

# TALKABOUT

WHERE WE SPEAK FOR OURSELVES

## 2014 Issue 182

**LIFE INSURANCE FOR  
SOME PEOPLE WITH  
HIV**

Lance Feeney

**KNOW YOUR HIV  
STATUS**

Paul R Maudlin OAM, JP

**MARDI GRAS**

Hédimo Santana

**HALC**

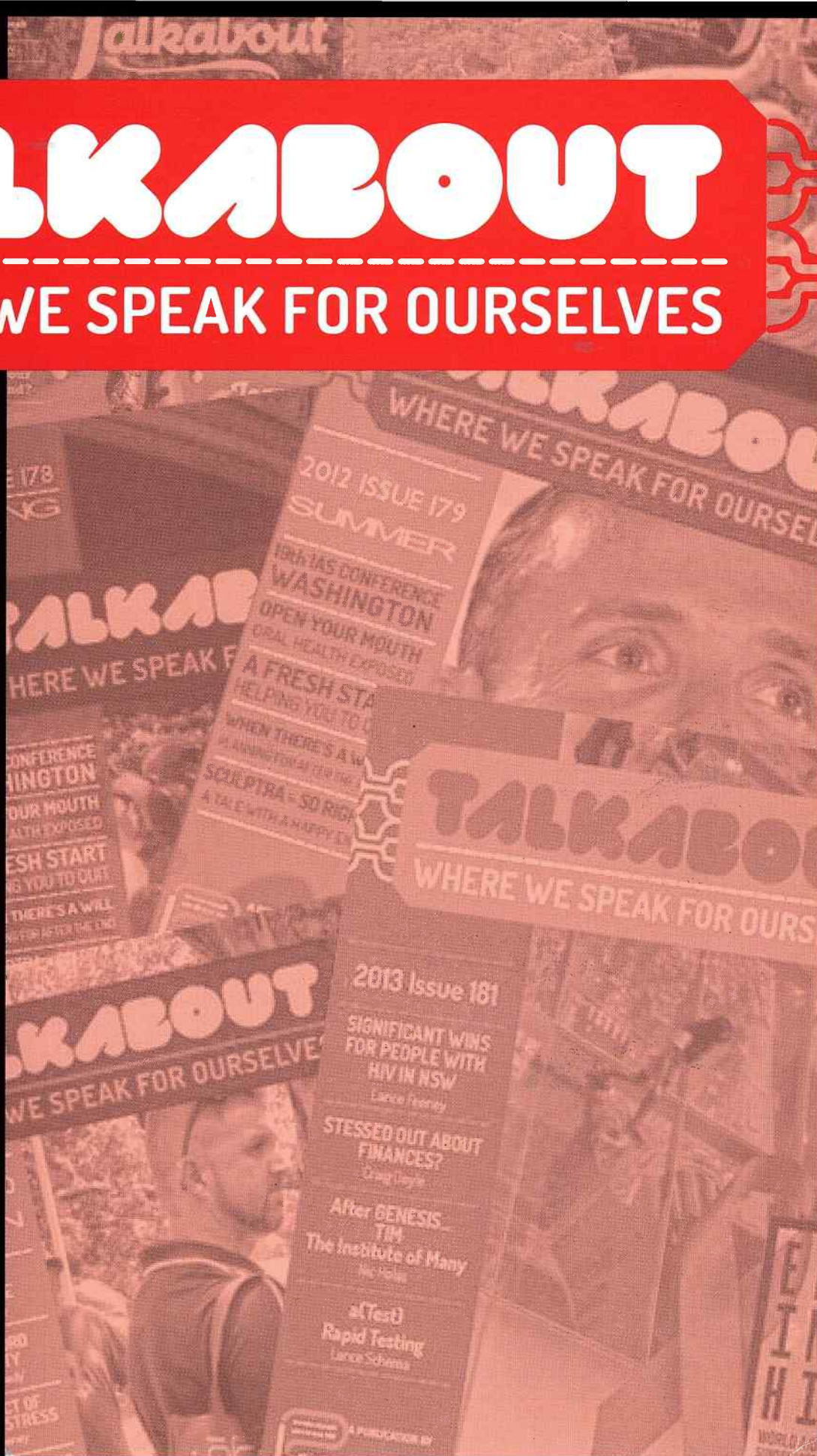
**Free Legal Advice**

Jennifer Smythe

the voice of people  
with HIV since 1988

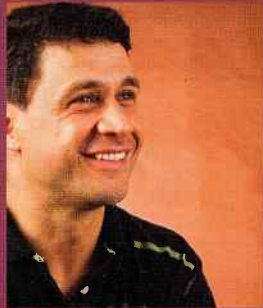
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**PositiveLifeNSW**





# Support and Understanding | HIV/AIDS



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Health

We can provide you with support and understanding for HIV/AIDS. Ask at this clinic for a brochure in your language. All services are confidential and free of cost.

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我們理解愛滋病毒/愛滋病方面的情況並能為您提供支持  
請在這診所索取使用您語言寫成的小冊子  
所有服務都是保密和免費的

Можемо да вам пружимо подршку и разумевање у вези ХИВ-а/ Сиде. На клиници можете упитати за брошуру на вашем језику. Све услуге су бесплатне и поверљиве.

हम आपको एच. आई. वी/एड्स बिमारी के बारे में सहायता और जानकारी प्रदान कर सकते हैं।  
अपनी भाषा में पत्रिका के लिए इस क्लिनिक से संपर्क करें।  
सभी सेवायें गुप्त और मुफ्त हैं।

Possiamo offrirvi sostegno e comprensione per l'HIV/AIDS. Chiedete un depliant informativo in italiano presso questo centro medico. L'assistenza che vi offriamo è riservata e gratuita.



*"Hello! Can I speak with someone who understands my culture and what it is like to live with HIV/AIDS."*

POLISH

Możemy Ci pomóc Ci żyć z HIV/AIDS i zrozumieć, na czym on polega. Poproś w klinice o broszurę na ten temat w Twoim języku. Wszystkie nasze usługi są poufne i bezpłatne.

PORTUGUESE

Nós podemos lhe oferecer apoio e compreensão com HIV/AIDS. Peça aqui nesta clínica, um folheto de informação na língua Portuguesa. Toda a assistência é gratuita e confidencial.

SHONA

Tinokwanisa kukubatsirai nerutsigiro uye kuti munzwisise nezve HIV/AIDS. Bvunzai pakiriniki ino zvinyorwa zviri mumutaurowenyu. Rubatsiro rweese haruna muripo uye hapana mumwe anoziviswa zvamunenge mataura pasina mvumo yenyu.

THAI

เราให้บริการช่วยเหลือและเข้าใจในเรื่อง เชื้อเอชไอวีและโรคเอดส์  
ถามหาแผ่นพับข้อมูลในภาษาของท่านได้ ที่คลินิกนี้  
บริการทุกอย่างจะถูกเก็บเป็นความลับและ ไม่มีค่าใช้จ่ายใด ๆ

TURKISH

Size HIV/AIDS ile ilgili destek sağlayıp anlayışlı bir hizmet verebiliriz. Bu klinikte kendi dilinizde yazılmış olan bir broşür isteyiniz. Bütün hizmetler gizli ve ücretsizdir.

VIETNAMESE

Chúng tôi có thể cung cấp dịch vụ hỗ trợ và thông cảm về HIV/AIDS. Xin hỏi trung tâm y tế về thông tin viết bằng ngôn ngữ của bạn. Tất cả các dịch vụ đều miễn phí và kín đáo.

SWAHILI

Tunaweza kukutoa na msaada na ufahamu kwa HIV/UKIMWI. Omba kliniki hiki kwa kifurushi katika lugha yako. Huduma zote ni siri na bila malipo.



## In This Issue...

### Sonny's Farewell

Positive Life NSW held a special event on 25 March to farewell Sonny Williams, our outgoing CEO.

### A Day in the Life

A photographic composition by people with HIV around NSW.

### Life insurance

Life insurance is now available for some people with HIV in Australia.

### Know your HIV Status

Health Promotion Art Project.

### MARDI GRAS 2014

A pictorial tribute to Positive Life's Mardi Gras entry

### What's the rush?

Managing diarrhoea by using normal foods.

### HALC Free Legal advice

Privacy and Disclosure of HIV Status.



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# Fresh Start

Positive Life NSW is running a program especially designed to help people with HIV to quit smoking

Fresh Start is a peer led course held each week for 4 consecutive weeks.

To register or for more information contact Hédimo on 9206 2173 or [hedimos@positivelife.org.au](mailto:hedimos@positivelife.org.au)

the voice of people with HIV since 1988  
Positive Life NSW

# Guest Editor

**Craig Cooper** CEO, Positive Life NSW



Welcome to the June 2014 Issue # 182 of Talkabout magazine.

