

Maine AIDS Alliance

P.O. Box 973

Camden, Maine 04843

(207) 236-8561

December 1990

Newsletter

WORLD AIDS DAY AND NATIONAL HIV/AIDS AWARENESS DAY TO BE OBSERVED IN DECEMBER

December 1, 1990 will mark the third annual observance of World AIDS Day. Over 150 countries around the world including the United States have designated this day to draw public attention to the AIDS pandemic. World AIDS Day originates with the World Health Organization (WHO), specialized health agency of the United Nations, and is sponsored in the United States by the American Association for World Health. Since December 1 falls on a Saturday in 1990, the U.S. Department of Health and Human Services has designated Monday, December 3 as the date for National HIV and AIDS Awareness Day. Formerly, National AIDS Awareness Month was observed in October. It was moved to December 3 to coordinate with World AIDS Day and to focus national AIDS education and prevention efforts.

Dr. Hiroshi Nakajima, Director General of WHO has announced that "Women and AIDS" will be the theme for World AIDS Day 1990. Dr. Nakajima said the focus on women on December 1, 1990 will reflect the increasing impact of AIDS on women, not only as a medical problem, but in terms of the crucial role women play in preventing infection with HIV and caring for HIV-infected people and people with AIDS. World AIDS Day 1990 will also draw attention to the special concerns related to HIV/AIDS and pregnancy, childbirth and raising children.

Worldwide, WHO estimates that eight to ten million people are now infected with HIV. Of these HIV-infected people, a total of over three million are women. During the 1980s, an estimated 600,000 people developed AIDS and over 150,000 were women. Projections based on the current number of people infected with HIV indicate that 500,000 people will develop AIDS during the years 1990 and 1991 alone; of these about 200,000 will be women. Therefore, more women will become ill with AIDS during the next two years than developed AIDS during the past decade. Others will be touched by the AIDS epidemic when partners, family members and friends become infected with HIV. By highlighting the impact of HIV/AIDS on women in our country and around the world, World AIDS Day and National HIV and AIDS Awareness Day will expand and strengthen the worldwide effort to stop AIDS.

WOMEN AND AIDS

Did you know?

...Women most commonly become infected with HIV by sharing contaminated IV drug needles or by having unprotected sex with an infected partner.

...If a woman with HIV becomes pregnant, there is a 30 to 50% chance that her baby will be infected during pregnancy or delivery.

AIDS and women in the United States: ¹

...As of August 31, 1990 the total number of reported AIDS cases in the U.S. was 146,746. 13,807 were women.

...Of the reported cases of AIDS in women in the U.S., 52% acquired HIV through intravenous drug use and 30% acquired HIV through sexual contact with a person at risk.

...In the U.S. over 2,525 AIDS cases in children younger than 13 have been reported to the Centers for Disease Control; 83% contracted HIV from mothers.

...The Journal of the American Medical Association reported in July 1990 that, "AIDS can be expected to become one of the five leading causes of death [in women aged 15 to 44 years] by 1991."

AIDS and minority women in the United States: ²

...In August 1990 of approximately 13,800 women in the U.S. diagnosed with AIDS, 52.3% were black and 19.8% were Hispanic. This is highly disproportionate to the U.S. population which is approximately 11.5% black and 6.4% Hispanic.

...In New York City minority women and children are particularly affected by HIV/AIDS. 84% of women with AIDS are black or Hispanic, as are 90% of the children with AIDS.

AIDS in women worldwide: ³

...As of June 1990, the World Health Organization estimates that worldwide between 8 and 10 million people are currently infected with HIV. Of these, a cumulative total of over 3 million women of childbearing age have been infected with HIV.

...Almost 80% of the global total of HIV-infected women, or 1.5 million women, live in sub-saharan Africa region.

...WHO estimates that one in 50 adult women in sub-Saharan Africa is infected with HIV, one in 500 women in South America is infected, one in 700 women in North America, and one in 1,400 women in Western Europe. In Eastern Europe, Asia, and the Pacific region one in 20,000 women is infected with HIV.

Perspectives from Women in the United States:

"Since the beginning of the AIDS epidemic, women have been active as scientists, physicians, nurses, ethicists, attorneys, and in other professional capacities. At first, it seemed as though the epidemic was one that affected mainly men, but aroused the compassion and energies of a large number of women. Now that women themselves are the fastest growing population of infected people, we need to recognize that their needs may be different from those of men and that specific programs must be designed for them. The education of future generations of young people in preventing HIV transmission will be a challenge to the vast number of women who are teachers, educators, role models, and family heads." - Carol Levine, Executive Director of the Citizens Commission on AIDS for New York City and Northern New Jersey.

"Women provide the majority of care to those who are affected by [HIV/AIDS]. They are nurses, volunteers, family members, teachers and others. Fears of contagion sometimes by those involved in direct care and sometimes by family members of those providing care are expressed. This is especially true for nurses who are in direct physical contact with the patient. Attention must be given to the needs of these women - their coping strategies in caring for a population that is young and excruciatingly ill." - Patty J. Hale, R.N., M.S.N., University of Virginia School of Nursing.

"HIV-positive women who are mothers have an especially difficult task. Together with their partners, friends and family, women need to master courage and vision to appropriately prepare for children that will be left orphaned or in a single-parent family situation." - Anita Septimus, M.S.W., C.S.W., Director of Pediatric AIDS Program Social Services Component, Albert Einstein College of Medicine.

"Despite data showing that women, particularly low income women and women of color constitute the fastest growing group of persons with AIDS, women confronting the AIDS crisis remain virtually invisible....Federal research dollars [have not] gone to develop woman-focused prevention methods, to include women in clinical trials of AIDS drugs, or to identify and understand the unique characteristics of HIV disease in women. This exclusion of women must end." - Leslie R. Wolfe, Executive Director, Center for Women Policy Studies.

¹ CDC "AIDS Monthly Surveillance Report," August 31, 1990.

² CDC "AIDS Monthly Surveillance Report," August 31, 1990.

³ WHO In Point of Fact No. 68, June 1990; and Press Release WHO/49, September 25, 1990.

