

CHOICES

THE NEWSLETTER OF HAWAI'I ISLAND HIV/AIDS FOUNDATION

July-August 2004

QUEER NATION

by David Waggoner

If you've leafed through a current high school yearbook lately, you may have noticed something different. The drama and math clubs are still there, ROTC is still going strong, but, more and more, Gay/Straight Alliances have been popping up across the country. Gay, lesbian, bisexual, questioning, and straight students come together to talk through issues such as identity and discrimination and support each other in the process. It's a way of coming together and a show of solidarity that we adults could learn from.

That's what I like about the Bravo television show, *Queer Eye for the Straight Guy*. As Kyan Douglas, the show's "grooming guru" and this month's cover interview, describes it, gay and straight men come together on the common ground of self-improvement—nurturing their passions, love life, and style all in one fell swoop. We have plenty of images of straight women and gay men forming friendships—just turn on *Will & Grace*—but we rarely see gay and straight men as anything but enemies or people from completely different worlds. With connections like these being made on *Queer Eye*, it's nice to see that even something as "light" as style doesn't have to be devoid of substance. I'd like to see more of this type of bridge-building when it comes to the AIDS community.

If you listen to the CDC, you would think that people living with HIV/AIDS are all separated by risk category and never the twain shall meet. Certainly, some issues can only be effectively addressed by focusing on a particular community. Thus, we often have positive gay retreats, Latino AIDS conferences, and prayer weeks for the healing of AIDS. The media certainly covers AIDS as if gays are over here doing their thing and the straights are over there.

Gay men have a lot to teach straight people and straight people have a lot to teach gay men about living with HIV, community organizing, and prevention methods. Maybe this is happening in smaller, less noticeable ways everyday at AIDS service organizations, churches, and college campuses. But, yet, we still have support and social groups segregated by gender, ethnicity, and sexual orientation. Obviously there are good reasons for this. You might be more comfortable talking with others who have shared similar experiences. Or you might have tried the general group and found that your needs weren't being met or that your voice was being stifled. You might find that, as a gay Latino, you are constantly pulled in different directions, between communities. We might, however, work toward mixing it up a bit. We might learn that people who seemingly come from completely different worlds actually can find common ground.

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CHOICES

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Contributions of articles and other materials for publication are encouraged and welcomed.

Hawai'i Island HIV/AIDS Foundation

Mission Statement

The Hawaii Island HIV/AIDS Foundation is a non-profit organization dedicated to assisting those affected by HIV/AIDS to maximize their quality of life, and to ending the spread of HIV. We also utilize the lessons learned in the HIV epidemic to care and advocate for others in the fight against related diseases.

Vision

To build a healthier, stronger, and more sustainable community that supports all its members with a focus on HIV issues.

Core Values

Responsiveness: To people with HIV/AIDS and their families and to the prevention education needs of the community.

Accountability: To our consumers, funding sources, and the community at large.

Integrity: To provide services to the entire community in a humane, loving, non-judgmental manner.

Diversity: To embrace the philosophy of "inclusiveness".

Collaboration: To establish and maintain partnerships within the community that maximizes resources and decreases duplication of services.

Leadership: To set the highest standards for responsibility to our mission, vision and values, and be recognized as a positive, inspirational role model in our community.

Advocacy: A collective public voice to speak on behalf of those affected by HIV/AIDS.

The cure for boredom
is curiosity. There is no
cure for curiosity.

Dorothy Parker (1893 - 1967) (attributed)

One of the many problems that many of us have with HIV meds is the information leaflet that comes with the packaging. Apart from the fact that labs must think that most of us are under the age of twenty and do not need reading glasses to convert such fine print, there is also the obvious fact that the information provided in these leaflets is completely confusing unless you happen to hold a PhD in Acute Laboratory Linguistics. Once again, then, YoLanda has simplified matters for us all:

HOW SUPPLIED:

In various shapes sizes and colors! Just like humanity!

