



VANCOUVER  
PERSONS WITH AIDS  
SOCIETY



1447 Hornby Street  
Vancouver, B.C. V6Z 1W8

# NEWSLETTER

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## THE JOKE'S ON YOU! P24 ANTIGEN TESTING IN BC

P24 Antigen is a core protein in the HIV virus. It is produced and is detectable only when HIV is actively replicating in your blood. Researchers have noticed that, in many HIV patients, levels of p24 antigen decrease substantially after AZT or ddI therapy is commenced. Such a result indicates that the antiviral treatment is reducing HIV replication in your blood—important information if you are trying to monitor the effectiveness of your treatment.

There are two types of p24 antigen tests available to us: 1) Quantified p24 antigen (Qp24) testing is available in BC only through the Vancouver PWA Society Testing Service, and 2) Unquantified p24 antigen (Up24) testing can be ordered from the BC Laboratory, by your doctor.

What are the differences between Qp24 and Up24 testing? The Up24 test will tell you whether or not you are 'reactive' or 'positive' to p24 antigen, but nothing more. The Up24 test will provide no quantified or numerical measure of the amount of p24 antigen in your blood. Consequently the Up24 test does not answer the crucial question of how rapidly HIV is replicating in your blood.

In contrast, the quantified p24 test tells you whether you are 'positive', and in addition provides you with a quantified or numerical measurement of the amount of p24 antigen in your blood. Thus the Qp24 test does answer the crucial question of how rapidly the AIDS virus is reproducing in your blood.

If you understand how a thermometer works, you can comprehend the difference between Qp24 and Up24 testing. When your doctor takes your temperature, the thermometer informs him whether or not you have a fever, as well as what your actual temperature is. But imagine your doctor taking your temperature and saying, "You have a fever." You might ask, "Well, what's my temperature?" Your doctor responds, "I'm sorry, I have no way of knowing. Our British Columbia thermometer cannot measure temperatures—it can only tell whether or not you have a fever." You would say, "But doctor, is my fever closer to 107 F (near death) or 99.7 F (near normal)?" Your doctor would reply, "I already told you! In British Columbia thermometers do not measure temperatures."

Although this scenario may sound ludicrous, nevertheless it is strikingly similar to the situation with Up24 testing obtained through BC's laboratory. Qp24 testing both detects and numerically measures the level of p24 antigen in your blood. I've seen at least a hundred positive Qp24 results in my work, from as low as 100 pg/mL (picogram per millilitre) to above 1500 pg/mL of blood. The higher the Qp24 antigen count in pg/mL of blood, the more rapidly the virus is replicating.

As I explained, the Up24 test will inform you whether you are 'positive', but will provide no numerical measurement of p24 antigen levels in your blood. The result is that everyone who tests 'positive' get an identical test result.

To demonstrate how deceptive your test results can be if you utilize unquantified p24 testing, let's take the example of a person who does Qp24 testing just before starting on AZT. He tests 'positive' with 480 pg/mL of p24 antigen in his blood. Three months later he repeats his Qp24 testing, and again tests 'positive', but with only 120 pg/mL of p24 antigen in his blood. Although he tested 'positive' on both of his p24 antigen tests, the rate of HIV replication in his blood decreased by 75%, from 480 pg/mL to 120 pg/mL—clear evidence that the treatment is working.

Now suppose the same person had utilized Unquantified p24 testing instead of Qp24 testing.

Because Up24 testing provides no numerical measure of increase or decrease in p24 antigen levels, he would get exactly the same result—'positive'—on both sets of tests. Although this person's level of p24 antigen has fallen dramatically, from 480 pg/mL to 120 pg/mL, the Up24 test cannot provide this important information. The only information the Up24 test gives is that this man tested 'positive' both times—the clear inference being that, because he remained positive on his second test, his treatment must not be working. Which is the exact opposite of the true situation! By not telling the entire story about levels of p24 antigen in your blood, Up24 testing more often than not leads to wrong treatment decisions.

Unquantified p24 antigen testing is a very bad joke—be careful you do not become its next victim!

Time and again, we have had PWAs referred to the PWA Society by their doctors to arrange Qp24 testing through us, because the doctor just got the results of Up24 tests done in BC, and his patient tested 'positive.' Now the doctor needs to get a numerical reading of the level of p24 replication in his patients's blood, so he sends his patient to the PWA Testing Service. Why should the PWA Society be compelled, at great cost, to make available blood tests that it is the duty of our health care system to provide? Why should our Minister of Health get away with providing second-rate testing services?

Chuck P.

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# WALK FOR LIFE '90

## ONE OF SIX WALKS IN NORTH AMERICA

### SEPTEMBER 30TH



"Walk for Life '90," the PWA's fourth annual walkathon held Sept. 30, was more than just a local success story. It was part of an AIDS awareness movement in six cities throughout North America.

In addition to Seattle's "From All Walks of Life," there were walkathons in New Orleans, Milwaukee, Chicago, and Long Island, New York.

Dave Moynan, spokesperson for the first New Orleans walk, says their AIDS foundation is hoping to raise \$250,000 from 4,000 walkers. He added that Chicago, also in its first year, is going for \$1,000,000 from 8,000 participants.

