hepatitis C and/or other co-infections.*

For more information call the AIDS info line

1-800-665-AIDS (2437)

IMPORTANT PHONE NUMBERS

Health & Addictions

Clearview Detox	753-9968
Crisis Line	754-4447
Drug & Alcohol	741-5554
Nanaimo Hospital	754-2141
AVI Health Centre	754-9111
Caledonia Clinic	754-7777
Medical Arts Clinic	741-0447
Lantzville Medical Clinic	390-4542
Wellington Medical Clinic	740-2100
Victoria Rd Clinic	716-9911
Hepatitis C Clinic	740-6942
Snuneymuxw First Nation Health Centre	740-2337
Tillicum LeLum Health Centre	753-6578
Nanaimo Street Outreach	753-6759

Mental Health Services

Mental Health & Addiction Services Access	741-3600
Team Walk in Clinic Seafeld Crescent	716-7786

Life Labs

Port Place Mall	753-1342
Brickyard Road	758-7852
Norwell Road	758-1811
Wallace Street	754-7524

Pharmacies

Outreach Pharmacy	753-9606
London Drugs	753-4433
Shopper's Harewood	753-8234

Central Drugs:

Dunsmuir St	753-6401
Campbell St.	753-5342
Dufferin Cres.	716-0063
Bowen Rd	758-7711
Brickyard	751-2439
Lantzville	390-4423
Beaufort Rexall	753-6655
Southgate Rexall	753-7195

Community Services

Citizens Advocacy	753-2321
Nanaimo Affordable Housing Society	755-1158
Legal Aid	753-4396
Nanaimo Community Food Bank	753-6232
RCMP	754-2345
The Canadian Red Cross Equipment Loan Service)	756-9363
The Salvation Army	754-2621
BC Ferries General Information	753-1261

Social Services

MEIA	1-866-866-0800
BC Government Access Centre	741-3636

Toll-Free & Long Distance Numbers

AIDS Vancouver Island - Victoria	1-800-665-2437
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AIDS Vancouver Island—Courtenay/Comox

1-877-311-7400

AIDS Vancouver Island—Campbell River

1-877-650-8787

VIPWAS

1-250-382-7927

VARCS

1-250-388-6220

BCPWA

1-800-994-2437

Positive Women's Network

1-866-692-3001

BC Bus Pass

1-888-661-1566

BC Ferries (Schedules)

1-888-223-3779

Travel Assistance Program

1-800-661-2668

BC Hydro

1-800-224-9376

Telus

1-888-811-2323

Canada Customs & Revenue Agency (Income Tax)

Child Tax Benefit	1-800-387-1193
General Inquiries	1-800-959-8281
Refund Inquiries	1-800-959-1956
GST	1-800-959-1953
CPP	1-800-277-9914
MSP	1-800-663-7100
Dr. Montaner	1-604-806-8316
Dr. Montessori	1-604-806-8644
Oak Tree Clinic -	or 1-604-806-8667
Spectrum Health	1-604-875-2212
Swift Street Clinic	1-888-711-3030
Mental Health Info Line	1-604-681-1080
Narcotics Anonymous - 24 hr.	1-250-385-1466
Pharmacare	1-800-661-2121
Inquiry BC	1-888-265-7333
Social Insurance Number	1-800-554-0250
Tenant's Info Hotline	1-800-663-7867
Residential Tenancy Office (24 hr)	1-800-206-7218

Social Services

Tenant's Info Hotline	1-866-866-0800
Residential Tenancy Office (24 hr)	1-800-665-1185
	1-800-665-8779