In my capacity as the new CEO of Positive Life NSW I also welcome your readership and engagement with the agency. One of the first activities I took part in this year on my return to Sydney was marching with the Positive Life NSW Mardi Gras 2014 Parade Float. 20 of us marched up Oxford St, wearing CHOOSE Treatment Campaign T-shirts and carrying matching placards spreading the message to consider choosing treatment, improving your wellbeing and playing a vital role in reducing the onward transmission of HIV. It was a proud moment for me taking part in the parade. The last time Positive Life NSW was in the parade was 2000.

2014 is shaping up to be a busy year for Positive Life NSW with new programs under way and the IAS AIDS 2014 Conference in Melbourne in July coinciding with the launch of phase 2 of the CHOOSE Campaign. The Positive Speakers Bureau will also launch its new DVD Project at the conference.

July 2014 also marks our 25th birthday, and offers a time to reflect on that journey from our beginnings as a grassroots volunteer community organisation and the changes that have shaped us since our incorporation in July 1989.

The cover of this issue showcases some more recent covers of the magazine. The name "Talkabout" was conceived by the small volunteer collective who published the first issue in November 1988. Importantly they stated in the welcome of that issue that "Talkabout is your voice: a means of getting in touch with others, expressing your experiences and knowledge; hearing news relevant to us - the people living with AIDS". The title "Talkabout: Where we speak

for ourselves" was later adopted from that initial aim and has remained the core purpose of this publication. These sentiments and intention will underpin the transition of Talkabout from a paper publication to a more adaptable and engaging online publication after this issue. We will have the same in-depth, relevant content and personal stories. This will be presented and distributed more frequently and widely through our website, e-newsletters, and social media promoting greater access for the HIV positive community. Talkabout News is now a feature page of Positive Living magazine which is printed and distributed throughout Australia. The changing and increasingly diverse face of people with HIV presents us with both opportunities and challenges to reach all people with HIV.

In this issue A Day in a Life, a new social media project is being launched where people with HIV in NSW are invited to send us a personal photo essay profiling a day in their life, accompanied with a brief story sharing their lived experience. Lance Feeney profiles life insurance for people with HIV in Australia; Jennifer Smythe from HALC discusses issues around privacy and disclosure of HIV status and we profile our presence at both Mardi Gras Fair Day and Parade and Sonny Williams' Farewell in March.

Warm regards

Craig Cooper, CEO.

If you would like any further information about Talkabout Magazine or you are interested in submitting content for future editorial consideration please send your enquiries to [editor@positivelife.org.au](mailto:editor@positivelife.org.au)

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Talkabout thanks those who volunteer their time and skills to the magazine.

Images of people included in Talkabout do not indicate HIV status either positive or negative.

If a person discloses their HIV status in Talkabout, either in a submitted article or in an interview for publication, that personal information is in the public arena on publication. Future use of information about such a person's status by readers of Talkabout cannot be controlled by Positive Life NSW.

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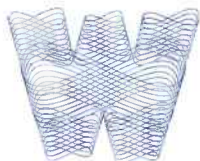
Craig Cooper  
Harry Richardson  
Lance Feeney  
Hedimo Santana  
Jose Machado





# Keeping You Informed

**Jane Costello** President, Positive Life NSW



elcome to the latest edition of Talkabout, and I can't believe we are almost half way through the year already! Here at Positive Life we have had a busy last few months, and this looks to continue with all the upcoming preparations for the International AIDS conference in Melbourne in July.

Our new Choose Campaign which was launched at our World AIDS Day event by the NSW Minister for Health and Medical Research Jillian Skinner highlights the advantages of being on HIV treatment has been a great success and acclaimed widely. This campaign is about the choices we now have around treatment and the health of all people living with HIV, with themes such as 'Choose to treat yourself better'; 'Choose a positive life'; 'Choose to forget what you think you know about HIV medications'; and 'Choose a stronger immune system.' While recognising that the treatment landscape has evolved and changed, we also appreciate that living with HIV is different for everyone, and acknowledge people's right to choose to delay treatment or not to treat. Our new and very stylish t-shirts which mirror the campaign are literally flying out the door! If you would like one please contact our office directly on (02) 9206-2177, and visit our website to find out more - <http://www.positivelife.org.au/health-information/campaigns/choose>.

Our peer inclusive event The Quarterly continues to go from strength to strength with record numbers attending our recent function at the Black Penny Bar and Art Gallery on the Surry Hills/Redfern border. We received such great feedback on the venue that we are holding the next Quarterly event there again on Thursday 28 August from 7 - 10pm. Mark it in your calendar now! Positive Life was also proud to host the Sydney premiere of the play Death of Kings as part of the Mardi Gras Festival. The work which is a cabaret-style performance based on the experiences of a group of gay men in Sydney during the 1980s and the evolving HIV/AIDS crisis, played to sell-out audiences with its clarion call to remember and celebrate. Several of Positive Life NSW's members contributed their stories to the production, and it was a very moving and memorable evening. Speaking of Mardi Gras, Positive Life NSW had its biggest stall and presence at Fair Day yet. We handed out over five hundred show-bags, t-shirts and resources to the many people who came by to meet with us.

2014 has also been a year of change and new opportunities for the organisation. I am delighted to welcome three new Board members to the Positive Life Board, and I would also like to acknowledge the contribution of our two departing Board members. At the end of March we held a leaving function for our departing CEO Sonny Williams who was returning to New Zealand for family reasons. It was a wonderful occasion and absolutely fantastic that so many people turned out to acknowledge and thank him for his leadership, passion and dedication to the role and the work of the organisation. It is as a result of his direction and vision that Positive Life NSW is much better placed for the coming years, and has achieved many of our organisational goals and better able to serve our community and membership.

It has been an honour and a privilege to have worked with Sonny, and on behalf of the Board and staff we wish him well for the future. I would also like to extend a belated welcome to Craig Cooper as our incoming CEO who commenced with the agency in mid-March and brings a wealth of knowledge and experience to the role. Craig has a long history with Positive Life NSW as a former Vice President and Board member, and has worked extensively in the HIV sector in managerial roles for both government and non-government organisations. Please join with me in welcoming Craig back to Sydney and to Positive Life NSW.

The annual Sydney Candlelight Vigil to remember and honour those whom have passed was held on Sunday 18 May at 3.30pm at ACON's and Positive Life's Sydney offices at 414 Elizabeth Street in Surry Hills. This event is held in conjunction with other international events on International Candlelight Memorial Day, and provides an opportunity to pause and reflect on our shared history and where we are now. Our CEO Craig Cooper comments that "being part of a global day of remembrance for the partners, family, and friends we have lost to HIV/AIDS is a meaningful way to pay tribute to them as individuals as well as honour the collective response by our community to the impact of HIV/AIDS".



# Sonny's Farewell

SONNY WILLIAMS FAREWELL

Positive Life NSW held a special event on 25 March to farewell Sonny Williams, our outgoing CEO. It was great celebration of the work and time Sonny dedicated to the agency, and a chance for colleagues, peers and sector partners to say good-bye. Sonny has returned to home to New Zealand and we wish him all the very best for the future.





## News In Brief

Positive Life NSW presents

### the Quarterly

#### The Quarterly

The Quarterly is an inclusive social event for all people with HIV, their family and significant others. It is an opportunity for positive people to get together and celebrate life in a safe, accessible and friendly environment.

### Fresh Start

#### Fresh Start

Fresh Start a program especially designed to help people with HIV to quit smoking. Run over four consecutive weeks, It covers topics like understanding smoking and quitting, coping with withdrawals and becoming a non-smoker forever.

### PEER 2 PEER

#### Peer2Peer

Peer2peer support and discussion group for poz gay men in Sydney. Held every quarter and attended by a diverse group of poz gay men, we meet up to discuss issues that are relevant to us all no matter what age, how long we've been living with HIV, if we're on treatments or not.

### AIDS 2014

#### The International AIDS Society

IAS is the world's leading independent association of HIV professionals, with over 16,000 members from 196 countries. The IAS is responsible for two bi-annual conferences, the International AIDS Conference and the Conference on HIV Pathogenesis, Treatment and Prevention.

The 20th AIDS conference will be held at the Convention and Exhibition Centre in Melbourne, from 22 July to 25 July and expects an attendance of over 25,000 people from all over the world.

our stories  
our words

Positive  
Speakers  
Bureau NSW  
A PROJECT OF POSITIVE LIFE NSW

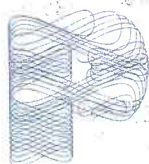
#### The Positive Speakers Bureau

PBS is a program of Positive Life NSW. We offer a range of trained, passionate and committed members of the community living with HIV. People with HIV courageously stand before audiences and educate the wider community.