Revenues for Vancouver PWA's "Walk for Life '90" are not yet complete, but if all walkers send in their pledges, the project should reach its goal of \$100,000. Walk participants who did not turn in their full pledges at the event are encouraged to send remaining funds to the project, care of the Vancouver PWA office at 1447 Hornby Street, V6Z 1W8.

Dan Gawthrop

# BOARD ACTIVE

Well, we've done it! The WALK FOR LIFE '90 is shaping up to be a fabulous success. The main reason for this success is the diligent, committed work done by the Walkathon staff and volunteers who have outdone themselves to create our best fundraising event ever. And indeed, the best in western Canada. The cooperation and support shown by the community towards us has been overwhelming and has touched us deeply. Everyone from businesses to clubs to teams to individuals have come together to support us in unprecedented numbers. Be confident that your donations will be used to benefit people affected by HIV and AIDS and will go a long way in supporting the services and programs of the Society. Thank you.

Our Evaluation process is coming to completion and the final reports will be ready soon. A special thank you to all of you who took the time to fill out the questionnaire form. We had a very good response. From the recommendations of the Evaluation we will soon embark on a major planning process within the Society, which will include board members, individual members, and staff.

Volunteers have been active on so many fronts, including fundraising (such as our Casino September 20th and 21st), national issues (funding, networking, drug and treatment access, and lobbying in other areas), and international issues (human rights, discrimination, and the organizing of the International NonGovernmental Organizations [NGO] Conference).

We are still documenting cases of discrimination, so please, if you have anything to report, contact our office and we will deal with you in confidence.

There is still plenty of room here for you to get involved, many areas of volunteer opportunity. Please consider it. The Society is our members. Thanks for your help!

Alex Kowalski

# AIDS TREATMENT HIGHLIGHTS

## FLUCONAZOLE NOW AVAILABLE FOR TREATMENT OF FUNGAL INFECTIONS

"A clinical trial of fluconazole, a drug recently approved as an alternative treatment for fungal diseases in persons with AIDS and other immune deficiencies, has shown that the drug is at least as effective as and may be superior to the standard treatment in preventing recurrences of a life-threatening infection that affects the brain and nervous system. NIAID and Pfizer, Inc., the drug manufacturer, conducted a multi-centre comparison between fluconazole and amphotericin B, the standard therapy, to determine which drug was more effective in preventing recurrences of cryptococcal meningitis in AIDS patients. All of the patients had been treated successfully with amphotericin B for the acute phase of the disease. To prevent recurrences of disease, all patients who develop cryptococcal meningitis must have lifetime maintenance therapy. Based on the current study, amphotericin B, a toxic drug that must be given intravenously, now can be replaced by fluconazole, a considerably less toxic drug that can be given by mouth. Of the 106 patients who received fluconazole (200 milligrams by mouth daily) and in whom the drug could be assessed for efficacy, only 2 developed recurrent cryptococcal meningitis. Of the 77 who received intravenous amphotericin B (1 milligram per kilogram weekly) and in whom the drug could be assessed, 13 had relapses of meningitis. Amphotericin B commonly causes nausea and fever and can result in other serious adverse reactions, including impairment of kidney function and bone marrow suppression. Patients on fluconazole experience fewer drug-related side

effects, although in some patients, the drug can cause abdominal discomfort and nausea and, less commonly, liver damage. In this study, the only observed side effect that led to discontinuation of fluconazole was skin rash in three persons."

*Bay Area Reporter August, 1990*

*Comments from Chuck: In addition to the above, human studies have clearly established fluconazole to be an effective treatment for persistent candida, or thrush. For an outline of seven studies of fluconazole for candida, see our Candida Info Pack (available at our library).*

*On September 5, I phoned Carl Parker of Pfizer, Inc., in Vancouver. He informed me that fluconazole has been approved by the Health Protection Division in Ottawa and will be available in Vancouver by prescription effective September 24, 1990.*

## DDI WORKS

"Researchers reported data on 58 subjects who were on ddI for up to 16 months. Decreases in viral replication were detected in these subjects whether or not they had used AZT prior to taking ddI. However, increases in the CD4+ (T4) cell count greater than 25 cells were usually seen in those subjects who had previously used AZT for less than four months. This finding was statistically significant. The decreases in viral replication and increases in CD4+ cell count were sustained through the eighth month in the study (most subjects in this study were taking ddI for up to nine months). Four out of five subjects with HIV-related brain damage (affecting their ability to think) improved when given ddI. At doses between 3.2 and 9.6 mg per kg per day, ddI appears to be well tolerated for up to 16 months with little serious toxicity (only two out of 35 subjects re-

ceiving ddI in this dose range developed symptoms of toxicity such as pancreatitis, hepatitis or neuropathy). Studies of the white blood cells taken from subjects on ddI for over one year indicate that the drug still continues to suppress HIV replication; in fact, the number of HIV infected cells is reduced as a result of ddI administration (VI International Conference AIDS, San Francisco, 1990 abstracts SB 471 and 475)."

**Sean Hosein**  
AIDS Action Now  
September, 1990

★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★

## CANADIAN COMPANY TO MANUFACTURE SALK AIDS VACCINE

"Connaught Laboratories, the largest vaccine producer in North America, has struck a deal to manufacture an experimental AIDS treatment developed by the doctor who came up with a vaccine for polio.