ANNOUNCEMENTS

- * Merrymeeting AIDS Support Services has appointed a new organizational representative to the Maine AIDS Alliance to replace Candace Kanes. The new rep is Sharon Turner, 45 Harpswell Street, Brunswick, ME 04011. Telephone: 725-7061.
- * Burt deFrees and Cecelia Leland were nominated and voted in as our newest Maine AIDS Alliance Board members at the October general meeting. We are excited to have two such talented and respected individuals working with the Maine AIDS Alliance.
Burt deFrees Cecelia Leland
PO Box 431 HCR 33 Box 450A
Rumford, ME 04278 Bath, ME 04530
369-0259 371-2147
- * Any news from your organization you'd like to share with the newsletter audience??? If so, send to Vincent Farese, PO Box 992, Belfast, ME 04915 by January 15th for the February newsletter.
- * MAINE WALK '90 raised nearly \$30,000 for the Maine AIDS Alliance and it's community-based organizations. Many thanks to all of you out there who worked so hard to make this first walkathon such an outstanding event!!! Anyone interested in serving on the MAINE WALK '91 committee can contact Dennis Hatch at 442-7070.

AIDS is Everybody's Problem

Over 200 people in Maine have been diagnosed with AIDS, and thousands more are infected with HIV, the virus that causes AIDS. These men, women, teens and children are your friends, relatives, neighbors and co-workers.

Governor McKernan has proclaimed October 1990 as **AIDS Awareness Month** throughout the State of Maine, and encourages all citizens to increase their awareness of AIDS and to be part of their community's efforts to prevent AIDS and support those affected by it.

Throughout the state, there are organizations which provide education, training, support, case management, counseling and other needed services to help solve the AIDS problem. These organizations are made up of dedicated people just like you, but they need more help—your help.

You don't have to be a specialist or a professional. You just need to be willing to get involved, to donate a little of your time and energy to make AIDS less of a problem in Maine.

Be part of the solution—Get Involved!

AIDS Coalition for Lincoln County
Damariscotta 563-4040

The Names Project/Maine
Portland 774-2198

Androscoggin Valley AIDS Coalition
Lewiston 795-4357

Community Task Force on AIDS Education
Naples 787-3266

Dayspring c/o KVRHA
Waterville 873-1127

Eastern Maine AIDS Network Services
Bangor 990-3626

Merrymeeting AIDS Support Services
Brunswick 725-4955

Community AIDS Awareness Program
Rumford 364-4581

AIDS Lodging House
Portland 874-1000

Down East AIDS Network
Ellsworth 667-3506

People With AIDS Coalition of Maine
Portland 773-8500

Waldo County AIDS Coalition
Belfast 338-1427

The AIDS Project
Portland 774-6877

St. John Valley AIDS Task Force
Fort Kent 834-3155 ext. 194

A public service message from the Maine AIDS Alliance

RESOURCE LISTING



The National AIDS Information Clearinghouse

Materials including pamphlets, brochures, posters, public service announcements and displays are available. **All materials are free.** For detailed descriptions of materials, write or call and ask for the America Responds to AIDS Catalog. **MATERIALS AVAILABLE IN SPANISH, PORTUGUESE, CHINESE, HAITIAN/CREOLE, VIETNAMESE, CAMBODIAN, and BRAILLE.** The Clearinghouse also provides reference services to health education professionals. Allow two weeks for delivery. *NAIC; P.O. Box 6003; Rockville, MD 20850; 1-800-458-5231, TTY/TDD 1-800-243-7012. FAX 301-738-6616.*

WOMEN AND AIDS: SPEAKERS DIRECTORY

AMERICAN ASSOCIATION FOR WORLD HEALTH. A speakers directory of women from around the country who have been active in the AIDS crisis in different ways. Women listed in the directory have indicated interest in speaking or being interviewed on their work and knowledge of the AIDS epidemic. Call for references; all arrangements must be made with individual speakers. (202) 265-0286.

WOMEN AND AIDS: VIDEOS

AIMS MEDIA. "AIDS: Allies Story" Profile of a college-aged woman with HIV. Included is information on the spreading of HIV/AIDS on college campuses and a model program for peer counseling at colleges. \$75 rental. Allow three weeks for delivery. Write or call: *AIMS Media; 6901 Woodley Ave.; Van Nuys, CA 91406-4878; 1-800-367-2467, (818)-785-4111, Telex 494-8329, Fax 818-376-6405.*

CARLE MEDICAL COMMUNICATIONS. "Life Matters: AIDS" Three profiles: caregiver, HIV positive mother, and person with AIDS-related complex. \$65/3 day rental; \$75/purchase. Write or call: *Carle Medical Communications; 110 West Main St.; Urbana, IL 61801; (217) 384-4838.*

FILMS FOR THE HUMANITIES, INC. "Women with AIDS" General information. \$75/1 day rental, \$149 VHS purchase. Allow two weeks plus for delivery. Write or call: *Films for the Humanities, Inc.; P.O. Box 2053; Princeton, NJ 08543; 1-800-257-5126.*

FILMS INCORPORATED, PMI. "Suzi's Story" A woman's struggle with AIDS during the last few months of her life. "Men, Women, Sex, and AIDS" Answers to questions on AIDS from a variety of people involved in the AIDS pandemic. \$79 for the purchase of each video. Allow one week for delivery. Write or call: *Films Inc., PMI.; 5547 N. Ravenswood; Chicago, IL 60640-1199; 1-800-323-4222 x381.*

GAY MEN'S HEALTH CRISIS. "A Test of the Nation," the impact of AIDS on larger issues of reproductive rights, access to quality health care, and the standard of living for women and children. "Doctors, Liars, and Women: AIDS Activists Say NO to Cosmo," organizing AIDS activists around issues pertinent to women. "Prostitutes, Risks, and AIDS," an analysis of stereotypical representations of sex workers and health care professionals who are educating the public on safer sex and IV drug use. "Women and AIDS" explores issues of how AIDS highlights problems such as racism, sexism, lack of access to child care, and lack of adequate health care for women. \$20 for the purchase of each video. Allow four to six weeks for delivery. Write or call for catalog: *GMHC; 129 West 20th St.; New York, NY 10011; (212) 807-7517.*

