



THE SCOOP

WHAT IS THRUSH?

What is Thrush?

Thrush is an overgrowth of a yeast (fungus) called "Candida" in the mouth, throat, or vagina. Candida is normally found in the body. Only when there is an overgrowth, does Candida cause health problems.

The medical name for thrush is Candidiasis. Thrush is a common early symptom of HIV disease, and can become a serious problem. People with AIDS can also develop thrush deeper in their bodies - in their windpipe, esophagus, or lungs. People who develop thrush as an early symptom of HIV should talk to their doctor about starting preventative medicine for PCP (an AIDS related pneumonia), even if their T-Cell count is over 200.

What are the signs of Thrush?

In the mouth, thrush looks like creamy white patches or red spots on the tongue, palate (also called the roof of the mouth), gums, or throat. It may be difficult or painful to swallow, and chest pains may occur too. Thrush can cause an upset stomach and make food taste different. Your doctor can usually tell if you have oral thrush by checking your mouth or throat. X-rays or visual examination or your digestive tract with a special instrument may be necessary for more serious cases. Thrush in the vagina is also called a "Yeast Infection". The signs of a yeast infection are thick, vaginal discharge like cottage cheese, itching, and/or burning. Many women get yeast infections, but women with HIV often get yeast infections that keep coming back.

Can Thrush be treated?

For thrush in the mouth or throat, your doctor will probably prescribe a special mouthwash, a tablet that dissolves in the mouth, or a pill. For thrush in the vagina, your doctor will probably prescribe a cream or an insert (suppository). If that doesn't work, then you will probably be given a pill. Most thrush infections do go away with treatment.

Can Thrush be prevented?

The same medicines used to treat thrush are often given to prevent thrush before it appears. However, excessive use of these drugs can cause a form of thrush that is resistant to treatment. These drugs can also lead to side effects, like skin rashes or an upset stomach. Some drugs that are used for HIV related problems, such as prednisone and certain antibiotics, can cause thrush. You should talk to your doctor about whether taking medicine to prevent thrush is right for you.

Also, a change in your diet might help to prevent or reduce thrush. It might help to cut down on dairy products and foods made with sugar or yeast. Some people have found that eating large amounts of garlic or taking garlic pills will help. Taking acidophilus pills or power might help to prevent vaginal thrush. Eating yogurt that contains live acidophilus culture, or applying yogurt directly to the vagina may help to prevent vaginal thrush.

Ask your doctor about the following medicines for treating and preventing Thrush:

Localized treatments:

- Clotrimazole (Lotrimin & Mycelex, Vaginal preparations: Mycelex oral lozenges)
- Nystatin (oral lozenges; swish & swallow liquid)
- Miconazole (Monistat vaginal inserts)
- Terconazole (Terazol vaginal cream and inserts)
- Butaconazole (Femstat vaginal cream)

Systemic treatments for thrush that persists or spreads into the body:

- Ketoconazole (Nazoral pills)
- Fluconazole (Diflucan pills)

For life threatening or drug resistant thrush infections:

- Amphotericin B (Fungizone injections)

(This article is reprinted from the Treatment Issues Fact Sheet on Thrush prepared by the Gay Men's Health Crisis)

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BOARD OF DIRECTORS

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NEWSLETTER

Circulation: 2,000

Wes Transue, Editor

This publication is designed to present information to people with AIDS. It is not to be regarded as providing medical advice, nor does the appearance of information in this publication constitute an endorsement of that information by the PWA Coalition. Please consult your health care provider for proper medical advice before undertaking any treatment discussed herein. Medical information is provided solely for educational purposes.

The Appearance of any person's name or image in this publication does not imply anything about their sexual orientation. Views expressed herein are those of the author and do not necessarily express the views of other authors, any other organizations, or the PWA Coalition.