"The Toronto-based company announced it will produce Salk HIV Immunogen. The drug developed by Dr. Jonas Salk, has produced encouraging test results in animals and humans in the United States.

"The drug uses an inactive strain of the HIV virus to stimulate the immune system of AIDS patients. HIV is the cause of AIDS, a condition that leads to the collapse of the body's immune system, leaving victims susceptible to a wide variety of infections and cancers.

"Connaught's Toronto labs manufactured the polio virus strains used by Salk to develop his polio vaccine in the 1950s. The lab was purchased last year by the French vaccine company Institut Merieux."

**Vancouver Sun**  
September 1, 1990

## PNEUMONIA AND FLU VACCINATION—GET YOURS NOW!

"Due to their suppressed immune systems, people with HIV infection often develop infections which can be life threatening. Even before AIDS develops HIV+ people appear to be at risk for serious bacterial infections leading to pneumonia (caused by *Streptococcus pneumoniae*). Some doctors think that preventative therapy such as vaccines may prevent the onset of such infections and prolong the life of HIV+ people. Doctors in New York have carried out a study on the effect of pneumonia vaccination in a population of intravenous drug users (IVDUs).

"A total of 44 people was enrolled (21 HIV+, 23 HIV-), consisting of IVDUs and their sexual partners. None received AZT before or during the study. All subjects were given a pneumonia vaccine (Pneumovax, made by Merck, Sharp and Dohme). A matched control group of IVDUs, who did not receive the vaccine, were followed for the duration of the six-month study.

"The doctors found that although the levels of protective antibodies produced by the HIV+ group were lower than those produced by the HIV- group, they appeared high enough to confer protection. The vaccination did not appear to hasten the worsening of the immune system of treated subjects. Vaccination of HIV+ people would probably yield the greatest benefit if given early in the course of the disease."

**Journal of Infection Diseases, 1989**  
160(5):826-831

*Comments from Chuck: If you have not done it yet, see your doctor and get your pneumovax shot now. While you're at it, arrange to get you flu shot early this year. Or else!*



## **WOMEN AT RISK**

### **A CONCERNED DOCTOR WRITES**

Dear Colleague:

I am writing to you because of my growing concern about women and HIV infection.

As the number of women infected with HIV grows larger, the special and unique problems of women with this infection become clearer. We who work with HIV infected people are now seeing women who present with specific problems in addition to the traditional HIV complications. Since these could be construed as more common female complaints, I want to let you know what they are so that women infected with HIV can be diagnosed as quickly as possible.

The specific problems we see include: Chronic vaginal infections, especially recurrent candidiasis. Pelvic Inflammatory Disease may be more common for HIV infected women. HIV is a possible co-factor for carcinoma in situ. Some practitioners are now advising twice yearly Pap tests. Lymphadenopathy can cause breast lumps in HIV infected women. Women who do not know that they are HIV infected can have numerous breast biopsies which do not reveal anything clinically relevant. Cervical warts (venereal warts) should be carefully looked for (?increased risk of carcinoma of the cervix).

As you can see this list contains many common complaints. You may not consider women in your practice at risk for HIV. The women affected by HIV come from all walks of life, not just intravenous drug users. Women with bi-sexual husbands are particularly at risk perhaps without even knowing it.

Further medical information can be obtained from the literature or from a colleague involved in the treatment of AIDS patients. The Women and AIDS Project, 302 - 1720 Grant Street, Vancouver V5L 2Y7 at 255 9811 has posters and educational information for women which you could use in

your office or clinic. Women with HIV infection can also be told about the Women and AIDS Network support group for women at 255 9858.

Thank you for your attention to this serious concern.

Lindsay Lawson, MD

## **QUANTIFIED P24 ANTIGEN, BETA<sub>2</sub> MICROGLOBULIN, AND NEOPTERIN TESTING**

If you want to learn a lot more about why these tests are so helpful, a comprehensive p24 B<sub>2</sub>M Neopterin Information Pack, including medical research, is available at the Vancouver PWA Library or phone 683 3381 and we'll mail it out.

These three helpful blood tests are not all available in BC. However, we have negotiated low prices for these tests at National Health Laboratories in Tukwila, Washington.

The prices are:

Quantified p24 Antigen	\$34.00 US
Beta <sub>2</sub> Microglobulin	\$19.25 US
Qp24, B <sub>2</sub> M, T-cell Subset	\$95.50 US
Neopterin	\$37.25 US

We have an arrangement with Metropolitan Laboratories, 1200 Burrard Street (at Davie), suite #208, whereby for a flat fee of \$10.00 per person, they will draw our blood and prepare it for shipment to National Health on two days each month. Serum that requires freezing will be packed in dry ice. We have been using this system for more than a year now, and more than 200 people have participated. This system works well and National Health Labs has provided accurate and quick test results.

To sign up for any of the above tests, drop by the Vancouver PWA Society offices at 1447 Hornby Street or phone us at 683 3381 and we will sign you up.

Chuck P.