MULTI FOCUS, INC. "Women, AIDS, and Sexuality," women's attitudes on sexuality, sexually transmitted diseases, and AIDS. \$25/3 day rental or \$150/purchase. "Latex and Lace," safer sex for homosexual women. \$35/3 day rental or \$150/purchase. "Janet and Don: Safe Sex Enrichment" \$25/3 day rental or \$100/purchase. "Norma and Tony: Following Safer Sex Guidelines" \$25/3 day rental or \$150/purchase. Allow two weeks for delivery. Write or call: *Multi Focus, Inc.; 1525 Franklin St.; San Francisco, CA 94109; 1-800-821-0514 or in CA. 415-673-5100.*

NATIONAL AIDS INFORMATION CLEARINGHOUSE. "Olga's Story." Issues on mother to child transmission and child care issues. "Alicia" - SPANISH ONLY. Young Hispanic mother comes to terms with being infected by her husband. \$12/purchase of each video. *For address see prior NAIC listing.*



*a symbol of care
and devotion...
the design by
Graphic Atelier
of Manila for the
HIV/AIDS ref-
erence library
for nurses in the
Western Pacific
Region.*

GAY MEN'S HEALTH CRISIS. "Women Need to Know About AIDS" and "The Safer Sex Condom Guide For Men and Women" AVAILABLE IN SPANISH AND MANDARIN CHINESE. \$.25 per brochure. Bulk rates are available. Booklets, videos, manuals, posters, newsletter, buttons, and comix also available. *For address see video listing.*

IMPACT AIDS INC. (Part of the San Francisco AIDS Foundation) Eight brochures available on women and AIDS, lesbian and AIDS, pregnancy, children, teens, and condom use. 1-99 \$.30 per copy. \$100 minimum on all orders. Material also available on safer sex, alcohol, drug, and needle use, AIDS testing, the workplace, health care and hospice personal. Videos, books, and training manuals available. Allow four to six weeks for delivery. Write or call: *Impact AIDS Inc., 333 Valencia St., 4th Floor; San Francisco, CA 94103; (415) 864-4376.* AVAILABLE IN SPANISH.

MATERNITY CENTER. "AIDS and Pregnancy." Information for women of reproductive age. AVAILABLE IN SPANISH. \$.60 per copy. Bulk rates are available. Write or call: *Maternity Center; 48 East 92nd St.; New York, NY 10028; (212) 369-3700.*

NATIONAL CONSUMER LEAGUE. "Women Can Get AIDS: Learn the Facts." A brochure targetting mainstream sexually active women. \$.15 per copy over 56 copies; otherwise prices vary. Write or call: *National Consumers League; 815 15th Street NW Suite 516; Washington, DC 20005. (202) 639-8140.*

PEOPLE OF COLOR AGAINST AIDS NETWORK. A variety of brochures available focusing on people of color and AIDS. \$.15-\$.25 per copy. Allow two weeks for delivery. Write or call: *POCAN; 1200 S. Jackson, Suite 25; Seattle, WA 98114; (206) 332-7061.* AVAILABLE IN SPANISH, CHINESE, KOREAN, VIETNAMESE, CAMBODIAN, LAO, TAGALOG, AND SAMOAN.

PLANNED PARENTHOOD FEDERATION OF AMERICA. "AIDS: Question and Answer Guide." A thirteen-page question and answer brochure with basic information on



causes, signs and symptoms, diagnosis, treatment, and risk. Identifies high-risk groups and presents precautions for pregnant women. \$.75 per copy. Bulk rates available. Write or call: *Planned Parenthood; 810 Seventh Ave.; New York, NY 10019; (212) 541-7800.*

WOMEN AND AIDS: TEACHING GUIDES AND RESOURCE DIRECTORIES

AMERICAN ASSOCIATION FOR COUNSELING AND DEVELOPMENT. "No Longer Immune: A Counselors Guide To AIDS," including chapters on AIDS and women, adolescents, families, and caregivers. \$24.95 per copy. Allow up to three weeks for delivery. *For address see brochure listing.*

AMERICAN FOUNDATION FOR AIDS RESEARCH. "AIDS: HIV Experimental Treatment Directory," \$30/yr. "Learning AIDS: An Informational Resource Directory," \$24.95. "AIDS Clinical Care," \$68/yr. "AIDS and the Primary Care Provider," \$24.95. Allow two to four weeks for delivery. Write or call: *AmFAR; 1515 Broadway, Suite 3601; New York, NY 10036-8901; (212) 719-0033.*

CENTER FOR WOMEN'S POLICY STUDIES. "Guide to Resources on Women and AIDS," \$20 per guide. \$25 with binder. Allow up to one month for delivery. Write or call: *Center for Women's Policy Studies; 2000 "P" St., NW., Suite 508; Washington, DC 20036; (202) 872-1770.*

CHICAGO WOMEN'S AIDS PROJECT. "Girls Night Out: Peer Leader Manual on Safer Sex Education." To be used as a teaching guide. \$10 per guide + \$1.50 shipping. Allow one week for delivery. Write or call: *Chicago Women's AIDS Project; 5249 N. Kenmore; Chicago, IL 60640; (312) 271-2070.*

GAY MEN'S HEALTH CRISIS. "Living With AIDS," a guide to resources in New York City. "Eroticizing Safer Sex," a workshop guide. "Supporting People With AIDS," a report on GMHC services. "Time Out," a stress management workshop for AIDS care professionals. \$10-\$15 each. Allow six to eight weeks for delivery. *For address see video listing.*

GIRL SCOUTS OF AMERICA. "AIDS Awareness", teaching guide on how to implement an AIDS education program within girl scout troops. Material only available for Girl Scouts of America. 10 guides per troop. \$5 handling charge. Allow up to five weeks for delivery. Write or call: *Girl Scouts of America; 830 Third Ave.; New York, NY 10022; (212) 940-7500.*

IMPACT AIDS INC., Four training guides available on counseling and education, confronting AIDS, and education for children/young people. \$14.95-\$25 per guide. Allow four to six weeks for delivery. *For address see brochure listing.*

NATIONAL COALITION OF HISPANIC HEALTH AND HUMAN SERVICES ORGANIZATIONS. "AIDS Service Directory for Hispanics" \$15 + \$1 shipping. Allow four to six weeks for delivery. Write or call: *COSSMHO; 1030 15th St., NW Washington, DC 20005; (202) 371-2100.*

NOVELA HEALTH FOUNDATION. Two training videos for health professionals, "HIV Test Counseling: Avoiding the Pitfalls," \$75.00, and "Caring for the Latino AIDS Patient," \$50.00. Write or call: *Novela Health Foundation*; 2524 16th Avenue South; Seattle, WA 98144; (206) 325-9897.