Positive Life NSW invites you to be  
part of

## A DAY IN THE LIFE

A photographic composition by  
people with HIV around NSW



### Project description

Living with HIV in 2014 differs from person to person. With over 12 thousand people living with HIV in NSW, we have an array of stories to tell. On a personal level we have to deal with issues like diagnosis, access to treatment, family, kids, work, disabilities, disclosure, isolation, partners, and neighbours. On a community level, we still have to fight stigma and advocate for better and more affordable access to health care.

But beyond the challenges that each one of us face, what are the dots that join us together as people with HIV? What is it the common thread that makes us unique or tells us apart from the others?

Whether you are recently diagnosed or living with HIV for a long while, whether you are single, married, gay, bi or straight, living in the city or country town, we want to hear from you.

Share your lived experience, past and present, and be a part of this untold Australian story.

### How to contribute

Like taking photos? Share a slice of your daily life with photos and captions. To do that, choose one day when you can take a photo of yourself at exactly every two hours from sunrise to sunset and post them on our web portal.

For example, what were you doing at 8am on that day? Then at every two hours (10am, 12 noon, 2pm, 4pm, 6pm and 8pm). The photos have to be taken during one day, so please provide the date the pictures were taken.

You can take the pictures yourself or ask someone else to take them for you, but you are the main subject of the pictures. Then send all the pictures to us for inclusion in the project. This is how you join:

Upload your photos directly to our webpage, with a title and caption for each photo and a short description explaining where the photo was taken



Like writing? Tell us a bit of your story; who you are, your diagnosis and HIV experience and where you are heading to in life. Make it about your own experience. In less than 500 words, tell us about how your experience with HIV has impacted the way you live. A couple of paragraphs is fine.

### How will it work?

The project has three main components:

#### 1. Online component

During the first phase of the project, participants will be asked to provide us with their pictures and stories, which will be uploaded to our website and then our Facebook page.

#### 2. Gallery exhibition component

Once we gather enough material, we will go through every entry and select the ones that represent a diverse range of people in our community. We will then mount an exhibition with the photographs and stories, and invite the 'subjects' to chat with people about their experiences.

#### 3. Magazine

We will also produce a magazine with the photographs and records of the exhibition, highlighting people's diverse experiences of living with HIV in contemporary Australia.

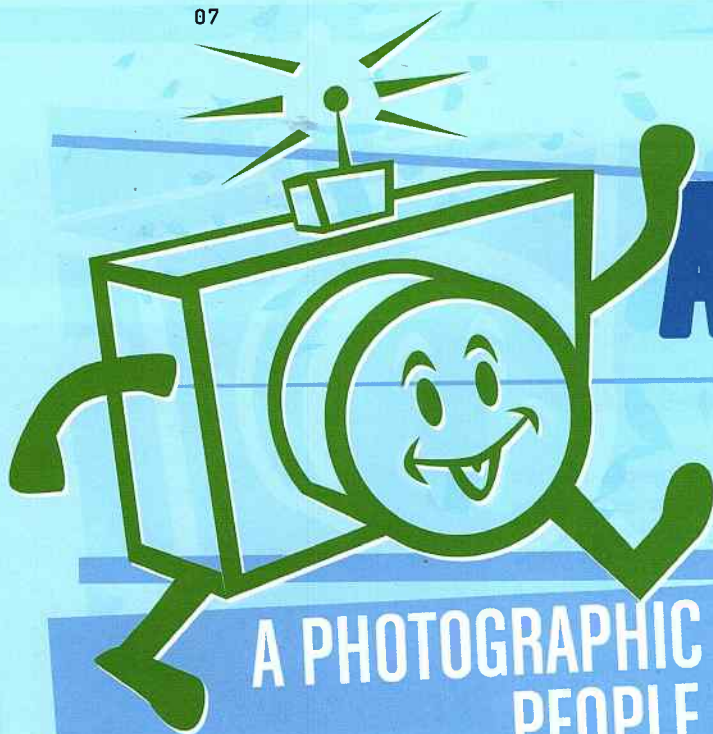
### Check out the project on our website:

[www.positivelife.org.au/peer-support/a-day-in-a-life](http://www.positivelife.org.au/peer-support/a-day-in-a-life)

There are some Terms and Conditions to protect the privacy of other people and minors, so before you submit your contribution, check out the Terms and Conditions Agreement on that page.

For more information, contact Hédimo on 9206 2173 or [hedimos@positivelife.org.au](mailto:hedimos@positivelife.org.au)





# A DAY IN A LIFE

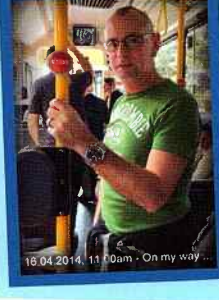
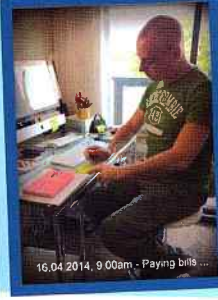
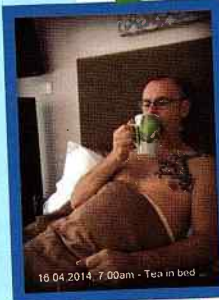
## A PHOTOGRAPHIC COMPOSITION BY PEOPLE WITH HIV IN NSW

Like taking photos? Share a slice of your daily life with a photo and caption and help us tell stories about living with HIV today. To do that, choose one day when you can take a photo of yourself at exactly every two hours from sunrise to sunset and apply as below.

### HERE'S HOW IT WORKS:

1

#### PHOTOS WITH DATE, TIME AND CAPTIONS



2

#### TEXT STORY

Michael goes to the Easter Show on his day off work!

Entries will be selected for an exhibition at a Sydney art gallery later in the year, with stories featuring in *Talkabout*, on our webpage and Facebook page. The best entries will be published as a magazine highlighting people's diverse experiences.



To be part of this exciting project, please contact Hédimio on 9206 2173 or visit our webpage:  
[www.positivelife.org.au/peer-support/a-day-in-a-life](http://www.positivelife.org.au/peer-support/a-day-in-a-life)

**PositiveLifeNSW**  
 the voice of people with HIV since 1988



## Life insurance for some people with HIV now available in Australia

### Lance Feeney reports

Lance Feeney is the policy advisor at Positive Life NSW.

In the early days of the HIV epidemic, people infected with HIV were viewed by Australian companies providing life insurance products, as completely uninsurable. If you had HIV you were routinely declined every type of life insurance without any further consideration. So began the stigmatisation of HIV in the Australian Financial Services market.

Life insurance has always been a service based upon balancing large amounts of statistical data with commercial opportunities. This is easily seen in the treatment of 'smokers' who apply for life insurance and life insurance related products. Based upon statistical data, smokers pay more for their insurance premiums, than non-smokers. This is because large amounts of statistical data suggest that smokers are at a greater risk of disease and death. Life insurance companies seek to offset that risk through higher premiums.

But what happens when there is no statistical data available to make a commercial decision upon? And what happens when this lack of statistical data is about health expectancies of people diagnosed with HIV? The result was 'a blanket refusal for all life insurances for anyone diagnosed with HIV'. This is not surprising. At the time, there was no effective treatment for HIV infection and the average life expectancy was about ten years.

In 1992 the Disability Discrimination Act 1992 (Cth), made it unlawful to discriminate against people with disabilities. HIV was considered a disability in the Act. Life insurance companies were provided with a formal exemption (sect 46) under the Act. So, it was not unlawful for them to discriminate on the grounds of disability 'if the insurer could prove that the refusal was based upon actuarial or statistical data which it was reasonable for the insurance provider to rely upon; or where no such actuarial or statistical data was available and could not reasonably be obtained'. In other words, they could lawfully refuse to provide life insurance to people with HIV because the risk of death was too high.

([http://www.austlii.edu.au/au/legis/cth/consol\\_act/dda1992264/s46.html](http://www.austlii.edu.au/au/legis/cth/consol_act/dda1992264/s46.html)). (<https://www.humanrights.gov.au/disability-discrimination-bill-1992-explanatory-memorandum#clause46>)



However, the introduction of combination antiretroviral therapy in 1995/6 turned around the course of HIV infection and people stopped dying. In 2003, the Lancet published what was to become actuarially significant research from the Swiss HIV Cohort Study, (<http://www.ncbi.nlm.nih.gov/pubmed/13678976>) a large ongoing study of people with treated HIV in seven large Swiss hospitals. They concluded that, there was mounting statistical data evidencing that the death rate in people with successfully treated HIV (not co-infected with hepatitis C) compared favourably with the general population and was no higher than the rate among people with cancer who were successfully treated - a group which was not routinely denied life insurance.

In the UK, Canada, New Zealand and South Africa, life insurance and life insurance products, were now offered to people with HIV. Australia life insurers were more reluctant to change with developments in HIV treatment and life expectancy. Positive Life NSW and the HIV/AIDS Legal Centre Inc. advocated for the Australian life insurance industry to follow their international counterparts and accept that HIV was now a treatable chronic condition and no longer a death sentence. We believed that the blanket ban on people with HIV by Australian life insurers to be unjustified.