# M O O O O !

With the past year, the PWA Society has been 'adopted' by a collection of enthusiastic square dancers who have combined a love of performing with a penchant for outrageous costumes to raise money for the Society. Inspired by their love of things western, they called themselves the Cowbelles. The image of cows hasn't been the same since.

John Ashley-Pryce came up with the idea for the Cowbelles about three years ago, motivated by a performance by "Fist-Full of Crinolines" from Seattle and the dedication of Vancouver's "Bovines", who used their performances to raise money for PWA. Combining the two concepts, he approached Howard Hartford, Henry Myers, John Nowaczewski, Do-Sa-Do Dave, Darren Liepold, Rich Ingram, Doug Stimson, Ron Deveson and Leigh Towler from Squares Across the Border about forming a group. Everyone was enthusiastic, and the Cowbelles were born. The group has since been joined by mother-son duo Pat Henson and Evan Penner and choreographer Gary Jack. However, members are better known by dance names such as 'Premium Ethyl', 'Leona Hemstitcher', 'Rhonda the Lady Dev', 'Millie Wringworm', 'Long Horn Henry', 'Pat McDLT', 'Gina' and 'Lulu LaVache'.

According to the Mission Statement of the group, "The Cowbelles is a non-political dance club formed to participate in the fun and enjoyment of dancing and to engage in public performances with the object of raising money for PWAs. The mode of dance, while dedicated to quality and precision, often (but not exclusively) seeks to create visual humour by being satirical, ironic, and mocking dance styles, social attitudes and barnyard animals."

In the space of less than a year, The Cowbelles have made their mark in the community. They were instrumental in bringing about the PWA Benefit at Graceland last February and devoted

much organization and effort to the event. Besides providing great entertainment, dancing and general hilarity, the night raised a considerable sum for the Society.

The Cowbelles more recently distinguished themselves by winning both Best Costume and Best Overall Entry prizes at the 1990 Gay Pride Parade. Their enthusiastic dancing was complemented by the addition of "hobby cows" ridden by the group, complete with anatomically correct pink rubber glove udders. This triumph was followed by a stellar performance at the Gay Silverheels dance during Gay Games week at which they collected further funds for the Society.

The PWA Society would like to extend a big "Moo" of thanks to The Cowbelles for their commitment and support.

Pat Henson



**C**<sub>a</sub>**L**<sub>e</sub>**N**<sub>d</sub>**A**<sub>r</sub>

**Sept 30 Walk for Life '90** The Vancouver PWA Society's largest Fundraiser. Ceperely Park (2nd Beach) at 9 am with a light breakfast and warm up. Opening ceremonies at 11 am. Celebrity Barbecue at 1:30 pm at Ceperely Park.

**Sept 30 Dot Party** A Costume Party Extravaganza in the tradition of the Polk A Dots, a benefit for PWA Emergency Fund at Celebrities, 7 - 12.

**Oct 5 Deadline for Submissions** for the November Issue of the PWA Newsletter

**Oct 11 Lesbian and Gay Disabled Support Group.** Those with a disability and their friends are invited to come share your experiences, strengths and hopes in a supportive atmosphere. 7:30 pm at the BC Coalition of People with Disabilities, 204 456 W. Broadway. Call Dan at 875 0188 for more info.

**Oct 12 Painting by Zachery Longboy** Opening on October 12 from 6pm to 8pm in the PWA offices Board Room. The show will run until October 30th

**Oct 17 Monthly Medical Forum** Dr. Luc Magne speaks on Dental care and HIV at Gordon Neighbourhood House 1019 Broughton at 7 pm.

**Oct 21 PWA Social Night at the Shaggy**

**Nov 11 Cowbells** A benefit for PWA at the Lotus Hotel from 7pm to 12 midnight. Wonderful entertainment, dancing. \$5 at the door.

**Nov 16 AIDS Mastery** A 3 day workshop about living powerfully in the face of AIDS. There are still room for 10 to 15 people. Applications are available at the office or call Bill at 926 7529 or Joan at 736 8601.

**E V E R Y D A Y**

**Living Room Lounge** our relaxed drop-in centre is open weekdays 10 until 5 and Saturdays 11 to 3. Juice and fresh-brewed coffee.

**Referral Information** available in our Library weekdays 10 to 5 and Saturdays 11 to 3. For people looking for medical information, alternative therapy, and other services

**O N G O I N G**  
**E V E N T S**

**M O N D A Y S**

**Advocacy Committee Meeting:** Meets at 10:30 am in our offices to deal with access to treatments, human rights, political and legal issues. Members are encouraged to attend and get involved.

**Art Therapy Group** Use the visual arts to explore personal issues and concerns. No experience necessary -this is not an ordinary 'Art Class'. Facilitated by an experienced Art Therapist, Noel Silver. Call the PWA 683 3381 for more information.

**Buddy Support Group:** For buddies, sponsored by AIDS Vancouver. Meets every second Monday at 7:00 pm at AIDS Vancouver, 1272 Richards Street. Call 687 5220 for information.

**T U E S D A Y S**

**Adult Children of Alcoholics:** Special Interest to Gays and Lesbians, HIV+/- . Adult Children of Alcoholics is a 12 step support group for adults recovering from specific behaviour pattern established while living in alcoholic, addictive or otherwise compulsive family environments. Meets Tuesdays, from 7:00 pm until 8:30 pm in the PWA offices at 1447 Hornby Street.