STATE OF NEW YORK DEPARTMENT OF HEALTH. "Joan's Story: How Women Can Protect Themselves From AIDS," "Choices: HIV Testing For Women and Children" and "Una Cuestion de Vida O Muerte: Una Historia Sobre El Sida." SPANISH ONLY. \$25/video. Write or call: *Health Research, Inc. NYS Dept. of Health*; Corning Tower Rm.1084; Empire State Plaz; Albany, NY 12237-0606; (518) 474-5370.

PBS VIDEO. "The AIDS Quarterly: Fall 1989." Peter Jennings hosts reports on PWA's, including a segment on women HIV/AIDS. 39.95/purchase. Allow two weeks for delivery. Write or call: *PBS Video*; 1320 Braddock Pl.; Alexandria, VA 22314-1698; 1-800-424-7963.

SELECT MEDIA, INC. "Are You With Me?" A discussion between mother and daughter on HIV/AIDS, safer sex, and the problems women face initiating safer sex. "Vida," AVAILABLE IN SPANISH. A Latino woman struggles with her family and community attitudes around safe sex and HIV/AIDS. Both videos have accompanying study guide. \$65/purchase of each video. \$3.50-\$5/per guide. Allow three weeks for delivery. Write or call: *Select Media, Inc.*; 74 Varick St. Suite 305; New York, NY 10013; (212) 431-8923.

UCLA SCHOOL OF MEDICINE. "Women and AIDS: A Survival Kit," information for heterosexual women. Accompanying discussion guide. \$35/rental. \$195/purchase. Allow two weeks for delivery. Write or call: *UCLA School of Medicine*, Attn: Leslie Krallis; Division of Internal Medicine B-558; Factor Building; 10833 Leconte Ave.; Los Angeles, CA 90048; (213) 206-8531.

WOMEN AND AIDS: AUDIO TAPES

LISTEN TO LEARN TAPE LIBRARY. "AIDS/HIV Issues For Lesbians." Directed towards mental health and health care workers. Explanation of how lesbian and heterosexual women can support and promote safer sex behavior. Beginning level workshop is presented on lesbian risk and AIDS. \$6/purchase. Allow two to four weeks delivery. Write or call: *Listen To Learn Tape Library*; P.O. Box 232540; San Diego, CA 92123; 1-800-537-TAPE.

NATIONAL AUDIO VIDEO TRANSCRIPT. "Organizing Around Women and AIDS: Networking Strategies," and "Women and AIDS in New York City: An Organized Community Response." \$11.50 per tape. Allow two to four weeks for delivery. Write or call: *National Audio Video Transcript*; 4465 Washington St.; Denver, CO 80216; 1-800-373-2952.

WOMEN AND AIDS: BROCHURES

AIDS ACTION COMMITTEE. Five different brochures focusing on women, children, and AIDS. SOME MATERIAL AVAILABLE IN SPANISH. \$.20/per brochure. Allow up to three weeks for delivery. Write or call: *Steven Colarusso*; Educational Materials; AIDS Action Committee; 131 Clarendon St.; Boston, MA 02116; (617) 437-6200 ext. 234.

AIDS FOUNDATION HOUSTON. "Straight Talk About Women and AIDS." \$.30 per copy. Bulk rates are possible. Allow one week for delivery. Write or call: *AIDS Foundation Houston*; 3927 Essex Ln.; Houston, TX 77027; (713) 623-6796.

AMERICAN ASSOCIATION FOR COUNSELING AND DEVELOPMENT. "When A Friend Has AIDS." Single copies are free. \$20 per 100. Allow two weeks for delivery. Write or call: *AACD*; 5999 Stevenson Ave.; Alexandria, VA 22304; (703) 823-9800. AVAILABLE IN SPANISH

AMERICAN COLLEGE HEALTH ASSOCIATION. "Women and AIDS." General information for college-aged women. Material also available on safe sex. 1-99 \$.50 per copy (non-member). Time for delivery varies with size of order. Write or call: *ACHA*; 1300 Piccard Dr., Suite 200; Rockville, MD 20850; (301) 963-1100.

AMERICAN INDIAN HEALTH CARE ASSOCIATION. Eight brochures targeted towards Native Americans. Up to 50 brochures are free. T-shirts, posters, and key chains also available. Write or call: *AIHCA*; 245 East Sixth Street, Suite 499; St. Paul, MN 55101; (612) 293-0233.

AMERICAN RED CROSS. "AIDS, Sex, and You," "Children, Parents, and AIDS," and "Women, Sex, and AIDS." Material also available on drug use, teenagers, men, patient care, and workplace safety. Materials are free. AVAILABLE IN SPANISH. Allow three weeks for delivery. Write or call: *American Red Cross*; 1709 New York Ave., Suite 208; Washington, DC 20009; (202) 662-1557.

BLACKS EDUCATING BLACKS ABOUT SEXUAL HEALTH ISSUES. Six different brochures focusing on HIV transmission, AIDS, and safer sex. \$.25 per brochure. Up to one month for delivery. Write or call: *BEBASHI*; 1528 Walnut Street, Suite 1414; Philadelphia, PA 19102; (215) 546-4140.

CHANNING L. BETE CO., INC. A variety of scriptographic booklets on women and AIDS, drug use, AIDS and the workplace, and young people and AIDS. \$1 each for up to 24 booklets. Bulk rates available. Allow one week for delivery. Write or call: *Channing L. Bete Co.*; 200 State Rd; South Deerfield, MA 01373; 1-800-628-7733. SOME MATERIALS AVAILABLE IN SPANISH.

