

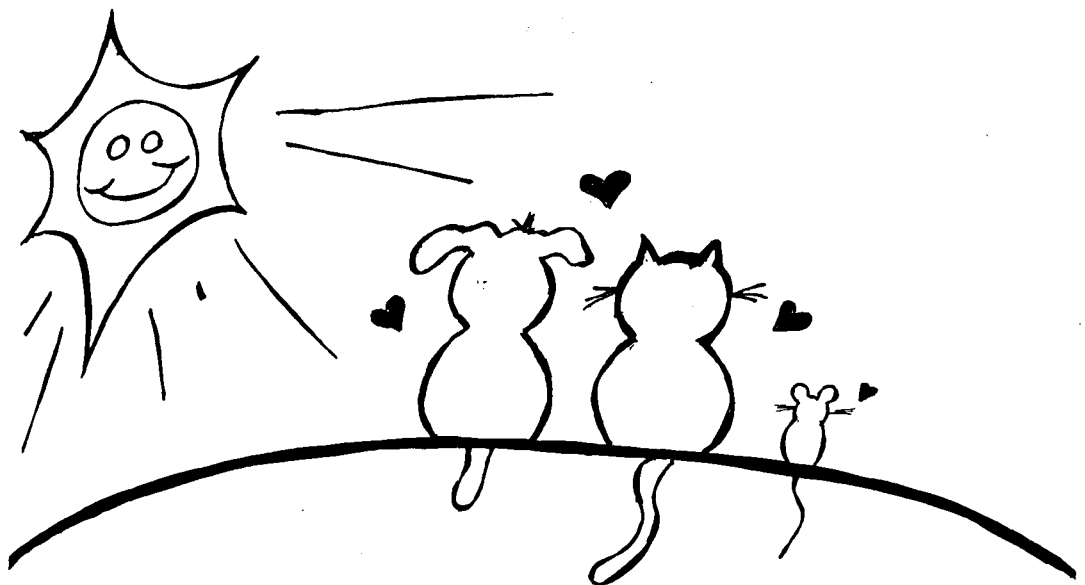
# D.E.W. DROP IN

## Downtown Eastside Women Do Drop In

The Newsletter for the Downtown Eastside Women's Centre

April 2003

Free



*Spring is in the air...*

### INSIDE:

- Drug Alert
- Information on Residential School Healing
- Diabetes FAQs
- Newsletter Group—Be a part of the DEWC Newsletter!
- Poetry & Prose
- Tradeworks—Could it be useful for you?

## **ALERT—Irreversible Brain Damage Possibly Linked with Certain Drug Use Practices**

- According to doctors in Vancouver, there has been an increase in the number of persons involved with street drug use showing irreversible brain damage
- This new condition may be linked to the practice of 'Chasing the Dragon,' when heroin is smoked off pieces of aluminum foil
- Symptoms include:
  - Confusion
  - Loss of control of muscles
  - Extreme weakness
  - Death in rare cases
- There have been two reported deaths associated with this condition in Vancouver

Physicians in Vancouver who treat persons involved with the street drug scene are seeing a recent increase in the number of patients presenting with irreversible brain damage possibly secondary to certain drug consumption practices. In the last month, this condition has been identified in the drug-using population in provincial correctional centres, the Drug Treatment Court, and in methadone maintenance treatment clinics, but is not limited to those sites. Patients display symptoms of confusion and ataxia, in some cases rapidly progressing towards debility and death. The condition appears to be a form of toxic spongiform leucoencephalopathy and may be associated with smoking heroin off pieces of aluminum foil, a practice called 'Chasing the Dragon', but the evidence to date is by no means conclusive. St Paul's hospital has reported two recent deaths associated with this condition and a third patient, just admitted to hospital this week, has rapidly deteriorated and is not expected to recover. A review of the literature on this condition reveals that it is usually extremely rare making our cluster of cases very significant. We are looking at any change in consumption practices and in the composition of heroin currently available in Vancouver to try to understand this phenomenon and would be grateful for any assistance and ideas from our colleagues in practice. Certainly, it is crucial that the medical and public health communities, street nurses, addiction counsellors and drug consumers be alerted to this information.