**Meditation Class** "Living in Each Moment" From 2 pm - 4 pm This class is open to people living with HIV, friends and supporters. For more information and location, please contact Kristin at 872 0431

**Personnel Committee Meeting:** Meets at 10:30 am at the Society's Offices - works to provide policy and assistance in organizing human resources (volunteers and paid staff). You may have a talent or experience that would help. Contact the office for more information.

**PWA Support Meetings:** 7:30 - 8:30 pm, at the PWA Society Living Room Lounge. These meetings are open to PWA/PWARCs only.



Discussions about concerns held by the group at the time of the meeting. A good place to talk about your fears, concerns, and triumphs.

**Women and AIDS Drop-in** 7:00 to 8:30 pm For women to seek out information and support concerning AIDS/HIV First and third Tuesdays of each month at Vancouver Women's Health Collective, No. 302, 1720 Grant Street. Call Jackie at 683-3381 for details or call us at 255 9848 during drop-in hours.

### W E D N E S D A Y S

**Program Committee Meeting:** Meets at 10:30am at the Society's Offices to develop and facilitate individual programs such as RISE, Support Groups etc. Members are welcome and encouraged to participate. Contact Jackie.

**Partners of Persons with HIV/AIDS and Family and Friends** of persons with HIV/AIDS. Both groups will meet every Wednesday 7:30-9:30 pm at St. Andrews-Wesley Church. Rooms to be posted. Call Bridget MacKenzie at 687 5220 or Joy Moon at 299 4828 for more information.

**Finance Committee:** Meets at 2:30pm. Works to ensure proper financial procedures and puts forward funding proposals. Anyone interested is requested to contact the General Manager, Chris Sabeau or the chair, Alex Kowalski.

**Healing Circle:** 7:30 sharp - 9:00 pm on the first floor lounge, room 113, of the Comox Building of St. Paul's Hospital. Come and experience some loving time, deep relaxation, meditation, bodywork & the joy of sharing. Co-ordinated by 3 professional facilitators: Lela, Donald and Maria. Starting again this fall, this weekly event is open to all members, their friends, supporters, etc. For further information contact Donald at 682 2989.

### T H U R S D A Y S

**Executive Committee:** Meets 10:30 am alternately Thursdays (before Board Meetings) and Fridays at the Society's Offices to coordinate the business of the Society and to prepare for Board Meetings.

**Get Over It:** AA Meeting of special interest to HIV concerned persons. 7 pm in PWA Coalition's Living Room Lounge.

**Narcotics Anonymous: New Hope.** Open to HIV positive or negative. Meets every Thursday, 8:30 to 10 pm, in the PWA Coalition's Living Room Lounge. Narcotics Anonymous 24 hour Helpline 873 1018.

**Body Positive Support Group:** For those testing HIV positive. Confidential Discussion Group meets Thursday evenings at 7:30 pm in PWA offices. For more information contact Kenn Mann at 683-3381

**Coping with Loss and Grief:** Sponsored by AIDS Vancouver Meets the First and Third Thursdays of each month, from 7:30 to 9:30 pm at St. Andrews Wesley Church Library at Nelson and Burrard. For more info call Joy Moon 299 4828.

### F R I D A Y S

**Board of Directors Meeting:** The Board of the Vancouver Persons with AIDS Society meets every second Friday at 10:30 am at the Society Offices. Meetings will be October 12 and October 28. Open to all interested members. This your opportunity to stay abreast of Society activities, and have a voice in our future. The four standing committees (Advocacy, Finance, Personnel, and Program) are always open to new volunteers, and welcome your participation.

**Movie Night:** get together at 7:30 pm in the Living Room Lounge, video screening at 8 pm. See poster in the lounge for this week's attraction. Munchies provided.

### S A T U R D A Y S

**Drop-in:** Open to all HIV infected persons. An ideal time for people living in outlying areas or working during the week to meet others for support and to seek out information and resources. The Library is open and peer counselling and vitamin consultants are available. Held in the PWA Society's Living Room Lounge Saturdays from 11 am until 3 pm. For info call the VancouverPWA Society.

# FANTASTIC HEALTH

Long-term survivors with a.i.d.s. have a number of things in common. Primarily, we've decided to continue living—in the fullest sense—a change in lifestyle which includes stress-reduction, increased self-worth, a nurturing spirituality, and an area of service to the community.

The effect is that each area of life is touched, vastly increasing the quality of our lives. Increased self-worth means that self-care improves. For many, it no longer makes sense to eat on the run, and we adjust our diet to include foods which support health. Supplementation with substances which further contribute to the well-being of the body, is frequently the next step. The PWA Library contains much valuable information to assist the seeker.

It's human nature to think that if something is good, more must be better. Certainly, at the level where supplement absorption is poor and deficiencies exist as a consequence, this is the case. This is more common than you might think, particularly in Persons with a.i.d.s. There are notable exceptions to the "more is better" concept, and this includes some items essential for immune-health. Be informed!