NATIONAL SCHOOL BOARD ASSOCIATION. "Reducing the Risk: A School Leaders Guide to AIDS Education" Strategies for implementing effective programs. \$5 prepaid orders. Allow one week for delivery. Write or call: NSBA; 1680 Duke St.; Alexandria, VA 22314; (703) 838-6722

PLANNED PARENTHOOD FEDERATION OF AMERICA. "Teaching Safer Sex" A safer sex education curriculum for teachers in secondary schools. \$30 per copy. *For address see brochure listing.*

NEWSLETTERS AND PERIODICALS

AMERICAN FOUNDATION FOR AIDS RESEARCH. "AIDS Targeted Information Newsletter" \$125/yr. *For address see teaching guide listing.*

COSSMHO. "AIDS Update" A bimonthly news letter designed to provide health care professionals with important information on AIDS and the Hispanic community. \$40/yr. or \$30/yr. for members. *For address see teaching guide listing.* AVAILABLE IN SPANISH.

GAY MEN'S HEALTH CRISIS. "Treatment Issues" The GMHC Newsletter of Experimental AIDS Therapies. *For address see video listing.*

PWA COALITION. "PWA Coalition Newslite" A monthly newsletter \$35/yr. "SIDA hora" the quarterly Spanish newsletter \$20/yr. Both free to PWA's. Write or call: PWA Coalition; 31 West 26th St.; New York, NY 10010; (212) 532-6290.

PANOS INSTITUTE. "WorldAIDS" A bimonthly magazine which reports on global aspects of AIDS. \$25/yr. Write or call: Panos Institute; 1409 King St.; Alexandria, VA. 22314; (703) 836-1302.

POSTERS

AMERICAN INDIAN HEALTH CARE ASSOCIATION. A variety of posters available focusing on AIDS. \$5 each. *For address see brochure listing.*

AMERICAN RED CROSS. "You Can't Get AIDS". Clarification of the myths of HIV transmission. Free. *For delivery information and address see brochure listing.* AVAILABLE IN SPANISH.

GAY MEN'S HEALTH CRISIS. Posters available on safer sex and condom use. \$5 each. *For delivery information and address see prior listings.* AVAILABLE IN SPANISH.

NATIONAL AIDS INFORMATION CLEARINGHOUSE. Posters for a wide variety of audiences are available. All materials are free. Call for catalog: 1-800-458-5231, or see first listing in resource section for more information.

TREATMENT INFORMATION

AIDS CLINICAL TRIALS INFORMATION SERVICE. Up-to-date information on HIV and AIDS treatment protocols. Write or call: ACTIS; P.O. Box 6421; Rockville, MD 20850; 1-800-TRIALS-A. INFORMATION AND MATERIALS AVAILABLE IN SPANISH.

AIDS TREATMENT NEWS. A newsletter published twice monthly by John S. James which reports on experimental and complementary treatments. \$100/year or \$40/year for PWAs. Write or call: AIDS Treatment News; P.O. Box 411256; San Francisco, CA 94141; (415) 255-0588.

BETA (BULLETIN OF EXPERIMENTAL TREATMENTS FOR AIDS). Available from Impact AIDS, Inc., part of the San Francisco AIDS Foundation. Directory of open trials in San Francisco Bay Area is included. Free in San Francisco, otherwise \$5.00. *For ordering information see brochure listing.*



INFORMATION FOR AND ABOUT BABIES, CHILDREN AND YOUNG PEOPLE

AMERICAN RED CROSS. Brochure - "Teenagers and AIDS". General information. Free. *For delivery information and address see prior listings.* AVAILABLE IN SPANISH.

CHANNING L. BETE CO., INC. Booklets - "Let's Talk About AIDS: An Information and Activities Book" and "What Young People Should Know About AIDS". \$1 each 1-24 copies. Videos - "About AIDS" and "Young People and AIDS". \$195 for purchase of each tape. *For delivery information and address see brochure listing.*

IMPACT AIDS INC. A variety of brochures, audio tapes, training materials, and video tapes available. Prices vary. *For delivery information and address see video listing.*

MARCH OF DIMES BIRTH DEFECTS FOUNDATION. Brochure - "AIDS...What We Need To Know" Designed from the standpoint of teens talking to teens. Single copies are free; \$7.50 for package of 50. Write or call: March of Dimes Birth Defects Foundation/09-427-00; 1275 Mamaroneck Avenue, White Plains, NY 10605; (914) 428-7100.



READING LIST

The AIDS Benefits Handbook. Thomas P. McCormack. Yale University Press, New Haven, CT. 1990.

The AIDS Book: Creating A Positive Approach. Louise L. Hay. Hay House., Santa Monica, CA. 1988.

The AIDS Caregiver Handbook. Edited by Ted Edison. St. Martins Press, New York, NY. 1987

AIDS: Cultural Analysis Cultural Activism. Edited by Douglas Crimp. The MIT Press, Cambridge, MA. 1989.

AIDS: Facts and Issues. Gong and Shindler. Rutgers University Press, New Brunswick, NJ. 1986.

*AIDS and Families. Edited by Eleanor D. Macklin. Harrington Press Inc., Binghamton, NY. 1989.

AIDS and The Healer Within. Nick Bamforth. Amethyst Books, New York, NY. 1987.

AIDS and Substance Abuse. Edited by Larry Siegel M.D., Harrington Park Press Inc., New York, NY. 1988.

AIDS: Trading Fears for Facts. A Guide For Teens. Karen Hein M.D. and Theresa Foy Digeronimo. Consumers Union, Mount Vernon, NY. 1989.

AIDS: The Ultimate Challenge. Elisabeth Kubler-Ross. Macmillan Publishing Co., New York, NY. 1987.

*AIDS: The Women. Edited by Ines Reider and Patricia Ruppelt Cleis Press, Pittsburgh, PA. 1988.

And The Band Played On. Randy Shilts. Penguin Book, New York, NY. 1988.

City Lights Review. Edited by Lawrence Ferlinghetti and Nancy J. Peters. City Lights Books, San Francisco, CA. 1988.

*Climbing Toward The Light. Ardath H. Rodale. The Good Spirit Press, Emmaus, PA. 1989.

A Color of Light. Hazelden Meditation Series. Perry Tiller. Harper and Row Publishers, New York, NY. 1988.