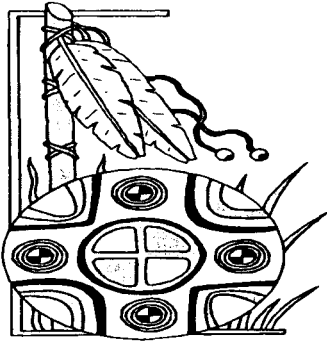
Please contact your local Community Health Centre for more information.

# Harm Reduction

## What is it?

- ❖ safe places for women
- ❖ education—knowledge is power
- ❖ supporting others no matter what
- ❖ is not quitting—but can lead to it
- ❖ reaching out
- ❖ reducing the harm that goes along with using
- ❖ learning about what is in drugs
- ❖ putting a bandage on a wound
- ❖ being good and gentle with each other
- ❖ drinking/using in moderation
- ❖ how does it affect our bodies? systematically and microscopically
- ❖ teaching young people
- ❖ sharing your personal stories

Written by the DAMS Harm Reduction Group that meets here at the Centre every second Wednesday evening at 5pm. If this sounds beneficial to you, sign up to attend on the day its happening at the front desk. All women welcome.



## **First Nations Women and Violence— Your Right to Live Violence Free**

There was a Time...when our First Nations women were considered "Sacred." We were honoured and treated with respect. Our status inspired immigrant women to organize for the equal rights of women in the early years of the feminist movement. Today, First Nations women experience the most violence of any group. Our First Nations people, as children in the "Boarding Schools", experience systematic sexual abuse, physical abuse, emotional abuse and cultural abuse. From the 1850s to the 1950s, they died, suffered and survived that violence. We need to honour them for their great sacrifice and for their survival. The root of sexual and physical violence took hold of our communities during that era. Many of our relatives brought with them the behaviours of violence taught to them as children in boarding schools. We cannot undo what has happened, but we can look at that past to change the present and the future. As we free ourselves of the impact of the boarding school era, we face the truth of the sexual violence, physical, mental, verbal and psychological abuse that is occurring in our communities today.

- \* We each as individuals have a right to live without violence.
- \* We have the right to report attacks or abuse to the law enforcement and expect action will be taken to apprehend and convict the offender in a timely, respectful manner.
- \* We have the right to be informed of the nearest crime victim assistance program or resource.
- \* We have a right to file a civil suit against the attacker. Be notified of their rights, the proposed plea agreement, and the offenders release or escape.
- \* Protection from HIV by requesting that a convicted sex offender be tested.
- \* Submit a victim's Impact Statement at Sentencing.

### **Surviving Residential School**

A woman, man or child, victimized through sexual abuse/rape (or any forms of abuse) is often reluctant to seek help because of embarrassment, fear about being believed, fear of retaliation by the perpetrator or their family members, feelings of guilt, feeling confused and lost in the suffering brought about by the sexual abuse/rape or any forms of abuse, or simply lack of knowledge about their rights.

Often, those who have been victimized do not know where to begin. Talking to someone is the first step. There are counsellors, advocates, health providers, and criminal justice system workers available to help you.

If you went to residential school you have several options:

1. Healing - counselling, traditional healing
2. Criminal investigation - charge your offender if he /she is still alive
3. Civil case - sue for compensation
4. Helping - advocate for healing, encourage others to heal
5. Waiting - take action only when the time is right for you.

Please call the Provincial Residential School Project if you want more information. Provincial Residential School Project Information Package (1 - 800 - 721 - 0066)

### **What is the Residential School Project?**

The Residential School Project assists First Nations in B.C. to be empowered from the generational effects of residential schools. It is a First Nations organization that reports to the First Nations Summit of B.C. Chiefs.