In 2013 Positive Life was contacted by Drew Browne, a Specialist Licenced Financial Adviser at Sapience Financial & Investment Services, with a proposal to trial a 'factored approach' to clients with HIV seeking life insurance in Australia. Sapience believed that this approach to specialised risk insurance opened the door for people diagnosed with HIV to life insurance.



Eligibility for PLHIV seeking life insurance through Sapience

**Eligibility is dependent upon:**

- age
- taking HIV treatment
- having an undetectable viral load, and
- not having other serious health conditions.

Two case scenarios on the Unusualrisks website <http://unusualrisks.com.au/casestudies> give an indication of the eligibility criteria for people with HIV:

**Good case scenario for getting life insurance**

- Diagnosed with HIV more than 3 years ago
- Receiving antiretroviral treatment since diagnosis
- Undetectable viral load and no history of an AIDS defining illness
- CD4 lymphocyte count in normal range
- No history of hepatitis C infection
- No history of intravenous drug use

**Best chance scenario**

- Diagnosed with HIV between the ages of 20-39
- Viral load low at time of diagnosis
- Diagnosed with HIV for 5 or more years and adherent to HIV treatment
- Routine blood work, including kidney and liver functions are stable and normal
- CD4 count was high at time of diagnosis
- Hepatitis B surface antigen is negative
- Non-smoker
- Practising safe sex and in a monogamous relationship
- Not being treated for sexually transmitted infections
- Free from early coronary artery disease or renal disease

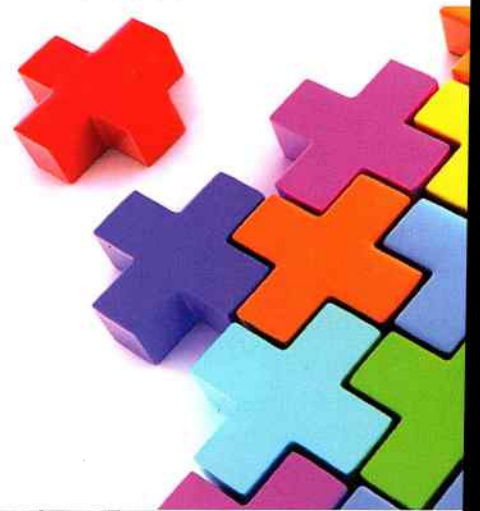
**Fixing old problems with new technologies**

Unusual Risks use on-line technology to anonymously pre-assess your basic medical status without the need to identify you and create a permanent record. In the past, people with HIV who applied for life insurance and were formally declined, had their details recorded. This then lead to them having to declare on any and all future insurance applications, that they had been 'previously declined insurance cover on medical grounds'. If you did not disclose this information you would be deemed to have provided a false statement to the insurer and a claim could later be voided by the insurance company because you had not been truthful. The easy anonymous on-line pre-assessment process developed by Unusualrisks avoids the issue by maintaining anonymity and indicating if you would be eligible for cover or not.

**Underwriting and assessment**

Not everyone has the same degree of risk to a life insurance company. For example, if you are 30 years old and in good health, you would generally be at a significantly lower risk of early death than someone who is 60 years of age with poorly managed health. While there are no certainties in life and a younger person can die earlier than an older person, life insurance is based on a general calculable risk.

Underwriting is the process whereby insurers assess individual risk and decide where to accept an application, and on what conditions. They measure long term patterns in large amounts of statistical data. In general terms, it is all about balancing different occupational & health risk profiles and trying to measure the possible effect of a particular issue happening earlier than statistically expected. This is so that the insurance company can balance any increased risk with an increase in the premiums to cover the risk.





## Life insurance for some people with HIV now available in Australia

### So, what's the process?

Well, it seems quite simple. Here are the steps according to Unusualrisks.com.au

#### Stage 1 Website <http://unusualrisks.com.au/>

- Online information for potential consumers including how it works, what's on offer, FAQs, and pre-assessment tool.

#### Stage 2 Anonymous on-line Pre-assessment

- 60-second anonymous pre-assessment tool that makes an automatic determination according to how questions are answered and helps you pre-assess whether you are likely to get life insurance or not.

#### Stage 3 Underwriting

- If you decide to proceed, Unusualrisks match an applicant's health to the appropriate Life Insurance provider and reinsurer to maximise the chances of a successful application.
- This process can be anonymous so that a decline would not be matched to an identifiable individual.

#### Stage 4 Access

- Once Unusualrisks have an indication of the probable successful outcome, the client is able to access the Life Insurance policy like any other individual.
- For added privacy, after a successful pre-assessment, all following work is completed through their parent brand Sapience Financial & Investment Services. This way, no one but you and your adviser know that you used the online pre-assessment service to start the process.
- By understanding the product providers current medical requirements, this service seeks to better pre-match an individual's personal situation with the most appropriate insurance provider.
- The result minimises an applicant's exposure to medical assessments in an unrepresented and identifiable environment.
- They have a 30 second online tour available as an overview <http://unusualrisks.com.au/tour>

So there you have it. Positive Life NSW and the HIV/AIDS Legal Centre have looked at the proposal, the website material and the Australian Financial Services Licensee details extracted from ASIC's database. This includes:

Affinia Financial Advisers Limited -  
AFS 237857 [affinia.com.au](http://affinia.com.au)

Drew Claude Browne -  
AFS Representative 275198 [drewbrowne.com.au](http://drewbrowne.com.au)

Sapience Corporation Pty Ltd  
AFS Representative 275199 [sapience.com.au](http://sapience.com.au)

We recommend that you check the product out for yourselves and direct any further questions to Drew Browne.

## The signs of HIV infection?



Positive Life NSW would like to talk with men and women with HIV about how they were feeling prior to receiving their HIV diagnosis.

In particular:

- ▶ people who remember their early HIV infection or seroconversion
- ▶ people who had a CD4 count below 350 when diagnosed.

To be part of a focus group or for a one-on-one confidential interview, call Lance on 9206 2174

or email: [lancef@positivelife.org.au](mailto:lancef@positivelife.org.au)

You will be remunerated for your time.

**PositiveLifeNSW**  
the voice of people with HIV since 1988



Positive Life NSW  
presents

# the Quarterly

**an inclusive  
social event for  
all people with HIV,  
their family &  
significant others**

Thursday 28 August 7pm to 10pm  
Light snacks and drinks provided  
Black Penny Gallery and Bar  
648 Bourke St Surry Hills

for more info contact Hédimo  
on 02 9206 2173 or  
[hedimos@positivelife.org.au](mailto:hedimos@positivelife.org.au)

the voice of people  
with HIV since 1988

**Positive  
Life**NSW



## Know your HIV Status

**Paul R Maudlin OAM, JP**  
 Manager Positive Support Network



The Positive Support Network (PSN) is a Central Coast Community based Non-Government Organisation located in Gosford that's been providing care, support, peer education and HIV sexual health promotion services to People Living with HIV (PLHIV) and the broader community since 1991.

PSN undertakes various HIV Health Promotion campaigns from time to time and our Health Promotion Art Project commenced in June 2013 after interest was flagged by Humanities Staff at Ourimbah TAFE. The project had two components to it, these being for the design of HIV Health Promotion artwork and text suitable for a highly visible Central Coast roadside billboard and also for a series of half page display HIV/STI health promotion advertisements in four of Ducks Crossing Community Newspapers over a two month period. The project wanted to raise awareness about HIV and other Sexually Transmitted Infections in the broader community as well as other affected groups over a two month period which included AIDS Awareness Week and World AIDS Day (24/11/13 to 1/12/13). With the billboard we wanted to get an appropriate message out that was in line with the NSW 2012-15 HIV Strategy's Treatment as Prevention theme and we thought it important to make it non gay male specific (which the majority of similar projects quite rightly tend to target). The majority of funding for this unique initiative was provided by a MacKillop Projects Funding Grant through AIDS Council of NSW Hunter Branch.

The project sought to collaboratively involve students, staff and clients of the following organisations in conjunction with clients of PSN, Ourimbah TAFE (Cert 4 AOD/Mental Health, Youth Work & Community Services students), Regional Youth Support Services (GenQ Gosford/San Remo), Children & Young people

Mental Health (CYPMH), Gosford Headspace, PFLAG Central Coast, Karumah Positive Living Centre Newcastle, AIDS Council of NSW Hunter, CCLHD (AOD Staff and Sexual Health Clinic). Initially a completion was suggested whereby clients of the above organisations could participate and be responsible for all design aspects of the project subject to PSN Management approval. This did not occur quite the way we had intended and instead was left to the Manager and clients of PSN, AOD and Sexual Health Staff CCLHD.