The Gospel Imperative in the Midst of AIDS: Towards a Prophetic Pastoral Theology. R. Black. Morehouse Publishing, Wilton, CT. 1989.

Living With HIV In Self and Others. Richie McMullen. GMP Publishers LTD., London, England. 1988.

*Making It: A Women's Guide to Safer Sex in the Age of AIDS. Cindy Patton and Janis Kelly. Fireband Books, Ithaca, NY. 1988.

Morning Glory Babies-Children with AIDS The Celebration Of Life. Tolbert McCarroll. St. Martins Press, New York, NY. 1988.

No Longer Immune. M. Nicholas. American Association For Counseling and Development, Alexandria, VA. 1989.

Proceedings: AIDS Prevention and Services Workshop. (February 15-16, 1990 Washington, D.C.) Vivian E. Fransen, Ed. Robert Wood Johnson Foundation., Princeton, NJ. June 1990.

Questions and Answers. Lyn Frumkin M.D. and John Leonard M.D. Avon Books, New York, NY. 1987.

Sex, Drugs, and AIDS. Oralee Wachter. Batman Books, New York, NY. 1987.

*A Shallow Pool Of Time. Fran Peavy. New Society Publishers, Philadelphia, PA. 1990.

Take These Broken Wings and Learn To Fly. Steven D. Dietz and M. Jane Parker. Harbinger House, Tucson, AZ. 1989.

The Walking Wounded. Beverly Barbo. Carlsons Publishers, Lindsborg, Kansas. 1987.

*To All the Girls I Loved: An AIDS Diary. J.W. Money. Alyson Publishers, Boston, MA. 1987.

When Someone You Love Has AIDS. Bettyclare Moffatt. Penguin Books, New York, NY. 1986.

*Women and AIDS. Diane Richardson. Rutledge, Chapman, and Hall, New York, NY. 1987.

*Women and AIDS: A Clinical Resource Guide. San Francisco AIDS Foundation, San Francisco, CA. 1987.

*Women and AIDS: A Practical Guide For Those Who Help Others. Bonnie Lester. The Continuum Publishing Co., New York, NY. 1989.

**listings which are especially relevant to the theme of Women and AIDS.*

AIDS TREATMENT

This column is a compilation of reports from a wide variety of sources. It is not intended as an endorsement. Consult your physician before embarking on any alternative treatments. At this time there is no cure for AIDS. It would be cruel to insinuate otherwise. However, there is growing optimism within the community that this disease can be better managed and possibly controlled, greatly improving the patient's quality of life!

Tuberculosis

TUBERCULOSIS (TB) is a communicable disease caused by the bacterium *Mycobacterium tuberculosis*. Although TB can invade every organ system in the body, it most often attacks the lungs. It is important to distinguish between two "types" of TB infections: 1. the latent infection and 2. the active infection. Most people with normal, healthy immune systems who are exposed to TB will never develop the disease. Indeed, nearly 90% of people who test positive for exposure to TB have the latent form of the infection. This means that their immune system is able to keep the TB bacterium under control, preventing it from doing any damage. A healthy person could have this latent infection indefinitely — without any symptoms — and never know that they were exposed. A person with a healthy immune system who has a latent TB infection has only a 10% chance of developing active tuberculosis over a lifetime. A person with the latent form of TB is NOT infectious.

Only when someone has active, untreated TB in their lungs are they infectious to others. The TB germs are spread through the air, usually by coughing or sneezing. A non-infected person will become infected by inhaling these particles. However, there are several factors that determine the probability of transmission. The two most important factors are closeness of contact, and the degree of infectiousness of the source. The degree of infectiousness can vary greatly among individuals who have active TB. In other words, some people with active TB are much less infectious than others. Most experts believe that to have a 50% chance of contracting TB, a healthy person would have to be exposed to active TB for 8 hours a day for 6 weeks. Even if the TB becomes active in an otherwise healthy person with a normal immune system, it can be treated and is fully curable with antibiotics.

TUBERCULOSIS AND HIV: Unfortunately, TB is becoming increasingly widespread among HIV-positive people. If you have HIV, you are at a greater risk for developing active TB for two reasons: 1. You may have been previously exposed to TB but were able to maintain a latent infection. However, as the HIV weakens your immune system, you are no longer able to

suppress the TB, and so it progresses from a latent infection to an active infection. 2. Obviously, anyone with HIV who is exposed to active TB for first time is much more likely to progress rapidly to the active form of the disease than someone with a normal immune system.

WHY THE SUDDEN INCREASE IN TB?: During the 1960's and early 1970's, the number of TB cases was actually on a sharp decline. Health experts were so optimistic about the situation, that they believed TB — like Polio — would someday be virtually eliminated. However, during the fiscal crisis of the mid-to-late 1970's, the budget of the Bureau of Tuberculosis was slashed, thereby eliminating many health services, particularly in the poorer areas of inner cities. The inner cities were more susceptible to a resurgence in TB due to drug and alcohol abuse, malnutrition, and over-crowded shelters with unsanitary living conditions and poor ventilation. Right now, TB tends to be concentrated in certain geographic areas and among certain groups of people, such as IV drug users and immigrants from countries where TB is widespread. For example, although TB has not been much of a problem among gay men in San Francisco, it is a serious problem among Asian people living in the same city. Miami has been hard hit, as well as New York City, Newark, and Los Angeles. However, no matter what your background might be, you should never make the assumption that you were never exposed to tuberculosis. If you are HIV-positive, you owe it to yourself to check it out.

DIAGNOSIS: If your immune system is still in pretty good shape and your T-cell count is fairly high, TB can be easily detected by using a simple skin test known as PPD. Everyone who is HIV-positive should have this test. If your PPD test is positive, you should then be evaluated to determine whether your TB infection is latent or active. Your doctor can determine this by taking your medical history, doing a thorough physical exam, taking a chest x-ray, and running other lab tests.

Unfortunately, it can be difficult to diagnose TB infection in someone whose T-cell count is below 200. Once your T4 level decreases below 200, your body loses its ability to react to the PPD skin test, and therefore the results of this kind of TB test may appear as a false negative. In other words, the PPD test says that you do NOT have TB, when in fact you DO. If your T4 level is between 200 and 400, the PPD test will only be about 50% accurate. Whereas most opportunistic infections usually do not strike until your T-cell count gets down to about 200, tuberculosis can strike much sooner — at a T4 level of 350 or sometimes even higher!