ACTION:

To supposedly exterminate, destroy, kill, murder, eradicate, annihilate, obliterate, extinguish, demolish, massacre, decimate, devastate, ravage, ruin, spoil, wreak havoc on, bulldoze, flatten, raze, squash, crush, mash, pound, press, hammer, batter, thump, pulverize, puree, pulp and macerate HIV.

ONSET, PEAK, DURATION:

Onset: Occurs whenever you swallow the pill.

Peak level: Occurs when you feel the urgent need to throw up.

Duration: Until the next pill.



INDICATIONS & DOSAGE:

Indications: These drugs are meant to be taken by those who carry the HIV and by those who carry the HIV only. Do not attempt to take these drugs if you do not carry the HIV as they may not have any effect on your HIV if you don't already have it.

Dosage: If all you have is HIV, take a few of these drugs in order to prevent ARC, otherwise know as AIDS Related Complexion. If all you have is ARC, then double your dose in order to prevent DRC, Death Related Complexion. If you already have DRC, then you do not need to take these drugs any longer.

IN ALL CASES, CONSULT YOUR BOWEL MOVEMENT BEFORE DISCONTINUING THESE MEDS!

ADVERSE REACTIONS:

In order to save ink and paper, we have decided to list all those reactions these drugs will NOT cause: Penile enlargements. Massive Hair Growth. Muscular Tone and Fitness. Sexual Overdrive. Memory Gain. Anything to do with Breast Size. Health.

INTERACTIONS:

Please be warned that these meds can interact with basically any other drugs you take. Legal or not. That's just how friendly and powerful they are! There may be slight diarrhea or constipation (pending on your bodily corpulence) involved when associating these meds with large amounts of alcohol.

WARNING: DO NOT ASSOCIATE THESE MEDS WITH GRAPEFRUIT. FOR SOME ODD REASON THERE IS SOMETHING IN GRAPEFRUIT WHICH PREVENTS THESE MEDS FROM exterminating, destroying, killing, murdering, eradicating (etc) THE HIV. And in any case, grapefruit is too complicated to eat!

CONTRAINDICATION:

These drugs are not recommended to patients who cannot withstand severe bouts of nausea, dehydration, headaches, confusion, dizziness, amnesia, insomnia, mental depression, asthenia, chest pains, syncope, ocular pain, abnormal vision, constipation, ulcers, night sweats, severe bouts of anal rashes, fatigue and sudden enlargement of the liver so that it's the size of Alabama.

SPECIAL WARNING:

Please note that the following Special Warning is due to circumstances beyond our control but must be printed here in order to warn all patients that these drugs may produce **SUDDEN DEATH** if you take them and **SUDDEN DEATH** if you don't take them and **SUDDEN DEATH** if you take them but stop taking them for a little while and definite **SUDDEN DEATH** if you take them with grapefruit. Please also note that **SUDDEN DEATH** may also occur at any time – such as while you're reading this for example – and may not be in direct relation to the taking or not taking of these meds. The problem with **SUDDEN DEATH** is just that: It's sudden.

What to do about Skin Rashes

By Mark Katz, MD

HIV+ people may experience many different types of skin problems because of the virus or medications they are taking. Some skin problems can be serious and others are painful or troublesome, but not dangerous. Let your doctor know if you are having any unusual skin rashes so that you can get an accurate diagnosis and receive treatment if necessary.

If you have any of the following, you should see a health care provider immediately:

*A rash that is growing so quickly that it gets worse right before your eyes.

A rash accompanied by fever, nausea and severe soreness inside your mouth (see note on SJS below).

*A rash accompanied by shortness of breath that is getting worse (see note on hypersensitivity reaction below**).

*Blisters on the skin that are becoming worse, and then peel off, causing fluid to leak.

*A rare but serious side effect of the anti-HIV drugs Viramune and Sustiva is called Stevens-Johnson syndrome (SJS). Symptoms include rash, usually involving the mucous membranes (e.g. the inner lining of the cheeks), fever and nausea.