### **What does the Project do?**

- \* supports survivors: crisis counselling, information, referrals
- \* assists communities to help survivors: build partnerships, training Workshops
- \* raises awareness of residential school issues: contact with the media; conferences
- \* conducts research: history and effects of residential schools
- \* advocates for justice and healing: traditional and non – aboriginal forms

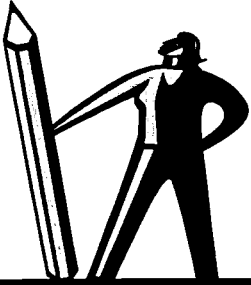
The Project started in 1995 to support survivors who made disclosures within the criminal justice system. It is supported many First Nations and continues to provide support in healing and for those undertaking civil and criminal actions.

If you need information about what your options are for healing or justice you can call and speak to a Survivor Support Worker. We can tell you where to start researching, how to start a criminal case, give you information on civil cases and help you find resources. We can tell you about what is happening in the rest of the country and we know about books, videos, and sometimes, healing circles in your area. We can help you start a healing circle.

We can also listen when you need to talk. Our services are completely confidential. Our survivor support staff is a group of trained crisis counsellors who are very knowledgeable about residential school experiences. We know what it is like when you start to remember. We know about the shame, anger, sadness, loss, rage, confusion, and sense of utter aloneness. We can help ground you when you feel lost in the feelings.

We can also refer you to longer term help whether it be a traditional healer or counsellor. If other kinds of therapy are useful to you we can help you find practitioners and suggest ways for you to find funding. Please call the Provincial Residential School Project if you want more information. Provincial Residential School Project Information Package (1 - 800 - 721 - 0066).

**Newsletter Group is about to begin...JOIN IN!**



Andrea will be meeting with all women who would like to take part in the production of the DEWC Newsletter in the upcoming future... look for posters in the Centre detailing the days and times.

Bring your thoughts, poems, stories, literature and other bright ideas to these meetings of women and share in the process. This is a wonderful opportunity to share a part of yourself and maybe learn a little something too...

All women are welcome.

## **The Downtown Eastside Community Play**



Join us in making a Community Play about the Downtown Eastside, from Gastown to Main & Hastings, from Chinatown to Strathcona. As part of Carnegie's 100<sup>th</sup> Anniversary Celebration, the Community Play seeks to express our concerns and love for the DTES, our respect for its people, and our pride in its' heritage and culture. If you want to share stories or come out to act, sing, dance, build sets, makes costumes, and be part of the play, please contact us: Rika 604.665.3003 or Savannah: 604.254.6911. Workshops and special events are ongoing. Rehearsals and building begin in September 2003. Performances will take place in November 2003. Happy Anniversary Carnegie!

All Women are welcome.

## Why Work?

By Larry Trunkey

The Job Shop

From the distant past to the present, women in every society have always worked. Whether working with children, working in the home, or working in the community, women have shared their skills with others. Women also have a lot to offer employers, but are sometime unsure about how to search for work and how to get and keep a job. If you are thinking about working, you may find it helpful to stop a moment and ask a very basic question, "Why work?"

The Job Shop has helped many people move along their path towards employment. We have learned that those who have their own reasons to work make their way more easily. We like to ask our applicants, "How do you imagine life will improve once you begin working?" We hear that some people want to move away from the life they have now, but are unsure about where they want to end up. Others say they are very clear about their goals but they don't know where to start. Either way, wanting things to change is a good reason to get started. Once you go forward, the way ahead always gets clearer.

Everyone deserves the opportunity to do something that is valued by themselves and others. The staff of The Job Shop don't know what is best for you. We do know that concentrating on getting and keeping a job can add focus and direction in people's lives. We have seen it happen. New discoveries are made. People become more sure about what they want. It is our privilege to support our participants in this exciting journey. You can start this journey any time. Even now!

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Larry Trunkey is the Program Manager of The Job Shop, at Tradeworks Training Society. The Job Shop supports residents of the DTES in their return to work. Participants develop and broaden the skills they will need to get and keep a job. Federally funded by HRDC, The Job Shop works with both women and men. Past female participants have said the program has been very useful in helping them achieve their employment goals. Call for more information (604-253-9355).

tradeworks  
TRAINING SOCIETY

NEED A CHANCE TO PROVE YOU'RE READY,  
WILLING & ABLE TO WORK?