What resulted was a very unique eye catching HIV Health Promotion message ("Know your HIV status" and "Get Tested, Help End HIV") with graphics boldly displayed on a fully reflective skin on one of the northbound 6.28 x 3.3 metre billboards on the Pacific Highway at Ourimbah South from 4/11/13 to 29/12/13. Additionally, Ducks Crossing Publications sponsored our additional HIV/STI Health promotion series of half page colour display advertisements in their community newspapers Out & About, Coast & Community News, Wyong Regional Chronicle and Peninsula News (3 editions of each paper) over a 6 week period from mid-November. It is estimated that potentially 50,000 people daily passed the billboard either in a car/bus, on train or walking. Ducks Crossing Publications distributes 100,000 copies of their papers monthly. At this stage it is impossible to gauge the effects of our campaign other than to say that very good HIV/STI messages were put out in the public domain and time will tell whether there is an uptake in Sexual Health services locally in the future. At the time of writing this article, the NSW Sexual Health Infoline were investigating whether they'd had an increase of enquiries as a result of our campaign from the Central Coast compared to the same period in 2012.





# GENESIS

FOR GAY MEN  
WHO'VE BEEN  
DIAGNOSED WITH  
HIV WITHIN THE  
LAST TWO YEARS

## ABOUT GENESIS:

This workshop is designed to help you make sense of the range of issues confronting you after diagnosis.

**DURATION:** One weekend

## IN A SAFE & CONFIDENTIAL ENVIRONMENT GENESIS EXPLORES:

- HIV and treatments
- Working with your doctor
- Disclosure – when, who and if?
- Keeping yourself and your partners safe

## MOST IMPORTANTLY, GENESIS...

connects you with other men going through a similar experience of HIV.

## FOR MORE INFO:

**Contact:**  
ACON's HIV Programs

**Tel:**  
(02) 9206 2000

**Email:**  
[hivliving@acon.org.au](mailto:hivliving@acon.org.au)

**Visit:**  
[www.acon.org.au/genesis](http://www.acon.org.au/genesis)

This workshop is a collaboration between:





# Mardi Gras

Hédimo Santana



Positive Life enters the Mardi Gras Parade after a long and noticeable absence, reports Hédimo Santana

Not since 2000 has there been a visible poz presence in the Sydney Gay and Lesbian Mardi Gras parade. Why? A few things get people scared: fear of discrimination, real or imagined stigma and the possibility of a later sexual rejection if one is 'outed'. These are some strong reasons that keep poz people on the sideline.

An extraordinary irony is that while effective anti-HIV medications got people out of hospital beds and on with their lives, with fewer and fewer people dying, AIDS became largely invisible throughout the years, to the general community as well as the gay community.

One may argue that it is up to people with HIV to just realise that stigma and discrimination happen and fight back. But the reality is that the serocloset is a safe place to be! And it is even more so when you have a chronic condition to nurture and nourish, so the last thing you want is to add the stress of unwelcome judgement, sometimes from your ... peers! And here's one of the main reasons why most people fear the idea of being out and about as Poz.

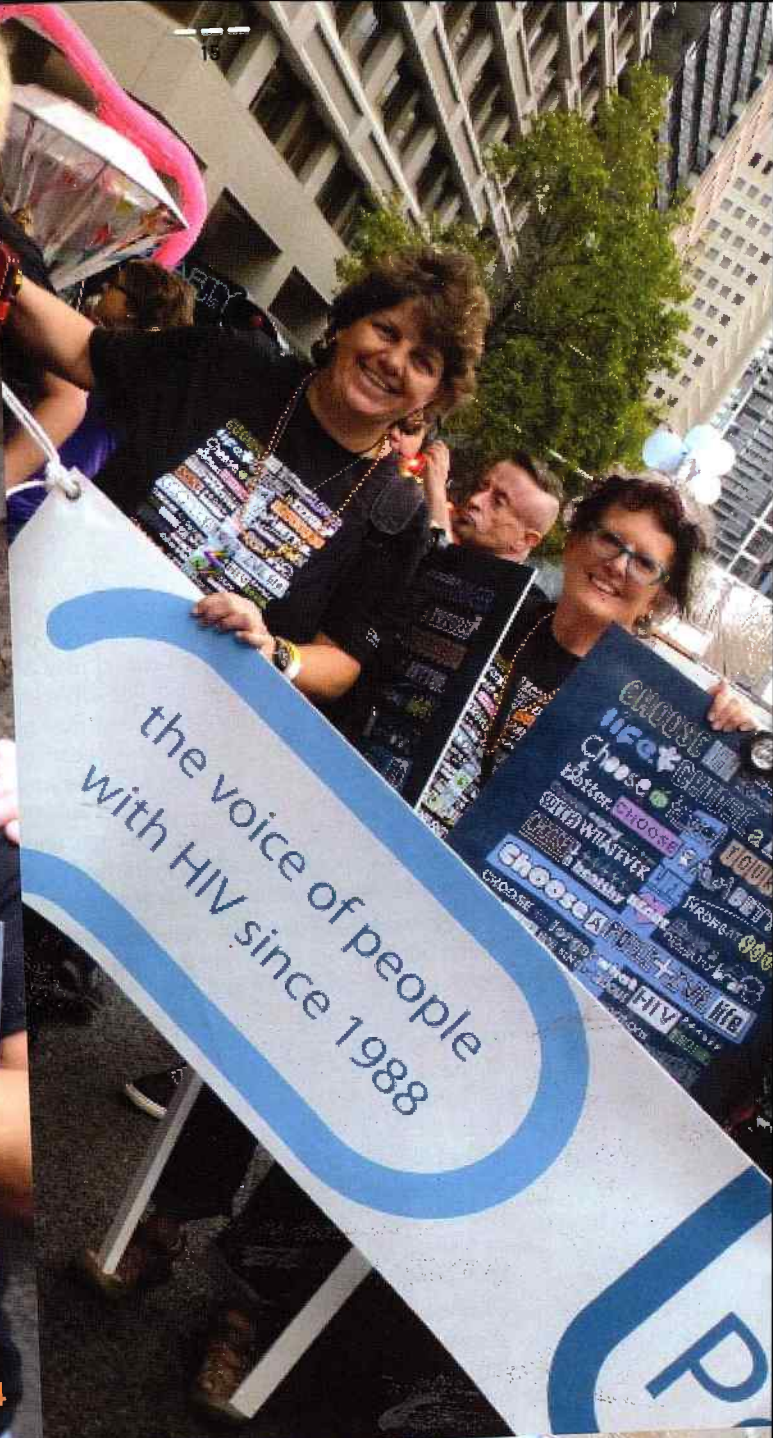
Nevertheless, despite organisations like Positive Life NSW working hard to make living with HIV as normal as it can be stigma and discrimination persist and impact on people's confidence.

So after a few rather frustrating attempts at bringing people together, this year Positive Life NSW had an entry in the Mardi Gras parade, albeit a very small one. Wearing the Choose Treatment campaign T-shirts and carrying campaign placards, a group of 20 staff, board and volunteers walked Oxford Street to spread the message and encourage people with HIV to choose treatment and to play an active and vital role in preventing HIV transmission.

The funny thing was to see the cheerful welcome from the poz faces in the crowd as we marched! Each section of the "golden mile" was populated by the very faces that could have been parading with us! It felt really good to walk up Oxford Street with the Positive Life NSW banner and to be recognised, applauded and encouraged by the community. But as a friend said, it could have been even better if the poz folks watching the parade had joined us, openly declaring their status in a 'me too' moment of defiance against HIV stigma. Unfortunately the parade rules prevent that level of spontaneous involvement from spectators. Let's hope more people come forward to join our next year's Mardi Gras entry.



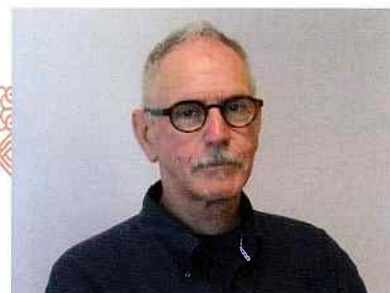




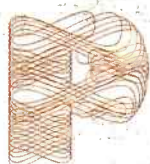


## Serophobia, HIV stigma, discrimination and the serocloset

Lance Feeney



Lance Feeney  
Policy Advisor at Positive Life NSW



People with HIV have a personal potential and responsibility to step up and play an important and vital role in addressing HIV-related stigma and discrimination. This year, Positive Life NSW had an entry in the Mardi Gras parade. Wearing the Choose Treatment campaign T-shirts and carrying campaign placards, a group of 20 staff, board and volunteers walked Oxford Street to spread the message and encourage people with HIV to choose treatment, and to play an active and vital role in preventing HIV transmission.

