



Vancouver Women's Health Collective

# HER VOICE

Fall 2001

## Are you interested in...

Doing research on complementary therapies, reproductive issues, or endometriosis? Knowing about the health resources available to you in your community? Finding a new doctor or therapist? Hosting a Patient's Rights workshop for women in your organization? Inviting the VWHC to your meeting to do a breast health workshop?

Then please call our health information line: 604-736-5262 or visit our Health Information Centre at 1 - 175 East 15th Avenue in Vancouver.

### Staffed exclusively by volunteers, the information centre is open:

Monday through Thursday  
10:00 a.m. to 1:00 p.m.

Monday and Tuesday  
2:00 to 5:00 p.m.

Wednesday  
6:30 to 8:30 p.m.

## A to Z @ VWHC

**DID YOU KNOW** that the VWHC Information Centre offers women information on a variety of topics relating to women and women's health? We have information on many subjects, including but not exclusive to, the following:

- A** – **Articles** on AIDS, alternative insemination, asthma...
- B** – **Books** on back pain, biopsy, breastfeeding, breast implants...
- C** – Chemotherapy, Creutzfeldt-Jakob's disease (Mad Cow), Crohn's disease...
- D** – Depression, diabetes, DES (diethylstilbestrol), doctor-patient relationship...
- E** – Ectopic pregnancy, endometriosis, environmental hazards...
- F** – Food is a health issue, fetal alcohol syndrome, fibromyalgia...
- G** – GMOs (genetically modified foods), gastrointestinal diseases...
- H** – Hepatitis, herpes, HIV, hysterectomy, hormone replacement therapy (HRT)...
- I** – **Information** on influenza, immunization, insulin, in vitro fertilization...
- J** – **Journals** on global and local women's health
- K** – Kidney stones, kinesiology...
- L** – Lesbian health and parenting, laparoscopy...
- M** – **Menopause Kit**, mastectomy, mental health, motherhood...
- N** – NRT (new reproductive technology), nutrition...
- O** – Occupational health, osteoarthritis, osteoporosis...
- P** – **Practitioner's Directory**, Parkinson's disease, PAP tests, pelvic inflammatory disease...
- Q** – Qi Gong ...
- R** – Radiation therapy, rheumatoid arthritis, ritual abuse, rolfing...
- S** – Schizophrenia, sexual abuse, stem cells, stress reduction...
- T** – Thyroids, toxemia, Traditional Chinese Medicine...
- U** – Ulcerative colitis, urinary tract infection, uterine fibroids...
- V** – Violence against women, viruses, vitamins, vulvar diseases...
- W** – **WOMEN-centred space!**...
- X** – eXcellent information about complementary therapies...
- Y** – Yeast infection, yoga...
- Z** – Zinc deficiency...



## DES Action Canada

### Hormonal Pollution Alert: Protecting our long-term health, protecting the environment

This year, DES Action Canada launched a campaign to inform women and men about synthetic hormones and hormonal pollution. DES (diethylstilbestrol) was the first hormone product – a synthetic estrogen – ever developed in a laboratory. Between 1941 and 1971, millions of pregnant women were prescribed DES in the mistaken belief that it would help prevent miscarriages. Long-term effects of DES exposure were first observed in the children of the women prescribed DES. Many daughters and sons exposed to DES in utero have developed health problems including: malformed reproductive organs; fertility problems; problems with pregnancy; endometriosis, immune system disorders; and cancer. As well, the mothers who were prescribed DES are at greater risk of developing breast cancer. In fact, we should all be concerned about exposure to synthetic hormones from chemical pollution, medicines, plastics, paints, and pesticides on food. For more information about DES and DES Action Canada's Hormonal Pollution Alert campaign please call 1-800-4821-DES or visit the

## Community Health Advocate Project

In 1998, the Vancouver Women's Health Collective began offering women training under its Community Health Advocate (CHA) project. The project shifted last year from training advocates to offering women a Patient's Rights workshop. We recently developed an information kit for workshop participants as well as a CHA promotional leaflet in English, Spanish, Somali, Vietnamese, Punjabi, and Chinese.

Workshop participants learn about their right to access safe, respectful, and appropriate health care. The workshop includes a range of information including: an introduction to the services provided at the VWHC; self-advocacy skills; things to think about when choosing a doctor; informed consent; questions patients commonly ask their doctors; routine examinations; prescription medication; self-care; and resources and information sharing amongst workshop participants.

In 2000/2001, the following organizations co-hosted the Patient's Rights workshop for women: BC Women's Hospital, First Nations Advocacy Program; Mount Pleasant Family Place; Women of the Downtown Eastside; North Shore Women's Centre; MOSAIC's Somalia women's, Kurdish women's and Vietnamese women's groups; Pacific Immigration Resource Society (PIRS), Leads Groups; and Strathcona Park Mental Health Women's Group.