For many, increasing awareness and interest in nutrition assumes the level of a hobby. The attractive man in the PWA Living Room Lounge popping an assortment of pills, capsules, and powders is probably not doing designer drugs, but practising self-care evident in every gorgeous inch of his body. The time spent in the PWA Library now enables you to practice your other hobby: Men! "Pick-up line" potential increases immeasurably with appropriate knowledge to build a state of health, as does your taste.

Some people are intimidated by the range of supplements available. Which to take? How much? Rather than falling back on the false security of Flinstones One-a-day, a good place to start is with familiar Vitamin C. A therapeutic dose is considered one gram (1000 milligrams), four times daily. Powders are the easiest form to use: stir into fresh

juice. (Pills contain binders and fillers which sometimes cause allergic reactions.) If you do nothing else, use Vitamin C.

As your adventurous streak increases, locate a health-food store with a devastatingly handsome man. Allow him to show off his extensive knowledge, and devote his personal attention to your needs. Remember he "does it for the money, honey," and it's the healthiest thrill available.

At this point, your stock of supplements will be at par with your level of lust, and include, for example: (at daily doses)

- zinc picolinate: 60 milligrams.
- iron citrate: 15 milligrams.
- selenium: 200 micrograms.
- vitamin E: 400 International Units
- beta carotene: 300,000 International Units
- Vitamin C: 4 grams.

During other visits, you may wish to investigate herbs, glandulars, amino acids, and antioxidants. Attempt to curb your predatory instincts within levels of taste and decorum. Soon, your fantasies will reach satiation, as you vicariously swallow his elixirs of life. Vitamin supplementation has never been so good!

Self care expands to other areas of life, as you feel healthier. You may next wish to locate a fitness centre where the male instructors send you into a delirium of passionate appreciation...

Embark on a voyage of discovery, and it becomes evident that quality of life equates with your growing sense of self-worth and health.

Steven McManus

P.S. Here are just a few of the titles in the Library that are good starting points for you:

- Conquering AIDS Now.*
- They Conquered AIDS*
- Fit for Life*
- Let's Eat Right to Keep Fit*
- Psychoimmunity and the Healing Process*

S. M.



## EFFORT

It has taken me, "so long" to put things together sometimes I'll go through anything and everything to get to nothing and try to come out with something perfect, my personal strive for successfulness.

One's own soul desire to be fulfilled, by a way to correct one's mistakes along this path to spiritual freedom, to say I did something which is better than nothing, I believe not sometimes, also.

F. K. T.

## THOUGHTS ALONG THE WAY I

All that the universal wills, I will

With dream thoughts of good intention  
I fly the misty sleep world  
To seek out the fabric of a cry in us all

And while I still live m\nightly, I climb higher...  
to where I intuitively feel good doing  
face to face

So now I am kind of dreary and I ask no more  
seek no more  
expect no more except the whole good

Thus,  
I want in every respect  
to be of a very evolving nature.  
M. A. P.

## CARE FOR CAREGIVERS

Saint Paul's Hospital has now organized a support group for their HIV positive staff members.

Love and acceptance are the basis for our support. Education and understanding of the disease, financial guidance for those still working, ways to decrease stress such as touch therapy, meditation and awareness of nutrition, faith, and information about Palliative Care at Saint Paul's Hospital are all part of the plan to help members. All the resources Saint Paul's Hospital can return to its staff members will be accessed to support each individual. Social service and Psychiatric help can also be provided as needed to Saint Paul's Hospital staff members who are working now or who have worked at the hospital in the past. We can share with you...but only if you reach out to us. Come meet with us for some loose conversation and some structured meetings for the support you need. We laugh. We debrief. We love each member as a whole individual. In an attempt to maintain confidentiality, we hold our meetings at Saint Paul's Anglican Church at Jervis and Pendrell. Meetings are based on availability of our members and each date is picked by our members and Liaison. Meetings are weekly. For more information and dates see Saint Paul's Hospital weekly newsletter, 'By The Way', or watch for individual flyers for information about Saint Paul's Hospital Interhouse Support Group with new dates and times on each copy. The next week's date and time can also be obtained by calling Saint Paul's Hospital at 682 2344 and ask for local 2297 (The Palliative Care Unit). For more information call Shirley at 464 8926 or Kathy at 738 3595.

# HOW TO STAY WELL (OR GET BETTER) TO ARMS!

1. Do things that bring you a sense of fulfilment, joy and purpose. See your life as your own creation, and strive to make it a positive one.

2. Pay close and loving attention to yourself, tuning into all you needs. Take care of yourself, nourishing, supporting and encouraging yourself.

3. Release all negative emotions—resentment, envy, fear, sadness, anger. Express your feelings; don't hold on to them. Forgive yourself.

4. Hold positive images and goals in your mind, pictures of what you truly want in your life. When fearful images arise, re-focus on images that evoke feelings of peace and joy.

5. Love yourself, and love everyone else. Make loving the purpose and primary expression in your life.

6. Create fun, loving, honest relationships, allowing for the expression and fulfilment of needs for intimacy and security. Try to heal wounds in past relationships, as with old lovers, and mother and father.