Get the **Break** you deserve!  
Find out what your next step needs to be.  
Call to attend the Job Shop Info session.

604-253-9355

Program funded by HRDC



Human Resources  
Development Canada

Développement des  
ressources humaines Canada

**DOWNTOWN EASTSIDE WOMEN'S CENTRE**  
 302 Columbia Street, Vancouver  
 604.681.8480

**LUNCH SERVED**  
**DAILY AT 12:30-1:45**

| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY                                       |
|---|--|---|--|---|---|--|
|   |  | 1<br>10-2 Computers<br>2:30 Resumes<br>5-8:30 Women's Health Clinic<br><br>5:00 BWSS  | 2<br>1-4 Street Nurse<br>1:30 French Group<br>2:00 Crochet & Raffle<br>2:00 Writing Group<br><br>5:00 Harm Reduction | 3<br><br>1:30 Women's Voice<br>2:00 Storytelling  | 4<br><br>10:00 Sewing etc.<br><br>10-2Computers                               | 5<br><br>1:30 Dreamcatchers<br><br>2:00 Video  |
| 6<br>1:30 Library Literacy<br>2:00 Video  | 7<br>10:00 CWS<br>1:30 Beading<br>2:00 Literacy<br>5-8 Organizer's Training  | 8<br>10-2 Computers<br>2:30 Resumes<br>5-8:30 Women's Health Clinic<br><br>5:00 BWSS  | 9<br>1-4 Street Nurse<br>1:30 French Group<br>2:00 Crochet & Raffle  | 10<br><br>1:30 Women's Voice<br>2:00 Storytelling | 11<br><br>10:00 Sewing etc.<br><br>10-2Computers                              | 12<br><br>1:30 Dreamcatchers<br><br>2:00 Video |
| 13<br>1:30 Library Literacy<br>2:00 Video   | 14<br>10:00 CWS<br>1:30 Beading<br>2:00 Literacy<br>5-8 Organizer's Training | 15<br>10-2 Computers<br>2:30 Resumes<br>5-8:30 Women's Health Clinic<br><br>5:00 BWSS | 16<br>1-4 Street Nurse<br>1:30 French Group<br>2:00 Crochet & Raffle<br><br>5:00 Harm Reduction                      | 17<br><br>1:30 Women's Voice<br>2:00 Storytelling | 18<br><br>10:00 Sewing etc.<br><br>10-2 Computers<br>5:00 Music Jam with Marg | 19<br><br>1:30 Dreamcatchers<br><br>2:00 Video |
| 20<br>1:30 Library Literacy<br>2:00 Video   | 21<br>10:00 CWS<br>1:30 Beading<br>2:00 Literacy<br>5-8 Organizer's Training | 22<br>10-2 Computers<br>2:30 Resumes<br>5-8:30 Women's Health Clinic                  | 23<br>1-4 Street Nurse<br>1:30 French Group<br>2:00 Crochet & Raffle<br><br>CHEQUE DAY                               | 24<br><br>CENTRE CLOSED                           | 25<br><br>10:00 Sewing etc.<br>10-2 Computers                                 | 26<br><br>1:30 Dreamcatchers<br><br>2:00 Video |
| 27<br>1:30 Library<br>2:00 Video<br>Carnegie's 100 <sup>th</sup> Anniversary Celebration! | 28<br>10:00 CWS<br>1:30 Beading<br>2:00 Literacy<br>5-8 Organizer's Training | 29<br>10-2 Computers<br>2:30 Resumes<br>5-8:30 Women's Health Clinic                  | 30<br>1-4 Street Nurse<br>1:30 French Group<br>2:00 Crochet & Raffle<br><br>5:00 Harm Reduction                      |   |   |  |

**REGULAR PROGRAMMING**

**Chinese Women's Group (CWS)** -Open to women whose first language is Chinese. The group will focus on cultural awareness, advocacy, and social events.