My partner Geoff Honnor observed that it might have been better if we had organised HIV-positive people to walk in the parade and openly declare their status in a 'me too' moment of defiance against HIV stigma. He was challenging the fact that HIV in 2014 is largely invisible and he has a point! HIV/AIDS wasting syndrome and Kaposi's sarcoma are rarely seen these days and HIV is considered to be a chronic condition where HIV-positive people take a few pills each day and get-on with their lives. This reality has permitted many people with HIV to silently slide into the HIV serocloset – a place where disclosure is optional or viewed as unnecessary, and where the individual and their personal ethics dominate the discourse.

So who can blame them, you might ask? Well, HIV-related stigma is alive and well and unfortunately encountered far too frequently. We still inhabit a world where an HIV-negative gay man will bareback with someone who tells him they're HIV-negative at the last test (a dubious and doubtful HIV prevention strategy) and shuns someone who bravely discloses they're HIV-positive (when there's a good chance they are on treatment and have an undetectable viral load). We hear stories where the jilted boyfriend goes to the police after finding out the jilter had HIV and didn't disclose to him, despite the fact that condoms were always used. And, we experience an online environment where gay men who disclose their HIV status are abused and marginalised. There's not much you can do about stupidity, prejudice and serophobia, but it begs the question; why would you want to associate

with these people; much less have sex and intimacy with them? Move on!

Of course the elephant in the room that's not acknowledged is – you can live well with HIV and it's no longer the boogie man! While it might be a fact that very few people want to be infected, if they are, it's something that they'll probably deal with and get over. They'll adjust to the diagnosis, take effective treatments and go on to live a near normal life span. Getting HIV in 2014 isn't the horror story that it once was, despite the fact that some sections of the HIV health care service sector continue to pathologise and dramatise the impact of a diagnosis. Heterosexuals who get HIV have a far more difficult time. They deal with the presumption of being gay, or an injecting drug user, or sex worker. This happens to them within a general cultural environment that is a lot less forgiving. So, one has to wonder why more HIV-positive gay men don't come out of the serocloset. Sexual and emotional rejection are a part of life. HIV-negative gay men are rejected all the time on the basis of unattractiveness, poor social skills, inadequate equipment and taste. To blame serostatus for rejection is to ignore the many underlying factors that influence personal choice. And, let's face it; 'hot' will usually trump serostatus just about every time!

One of the most effective ways to combat the issue is to be open about your HIV status. HIV-related stigma and discrimination can only flourish in an environment where people with HIV are silent and hide. It's a virus after all. So, find some of that condition du jour (resilience), and come out of that serocloset. Exercise some personal power and agency to combat HIV-related stigma and discrimination. Don't let ignorance and stupidity go unchallenged and remember that most educated and civilised HIV-negative gay men will treat you with dignity and respect. As for the others; well I'll leave that to your imaginations and powers of rejection?

*This article was first published in the Communities Column of SX Magazine on 6 March, 2014.*

# youme&hiv

the serodiscordant couples study

Here's your chance to tell your story!

Be part of the first major study focused on the experiences of both gay and heterosexual couples with mixed HIV status (serodiscordance, pos/neg).

The aim of the study is to understand the needs of couples and to develop key recommendations for policy, prevention and health promotion.

The study will explore the social and sexual aspects of your relationship, and your use of health-related services. We also want to hear what you think about current plans to greatly reduce the HIV epidemic in Australia and globally.

## What's involved

A confidential research interview will be held at a time and place convenient to you, taking 1-2 hours.

Both you and your partner can participate in the study but all participants are interviewed separately.

Reimbursement for out-of-pocket expenses (such as travel costs) and time spent is available to participants if required.

## To find out more

For more information or to organise an interview, go to <http://nchsr.org/youmeandhiv/> or contact Asha Persson on (02) 9385 6414 or at [a.persson@unsw.edu.au](mailto:a.persson@unsw.edu.au)

National Centre in HIV Social Research

Level 3 John Goodsell Building  
The University of New South Wales  
Sydney NSW 2052  
<http://nchsr.arts.unsw.edu.au>

We'd like to talk  
to you if you ...

are in a relationship with  
someone who does not have  
the same HIV status as you ✓

have been sexually active  
during the relationship ✓

live in Greater Sydney,  
Central Coast, Hunter/  
Newcastle area, or Northern  
Rivers region ✓

The Serodiscordant Couples Study is led by the National Centre in HIV Social Research at The University of New South Wales in collaboration with multiple HIV community organisations and research centres.

This study has been approved by the UNSW Human Research Ethics Committee (approval number HC12627) and is being funded by NSW Health and the Australian Government Department of Health and Ageing.





## What's the rush?

### Managing diarrhoea by using normal foods



#### What is diarrhoea?

Diarrhoea is when a person experiences three or more daily episodes of loose, watery stools per day, or more frequently than is normal for the individual.

What are the problems with having diarrhoea?

Ongoing or chronic diarrhoea has been associated with significant morbidity, weight loss and malnutrition and a decrease in the quality of life. Having diarrhoea can cause hassles in your intimate and sexual relationships, home and work life, social outings, exercise, sport and travel. When you're out and about there is the concern of where the closest toilets are and what to do if you have an accident.

#### Who gets it and why?

Anyone can get diarrhoea but it is common issue for PLHIV. There are many causes of diarrhoea for PLHIV such as infections, parasites, bacteria, viruses and the side effects of medications including HAART.

#### What can you do to fix it?

Many PLHIV have chronic diarrhoea and over the years have come to accept it as normal but in doing this they put themselves at risk of weight loss and nutrient deficiencies. Tell your HIV doctor if you are experiencing diarrhoea as they will need to investigate, because diarrhoea is a symptom rather than a cause. If the cause of your diarrhoea is due to your HIV medications then in discussion with your doctor you need to evaluate whether the benefits of the medications outweigh the diarrhoea side effect. If it is in your best interest to keep to your medication regime then you can consider using an anti-

diarrhoea medication or you could try some dietary modifications to reduce the severity and frequency of diarrhoea.

#### Diet can help stop diarrhoea

All food and drinks follow the same highway. They go in one end and come out the other, however, along the highway (our gastro intestinal track) things can get a little crazy and rather than exiting in a formed fashion at regular intervals, it all comes out watery and loose, without much warning.

There are definitely known foods and drinks that can improve diarrhoea and other foods and drinks that can make the diarrhoea worse.

1. Fibre is one of these items that can work for you or against you when it comes to diarrhoea. There is soluble fibre that acts like a sponge and insoluble fibre which is like wood chips in water. So aim to increase soluble fibre in your daily diet and reduce insoluble fibre
2. Caffeine, spicy foods and sugar can speed up your digestion and overstimulate your bowel and trigger an episode of diarrhoea
3. Fatty and gas producing foods can cause discomfort in your gut
4. Lactose is a natural sugar found in dairy foods and the part of your gut that digests lactose may not be working properly when you have diarrhoea
5. Meal size causes a gut reaction, so go small and avoid large
6. Fluids need to be replaced because you're losing lots of it with diarrhoea



### Foods that help

- White bread, white rice and white pasta
- Eat the flesh of vegetables and fruit and discard the skins
- Try oats, Corn Flakes or Special K for breakfast
- Choose steamed dim sims or Vietnamese spring rolls over the deep fried kind
- Choose pasta with a tomato based sauce rather than a cheesy sauce
- Trim the fat off meat and use less oil in cooking
- Try a kebab without cheese and chilli rather than pizza
- Small amounts of hard cheese or low fat yoghurts are okay for most people and are a source of calcium in your diet
- Lactose free milks such as Liddells or Zymil found in all major supermarkets
- Eat small frequent meals
- Water, weak cordial, weak tea or herbal tea
- Diluted sports drinks can help with electrolyte replacement
- Metamucil or if you prefer a less processed product then try psyllium husk, available from natural health food stores. Up to 2 tablespoons per day can be tolerated. Its important to take fibre supplements at least 2 hours apart from HIV medications because they can affect drug absorption

### Foods that can make diarrhoea worse

- Multigrain or brown bread, brown rice and brown pasta
- The skins on vegetables and fruit just eat the flesh
- High fibre breakfast cereals
- Coffee
- Energy drinks
- Chocolates
- Strong tea
- Fruit juice    Soft drinks
- Lollies
- Sweet biscuits and cakes
- Chilli or lots of spice
- Pizzas with cheese and lots of fatty meat
- Brussel sprouts, cauliflower, cabbage
- Avoid large meals
- Milk, ice cream, soft cheese and cream

**If you are a person living with HIV and live or receive your health care in the inner west and would like to have a consultation with a dietitian please contact Redfern Health Centre on 93950444.**

PEER 2  
PEER

PEER2PEER – a new peer-led support and discussion group open to all gay men with HIV. Come and share your experiences with other positive men in a friendly and safe environment. Grow your friendship network.

