

positively **POSITIVE** →

The official publication of **Body Positive Inc.** A peer support organisation for people living with HIV/AIDS



Conference for Positive Pacific People Heralded A Great Success

The Pan Pacific Gathering for HIV+ people from all over the Pacific took place at University of Otago House at 325 Queen Street, Auckland. Over 120 delegates registered and attended this event hosted by Body Positive. The facilities at Otago University are state of art and everyone enjoyed a relaxed comfortable environment. Plenary meetings each day were filled with informative speakers on the relevant subjects of Human Rights in Day 1, Continuing Care on Day 2 and Into the Future on Day 3.

New Zealand's Minister of Pacific Island Affairs Winnie Laban opened the conference at a Powhiri hosted by Ngati Whatua at Auckland University's Waipapa Marae. Body Positive staff and volunteers cooked a sumptuous meal for the invited guests after the Powhiri and the entertainment from a kapa haka group launched the conference into a spirit of friendship for the duration of the next few days. Day One opened with New Zealand's Human Rights Commissioner Roz Noonan, and she was ably supported by Warren Lindberg, former Human Rights Commissioner and Executive Director of the NZ AIDS Foundation.

We discovered Human Rights do not exist for gay men in many parts of the Pacific. Listening to some of the delegates it was like a walk down memory lane where New Zealand was 50 years ago. Dame Carol Kidu is Minister of Community and Welfare in Papua New Guinea. She addressed us all on the ravages of HIV / AIDS in PNG today. Two percent of the population are positive and there seems no respite ahead. This will devastate PNG unless external support and aid is provided on a massive scale. At the end of the day we took all the participants up Auckland's Sky Tower for a seafood dinner with a view. It was great! Day Two began with the theme of Continuing Care and speakers spoke of the problems they experience in their respective countries. We received reports on each of the 12 Pacific countries represented at this conference and the majority highlighted just how far we have come in New Zealand and how fortunate we are. Apart from the themes of speakers each day we provided a series of "skills building workshops" at which delegates could upskill on "working with the media," "writing funding proposals," "advocacy," and "HIV 101 – the medical con-

siderations." During the conference we seriously taxed the resources at Auckland's Sexual Health clinic when 36 delegates arrived for blood tests and we are so grateful to the team at Greenlane for this.

The British High Commission hosted an event for delegates at "Shanghai Lils" which was well attended along with the Auckland City tours we turned on each day during the lunch break, to see the sights of Auckland.

Minister Chris Carter spoke at the closing of the conference listing New Zealand's achievements as a good role model for countries to follow. Homosexual Law Reform, decriminalisation of prostitution, needle exchange programmes, human rights legislation all lead to creating an environment in which HIV / AIDS can be contained and New Zealand has a proud history of this.

The conclusion of the conference resulted in a Declaration which called on Governments from the Pacific to protect Positive People from discrimination and give broader access to medications.

For more information contact us in complete confidence.

Call toll free from anywhere in New Zealand

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BODY POSITIVE
• NEW ZEALAND •

Survey Shows Many HIV-Positive Patients Still Fear Stigma More than 25 Years After the Start of the Pandemic

Results from the AIDS Treatment for Life International Survey (ATLIS), which polled nearly 3,000 HIV-positive patients from New Zealand and 17 other countries, show many people living with HIV and AIDS still live in fear of the societal stigma that surrounds the disease. In addition, many are so concerned about medicine side effects, they have chosen to stop their treatment.



The survey interviewed 101 HIV positive people in New Zealand. Results showed many respondents were concerned about people knowing that they have HIV or AIDS, primarily because they fear social discrimination and stigma.

Respondents were most likely to tell their friends that they have HIV or AIDS, but believed their parents were the most difficult individuals to reveal their condition to.

The global results revealed concerns such as losing family and friends (41 percent), the impact on their ability to establish future relationships (37 percent), the risk of losing their job (36 percent) and the impact on their reputation (36 percent). Asia Pacific respondents were more concerned about the risk of losing family and friends, as well as the potential impact on their current relationships.

HIV and AIDS Management and Treatment in New Zealand

More than seven out of ten respondents in New Zealand are currently taking prescription medications for HIV or AIDS and more than one out of five people have had HIV treatment resistance. This is when the virus becomes resistant to a particular medication, meaning that medication is no longer effective for that patient.

A third of people living with HIV and taking medication feel that their HIV or AIDS medication has a negative impact on their quality of life and they

wish they knew more about HIV or AIDS and its treatments.

People living with HIV are willing to take medication over a long period of time to prevent long-term health risks and their greatest hope for future HIV and AIDS medications is that the medications will allow them to live longer.

Treatment Advances Applauded But Side Effects Remain a Significant Challenge

Overall, 26 percent of the global respondents reported that they had elected not to seek treatment, because they believe that antiretroviral therapy (ART— the medications that keep the HIV virus from replicating) causes too many side effects.

Merck Sharp & Dohme Managing Director, Alister Brown, says “When the HIV and AIDS pandemic began in the early 1980s, the goal of education was to give people hope and the goal of treatment was to prolong life. Despite the incredible strides we have made, what this study shows is that some people are rejecting life-saving treatments, because they fear the side effects of the medications that could potentially save their lives, while others on treatment have unnecessarily resigned themselves to live with side effects and poor tolerability in an age where less toxic treatment options are available. Patients can and should now expect more from their HIV treatment.”

ATLIS found that more than half of all respondents worried that their medications will cause one or more of the following: face or body shape changes (58 percent), gastrointestinal problems (54 percent), fatigue or anemia (54 percent) and liver disease (54 percent).