**Computers** – Enhance your computer skills with assistance from Gwen.

**Creative Writing Group**-Read and write poems and prose.

**Library Literacy** – Readings, crafts, literacy activities, and preparing the new library.

**Literacy Workshop** – Working with books, themes and word puzzles. Learn while having fun!

**French Speaking Group** – Social Gathering for French speaking women!

**Newsletter Group** –Contribute to the creation of the DEWC Newsletter! Andrea will be here with helpful tips!

**Resume Workshop** – Create your own Resume with the help of Eemina & Hisako!

**Storytelling Circle** – Learn more about theatre and storytelling. Listen to other women's stories and if you'd like tell one of your own!

The **Street Nurse** comes by every Wednesday sometime between 1-4pm to give you information on all kinds of health issues.

**Women's Voice** – Meets to give feedback about the Centre. Your opinions and ideas are needed!

**ARTS & CRAFTS WORKSHOPS** with materials supplied

**Beading with Denny or Louise**- Every Monday, 1:30 pm.

**Crochet with Anna**-Every Wednesday, 2:00pm.

**Fabric Arts with Freeda**- Every Friday morning, 10:00am.

**Dreamcatchers** -Every Saturday at 1:30pm.  
Expand your skills and share stories with other women.

**EVENING PROGRAMMING**

**Organizer's Training (ELP)** –Monday from 5-8pm. Learn to facilitate and organize anti-poverty rallies and develop political strategies around various poverty issues.

**Battered Women Support Services**- Support for women experiencing violence. Usually Tuesdays from 5-8:30pm.

**Alcohol and Drug Harm Reduction Group** –Takes place every second Wednesday from 5-8pm. Everyone welcome.

**Music Jam**- Sing and play instruments with special guests.

**Women's Health Clinic**-Ongoing—595 Powell Street.



**"We are born at a given moment, in a given place, and like vintage years of wine, we have the qualities of the year and of the season in which we are born." Carl Gustav Jung**

**APRIL/2003**

**ARIES:**

This can be a demanding time mentally, a time when you need to concentrate on complex concepts and ideas. You may not feel that others want to hear you, or that you can clearly explain what is going through your mind. You can use this opportunity to discuss serious issues in a relaxed way. You may be able to examine your fears and limitations with detachment which can lessen the pressure and help you to find answers to very meaningful questions. Your choices and decisions may lack prudence, realism, or sound judgment right now. Be wary of overly optimistic plans which are presented to you, signing contracts without doing thorough background work or reading the fine print, or promising something which will be difficult for you to fulfill. Questions of honour, ethics, law, or morality arise in your mind at this time.

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**Taurus:**

This is a time when your originality may be appreciated and rewarded. It is a good period in which to be innovative, to try out new ways of doing things. You can really enjoy being spontaneous and may even get away with breaking the rules. Exchanging information, ideas, and opinions plays an important role in your life now. A significant conversation with someone who has a very different attitude or perspective than your own is likely. Try to be receptive and learn as much as you can from others at this time. Also, mental curiosity or restlessness impels you to get out and about, perhaps take a short trip or visit. You can communicate with a combination of fact and feeling that overcomes the resistance of others. You can have an almost hypnotic ability to connect with others. This is also a period in which your imagination is very active and inspiration is likely.

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**Gemini:**

This is a time to take in information which can be of real practical assistance to you in reaching a significant long-range goal. Some news may reach you which will create some minor distress and compel you to re-examine or reassess a position you have taken regarding your career or work in the world. Don't try to force issues or come to any definite conclusions now and don't sign any contracts which require too much compromise on your part. Simply gather information and, if necessary, delay direct negotiations. You are feeling particularly affectionate now and the company of your love partner or very close friends is important to you. This is not a time for solitary activity. Sharing, harmonizing, and love are the themes now. However, if you are not happy in your personal life, your problems may seem especially pressing at this time. It is a good time to be a poet, to speak beautifully and to express your heart in words or song. People respond favourably to what you have to say because of your gentleness and diplomacy. You sound so pleasant and reasonable now.