Thursday 12 June from 6.30pm  
at 414 Elizabeth Street, Surry Hills  
(a short walk from Central Station).

A light supper will be served.

To RSVP, call Hédimo on 9206 2173 or  
email [hedimos@positivelife.org.au](mailto:hedimos@positivelife.org.au)

P2P

the voice of people  
with HIV since 1988

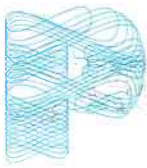
Positive  
LifeNSW

[www.positivelife.org.au](http://www.positivelife.org.au)



# FAIR DAY

Hédimo Santana



Positive Life NSW stood out at Fairday 2014. With 3 stalls, over twenty volunteers plus a number of staff and Board members, we had a very busy presence at last Sunday's Fairday.

We took the opportunity to launch our newest campaign, "Choose", which encourages people with HIV to get treated as early as possible and in doing so, take advantage of the great developments in treatment.

Apart from the posters, fridge magnets and the very attractive and well sought-after campaign t-shirt that was worn by everyone on the stalls, we included a number of other resources in our show bags. Over 500 of those were distributed within the first two hours for the Fair.

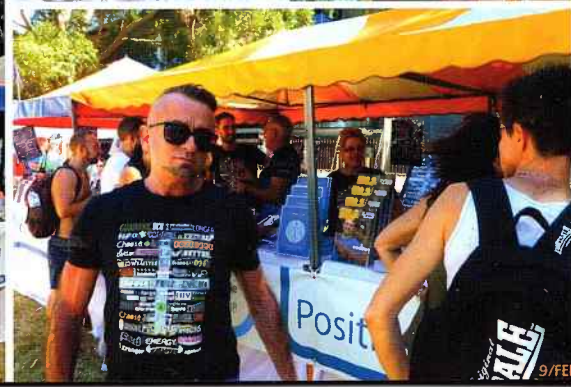
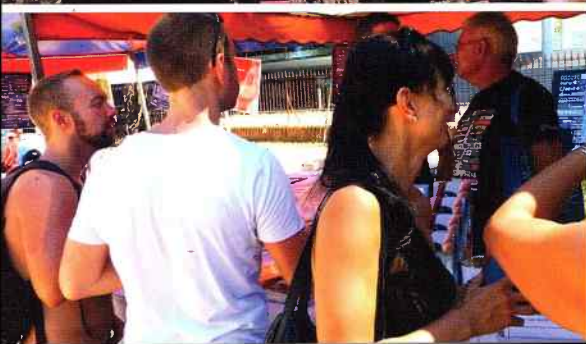
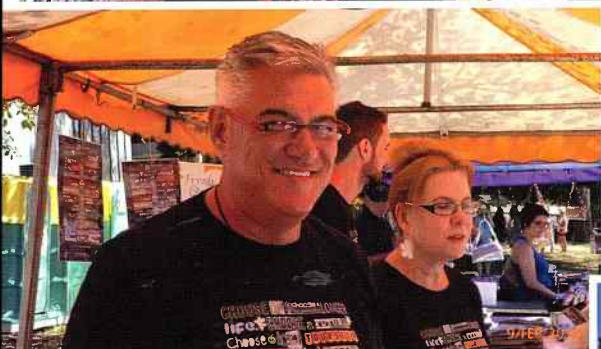
The stall was well visited, with people from all walks of life

stopping by to pick up resources and enquire about our services. Others came to ask for referral to HIV services and organisations, while many others came to have a chat, socialise and spend quality time with other members of the organisation that had stopped by.

The traditional end-of-the-afternoon rain pour that sends us running for cover never eventuated as the beautiful blue sky held out throughout the day. And the warm temperature kept fair goers happy and constantly moving.

By 4pm, most of the resources we took to the Fair were gone, making the pack up and departure as easy as a breeze. Left behind were fond memories of a day that puts Positive Life in the community spotlight, and provides us with the chance to relate to our members and broader community on a level we could not otherwise do.

We're certainly looking forward to repeat this feat next year, and take the opportunity to thank the many volunteers that came to help out throughout the day.







## Enhanced Medication Access (EMA) Scheme

# Picking up your HIV meds has just become easier

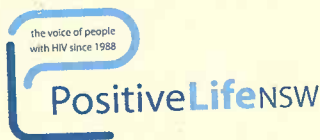
The Enhanced Medication Access Scheme (EMA) is a scheme that allows you to have your HIV medications delivered to your home, work, or a pharmacy of your choice.

The EMA is operating in both inner-city, outer metropolitan and regional areas of NSW.

To enrol in the scheme talk to your HIV prescribing doctor.

For more information, visit:

[www.positielife.org.au/hiv-services/ema-scheme-easy-delivery-your-hiv-meds](http://www.positielife.org.au/hiv-services/ema-scheme-easy-delivery-your-hiv-meds)





# HALC

## Free Legal advice

Jennifer Smythe

### Privacy and Disclosure of HIV Status

A fair few enquiries to HALC deal with privacy, particularly disclosure of one's HIV status. The privacy laws are all over the shop, and can range from being pretty ineffective to quite useful. A lot depends on who discloses the information and the context. Doctors, insurers, employers – it's a reasonably safe bet that there's some action you can take there. Where there really isn't much come back is where the person doing the telling is a friend, a relative, a casual acquaintance or any of those hundred-odd people who you don't have any specific relationship with that the law might recognise. What makes it much worse is when the telling is via a social media platform (such as facebook or grindr), particularly the sort where people can be anonymous and nasty in the way that only anonymity seems to generate.

There's a multitude of reasons for why there's not much action that can be taken that, when put together, are pretty much insurmountable. Firstly, there's very little in the way of law that prohibits gossip or malicious rumour. If the conduct was in public and particularly vile or defamatory, that could give rise to some claim but most conduct doesn't fall within these fairly strict limits. At any rate, an action in defamation is generally only worthwhile if you're either Gina Rinehardt, or you happen to be suing Gina Rinehardt, which is to say that it's a pretty expensive



course of action that only has a point if the person you're suing has a bit of cash.

Secondly, getting information out of most of the social media platforms is extremely difficult, which is particularly problematic when the trolls are anonymous. You can't get their personal details without some form of Court ordered subpoena, and you can't lodge any sort of Court application unless you have some personal details. To make it worse, most of the social media platforms are not based in Australia and so Australian Courts may not have jurisdiction. Finally, local police and courts have expressed a lack of enthusiasm for matters that involve the internet as they tend to hold the view that it is a federal jurisdiction, not a state matter.

What does this mean? Well, firstly most of these social media sites are pretty good at taking material down and that's often the only option available. You should, however, ensure that you take some screen shots of the offensive material, the other person's account, the full chain of conversation and any other relevant material so that you have evidence of it occurring should that be necessary later. With repeat offenders, you should contact us – there may be some options and it is a developing area of law so there may well be options in the future. Most importantly though, sensitive information – and that includes many, many things – should be treated carefully.

We as a society have enthusiastically embraced technology such as social media over the last decade, but we haven't yet found our feet with using it appropriately. Consider the number of people who have posted entirely inappropriate comments about their co-workers on facebook only to realise the next day that their sister's friend's husband is their boss and that their job is now gone. Control of information once it's posted on the internet is extremely difficult and that requires a corresponding level of caution in the release of information – it's not the same as an intimate conversation with a friend. It's in print, forwardable and permanent.

The HIV/AIDS Legal Centre offers free legal advice and representation to HIV positive people in NSW. If you have a legal problem, call HALC on 9206 2060 or Freecall (for regional areas) 1800 063 060 or visit the website at [www.halc.org.au](http://www.halc.org.au).





## WHAT CAN YOU DO ABOUT DISCRIMINATION OR VILIFICATION?

If you feel that you have been discriminated against or victimised, you can make a complaint to the NSW Anti-Discrimination Board or the Australian Human Rights Commission.

Complaints of vilification can also be made to the Board.

HALC can provide you with legal advice and representation to help you with your complaint.

**CALL 1800 063 060**

**HIV/AIDS  
LEGAL CENTRE**  
[www.halc.org.au](http://www.halc.org.au)

THIS INFORMATION IS NOT LEGAL ADVICE

THIS INFORMATION IS CURRENT  
AS AT 1 JANUARY 2012

## WHEN IS IT UNLAWFUL TO DISCRIMINATE ON THE BASIS OF HIV STATUS?

- In employment generally, including when you apply for a job and at any time during your employment
- In education
- When you try to get goods and services, for example from shops, banks or medical practitioners
- When you try to enter or join a registered club, or when you are inside one

There are exceptions making it lawful to discriminate in these areas, such as when not discriminating would result in an "unreasonable cost" to the employer or service provider.