**LINDA WARD, D.T.C.M., R.Ac.**  
Doctor of Traditional Chinese Medicine  
Board Member - T.C.M. Association of BC  
Registered Acupuncturist

### INTEGRATIVE HEALING ARTS

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VANCOUVER, B.C.  
V5Z 1E5

TEL: (604) 738-1012  
FAX: (604) 732-9332  
CELL: (604) 802-5032

## The Vancouver Women's Health Collective

### Our Purpose

We have all been taught that only medical experts know about good health care. In fact, health information has been passed down from one generation of women to the next for centuries. Since our founding in 1972, the VWHC has promoted and supported women helping women to help themselves.

### Our Mission Statement

The Vancouver Women's Health Collective provides information, resources and other support for women to empower themselves to take charge of their own health care.

### Our Members

We are a charitable, non-profit women's organization, funded primarily by donations, membership fees, grants, and fund-raising initiatives. Volunteer members are an essential part of the VWHC. There are many opportunities for volunteers to share their stories and enhance their skills. Please call us for more information. Many thanks to past and present volunteers and members, without you we would not be here!

### HER VOICE

Our re-vamped newsletter — HER VOICE — made its appearance in January 2001. HER VOICE will be published up to three times a year. HER VOICE is a forum to connect VWHC members, as well as the broader community, around women's health issues and activities at the VWHC. Submissions relevant to women's health and/or well-being are always welcome. Opinions expressed are those of the writer and not necessarily those of the VWHC.

**Please check out the  
VWHC's new web site!  
[www.womenshealthcollective.ca](http://www.womenshealthcollective.ca)**

**The VWHC's new  
menopause kit,  
*Menopause: a self-help  
approach*, is now avail-  
able for \$10 (plus  
\$2.50 if postage is  
required).**

**Please call  
604-736-5262 to order  
a VWHC menopause  
kit.**

**Are you looking for a  
welcoming, comfort-  
able, women-centred  
meeting space to  
offer a workshop,  
hold training sessions,  
etc...**

**The VWHC has  
space available for  
\$12.50/hr plus GST.**

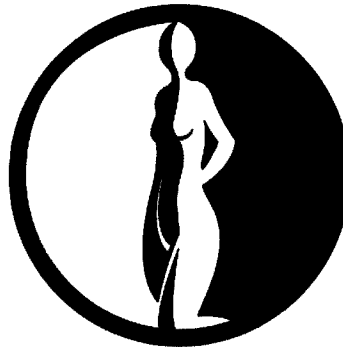
**Please call  
604-736-4234  
for more information.**



## New Books at the VWHC

Although we are not a lending library, women may look through the following books at the VWHC:

- *Addicted: Notes from the Belly of the Beast* edited by Lorna Crozier and Patrick Lane. Greystone Books, Vancouver, 2001. This is a book about recovery and much more: "with its poignant soul-searching, dazzling writing and refreshing honesty, it is a potent concoction that will have readers hooked from the very first pages."
- *Doctor DeMarco Answers Your Questions* by Carolyn DeMarco, MD. Well Women Press, 2000. A guide to natural remedies for common health problems, concise answers to the most frequently asked questions, and natural medicine fact sheets.
- *Fast Food Nation* by Eric Schlosser. Houghton Mifflin, New York, 2001. This book explores the "dark side of the all-American meal."
- *The Mother of all Baby Books* by Ann Douglas. Macmillan Canada, Toronto, 2001. An all-Canadian guide to your baby's first year. Ann Douglas is also the author of *The Mother of all Pregnancy Books*.
- *On Women Healthsharing* edited by Enakshi Dua, Maureen FitzGerald, Linda Gardner, Darien Taylor, and Lisa Wyndels. Women's Press, Toronto, 1994. A collection of the accomplishments of *Healthsharing* - 15 years of thinking, debating, and mobilizing women.
- *PCOS: A Woman's Guide to Dealing with Polycystic Ovary Syndrome* by Colette Harris with Dr. Adam Carey. Thorsons, London, 2000. This book includes an effective four-point plan for the one in ten women who suffer from the hormonal condition – PCOS.
- *Prescription Games: Money, Ego and Power inside the Global Pharmaceutical Industry* by Jeffrey Robinson. McClelland and Stewart, Toronto, 2001. *Prescription Games* answers the question: "What's wrong with the way the pharmaceutical industry does business?"



1972-2002

30 years of helping women help themselves!

**Vancouver Women's Health Collective**

**We have greeting cards for sale!  
10 cards for \$14.00  
Please call 604-736-5262 to place your order.**