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**Cancer:**

This is a good time to polish up your writing or speaking. You bring a good sense of taste to the situation which allows you to objectively measure the value of what you produce. This is a time of refining ideas and communicating with greater clarity. Sit down and write your book, make a speech, study for an exam. Mental energies are very high now and you can understand issues that have been unclear. If you want to get your point across, today is an excellent time to make your case. Your thoughts tend to be gloomy. There may be work ahead of you because of past errors of judgment. Or you may be sobering up after a "honeymoon" period with something or someone. You also hear a bit of information that troubles you. Try to do what you can without worrying excessively or burdening yourself with the entire load of responsibility. Even if a problem cannot be solved or eradicated, it can be managed in an intelligent way.

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**Leo:**

This is a good time to talk about the crazy things you would like to do. You don't have to do them, but it is fun to talk. You can also be inventive about how to make relationships more interesting and dynamic. Every word is weighed for maximum effect. You can communicate powerfully if you take the time and have the intention to be effective. It is a good time to talk about power, desire and other forbidden subjects. Your drive for personal power, achievement, or control over your life is very strong at this time. The tyrant in you emerges, and you can be excessively wilful, domineering, or compulsive about doing what you want to. You battle anyone or anything that is an obstacle to your individual freedom of action, and ego conflicts or a furious power struggle may ensue. Also, you can be unmerciful with yourself and your own weaknesses. You are likely to push yourself much too hard.

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**Virgo:**

This is a time to be a student and to work patiently with ideas, information and details. The most complicated subjects can be broken down and understood if you take your time. If you have to say something unpleasant to someone, today is a good time to do so with confidence. You can be very aware of your responsibilities now. This is a time to stay in focus and on track. You could feel like you are under a great burden, but this is also a period in which you can earn the trust and respect of others. Intense emotions can come up now, either passion or disappointment, compulsion or manipulation. You can love and hate at the same time so give yourself space for extreme feelings and use this time to air out old issues.

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**Libra:**

At this time you really enjoy art, theatre, music, and your own inner world of fantasy. Your imagination is vivid. If you have an interest in spiritual matters, these interests come to the fore now also. The inability to be decisive and a lack of energy or drive is a negative possibility. You can be quite lazy now. Differences in styles, personal tastes, aesthetic appreciation, or values is an issue in your life at this time. You may feel unloved or not valued due to differences in the way you and a significant other express affection. In social situations, you may well feel out of place, awkward, and ill at ease; perhaps you run into an old lover or are in a social setting which is distinctly different from the one you are familiar with. You are apt to be conciliatory and gracious about making adjustments and concessions, but you feel rather uncomfortable internally.

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**Scorpio:**

Relationships with co-workers and colleagues undergo some changes at this time. A reorganization or change of responsibilities at your place of work may also occur, or a new supervisor or employer may replace the old one at this time. In one way or another, your work is affected by a change in responsibilities and a change in relationships with others. These changes involve trimming the fat from work operations and greater focus on the work that needs to be done. It is likely that your responsibilities will increase, and you will need to focus more on the nitty-gritty, detailed work that is required. If you have been avoiding the tasks at hand, by enjoying extended coffee breaks, sweeping the dust under the rug, etc., this will be a sobering and unwelcome time for you when you are forced to buckle down to the work at hand.

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**Sagittarius:**

At this time you may feel out of your element or out of sync with yourself or your surroundings. Interference from others requires adjustment and perhaps sacrifice on your part. What you have to offer or want to do doesn't mesh well with what seems to be necessary. While not a full blown crisis, it is a time of strain and tension, which can be somewhat debilitating to your health. A partial retreat in order not to deplete yourself and your strength is beneficial right now. You may be upstaged by other people or events which occur now. You could well be appreciated for all the hard work and effort you do. This is a time for some recognition for your accomplishments and your responsibilities. You can also learn how to turn a roadblock into a beautiful bed of flowers, that is, turn problems into pleasures.

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**Capricorn:**

This is a good time to talk about relationships. You may have a clarity and openness that can reduce tensions. You also may find this a good time to do creative work, to communicate with grace, and to enjoy the company of those whose intelligence you admire. Relaxation, enjoyment, and pleasure are emphasized now. This is not a time to push yourself or to be involved in activities that require intense competition or a great expenditure of energy. Cooperative, harmonious personal and professional relationships are more important to you at this time. You feel like socializing and being friendly. Fateful encounters which are not altogether pleasant are indicated. If you are in an established intimate relationship, it is apt to be rough sailing right now. Ultimatums, bringing up past pain and unresolved issues, jealousy, or unusual neediness or possessiveness may all be part of the scenario, and what makes all of this quite stressful is that most of it is not blatant but subtle and insidious. Indiscretion and poor judgment in matters of the heart need to be guarded against.