**A small number of people who take the anti-HIV drug Ziagen (and Trizivir, which contains Ziagen) have a potentially fatal hypersensitivity (allergic) reaction. Symptoms include fever, rash, nausea, headache, feeling ill and tired, vomiting, diarrhea, stomach pain, shortness of breath and sore throat.

If you experience these symptoms, especially after starting a new medication, you must seek immediate medical attention!



The following conditions generally do not need emergency treatment:

Drug Rash

What it is: Rash that happens soon after starting a new drug.

What it looks like: Small blotches or larger areas of red skin, with or without itching.

What to do: See your doctor to find out which medication is the cause. In the meantime, over-the-counter anti-allergy medications, such as Benadryl, may help.

Seborrheic dermatitis

What it is: Very common skin condition seen with HIV.

What it looks like: Red, scaly, painless skin eruption, especially in the eyebrows or hairline.

What to do: See your doctor. In the meantime, you may try an over-the-counter antifungal or steroid cream. An antifungal shampoo may be prescribed.

Kaposi's sarcoma (KS)

What it is: Skin lesions very common in the early days of the AIDS epidemic, now less common and known to be caused by a virus

What it looks like: Red, purple or brown lesions of varying number and size, which look like bruises.

They may occur anywhere on the body and usually are not raised and do not bleed.

What to do: See your doctor, who may recommend a biopsy (a small piece of the lesion is taken out and examined under a microscope). If it is KS, your doctor may recommend different treatments, depending on the location, size and other factors.

Shingles

What it is: Usually painful skin inflammation caused by infection with the Herpes zoster virus.

What it looks like: Small fluid-filled bumps generally appearing in a clump or a line on one side of the body or face only.

What to do: See your doctor for prescription medication (Zovirax, Famvir or Valtrex). Pain medication may be needed.

Molluscum contagiosum

What it is: A skin infection caused by a poxvirus, usually occurring in persons with a CD 4 count lower than 100. It is common in children.

What it looks like: Small, usually painless, pearl-like bumps, often occurring on the face and neck.

What to do: See your doctor. They cannot be treated with drugs, but they can usually be removed.

CDC awards \$49 million for HIV prevention programs

The Centers for Disease Control and Prevention issued \$49 million in grants on Friday to 142 organizations around the country for programs that aim to keep HIV-positive people from exposing others to the virus. The grants were part of the CDC's shift in HIV prevention efforts from traditional programs aimed at keeping HIV-negative people from getting infected to so-called prevention-for-positives efforts, which are aimed at keeping HIV-positive people from infecting others through unprotected sex and shared drug paraphernalia. The CDC has said traditional HIV prevention efforts have failed to reduce the 40,000 new HIV infections that occur annually in the country.

The new grants provide \$23 million for prevention efforts for partners of HIV-positive adults, \$14 million for counseling and testing programs, and \$12 million for education programs. More than 80% of the groups receiving CDC funding focus their efforts on minority populations, and 41% of the funds will go to programs targeting gay and bisexual men. The CDC money will be disbursed in July.

Because of the CDC's focus on prevention-for-positives programs, nearly two thirds of the HIV prevention organizations that previously received federal funding for HIV prevention outreach will no longer receive CDC grants.

Qi For Everyone!

Friday, July 9th from 10 am to 11 am. Jeff (prevention services) is organizing a QiGong* event at the Warm Ponds in Kapoho (by the grassy area). Snacks and drinks will be provided. Contact Jeff for further information. 981-2428.

*Qi (energy) the power for enhancement of health, latent abilities, and enlightenment can be sufficiently cultivated and embraced by all. The form, taught by Grandmaster Foo and his teachers, is natural, practical, and simple to learn and practice. It effectively leads the practitioner to actually feel stronger Qi and gain tremendous insight about Qi – the invisible link between mind and body, the mysterious connection between Human Beings and the Universe.

TAKE THE PLUNGE TOWARDS BETTER HEALTH!!!