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THE PEOPLE WITH AIDS
 COALITION OF MAINE

THE LIVING ROOM NORTH
 696 CONGRESS STREET
 PORTLAND, ME 04102

OFFICE PHONE: 207-773-8500
 OFFICE FAX: 207-773-1125
 LIVING ROOM NORTH PHONE:
 207-780-1936

OFFICE HOURS:
 MONDAY THRU FRIDAY: 10 TO 4

LIVING ROOM NORTH HOURS:
 MONDAY THRU FRIDAY: 10 TO 7

DINNER IS SERVED MON Thru FRI
 at 6:00 pm

From My Corner Of The Office: From the President

Two items to bring to your attention this month! One is ***ATHENA***, the new publication for women affected and infected by HIV in Maine. This is a welcome addition to information available for women throughout the state who struggle with this disease. Volume 1.1 contains articles on obstacles faced by women infected with HIV, abuse issues in safer sex practices, female controlled safer sex products, and a variety of other topics. Call or write to The AIDS Project/Portland to obtain a copy of this excellent newsletter. Their address is: TAP, 142 High Street, 6th Floor, Portland, ME 04101. Their phone number is: 207-774-6877.

Secondly, this is the time of the year that **United Way** has their fund drive. Many of you work in businesses that encourage employees to pledge money to the United Way, and, I would like to encourage you to designate your pledge to go to the People With AIDS Coalition of Maine. We have several donors now who specify that their contributions go directly to the work that we do here at the Coalition, and when those pledges arrive it's like Christmas! This is a simple process, as there is a space on the donor card where you can write in our name. We have donations from as far away as California through the United Way fund drives! So, please give it some thought....We would be most grateful!

Before I close, a quick reminder - **Ride in our BIKE-A-THON** on September 23rd, and join us for our **OKTOBERFEST Boat Cruise** on October 8th. These are our final fundraising events before we begin to make plans for the holiday's.

Thanks for caring.....June

STAY CONNECTED! Subscribe to THE SCOOP

Name: _____
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 Zip: _____
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 Address Change: _____
 Please send me more info: _____

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P.W.A COALITION
 696 CONGRESS STREET
 PORTLAND, ME 04102

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OUR MAILING LIST IS NEVER GIVEN OUT!

Your privacy is important to us. The PWA Coalition of ME is a non-profit Corporation (501c3) and as such, all donations are welcomed.

We accept: VISA & MASTERCARD. To make a credit card donation, please call our office.

WE THANK YOU IN ADVANCE FOR YOUR DONATION!



MEDICAL UPDATES

(The first two (2) articles are reprinted from Being Alive Newsletter, People With HIV/AIDS Coalition of Los Angeles, CA: Presented by Mark Katz, MD and reported by Jim Stoecker)

LONG TERM NON-PROGRESSORS

We have been talking for some time about the group we call long-term nonprogressors. These are people who have been infected with HIV over ten (10) years, yet show neither symptoms nor a drop in CD4 Cells. The San Francisco City Clinic Cohort estimates that about 7% of those in their study that were infected between 1978 and 1983 fall into the category of long-term nonprogressors. Researchers have now looked at data from the Multicenter AIDS Cohort Study (MACS) for what the trends tell us. This analysis estimates that 15% of those now infected by HIV will survive twenty (20) years or more, given no change in the current treatments. This seems to indicate that, all things being equal, we can expect the number of long-term progressors to grow.

EFFECTIVENESS OF EARLY USE OF AZT

We have had a number of prominent studies in the last few years that looked at the effectiveness of early use of AZT. These studies have provided differing answers on whether early use of AZT is beneficial. Now, a group from Tufts University (MA) and Massachusetts General Hospital (Boston) have pulled together all the data from six (6) AZT monotherapy studies to determine what we can conclude from all this data. The researchers analyzed data from over 6,000 patients and pub-

lished their results in the *Annals of Internal Medicine* (June 1, 1995). The researchers concluded that early initiation of AZT therapy delayed disease progressions in all the short-term studies. AZT shows greater benefit for people with symptoms than for those without symptoms. For all, the benefits of AZT are of a limited duration, and do not lead to longer survival. What is the take home message here? Remember, all these studies used AZT alone. So, clearly one drug isn't enough. However, what the researchers are telling us is, it seems to me, is that one drug is better than no therapy, but combination therapy may indeed offer greater benefits.

