

P.A.C.E.
PROSTITUTION, ALTERNATIVES,
COUNSELLING & EDUCATION

PACE Society was founded in 1994 by a group of active and inactive sex workers. Community supporters who recognized that services for sex workers were best provided by sex workers.

We are sex workers and advocates, working for safety, dignity and the empowerment of our community.

PACE empowers sex workers by creating a social network validating their lives and choices. We are dedicated to ensuring that sex workers hold leadership and have an active, on-going influence in creating policy and programs based on their needs.

PACE
Prostitution
Alternatives
Counselling
Education

*Daisies break through solid concrete
to experience the kiss of the sun's rays
upon their petals. Similarly, survival sex
workers will penetrate through stigma,
oppression and social tyranny to unite in
vivid bouquets forever changing the landscape.*

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"The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada".

DID YOU KNOW?

- Vancouver, especially the DTES, has the highest rates of HCV of any community in Canada and most developed countries.
- Hepatitis C is not a rare disease, it is the most common infectious blood borne disease in Canada.
- The liver performs over 500 important functions which are essential to life.
- The more chemicals we put into our bodies the harder our liver has to work.
- The liver has the ability to regenerate, its absence of pain receptors are part of what make Hepatitis C a "Silent Epidemic".
- HCV is 10-15 times more transmissible by blood than HIV.
- In Canadian penal institutions, up to 40% of the individuals have HCV.
- 9 out of 10 people who take methadone have HCV. Methadone may mask early signs of liver damage.
- HCV may survive on environmental surfaces at room temperature for at least 16 hours but not longer than 4 days.
- A virus is one of the smallest living things known to exist inside plants and animals.
- The only way to know for sure if you have Hepatitis C is to have a blood test!

HEPATITIS C SUPPORT GROUPS & CONTACT NUMBERS

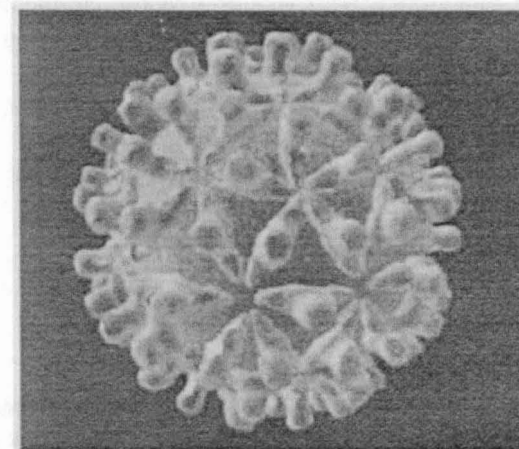
- Vancouver: HepCats Chat 604 688-1441
Native Health 604 254-9949
Vandu 604 683-6061
Gordon Coburn 778 898-7211
- New Westminster: phone support Dianne Morrissett 604 525-3790
- Maple Ridge: phone support Peter Madsen 604 463-0223
- Canadian Liver Foundation: 604 707-6430
1 800 856-7266
- HepCBull Newsletter 1 250 595-3892

Smilin Sandi's Crusade
www.creativeintensity.com/smking/

Peppermint Patti's Frequent FAQs
www.hepcbc.ca

Hep C support project
www.hcvadvocate.org

HEPATITIS C BASIC INFORMATION




Hepatitis C Virus

REFLECTIONS FROM PEOPLE LIVING
WITH HEPATITIS C
FROM THE "MYSTICS" AT
PACE SOCIETY

PACE is a non profit organization.

These suggestions are based upon the collective knowledge of the "Mystics" and are not to be interpreted as professional advice. Please contact your health care provider.



HEPATITIS C IS SPREAD THROUGH DIRECT BLOOD TO BLOOD CONTACT

HIGH RISK

- Sharing drug equipment - this includes spoons, syringes, water, ties and filters. Bleach **will not** kill the HCV unless the bleach stays in the syringe for at least 10 minutes!
- Sharing any pipe, mouth to mouth, or seconds.
- Sharing straws, bills for inhaling or snorting.
- Unprotected sex – especially when a woman is menstruating, rough sex, anal sex, oral sex, S & M practices, the presence of sexually transmitted infections and you have more than one sex partner.
- Blood transfusions – done before 1992.