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**Aquarius:**

At this time you have many thoughts and discussions about finances, commercial transactions, your personal assets, and material security. You are thinking about how you spend money and manage your resources. This is a very good time to consult with a financial planner or accountant and to get your business affairs in order. Vague doubts or uncertainty can capture your attention now. It is hard to put your finger on the problem to say nothing of the solution. At best you may be able to articulate some social problem or issue and discover how to solve it. Other people may be a bit too conservative to accept some of your far-out ideas. You need to bring your unique needs in line with what others can handle if you want your relationships to work. You may feel constrained so take the time to consider what compromises are necessary to maintain your freedom.

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**Pisces:**

Financial excesses and spending money you don't have on pleasure or luxury are indicated. Over-eating or partying to excess can also lead to trouble. You may actually get ill from too much rich food, sweets, or alcohol, so exercise caution. Beware, too, of anyone or anything which is presented to you now which looks too good to be true - no doubt it is. Spontaneous discoveries of new truths and new possibilities for the future can come at this time. You are open to learning and perhaps to traveling as well. Keep your calendar open for these unplanned excursions of the mind and body. You are more clear and objective about personal matters and your relationships, so this is a favourable time to iron out differences or come to a decision. Communicating openly with loved ones, taking a trip to visit friends, or going on an outing accompanied by one you love figures prominently now.

\*\*\*\*\*

# Diabetes FAQ (Frequently Asked Questions)

## ↑What is diabetes?

Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugars to build up in your blood.

Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations.

## ↑What are the symptoms of diabetes?

People who think they might have diabetes must visit a physician for diagnosis. They might have SOME or NONE of the following symptoms:

- Frequent urination
- Excessive thirst
- Unexplained weight loss
- Extreme hunger
- Sudden vision changes
- Tingling or numbness in hands or feet
- Feeling very tired much of the time
- Very dry skin
- Sores that are slow to heal
- More infections than usual

Nausea, vomiting, or stomach pains may accompany some of these symptoms in the abrupt onset of insulin-dependent diabetes, now called type 1 diabetes.

## ↑What are the types and risk factors of diabetes?

**Type 1 diabetes** was previously called insulin-dependent diabetes mellitus (IDDM) or juvenile-onset diabetes. Type 1 diabetes may account for 5% to 10% of all diagnosed cases of diabetes. Risk factors are less well defined for type 1 diabetes than for type 2 diabetes, but autoimmune, genetic, and environmental factors are involved in the development of this type of diabetes.

**Type 2 diabetes** was previously called non-insulin-dependent diabetes mellitus (NIDDM) or adult-onset diabetes. Type 2 diabetes may account for about 90% to 95% of all diagnosed cases of diabetes. Risk factors for type 2 diabetes include older age, obesity, family history of diabetes, prior history of gestational diabetes, impaired glucose tolerance, physical inactivity, and race/ethnicity. African Americans, Hispanic/Latino Americans, American Indians, and some Asian Americans and Pacific Islanders are at particularly high risk for type 2 diabetes.

Gestational diabetes develops in 2% to 5% of all pregnancies but usually disappears when a pregnancy is over.

Gestational diabetes occurs more frequently in African Americans, Hispanic/Latino Americans, American Indians, and people with a family history of diabetes than in other groups. Obesity is also associated with higher risk. Women who have had gestational diabetes are at increased risk for later developing type 2 diabetes. In some studies, nearly 40% of women with a history of gestational diabetes developed diabetes in the future.

Other specific types of diabetes result from specific genetic syndromes, surgery, drugs, malnutrition, infections, and other illnesses. Such types of diabetes may account for 1% to 2% of all diagnosed cases of diabetes.