HIV IN FAMILIES, WOMEN AND CHILDREN

The Families and Children's AIDS Network (FCAN) has information packets on the following topics:

- ♦ AIDS in Families, Women and Children - an intro to the unique challenges for families
- ♦ Children and AIDS - an overview of disease process and psychosocial issues
- ♦ Adolescent Issues - techniques and tools parents can use to discuss HIV in their home
- ♦ AIDS in the African-American Community - struggles specific to HIV-impacted African-American families

For more information, contact:

FCAN

**721 LaSalle Street Suite 311
Chicago, IL 60610
(312) 655-7360**

This analysis estimates that 15% of those now infected by HIV will survive 20 years or more, given no change in the current treatments.

NEWS FLASH

Women are needed for an AIDS / HIV study. Please call:

AIDS Consultation Service
at
207-871-2099
and speak to:
Ms Sandy Putnam

BIKE FOR HOPE BIKE-A-THON REGISTRATION FORM

A 22 mile BIKE-A-THON to benefit people living with AIDS in Maine
SATURDAY SEPTEMBER 23, 1995

Please complete this form and mail it along with a \$10.00 registration fee to:
THE PEOPLE WITH AIDS COALITION OF MAINE
696 CONGRESS STREET
PORTLAND, ME 04102-3371
207-773-8500

The **BIKE FOR HOPE BIKE-A-THON** will be held on Saturday September 23, 1995 (Rain or Shine) starting at 10 am. The ride is a 22 mile journey from Portland's Cousin's Island. Details of the route, a route map, and pledge sheets will be sent to you when we receive your completed registration form and fee. Please ask your friends, classmates, co-workers, and neighbors to either join you in the ride and register, or to pledge you. Trophies will be awarded to the top finishers. T-Shirts will be given to all riders

THE FOLLOWING WAIVER MUST BE SIGNED BY ALL PARTICIPANTS:

In signing this waiver, I acknowledge that I understand the intent thereof, and I hereby agree and will absolve and hold harmless: The People With AIDS Coalition of Maine, its Volunteers, Officers, Board Members, and Other Members, Sponsors, and Cooperating Organizations, and any other Parties connected with this event in any way, singly or collectively, from and against any blame and liability for any injury, misadventure, harm, loss, inconvenience or damage hereby suffered or sustained as a result of participation in the BIKE FOR HOPE BIKE-A-THON or any activities associated herewith. I also consent to and permit emergency treatment in the event of injury or illness. NOTE: This waiver must be signed by a parent or guardian if participant is under the age of 18. No rider will be permitted to ride unless this signed waiver is on file.

SIGNATURE _____

REGISTRATION FORM		
NAME:		
ADDRESS:		
CITY:	ST:	ZIP:
TELEPHONE NUMBER:		



ROUTE MAP



FIRST AID

Rest Rooms
Water Stops



MAINE NEWS, FROM KITTERY TO FORT KENT: The Maine Scene

This project is looking for persons infected and affected by HIV disease to offer input, especially representatives from different geographic locations in Maine and representing different populations, ie: men who have sex with other men, women and children, and teens at risk. For more information on how you can become involved in this important and exciting project, contact: Joanne Meiser at the Maine AIDS Plan at 207-622-2962.

MASS BUDDY PROGRAM TO EXPAND SERVICES

Using **Maine Community AIDS Partnership** funding, **Merrymeeting AIDS support Services (MASS)** will provide HIV education for individuals in the substance abuse treatment program at Addiction Resource Center. The prevention programs will cover a broad spectrum of information including modes of transmission, the risks associated with substance abuse, and disease prevention. In addition to the substance abuse program, **MASS Buddy Program** has training for volunteers interested in becoming a Buddy. **Training dates are September 22 & 23, and 29 & 30.** If you want to befriend a person living with HIV/AIDS, please call Deb Stone at MASS at 207-725-4955 for an application. There will be three (3) more trainings for volunteers before May 1996, so if you can't make September's, please call for the other dates of training.

MASS Buddy Program also need volunteers to facilitate the Buddy support meetings. The qualifications for those positions include: being a member of the clergy, mental health professional, or a social worker. Please call Deb if you can facilitate.