MEDIUM RISK

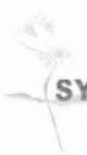
- Sharing personal items like razors, nail clippers, tweezers, files, toothbrushes, pierced jewelry or anything else that could have a bit of blood on it.
- Non-sterile equipment; Tattooing, including ink, body piercing and acupuncture.

LOW RISK

- Pregnancy - there is only a small chance of passing the disease to your baby.
- Breast feeding and your nipples are cracked and/or bleeding, Follow the advice of your doctor.

NO RISK

- Hugging, kissing, shaking hands, coughing, sneezing, sharing cutlery, drinking glasses, dishes or insect bites. Using the same bathroom or swimming pool unless your blood is in direct contact with others.



TO MAINTAIN YOUR IMMUNE SYSTEM AND ENERGY LEVEL, EAT A BALANCED, NUTRITIOUS DIET.

BECOME A LABEL READER

FOODS AND SUBSTANCES TO AVOID OR REDUCE

- Alcohol and street drugs. Drinking alcohol speeds up liver damage. Street drugs are never pure and often contain other substances that damage the liver.
- Many people experience discomfort after eating foods that are high in fats. There are however good essential fats that our body needs.
- Eat less salt; those who are prone to fluid build up in the abdomen (ascites) should try to have less than 3 grams of salt per day. (1/2 TSP)
- Do not take Iron supplements; people with chronic Hepatitis C often have increased iron levels, too much iron can be very harmful to the liver.
- Do not eat raw shellfish as it can be very harmful to people with liver disease.
- Be very careful when taking medications, prescriptions and over the counter medicines such as Ibuprofen - (Motrin and Advil) and Acetaminophen - (Tylenol, Percocet and other painkillers). Many medications can strain your liver.
- Processed foods, reduce sugar, white flour and caffeine intake.

TO BE SAFE AND INFORMED, TALK TO YOUR DOCTOR OR PHARMACIST.

Reference List:

Living with Hepatitis C-A Survivors Guide-G.T.Everson M.D./Hedy Weinburg
B.C.'s Hepatitis C support Guide-Hep C of Canada/Courtenay.B.C.
Hepatitis C-Know the Facts-YouthCo Aids Society/Vancouver
Hepatitis C-Harm Reduction Coalition-NY/NY
Living Well-Aids Programs-Saskatchewan

Many people use herbs, vitamins and other natural treatments. People report that these therapies work but some have yet to be scientifically proven. The purity and the potency may vary from product to product and there is a real need for more research. Many myths and half-truths are treated as if they are facts! It is very important to check your source and ask: Is it reliable? Is it someone's opinion or is it fact? Check with a healthcare professional about herbs you might take and get the best quality you can afford, from sources you can trust!

FOR INFORMATION ABOUT NATURAL MEDICINES CHECK THESE WEBSITES:

- **The Natural Pharmacist**
www.naturalpharmacist.com
- **When medicine & herbs don't mix**
www3.healthgate.com
- **Health Canada - "Its your Health Series"**
www.ehso.com/ehshome/aflatoxin.php

KNOWLEDGE ALLOWS YOU TO TAKE CONTROL OF YOUR HEALTH CARE

- **Know what's in your community, find a support group, talk about what's going on for you. Express your thoughts and feelings.**
- **Create a Health Journal for yourself and take it to your doctor's appointments.**
- **Ask every time you don't understand something, It's good to be curious.**
- **Write down questions to take with you to your doctor's appointments.**
- **Remember, be kind to yourself, have a positive attitude and look for activities that create joy, hope and a sense of living fully. Balance is the key. Make changes gradually.**

Embrace what works for you!

A PATIENT MUST CONTROL
SYMPTOMS RATHER THAN SYMPTOMS
CONTROLLING THE PATIENT