It's in the news

Writing can reportedly help patients' immune responses

HIV-positive adults who disclose their deepest emotions in writing report less stress and may have improved immune responses, according to a recent study by U.S. and New Zealand researchers.

Kevin J. Petrie of the University of Auckland and colleagues said a review of studies of writing about emotional topics by patients with various diseases, including arthritis and asthma, showed "consistent and significant improvements in health outcomes after written emotional expression."

The researchers recruited 37 subjects who were randomly assigned to an emotional writing group or to a control group. The emotional writing group members were encouraged to explore deep feelings previously unexpressed. "Subjects were told they could write about HIV-related topics or any other issues of emotional importance to them," the authors noted. The control group participants were asked to write objectively about how they spent their time. "The CD4-lymphocyte count increased gradually and continuously in the emotional writing group in the six months after the [writing] sessions," the researchers report. No CD4-cell count change was detected in the control group.

The findings are consistent with those of other studies indicating that HIV-positive patients "who don't get to discuss their feelings have a faster decline in their health," the authors concluded.

From front page

And we might truly discover how limiting those categories are. When is the summit where all the different communities come together as a united front?

Am I asking too much, too soon?

With the Presidential elections looming on the horizon, I keep hearing pundits talk of the "women's vote," the "Latino vote," and so on. Now we all know that all women do not share the same politics and pull many different levers come November, but at least candidates are aware that there are some core issues out there that many women have organized around. Wouldn't it be something if one day we hear about the "AIDS-affected vote"? Who knows what we could achieve if we manage to come together like that. David Waggoner is Editor-in-Chief of *A&U Magazine*

How you prepare your produce determines the level of nutritional bang you'll get ■■■ By Ben Kallen

Raw, Cooked, Frozen or Canned?

If scientists ever came up with a “magic bullet” for staying fit and healthy, it would look a lot like the nutrients contained in everyday fruits and vegetables. These natural chemicals help keep you youthful, strengthen your immune system, and make sure your brain and your nervous and cardiovascular systems run properly. And you need plenty of them if you work out, since exercise can rapidly deplete your bodies stores of vital nutrients.

Of course, some minerals and antioxidants are available in a good multivitamin. But it's always better to get as many of them as possible from food sources. Every vegetable and piece of fruit contains a wide variety of nutrients, some of which may work more effectively as a team than solo in pill form. What's more, colorful produce may harbor a bunch of healthful substances that nutritionists don't even know about yet, but that play a synergistic role in maximizing the nutritional value of foods.

Still, while you do yourself a big favor when you eat a balanced diet with plenty of fruit, vegetables, low-fat protein and whole grains, that's not the whole story. Some potent chemicals may be so locked into a foods structure, they aren't easily absorbed through digestion; others may be partially destroyed through cooking or processing. And frankly, if you are eating cauliflower or eggplant just because it's good for you, you may as well get the most for your effort. Here *MEN'S Fitness* offers 10 rules to help you absorb the greatest possible amount of nutrition from every morsel you eat.

RULE 1: Don't throw out the vitamins with the cooking water. Certain nutrients are water-soluble, including vitamin C, the B vitamins, and some of the phytochemicals that give fruits and vegetables their antioxidant power. Because they dissolve in water, they aren't well-stocked by the body. (That's why some nutritionists recommend divvying up your vitamin C intake into two or three daily doses, since the excess your body doesn't use is excreted along with that glass of iced tea.)

These nutrients also leach out into the cooking wa-

ter, so the very worst way to prepare such vegetables as corn (rich in thiamin), red peppers (vitamin C) or eggplant (loaded with anthocyanins, which fight oxidative damage and inflammation) is to boil them. “The longer these chemicals are in the water, the more you'll lose—unless you also consume the water,” says Luke Howard, Ph.D., a University of Arkansas food scientist who studies the biochemistry of fruits and vegetables.