The primary purpose of the Buddy Program is to match people with HIV/AIDS with trained volunteers who will be a friend, an emotional supporter, and a non-judgmental listener. If you are living with HIV/AIDS and you think you might want to try a Buddy, please call Deb. Our goal is to meet your needs. Your suggestions and thoughts are vital to this program. Even if you don't want or already have a Buddy, please let Deb know how we can better serve you and your community.

WALDO-KNOX AIDS COALITION OFFERS HIV EDUCATION FOR INMATES AND PRISON STAFF

Merry Leigh Welch, Prison Project Coordinator, will establish the **HIV Peer Education Program** at the Maine State Prison and the Bolduc facility in Thomaston, ME. Inmates will be trained as HIV educators and conduct training in HIV issues as well as facilitating an orientation for new inmates. This program includes prison staff education as well. Merry Leigh, a registered nurse for ten (10) years, "Hopes that through the Prison Project I can provide an avenue of acceptance; of knowledge rather than the alternative".

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***Merrymeeting AIDS
Support Services
(MASS) Fall Buddy
Program has NEW
Training Dates***

MAINE NEWS, FROM KITTERY TO FORT KENT: The Maine Scene

For more information on this program, contact Merry Leigh at: Waldo-Knox AIDS Coalition, P.O. Box 956, Belfast, ME 04915 or call: 207-338-1427.

NORTHERN LAMBDA NORD (NLN) HAPPENINGS

Speaking of Aroostook County, the People With AIDS Coalition welcomes the addition of this fine organization in helping us to keep abreast of news and information from the further reaches of our state, and the neighboring Canadian border towns. Our friend, **Jim F.** tells us they are currently in the midst of voter registration to help Maine Won't Discriminate. NLN also offers a drop-in center that is open to anyone interested in gay, bisexual, and transgender issues. The center is open on Wednesday nights from 7 to 9pm. The center is located at 398 South Main Street, Caribou, ME 04736. NLN has a HOT LINE in operation that is staffed on Wednesday nights from 7 to 9pm. All other times, you can leave a **confidential** message on the answering machine. The HOT LINE'S phone number is: 207-498-2088. Jim also told me they are gearing up for their annual **Membership Renewal Dance** slated for Saturday October 7th at the Presque Isle Country Club. Festivities begin at 8pm and end at ???. There is a \$5.00 donation at the door with a Beer & Wine cash bar. I strongly urge all those that can attend to attend, because, NLN sure knows how to throw a party!

**Norther Lambda
Nord (NLN) Spon-
sors a HOT LINE in
Northern Maine for
ALL!**

SAVE THIS DATE: **OCTOBER 8th**

The 2nd annual Fall Boat Cruise sponsored by the PWA Coalition is scheduled to depart for 3 hours of pure enjoyment. This cruise, dubbed "Oktoberfest 95" will again leave from the Casco Bay Lines Island Ferry Terminal at 1pm. Food, Music, and a cash bar will be provided on board for your entertainment. The price of a ticket is \$10.00, *or* if you have your ticket stub from our first cruise, the price is \$7.50. Tickets will be available at: Blackstone's, Sister's, Drop-Me-A-Line, Ecology House Exchange Street and the Maine Mall. For other locations, please call 773-8500.

Hope to See you There!!

As with all organizations we would like to **THANK:**

Alan Priddy	Olga Park	Alice Olsen	Sister's
Flamingo Bay Inn	Ken Weed	Donna Headrick	Blackstone's
Dick Derrah	Staples	Fresh Market Pasta	Drop-Me-A-Line
Jack Vogel	Russell Tarason	David Charity	Katahdin Restaurant
Walter's Cafe	AJ Kennedy Fruit &	Robert Spaulding	Chartroom Saloon
The Roma	Produce	Charles Wynott	Ecology House's at
Minott's Flowers	Marti Lay	Louise Daly	The Maine Mall &
Della's Catessen	Ray Landry	Dave & Wanda	Exchange Street
Port Bakehouse	Robert Jackson	Casco Bay Lines	The Underground
Joanne Miller	Chet & Peter	Tom & Janie White	Legion Sq Market





AIDS SERVICE ORGANIZATIONS

MAINE

THE AIDS PROJECT / PORTLAND
22 MONUMENT SQUARE
PORTLAND, ME 04101
774-6877 / 1-800-851-2437

THE AIDS PROJECT / LEWISTON AUBURN
P.O. BOX 70
AUBURN, ME 04217-0070
783-4301

DAYSPRING
C/O KVRHA
8 HIGHWOOD STREET
WATERVILLE, ME 40901
873-1127 MIKE G.