7. Make a positive contribution to your community through work or service that you value and enjoy.

8. Make a commitment to health and well-being, and develop a belief in the possibility of total health. Develop your own healing program, drawing on the support and advice of experts without becoming enslaved to them.

9. Accept yourself and everything in your life as an opportunity for growth and learning. Be grateful. When you screw up, forgive yourself, learn what you can from the experience, and then move on.

10. Keep a sense of humour.

Steven James, *Surviving and Thriving with AIDS*  
Reprinted from PLWAN of Saskatchewan Newsletter

In our fight against AIDS, we need to express our caring for one another. Let us remember the power of the human touch—with hugs.

A hug is a way to break through the isolation, to let someone know without words that they're special, we're there for them. A hug is shared between two (or more!) and it builds a feeling of self-empowerment to know that we can give support to one another and show that we care in a simple and direct way.

I'll leave it to somebody else to set out the scientifically verifiable benefits of the human touch. I just know the warmth and glow stays with me a long time after a good hug!

Douglas Starratt



## KUDOS OF THE MONTH

We would like to thank Duthies Books on Robson Street for their kind donation of boxes of new surplus books for our library.

Wayne S. for supplying the lounge with juice and healthy snacks.

Finn for his donation of time and talent as a hair stylist seeing members by appointment on Mondays in our lounge.

Zodiac Fraternal Society for their generous donation.

Vancouver Out on Screen Society for a donation of \$514 from the 'Common Threads' screening during the Games.

Thanks to Harry, Robbie, Ron, Brian, Douglas and John for volunteering long hours at our Casino night on September 20 and 21.



## THOUGHTS ALONG THE WAY II

We are the creation and greenness of nice things  
We are the yoke of good works

We are the enchanting and emanating  
of love of the principle  
The consistency of all seeking understanding  
M. A. P.



### David Lewis 1951 – 1990

We are saddened to hear of David's death, by his own hand and choice. He passed away in the presence of a gathering of friends, with the dignity he had worked to achieve. In the manner of his dying as with his life, David wanted to have an impact. He, working alone, brought the issue of euthanasia to public attention, and acted according to his personal beliefs. David was active in a number of organizations including AIDS Vancouver, VASM and, during the early days of the epidemic when he lived in San Francisco, he was involved in some of the first community based organizations to respond to the crisis. He also served the Vancouver PWA Society as chair of the Advocacy Committee with great energy and dedication.

FDS

### BRIAN.

It is an ultimate irony:  
That I discover life  
As I embrace mortality;  
That I shine so fiercely,  
- So soon to face darkness?  
That I laugh and I cry,  
- So soon to be blind?  
That I exult in music  
While silence stalks me...

Such gracious misfortune.  
Tony Flavell

## LIBRARY READY

After almost three months, we are happy to announce that our re-classification project, to all intents and purposes, is complete. All materials are now listed under some sort of Subject Heading and you'll find the list of these subjects in a blue binder hanging from the bookshelf. The subject list is one alphabetical file, that is to say all types of materials such as books, video tapes, audio tapes, vertical files, and others are interfiled. If, for example, you were to look under 'Vitamin C,' you'd find all the printed matter, audio-visual tapes, etc., which the resource centre has. Incidentally, the Vertical File is the office cabinet, so marked, and in it we have stored magazine articles, illustrations, small pamphlets, and other similar materials. The subject list will not tell you what is in the vertical file, only if there is something in the file under that subject heading. If you're looking for stuff on 'D-Penicillamine' and the subject list says that there is a vertical file, you'll have to go to the file and see if any of the materials are useful to you. By the way: vertical file items should not themselves be taken; please ask someone to make a copy for you. A list of all materials, in this case mostly books, by author will be in a marked folder on the library desk. A word on the subject headings themselves: we used the ones from the "Sears List of Subject Headings" which is used in most North American libraries. For the more specialized headings we are indebted to AIDS Vancouver for letting us use their specially developed list. Look in this spot in future newsletters for articles highlighting materials around specific topics.

Library Committee

## REGISTER NOW FOR CARE AT HOME

Recently I had a visit from a worker from the Vancouver Health Department Burrard/West End Unit (736 9844). I wanted to be sure that if I needed Home Support services or Home care nursing, I'd be registered already and have one less thing to attend to if I got sick. Now if I need it I have access to post-operative care at home, health supervision, or home support services, that might include homemaker services for assistance with bathing, grooming or household chores. There is a fee, but most PWAs on income assistance would qualify to have these services at little or no cost. There is no charge for Home Care Nursing, but it may be necessary to rent or purchase certain supplies necessary for care like a walker, medications or dressing supplies.

To find out more, contact the Vancouver Health Unit nearest you (look in the blue pages of your telephone book) and set up an appointment. People in other communities should contact their local Health Unit.

Pre-registration helps with planning and it contributes to well-being, just to know you've provided for your care if ever you need it.

Douglas Starratt

## A PWA BOOK PROJECT

Terry Goodwin wants to produce a book and interest a publisher in putting a "Human Face on AIDS" by publishing a collection of art, photos, and essays by PWAs.