■ “The best way to retain water-soluble nutrients is to steam food in a little water in the microwave,” recommends Melanie Polk, M.S., R.D., director of nutrition education for the American Institute for Cancer Research.

■ If you do boil your vegetables in water, eat everything in the pot as soup or save the liquid for sauce, Polk adds.

■ When preparing soup, keep the pot covered tightly so nutrients and flavor don't escape with the steam (but be sure to lower the heat so the pot doesn't boil over).

RULE 2: Cook your carotenoids. Carrots, squash, tomatoes, and a variety of orange, green and red vegetables are full of carotenoids, chemicals responsible for a slew of healthful effects. Among other benefits, carotenoids help prevent cancer cells from multiplying, keep eyes healthy, preserve memory and stimulate DNA-repairing enzymes. All these vegetables are good for you when eaten raw, they're crunchy and make fine additions to salads or accompaniments to dip. But if you want to get the most of their nutritional punch, eat them cooked. “Beta-carotene is tightly bound to the protein in a plant, but cooking breaks that binding apart, making the chemical more bioavailable in the human body,” says Howard.

When Howard and some colleagues tested carrots, they found that levels of beta-carotene and other antioxidants rose when the carrots were pureed and cooked. The levels shot up even higher when the peels were included.

RULE 3: Get sauced. Lycopene, the red pigment in tomatoes and other red foods, has been found in numerous studies to reduce the risk of prostate cancer. (One Harvard study found that men who consumed tomato products at least twice a week lowered by a third their likelihood of developing prostate cancer.) Like other carotenoids, it's best absorbed

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by the body after the tomatoes have been cooked, and research has found that a little fat makes lycopene even more available. Which means that pasta sauce—whether homemade or from a jar—with a bit of olive oil should be a regular part of your diet.

RULE 4: Heat your spinach. These leafy greens have a lot of calcium, but they are also rich in a chemical called oxalic acid—which can interfere with calcium absorption. Heating nullifies the effect, so while spinach is great in a salad, (and very high in antioxidants), eating it lightly steamed will help you score your daily calcium requirement of about 1,000 milligrams.

RULE 5: Don't fear the freezer. A lot of guys think frozen food has less nutrition than fresh, but in fact it has just as much—and sometimes more. That's because what you find in your grocer's freezer was probably "flash frozen" right after harvesting, while fresh produce takes time to reach the store and may sit around considerably longer before you eat it. What's more, "freezing breaks down the cellular structures, which may release carotenoids and make them more available," notes Wilhelmina Kalt, Ph.D., a food chemist at Canada's national agricultural agency.

Go easy on frozen vegetables that come with "sauce," however; These can be loaded with fat and sodium. Instead just heat up unadulterated vegeta-

bles in the microwave, or in a pot with a little water, and add flavor with a teaspoon of olive oil and a sprinkling of salt and pepper or herbs.

RULE 6: Don't kick the can. Because they are usually cooked at high temperatures, canned vegetables, compared to fresh or frozen, may fall a bit short in some nutrients. But canned produce is still more nutritious than none at all. "You should get your vegetables however you can get them," Polk says. Keep in mind that canned foods are often loaded with sodium, so buy the lower salt versions or rinse in water before using.