### ↑What is the treatment for diabetes?

Management strategies should be planned along with a qualified health care team.

Diabetes knowledge, treatment, and prevention strategies advance daily. Treatment is aimed at keeping blood glucose near normal levels at all times. Training in self-management is integral to the treatment of diabetes. Treatment must be individualized and must address medical, psychosocial, and lifestyle issues.

Treatment of type 1 diabetes: Lack of insulin production by the pancreas makes type 1 diabetes particularly difficult to control. Treatment requires a strict regimen that typically includes a carefully calculated diet, planned physical activity, home blood glucose testing several times a day, and multiple daily insulin injections.

Treatment of type 2 diabetes: Treatment typically includes diet control, exercise, home blood glucose testing, and in some cases, oral medication and/or insulin. Approximately 40% of people with type 2 diabetes require insulin injections.

### ↑What causes type 1 diabetes?

The causes of type 1 diabetes appear to be much different than those for type 2 diabetes, though the exact mechanisms for development of both diseases are unknown. The appearance of type 1 diabetes is suspected to follow exposure to an "environmental trigger," such as an unidentified virus, stimulating an immune attack against the beta cells of the pancreas (that produce insulin) in some genetically predisposed people.

### ↑Can diabetes be prevented?

A number of studies have shown that regular physical activity can significantly reduce the risk of developing type 2 diabetes. It also appears to be associated with obesity. Researchers are making progress in identifying the exact genetics and "triggers" that predispose some individuals to develop type 1 diabetes, but prevention, as well as a cure, remains elusive.

### ↑Is there a cure for diabetes?

In response to the growing health burden of diabetes mellitus (diabetes), the diabetes community has three choices: prevent diabetes; cure diabetes; and take better care of people with diabetes to prevent devastating complications. All three approaches are actively being pursued.

Several approaches to "cure" diabetes are being pursued:

- Pancreas transplantation
- Islet cell transplantation (islet cells produce insulin)
- Artificial pancreas development
- Genetic manipulation (fat or muscle cells that don't normally make insulin have a human insulin gene inserted — then these "pseudo" islet cells are transplanted into people with type 1 diabetes).

Each of these approaches still has a lot of challenges, such as preventing immune rejection; finding an adequate number of insulin cells; keeping cells alive; and others. But progress is being made in all areas.

### ↑What are some other sources for information on diabetes?

Check out more on this website at [www.cdc.gov](http://www.cdc.gov) or do your own web search; talk with Eileen, the Nutritionist from Native Health, she drops in the Centre to answer questions and provide information about all kinds of health concerns usually on Wednesday afternoons; check in with the Jasmine, the Street Nurse, who drops in the Centre on Wednesday afternoon sometime between 1 and 4pm; or get in touch with your regular doctor or a doctor at a drop in clinic.

Voices from the Eastside  
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○◻◻○

afterwards everything was silent

...by Ilona Ferenczi

all the parts     falling  
                    to the ground

from the shuttle Columbia

the helmet  
on the ground

scorched earth     with roses

Houston

Mexico

in my church  
they sang a song  
for the seven who died  
and afterwards  
everything was silent

**Untitled**

...by Carol Valliers

I am an eagle flying so high,  
I start to swoop down from the sky,  
As I get closer to the ground,  
I get afraid of what is there,  
So I fly back up to where I feel safe from all the pain and despair,  
Although I know the day must come were I fold my wings and land,  
For if I don't I will never know happiness and love,  
As I once did Before.

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Trucking

...by Linda Boyle

on the road again  
grinding gears  
crunching ice under tires  
freezing temperatures  
fear runs sweat  
into my eyes a fear  
that leaves me  
euphoric laughing  
in the face of death

no fear  
of going down  
with the truck  
no fear  
of the numbing cold  
of icy waters  
no fear  
of death's face

I done this run  
a dozen times or more  
thru blinding swirling snow  
visibility no more  
than a hand span

other truckers curse this weather  
and nameless chores

I thank God  
this trip is over  
and sleep the dead sleep  
of the overworked

# PRIMITIVE BEGINNINGS. CIAO!

The last one.