In order to make an accurate diagnosis of TB, your doctor may have to look for the germ in body secretions (such as urine and sputum), examine tissue by microscopy, or do a culture. A culture is very important because the *Mycobacterium tuberculosis* initially appears identical to another disease known as *Mycobacterium avium* on a smear. It is important that the lab determine the difference between these two organisms because the treatments for each are very different. TB can also be overlooked or misdiagnosed because its symptoms are similar to HIV-related conditions such as fever, weight loss, and lack of energy. Even the chest x-ray can be deceiving. The picture of TB in a person with HIV can be very different from someone who does not have HIV. There have also been many cases of HIV infected patients who had tuberculosis but still showed a normal chest x-ray.

TREATMENT: If it has been determined that you have latent TB, you will probably be given the drug isoniazid (INH) for about one year. INH has been very effective in stopping

continued on next page



1990

WOMEN AND AIDS

AIDS Treatment continued

latent TB from progressing to active TB. Although INH can cause liver toxicity, the risk of developing active TB often outweighs the risk of side effects from this drug.

If it has been determined that you have active TB, you will be put on a more aggressive treatment schedule that will use INH as well as several other TB drugs. But do not despair!! Most HIV patients with active TB respond very well to the standard "tried & true" drug treatment which has been in use for years. Not only is the treatment usually successful, but there is no evidence that a relapse of TB occurs more frequently in HIV people than in non-HIV people. Many physicians, however, believe that once you have been treated for active TB, you should be kept on INH for life. Although there have been no studies done to determine the benefits (or dangers) of this practice, most physicians will continue to treat their patients indefinitely with INH.

In conclusion, I will repeat that if you are HIV-positive you should: 1. Find out if you have been exposed to TB. Make sure that your doctor and the lab are thorough enough to make an accurate diagnosis. 2. If you are in the latent stage, take a prophylaxis (preventative) drug such as INH to keep the TB from becoming "activated". 3. If you do have active TB, get it treated promptly. Although most people think of TB as attacking only the lungs, it can spread throughout the body. Infection will begin in the lungs, but can eventually end up in the lymph nodes, circulate throughout the blood stream, and invade many other organs.

Please do not be afraid to check this out. There IS treatment and it IS effective!

With love and hope for us all,

Thayer T. Dietrick

CALENDAR

- Dec 1 World AIDS Day
- Dec 3 National HIV and AIDS Awareness Day
- Dec 8 MAA General Meeting, 10:00 to 2:00, Miles Hospital Conference Center, Rte 129, Damariscotta. Agenda includes Funding update, Legislation update, MAINE WALK Final Report, and a little lunch and socializing to spread holiday cheer. (Pot Luck) All are welcome.
- Jan 16 Workshop: Homophobia, the Challenge of Diversity. Midcoast Family Planning, Camden Health Care Center. \$55.00. Call 596-8655 or 338-1427 for registration.
- Jan TBA AIDS Speakers Training. A day-long workshop sponsored by Waldo County AIDS Coalition and DEAN. Call for details.

FROM: Waldo County AIDS Coalition...

On the weekend of November 9-11 a weekend retreat was held by Waldo County AIDS Coalition and Down East AIDS Network to discuss issues of outreach in rural areas and instilling a sense of community for gay and bisexual men living in these counties.

A new support group has been formed for mothers of people with AIDS and HIV infection. This group meets every other Monday at 1:00pm. Call Meredith Bruskin, 338-5089, mornings, for details.

Volunteer Ralph Woods is distributing the America Responds to AIDS posters and WCAC brochures to every town in Waldo County. So far

he has put fifty posters in 19 towns, with no refusals.

The Speaker's Bureau has been active, with ten talks in October and November. Most exciting was a display of 6 Names Project Quilt Panels in Searsport, where 450 6-12th graders viewed them and listened to short presentations in six 45minute sessions. The comments from these students showed that they were deeply affected.

The Waldo County AIDS Coalition has entered the modern age, with the gift of an IBM computer.

WORCESTER
Statewide AHEC Office
UMASS Medical Center



55 Lake Avenue North
Worcester, MA 01655
(508) 856-3255

We are enclosing an updated calendar of AIDS Satellite Television Network Programs. These programs can all be viewed live at the VAM & ROC at Togus. If you cannot attend the live showing, you may borrow a video tape of any programs of interest.

CEUs are available for all programs.

To reserve a room to view a program, or to make arrangements to borrow a tape, call Learning Resources at the VA, Togus (623-5773).

We sincerely hope you will be able to avail yourself of this service.

12/14/90	1 - 3PM	°International AIDS Update
1/9/91	1 - 3PM	°AIDS in the Hispanic Community °Management of Cryptosporidium
2/1/91	1 - 3PM	°Management of Hairy Leukoplakia °First Responders
3/6/91	1 - 3PM	°Role of Pastoral Care in the Management of PWA's °Pain Management in the HIV Patient
4/3/91	1 - 3PM	°AIDS in the Prison Population
4/19/91	1 - 3PM	°Pediatric HIV Infection
4/24/91	1 - 3PM	°Case Management Workshop III °AIDS-Related Lymphoma
5/22/91	1 - 3PM	°Management of IV Drug Users with HIV Infection °HIV Nutrition Workshop II
6/17/91	1 - 3PM	°Highlights from the 7 th International Conference on AIDS
6/18/91	1 - 3PM	°Highlights from the 7 th International Conference on AIDS
6/19/91	1 - 3PM	°Highlights from the 7 th International Conference on AIDS
6/20/91	1 - 3PM	°Highlights from the 7 th International Conference on AIDS

BOSTON
Beth Israel Hospital Libby 314
330 Brookline Avenue, Boston, MA 02215 (508) 735-2328

NORTHERN NEW ENGLAND
Maine Consortium for Health Professions
150 Capital Street, Augusta, ME 04330 (207) 623-2531

DEPARTMENT OF HUMAN SERVICES
BUREAU OF MEDICAL SERVICES
DIVISION OF HEALTH INSURANCE

MAINE HEALTH PROGRAM

Need health insurance but can't afford it? The Maine Health Program makes health care coverage available to individuals and families like you.