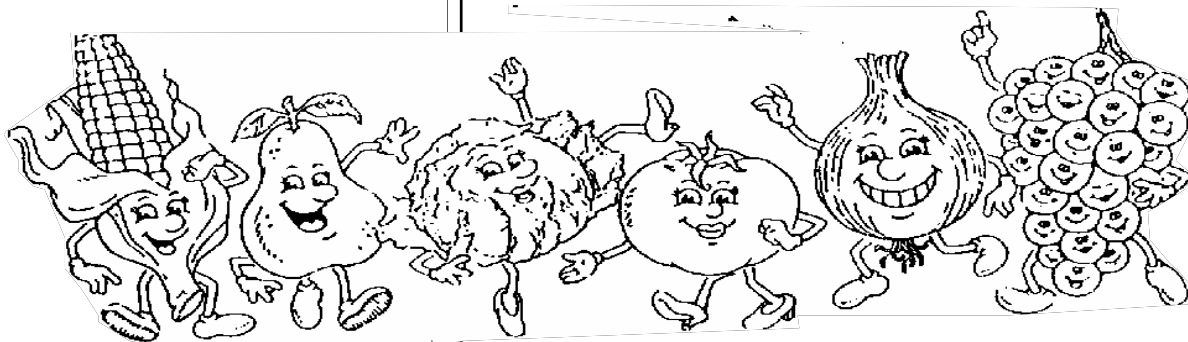
RULE 7: Work your glutes. An antioxidant known as glutathione is one of the most important cell protectors; it helps rid the body of toxins, boosts the immune system, repairs faulty DNA and reduces inflammation. While the body synthesizes most of its glutathione from amino acids in your diet, you can score a little extra from foods such as avocados, asparagus, spinach and okra. And the glutathione in foods becomes readily available in the mouth and throat—in research at Emory University, people who ate the most glutathione-rich foods had half the mouth and throat cancers as those who ate least.

The best way to maintain glutathione levels in food is to go raw. If cooking these vegetables—as you'll surely want to in the case of asparagus and okra—lightly stir-fry

rather than roast or boil.

RULE 8: Eat berries all year round. Researchers are just beginning to understand the nutritional potential of blueberries, raspberries, strawberries and cherries. Anthocyanins, the pigments that give berries their red-blue color, are superpotent antioxidants that help prevent heart disease and cancer, and even appear to reverse mental impairment in elderly animals. Fresh berries are bursting with these chemicals—in fact, Kalt says strawberries continue developing anthocyanins after they have been picked, so they become even more potent when you leave them to ripen at room temperature.

Of course, berries are available fresh only certain times of the year, but even in frozen or processed form they're still worth eating despite having lost a little of their nutritional sock. "While you may lose some of the anthocyanins in processing, you'll still have a lot in [for example] jam or jelly, since the fruit is concentrated," says Howard. What's more, while the chemicals degrade faster once a berry has been heated, what's left may be better absorbed by the body.



RULE 9: Don't lose your E. Vitamin E is one of those nutrients it's hard to get enough of from the food we eat. And while it's fine to take an E supplement, most contain only a single component—alpha-tocopherol, which some nutritionists believe is less healthful than the more complete form of the vitamin found in foods.

Since vitamin E is fat-soluble, much of it that we get in our diets comes from vegetable and nut oils. The vitamin content of oils can be diminished by light and heat, so keep olive, canola or almond oil in tightly sealed canisters and store them in a cool, dry place. Use a bit of oil to stir-fry vegetables, without letting the oil get too hot. Better yet, add to vinegar and herbs for a homemade salad dressing in place of the high-sugar, "low-fat" versions filling supermarket shelves.

RULE 10: Eat it anyway. While you'll get a lot more nutritional value from your food by following rules 1 through 9, what really matters is that you eat healthful stuff in the first place. Packing plenty of colorful produce into your meal plan is one of the keys to a healthy body, effective workouts, and possibly a longer life. So our final mandate is to consume a wide variety of fruits and vegetables however you like them best. Finding a way to enjoy foods that are good for you will keep you coming back for more.

Five natural alternatives to Viagra

by Darren Main Gay.com Network

Q: I am a 39-year-old gay man, still good-looking, but no longer nubile. I have made love with plenty of men and am told that I am a good lover. I am pretty much a top and I love to give my partners pleasure. But as I get older, I have a harder time getting hard. I don't want to take pills -- I'd rather find some natural approaches. Any ideas?

Thanks,

Straight from the Hip

A: There are many causes for impotence. Antidepressants and other medications can have an effect on one's sex drive. You may want to speak with your physician about any medications you are currently taking, as there may be other alternatives. It is also not uncommon for men to lose their potency as they get older. Many cultures saw this as a sign that one's life force was being depleted. They believed a man had a certain amount of "seed" and that it should be used sparingly in order to preserve longevity.