The Face of HIV Has Dramatically Changed

The ATLIS findings show that nearly half of those patients surveyed (48 percent) reported being in a heterosexual relationship, reinforcing that HIV is reaching broader populations.

Tell your friends ...



THE CHOP

HAIRDRESSING FOR HIV AWARENESS

NEW ZEALAND'S TOP HAIR SALONS SHOWCASING

GUEST CELEBRITIES FASHION SHOWS ENTERTAINMENT

4th OCTOBER 2008 PLAYLE HAIRDRESSING 10am - 4pm

2 CANADA STREET NEWTON PHONE 09 307 2900 FOR BOOKINGS

COME ALONG ON SATURDAY 4th AND HAVE A QUICK AND PAINLESS, FREE **HIV TEST** (koha appreciated)

AND RECEIVE A **FREE HAIRCUT!**

PHONE 307 2900 TO BOOK A TIME, OR TURN UP ON THE DAY
(Allow an extra half hour before your cut for the instant test)



SPONSORED BY



Personal Adverts in Positively POSITIVE

As a way to contact other positive people we have decided to begin Personal Adverts section in next month's **Positively Positive**. If you are interested in trying this alternative approach to meeting other positive people all you have to do is write a brief advert – less than 100 words - describing yourself and who or what you are looking for - see below for an example – and send it to Body Positive House.

We will attach a unique I.D. number to which all replies will be sent. Responses will be sent once a week to advertisers. (Remember not to include any personally identifiable information on your advert, ie telephone numbers, address, etc.)

e.g. AUCKLAND

Fit, slim Euro guy, late 30's, honest and reliable seeks mate to spend quality time. I enjoy nights at home, tramping, movies and gardening. You should be between 25-40 yrs old, solvent and sorted.

Body Positive introduces a **New Service**

"The Fortnightly Drop In"

To fill the gap between 6 on 6 programmes we are introducing a "Fortnightly Drop In" from Monday 10th November from 6.00-8.00pm. To make them easy to remember these will be held every fortnight except where coincide with a 6 on 6 or a public holiday.

The Drop In's primary function is to provide a regular safe meeting space.

The format of the meetings will be decided by the participants ie coffee and a chat, a card or board game, watching DVD, etc. and will vary from meeting to meeting.

The Drop In will be open to all members and will be "hosted" by a staff member.

As a Drop In you can decide when and how often you come. Just turn up when it suits you.

The 6 on 6 is a popular "closed" support group. It allows people to commit to six weekly meetings in a safe and confidential facilitated space. These are run approximately three times a year.

Staying Alive Group

A group for those who want to maximise their health. Main pitfalls to watch out for, how to eat well, to prevent heart disease, diabetes, cancer, exercise-keeping fit, build up your immune system, understanding your blood results. What test should I get to stay healthy and fend off complications. This group is hands on and will look at your diet, your blood results and your fitness regimen. Phone BP for details.

Brief

Straight Arrows

Monthly Straight Arrows dinners for heterosexual members are being held at Body Positive House on the last Thursday of every month. The dinners are a good chance to mix and mingle and we would love to see you. Call us at BP on 0800 HIV LINE or Positive Women 09-309 1858 if you would like to come along.

Monthly Luncheon

Every 2nd Wednesday of the month - Dinner, 7pm
Every 4th Wednesday of the month - Lunch, 12pm
Here at Body Positive House
1/3 Poynton Terrace, Newton, Auckland.



TRAVEL INSURANCE

Buy your Travel insurance from **Mike Henry** Agent Body Positive, whether you are Positive or Negative, travelling to Sydney or the Seychelles just call 0800 HIV LINE for a travel insurance quote. (When you buy from us you help support our work + you get a good deal!)



VITAMINS

Body Positive has fantastic *Swisse brand* vitamins available to members for only \$10.00! (Usually over \$20) *Swisse Women's Ultivite Multi vitamins & Swisse Men's Ultivite Multi vitamins*. Both with the highest quality ingredients that will give you a kick! Drop by BP House or call **0800 HIV LINE**

RECYCLED MEDICATION

If you have unused medication or no longer need left over medication, please either return your unused medication to your prescribing physician or send it to us at:

Body Positive Inc
P.O. Box 68-766
Newton, Auckland

We will pass it on to physicians.



6 ON 6



The next **6 on 6 support Group** is due to start Monday, 19th Jan 2009 at Body Positive House. This facilitated peer support group is for anyone who has issues around their HIV status. It is particularly useful to the recently diagnosed and is open to men and women.

Phone **0800 HIV LINE** to join the group.



FOOT DOCTOR

Announcing a new service: **A FOOT DOCTOR**

Yes, a *real podiatrist* will run a clinic here at Body Positive on a monthly basis. Next clinic date - 21th Oct 2008 (Tues) from 1pm-5pm

Phone now for an appointment 09-309 3989

Fee: \$40.00 per consultation
WINZ Benefit by negotiation

MASSAGE



Both Swedish (Therapeutic) and Sports massage are available **FREE** at Body Positive on Wednesdays and Thursday. Phone 09-309 3989 and book an hour to pamper your body.

* *Koha appreciated*



QUIT SMOKING

Apart from adhering to your medication regime, quitting smoking is the next most significant improvement HIV+ people can take to improve their health and life expectancy. Smoking increases the risk of brain, heart and lung diseases, various cancers and opportunistic infections. If you would like to quit smoking, we can help. Phone 0800 HIV LINE.

HIV RAPID TEST for our whanau & friends



The 60-second HIV Rapid Test is now available at Body Positive House. A simple pin-prick is done, to test the blood with a 99.7% accuracy. It's always better to know your status early, so you can keep healthy, if you become HIV positive. Call **0800 HIV LINE** to book a **FREE** no-hassle Rapid Test.

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