The Maine Health Program is a new health care coverage program operated by the Department of Human Services' Division of Health Insurance. People living in Maine whose income and assets meet the program guidelines are eligible.

The Maine Health Program covers a variety of services, including doctor visits, hospital and health center services, prescription drugs, family planning services, and laboratory and X-ray services.

You may apply for the program at a Department of Human Services Regional office.

Good health care is important! The Maine Health Program wants to make sure you are covered for all your health care needs.

For the DHS Regional office in your area, call:

Department of Human Services
Bureau of Medical Services
Division of Health Insurance
State House Station 11
Augusta, ME 04333
Telephone: (207) 289-2674
or
1-800-423-4331

AIDS High Risk Adolescent Prevention Training

The Department of Education and the Department of Human Services is pleased to announce that it is sponsoring the AIDS High Risk Adolescent Prevention Training at Howard Johnsons in Bangor on December 5, 6 & 7, 1990. This highly acclaimed three day workshop was developed by the National Institute on Drug Abuse. Five people from Maine are trained to present this workshop throughout the State, and this training is the second in the series of trainings that DOE/DHS will be sponsoring during 1990/91. For more information on these trainings contact: Joni Foster, AIDS Education Coordinator, Department of Education, State House Station 23, Augusta, ME 04333. Telephone: (207) 289-5800.

ACT UP/MAINE meets at 7:00 PM every Monday night at the People's Building, 155 Brackett Street, Portland

Becoming an **ACT UP** member is not a process -- you don't really "join," but ... **We can't invite you to ACT UP if we don't know who and where you are.**

We need volunteers and people with many different skills. People with graphic arts skills to help us win the battle of images. Fundraisers, so that in the near future we will be able to sell **ACT UP** T-shirts, buttons, stickers, posters, hats, etc. Money raised will be used for our political actions, ZAPS and for keeping **ACT UP** alive!

ACT UP meets with government officials, health policy makers, medical personnel, researchers, pharmaceutical manufacturers, and others to bring about concrete, crucial changes to meet the demands of the AIDS crisis.

We would like to organize a phone chain to announce demonstrations and actions. You know, one person calls five people and each of them calls five people ... you can get yourself on the list by doing one of the following: attend a Monday night meeting; drop a line to **ACT UP/Maine**, P.O.B 5267, Portland, Maine 04101; or call either Jim (774-5082) or Michael (775-3305). Leave a message if you miss them.

You can help even if you can't attend a demo.

We are organizing a **Kondom Kween Brigade** to spread a rubber message of safe sex to everyone. We hope to hold forth at bars and discos, street fairs, high schools, churches, anywhere we please.

We also plan to work with the national **ACT UP** data bank on AIDS treatment protocols and research activities. We want to make this invaluable information more readily available in Maine.

FREE MAGAZINE OFFER

FREE F.A.C.T.S. MAGAZINE

(Families & Children Talking About Sexuality)

A lighthearted guide filled with practical hints
for discussing Sexuality

This year the Family Planning Association has a new issue of F.A.C.T.S. (III) for parents of children 5 to 10 years old. Now there are issues of the F.A.C.T.S. magazine for parents of children 11 to 14 years old and F.A.C.T.S. II for parents of teens 15 to 17 years old.

To order copies of any issue of F.A.C.T.S. use the handy form below. Or

Call : 1-800-525-FACT



** Offer good while supplies last!*

FREE F.A.C.T.S. MAGAZINE

Name _____

Address _____

*If more than 5 copies are requested, please use street address,
UPS does not ship to PO Box*

Phone _____ Occupation _____

Organization _____

Specify quantity of issues for parents of children age:

F.A.C.T.S. I _____
11-14 years old

F.A.C.T.S. II _____
15-17 years old

F.A.C.T.S. III _____
5-10 years old

Return this form to: F.A.C.T.S.

Family Planning Association of Maine
12 Pike Street, P.O. Box 587
Augusta, ME 04330

AL FAMILY SEXUALITY EDUCATION MONTH
NFSEM

Maine AIDS Alliance Members

AIDS Coalition for Lincoln County
PO Box 421
Damariscotta, ME 04543

Contact: Barbara Brampton
563-4040

Community AIDS Awareness Program
PO Box 431
Rumford, ME 04278

Contact: Burt deFrees
369-0259

The Names Project/Maine
PO Box 4319
Portland ME 04101

Contact: Debb Freedman
774-2198

AIDS Lodging House
c/o United Way 233 Oxford Street
Portland, ME 04101

Contact: Steve Pinkham
874-1000

Androscoggin Valley AIDS Coalition
PO Box 7977
Lewiston, ME 04243-7977

Contact: Lewiston STD Clinic
795-4357

Down East AIDS Network
114 State Street
Ellsworth, ME 04605

Contact: Roberta Poulin
667-3506

Community Task Force on AIDS Education
PO Box 941
Naples, ME 04055

Contact: Peter Allen
787-3266

People With AIDS (PWA) Coalition of Maine
377 Cumberland Avenue
Portland, ME 04101

Contact: Tom Antonik
773-8500

Dayspring c/o KVRHA
Eight Highwood Street
Waterville, ME 04901

Contact: Toni Ervin
873-1127

Waldo County AIDS Coalition
PO Box 956
Belfast, ME 04915

Contact: Nan Stone
338-1427

Eastern Maine AIDS Network Services
PO Box 2038 263 State Street
Bangor, ME 04401

Contact: John Silvernail
990-3626

The AIDS Project
22 Monument Sq. 5th Floor
Portland, ME 04101

Contact: Marjorie Love
774-6877

Merrymeeting AIDS Support Services
PO Box 57
Brunswick, ME 04011-0057

Contact: Brian Allen
725-4955

St. John Valley AIDS Task Force
PO Box 431
Fort Kent, ME 04743

Contact: Joanne Fortin
834-3155 x194

FIRST CLASS MAIL

M.A.A.
P.O. Box 973
Camden, ME 04843



FIRST CLASS MAIL