Of course, we now know that a healthy man will continue to produce until the day he dies. Unfortunately, the plow with which we prepare the field seems to wear out before we run out of seeds to sow. Thus, the Viagra generation. The problem with Viagra is that it takes a lot of planning, comes with mild to severe side effects and can be very dangerous when used with other substances (namely, poppers).

Because of the emphasis to keep a man "able," some other cultures have come up with some wonderful methods for increasing potency in a more holistic way. Here are a few things you can try:

1. Ginseng: There are many different types of ginseng, and different ways of taking it, so it would be a good idea to consult an herbalist before taking this herb in large quantities. Getting a box of ginseng tea might be a good first step though. You can find quality ginseng tea in most health food stores.

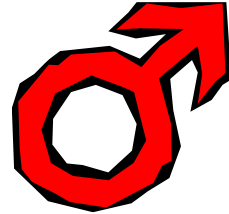
2. Yoga: I had a gentleman in my yoga class not too long ago -- it was his first time. A few days after the class, he came up to me on the street, introduced me to his partner and they both thanked me for helping them to kick their sex life into high gear. They told me that they hadn't had that much sex since the week they started dating. As a yoga teacher, I see a lot of profound results for everything from back pain to reduced stress, but the biggest comment I hear from men in their 40s and 50s is how they feel like they are 20 again. Many claim that they can go from having sex with their partner once a week to once a day. The yoga poses and breathing can really get energy moving again, and one of the first places many people notice it is in their sex drive.

3. Perineum flexors: A lot of men spend hours at the gym trying to beef up their bodies so they can be sexy, but fail to exercise the most important muscle of all. The perineum is the point between the scrotum and the anus. According to the vedic scriptures of India, this is where the kundalini energy enters the body. Kundalini energy is what "puts the air in our tires," so to speak. The more open we can make this area, the more energy gets pulled in and thus the more intensely we get aroused. To exercise this area, lie on your back with the soles of the feet touching; let the bent knees drop toward the floor. Now begin to squeeze and release the perineum about 50 times. If you are having trouble isolating this muscle, imagine pulling the testicles back toward your anus. Each contraction should take about one second as should each

release. Although you should feel immediate results, you should do this daily to really keep the pilot light on.

4. Supplements: Deficiencies in zinc and vitamin B-6 have been associated with some cases of impotence. Try taking a multivitamin to make sure you have all the vitamins and minerals you need to keep your bits and pieces in working order. It is a bad idea to overdo it with supplements, although most will not hurt you if you take too many. Your body will simply disregard them. Some supplements can be toxic in high doses, however, so read labels and store supplements properly make sure you're doing more good than harm.

5. Moderation: This is the least popular suggestion I will make. That's why it comes last. When I first moved to San Francisco, I thought I'd found heaven. There was so much sex to be had. It became like
thing to do when I
happy, or lonely,
self becoming the
chain smoker.
batteries always
found that when I
havior a bit and
really scream for it, I have a more rich and full experience. This is consistent with the eastern practice of Bramacharia or "moderation of life force." By moderating our sexual activity (not to be confused with denial), we can cultivate a more satisfying expression of that energy and frequently overcome the impotence.



smoking, i.e., the perfect was bored, or sad, or or whatever. I found my-sexual equivalent of a The problem was that my felt a bit drained. I have slow down my sexual be-do it only when my loins

Note: Impotence can be a symptom of other problems in the body, such as diabetes. It is important to discuss this and all health issues with your doctor. Also, please be sure to speak with your doctor if you are on any medications. Sometimes herbs and supplements can have an adverse reaction to one another.

From page 4

Scabies

What it is: A contagious skin infestation caused by a mite (a small insect).

What it looks like: Small blisters in a zig-zag pattern, especially in the genital area or the spaces between the fingers. It is very, very itchy.