People Living With AIDS who are interested in contributing stories and photographs that will document our lives and ideas, please write: PLWA's Book Project, c/o Gallerie Publications, 2901 Panorama Drive, North Vancouver, BC V7G 2A4



## PEER COUNSELLORS ON DUTY!

A team of Peer Counsellors, co-ordinated by John Merritt, is again up and running. These volunteers, who are PWA members living with HIV and AIDS, will be at the office to talk with you about **any** concerns or difficulties you are experiencing. We have a quiet, comfortable room for private one on one consultations. You can talk to a counsellor on the telephone, or come to the office in person (we suggest you call to make an appointment). Confidentiality is strictly respected. Peer counselling hours are 10 am to 4 pm, Monday through Friday and 11 am to 3 pm on Saturdays.

Would **you** like to be trained to be a peer counsellor? If so, contact Jackie or John Merritt at the office.

John Merritt



## HelpLine

### LIBRARIANS NEEDED

Member with computer and library skills needed to help out in the Society's Library on a regular basis. "But I can only work Saturdays." That's O.K. too. Sense of humour helpful, sensible shoes and glasses not absolutely necessary. Contact Jackie or Vick

### THE FIRST VOICE A PWA HEARS COULD BE YOURS...

The Switchboard Committee needs help staffing our phone lines. Can you spare a 3 1/2 hour shift once a week? Training provided. Get to know your organization better and be a voice that represents us to the public and members alike. Call Bryan Wade or Jackie at 683 3381.

### PHOTOCOPIYST

Our photocopy area needs a reliable and tidy person for copying and checking supplies. For more information contact Michel or Jackie at the office, 683 3381.

### 100 % GIVING

The United Way of the Lower Mainland's Campaign '90 is now under way. You can designate that your donation, in whole or in part, is to go to the Vancouver PWA Society. One hundred percent of the portion that you designate will come to us to pay for direct services to PWAs. Please remember us when making your United Way donation.

Finance Committee

## Staff Credits

**Editor:**

Douglas Starratt

**Associate Editor:**

John Liesch

**Art Director:**

Douglas Gardner

**Typesetting:**

John Liesch

**Proofreading**

Kevin C.

Douglas Starratt

**Copy Typists:**

John Liesch

**Production Manager:**

Michel Guimond

Many thanks to our production and assembly crew for recent issues: Grant Ito, Joanne Power, John Merritt, Robbie, Hans. If you want a volunteer assignment that's fun and rewarding, come join us on the lively Newsletter team!



United Way  
Affiliate Agency

A member of



CANADIAN  
AIDS  
SOCIETY

## NoticeBoard

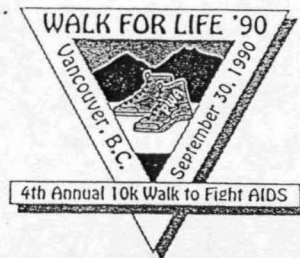
**Room Mate Wanted** I live in a 2 bedroom co-op at 1885 E. Pender Street. Co-op duties include joining a committee and approximately 10 hours of chores 1 month out of 3. Prefer someone on HPIA Gain for the handicapped so there won't be a rent increase. Rent is 1/2 of \$269 per month plus utilities. Call John K. at 253 2922

**Haircuts, Styles, Etc.** Hairdresser Finn Mollerup will be available every second Monday from 10 am to 2 pm at the PWA Offices. Free for full members. Sign up in the Living Room Lounge. Please come with freshly washed hair.

**PWA Artist Needs Supplies** PWA needs donations of stretched canvasses and oil paints. He is an artist who plans a show in the spring and is in need of supplies to accomplish this goal. Please bring materials into the office and leave with Jackie.

**Healing Circle** Join this successful program which has been ongoing for over two years. A safe place to share and get in touch with your healing energies. Facilitated by Leila and Don, local healers. Wednesday evenings, 7:30 sharp, to 9:30, in the Comox Building, Room #113, on Comox Street alongside St. Paul's Hospital. New people welcome. Drop-ins O.K.

**Vacuum Cleaner** A member has just been left without a vacuum cleaner and has allergies to dust as well as being a neat freak. If anyone can help out please contact Jackie at the Society, 683 3381.



## “WALK FOR LIFE '90”

THE VANCOUVER PERSONS WITH AIDS SOCIETY NEWSLETTER IS PUBLISHED BY THE VANCOUVER PERSONS WITH AIDS SOCIETY. OUR OFFICE IS AT 1447 HORNBY STREET, VANCOUVER, B.C. V6Z 1W8 PHONE (604) 683-3381 FACSIMILE 683-3367. THE VANCOUVER PERSONS WITH AIDS SOCIETY IS A REGISTERED CHARITABLE ORGANIZATION (REVENUE CANADA REG. #0760124-11-27)

THIS NEWSLETTER MAY REPORT ON EXPERIMENTAL AND ALTERNATIVE THERAPIES BUT THE COALITION/SOCIETY DOES NOT RECOMMEND PARTICULAR THERAPY. PLEASE CONTACT YOUR PHYSICIAN BEFORE TRYING ANY NEW TREATMENT.

OPINIONS EXPRESSED ARE THOSE OF THE INDIVIDUAL AUTHORS AND NOT NECESSARILY THOSE OF THE BOARD OF DIRECTORS OR THE VANCOUVER PERSONS WITH AIDS SOCIETY.