AIDS COALITION OF LEWISTON / AUBURN
P. O. BOX 7977
LEWISTON, ME 04243-7977
795-4019

EASTERN MAINE AIDS NETWORK
P. O. BOX 2038
263 HIGH STREET
BANGOR, ME 04401-2038
990-3626 LATONA TORREY

HOPE (HEALING OF PERSONS EXCEPTIONAL)
1ST UNIVERSALIST CHURCH
ELM & PLEASANT STREETS
AUBURN, ME 04042
524-5966 MIKE

MERRYMEETING AIDS SUPPORT SERVICES
P. O. BOX 57
BRUNSWICK, ME 04011-0057
725-4955

DOWNEAST AIDS NETWORK
114 STATE STREET
ELLSWORTH, ME 04605
667-3506

WALDO-KNOX AIDS COALITION
P. O. BOX 956
BELFAST, ME 04915-0956
338-1427 MARJORIE PERCIVAL

NEW HAMPSHIRE

PROJECT SURVIVE PWA / HIV COALITION
P. O. BOX 80
ELLIOT, ME 03903 (Mailing Address)
15 BANNING STREET
PORTSMOUTH, NH 03801 (Physical Address)
603-433-8404
OFFICE HOURS: 10 TO 2 MON / WED / FRI

AIDS RESPONSE SEACOAST
1 JUNKINS AVENUE
PORTSMOUTH, NH 03801
603-433-5377 FAX 603-431-8520
Toll Free From ME & NH Only 1-800-375-1144

EASTERN MASS

NUVA, INC
MAIN STREET
GLOUCESTER, MA 01930
508-283-1000 MICHAEL COOK, DIR AIDS SVCS

AIDS OUTREACH PROGRAM
P. O. BOX 3033 NO 224
NEWBURYPORT, MA 01950
508-462-2851 SHEILA BRENNEN

GREATER NEWBURYPORT AIDS INITIATIVE
31 GREEN STREET
NEWBURYPORT, MA 01950
508-462-8243

FENWAY COMMUNITY HEALTH
7 HAVILAND STREET
BOSTON, MA 02115
617-267-0900

STRONGEST LINK AIDS SERVICES
TOPSFIELD, MA
508-887-0090

PWAC Seeks New Board Members

The P.W.A. Coalition of Maine is looking to fill several vacant Board Positions. We are seeking individuals who can spare a few hours a month who want to **MAKE** a difference in the lives of those infected. We are looking for Doctors, Lawyers, Health Care Professionals, CPA'S, those affected, and those infected. We are actively looking for Women and Minorities.

If you are interested in serving, please call or write:

PWAC
696 Congress Street
Portland, Me 04102-3371
207-773-8500

SEPTEMBER'S WISH LIST

- | | |
|-------------------|------------------|
| ♦ 9X12 RUG FOR | ♦ TOOTHBRUSHES |
| LIVING ROOM | ♦ PAPER TOWELS |
| ♦ TRASH BAGS | ♦ TOILET PAPER |
| ♦ ZIPLOCK BAGS | ♦ CANNED GOODS |
| ♦ ALUMINUM FOIL | ♦ USED FURNITURE |
| ♦ DEODORANT (BOTH | ♦ SHAMPOO |
| MEN'S AND | ♦ TOOTHPASTE |
| WOMEN'S) | |

With this issue, we at the PWAC have leaped into the 21st Century. Please take a few moments of your time to let us know how we are doing, what you think of the NEW format, and above all what you would like to see covered in future issues of **THE SCOOP**.

Wes Transue, Editor



THE SCOOP

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PORTLAND, ME 04102-3371

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