What to do: Bathing in warm water helps the symptoms but does not get rid of the infection. There are several over-the-counter treatments. If these do not work, see your doctor for a prescription drug.

A special warning: If you have a red rash over some or all your body and you have had unprotected sex in the past several months, you could have syphilis.

There are many other possible causes for skin rashes. It is always best to play it safe and contact your doctor whenever you have a skin problem.

Mark Katz, M.D., is Regional HIV/AIDS Physician Coordinator of Southern California Kaiser Permanente

Friday, July 23rd **“Under a Hilo Moon”**

Fundraiser and Art Auction at Restaurant Kaikodo. Proceeds to benefit HIHAF and the Hawaii Island art community.



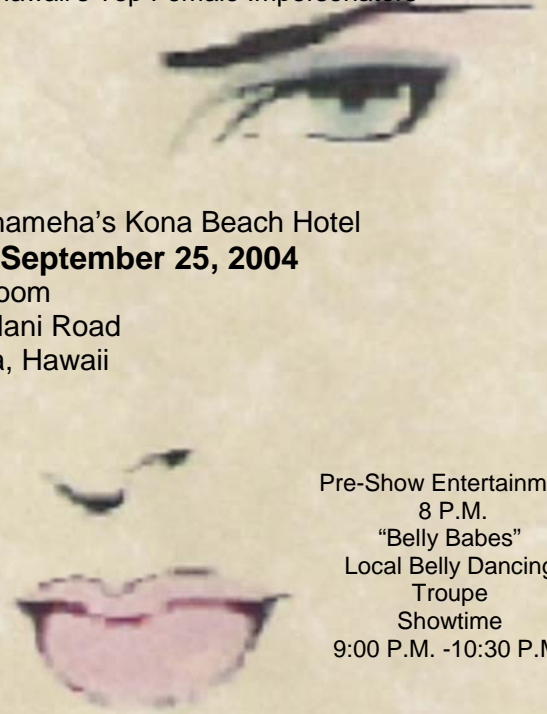
**Call the Hilo Office for information
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Troupe
Showtime
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*For ticket information contact:
Hawaii Island HIV/AIDS Foundation
331-8177
Visa and MasterCard Accepted*

NOTES

Lets Go Fishing!!!

Friday, August 20th
(Admissions Day) Fishing Trip at 9:00 am. Meet in front of Seaview Subdivision at the mailboxes. Make certain to bring a hat, sunscreen, lots of water, snacks, and food items to grill. If you have any questions please call 981-2428.



"Dad...how come Bert and Ernie have been living together for over 20 years and never talk about girls?"

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FOLLOWING HILO'S EXAMPLE, WE WOULD LIKE TO MAKE UP A BOOK OF FAVORITE RECIPES CONTRIBUTED BY CLIENTS, STAFF AND FRIENDS OF HIHAF TO OFFER IN OUR FOOD PANTRY.

IF YOU HAVE ONE YOU WOULD LIKE TO CONTRIBUTE, PLEASE CONTACT GENE 331-8177 GENE@HIHAF.ORG


IT SHOULD CONTAIN FAIRLY ACCURATE MEASUREMENTS, AND GIVE AN INDICATION OF WHAT THE FINAL FOOD ITEM IS...



July 2004


Sun Mon Tue Wed Thu Fri Sat

Also in July, **on-going support group meetings.** Please call Jeff (981-2428) for dates and times. Also an on-going men's movie night is being offered. Call Jeff for more info.

				1	2	3
4	5 Office's Closed 	6	7	8	9	10
11	12	13	14	15	16 QiGong in Kapoho See Page 5	17
18	19	20	21	22	23 <i>Under a Hilo Moon</i> <i>Kaijodo Restaurant</i>	24
25	26	27	28	29	30	31

August 2004

Sun Mon Tue Wed Thu Fri Sat

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20 Fishing Trip 9:00 a.m. See page 9 for info 	21
22	23	24	25	26	27	28
29	30	31				