## WHAT IS VILIFICATION?

Any act in public that encourages hatred, contempt or severe ridicule of a person because of his or her HIV status (actual or assumed) is called vilification. Vilification on the basis of a person's HIV status is unlawful in NSW. Vilification on the basis of a person's sexuality is also unlawful in NSW.

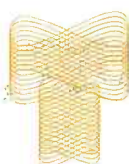
## HAVE YOU BEEN VICTIMISED?

Complainants are protected under both NSW and Federal discrimination law. It is an offence to cause harm to a person because they have complained of discriminatory conduct, or lodged formal complaints. This is called "victimisation" and can also be the basis for a complaint.

414 Elizabeth Street Surry Hills 2010 PO Box 350 Darlinghurst NSW 1300  
Tel: (02) 9206 2060 Fax: (02) 9206 2053 Freecall: 1800 063 060 email: [halc@halc.org.au](mailto:halc@halc.org.au)



# SHIGELLA



oward the end of 2013 there was an increase in Shigella notifications in Sydney among Gay Men (men who have sex with men). This increase has continued into 2014 and doctors have reported encountering complications when treating Shigella in Gay Men with HIV.

Shigella (Shigellosis) is an infectious disease caused by a group of bacteria called Shigella, the most common of which in the Sydney outbreak is *Shigella sonnei*. There have also been some cases of *Shigella Flexneri*. There have been reports of HIV positive Gay Men being admitted to hospital with severe infections and associated complications. Shigella infection can cause severe and debilitating diarrhoea.

**Transmission** - Shigella bacteria are found in faeces and can also be present in contaminated food. Shigella is highly infectious, regardless of whether or not a person has HIV. Shigella is transmitted by contact with very small amounts of human faeces. This can occur as a consequence of poor hygiene, for example, by not washing hands after having diarrhoea, or during sexual activities. Examples of sexual activities include: rimming, fingering, fisting, anal sex, handling sex toys after use in the anus, used douching equipment and oral sex can all contribute to infection. Additionally, the bacteria may pass from dirty fingers to the mouth.

**Prevention** - Basic hygiene and hand washing will reduce the risk of transmission. Wash your hands with warm water and soap, after sex, after using the toilet and before preparing food. Use a condom for anal sex, latex gloves for fingering and fisting, and a latex square for rimming.

Don't share sex toys unless they're washed or covered by a new condom each time they are used. It is best not to prepare food for other people while you have symptoms. Don't share towels and clean taps, door handles and the toilet with hot soapy water.

**Treatment** - If you have: severe diarrhoea; blood in the diarrhoea; and a low CD4 cell count (less than 200 copies), you should see a doctor urgently. Shigella can be successfully treated with antibiotics. Treatment can also reduce the risk of passing the infection on. Shigella can be resistant to some antibiotics, so the doctor will choose the treatment based on the strain of Shigella and if there is a resistance to particular antibiotics. Analysis of a faeces sample will identify the strain of Shigella.

Drink plenty of water and you could also use rehydration drinks to replace the salts and water that you have lost. Once you have had Shigella, you are unlikely to get infected with that specific type again for at least several years. However, you can still be infected with other strains of Shigella.

It is best if you stay away from work, school, college, etc for at least 48 hours after the last episode of diarrhoea or vomiting. Avoid contact with other people as much as possible while you're infectious.

**More information** - Please talk with your doctor. While you're at the doctors, please remember to ask for a sexual health screen, including tests for gonorrhoea, chlamydia and infectious syphilis. We've received advice that there continues to be high rates currently of these infections in HIV+ Gay Men.

If you feel you need support from a peer with HIV, please contact us on the contact page of our website or call us on 02 9206 2177.



## Tree of Hope

For people living with HIV, their family and support person.

**PLEASE NOTE - WE HAVE MOVED**

2C West Street (Cnr Thomas St) Lewisham NSW 2049  
PO Box 360 Summer Hill NSW 2130



CatholicCare

T 9509 1240 (direct)  
E [treeofhope@catholiccare.org](mailto:treeofhope@catholiccare.org)  
W [www.catholiccare.org](http://www.catholiccare.org)





# Directory

## The Albion Centre

Albion Street  
150-154 Albion Street  
Surry Hills NSW 2010  
Tel: 02 9332 9650  
Pharmacy hours:  
Monday-Wednesday 9.00-17.30,  
closed 13.30-14.30  
Thursday 9.00-19.00,  
closed 13.30-14.30  
Friday 9.00-15.45,  
closed 12.30-13.30

## Prince of Wales Hospital

High Street  
Randwick NSW 2031  
Tel: 02 9382 2332 (switch)  
Pharmacy hours:  
Monday-Friday 10.00-17.00,  
closed 13.00-14.00

## Royal North Shore Hospital

Pacific Highway  
St Leonards NSW 2065  
Tel: 02 9926 7015  
Pharmacy hours:  
Monday-Wednesday, Friday  
8.30-17.00  
Thursday 8.30-17.30

## Royal Prince Alfred Hospital

Building 11, Missenden Road  
Camperdown NSW 2050  
Tel: 02 9515 6111  
Pharmacy hours:  
Monday 8.00-17.00  
Tuesday 8.00-7.00pm  
Wednesday-Friday 8.00-17.00

## St George Hospital

Gray Street  
Kogarah NSW 2217  
Tel: 02 9113 3051  
Pharmacy hours:  
Monday-Friday 10.00-17.00

## St Vincents Public Hospital

Victoria Street corner of Burton  
Street  
Darlinghurst NSW 2010  
Tel: 02 8382 2594  
Pharmacy hours:  
Monday-Friday 9.00-17.00  
Thursday 9.00-19.00  
clinical trials 9.00-17.00  
**Sydney Hospital**  
Macquarie Street  
Sydney NSW 2000  
Tel: 02 9382 7379  
Pharmacy hours:  
Monday-Thursday, Friday 8.00-17.00  
Wednesday 9.00-17.00

## Westmead Hospital

Corner of Hawkesbury  
and Darcy Roads  
Westmead NSW 2145  
Tel: 02 9845 6542  
Pharmacy hours:  
Monday-Friday 9.00-17.00

**be** Body Electric Inc.  
[www.bodyelectricoz.org](http://www.bodyelectricoz.org)



Body Electric is a not-for-profit organisation that conducts experiential personal growth workshops for men, mostly in retreat settings, and in an environment that is safe and honouring. All sexual orientations are celebrated and all spiritual paths are honoured.

Body Electric is dedicated to building an open-hearted community of men who celebrate their gifts of erotic energy and diversity to create more exciting, aware, compassionate and fulfilling lives through its workshops, supporting events and other courses.

We teach our workshop participants how to awaken and sustain full-body erotic energy through the power of touch while connecting profoundly with other men so that they can enjoy greater self-acceptance as an erotic being.

Body Electric's flagship weekend experiential workshop is **Celebrating the Body Electric**, a physical, emotional and erotic start to your own journey and the gateway to our other workshops and events.

Visit our website to connect with us, subscribe to our newsletter or to register your interest in attending a workshop at [www.bodyelectricoz.org](http://www.bodyelectricoz.org)

**Celebrating the Body Electric**, our flagship workshop is generally presented twice a year in Sydney and Brisbane and once a year in Melbourne. Still ahead in 2014 are:

**27-29 June:** Celebrating the Body Electric - Sydney

**15-18 August:** Celebrating the Body Electric for Women - Northern Rivers. This amazing workshop is presented to women in Australia for the first time.

**12-14 September:** Celebrating the Body Electric - Sydney

**17-20 October:** Celebrating Mature Eros - Sydney  
A new workshop that addresses eroticism and intimacy in men as we age in our modern culture, open to CBE Graduates only.

**7-9 November:** Celebrate the Body Electric - Melbourne

**14-16 November:** Celebrate the Body Electric - Brisbane



# Olga's Personals

## MEN SEEKING MEN

**Late 30's** Bi guy, 6ft tall slim lean build, dark brown hair, some tats and piercings and smooth bod. Seeking friendship and hopefully love with like-minded person. Also looking for mates to watch rugby, fellow bikers to ride with down the coast and countryside on weekends or just a buddy for a night out in town for movie and dinners. **Reply 300314**

**Western NSW** early 40s, good-looking, fit and healthy (5'11, 78kg) guy in Dubbo area. Into exercise, bushwalking, meditation and quiet nights. WLTm other poz guys for friendship/relationship. ALA. **Reply 280711**

**Mature guy** 77yo, HIV+ for 18 years, totally passive. WLTm active guy who likes older men for friendship, sex, maybe more. My interests include travel, historic houses and architecture, gardening, classical music, concert-going. Share accommodation available for the right guy. **Reply 020911**

**South Coast NSW** 50yo poz guy, 5'10", 79kg, MO, goatee, hair body, GSOH, loves life. ISO friend, partner in surrounding area for LTR. Like quiet nights at home. Been single for 6 years so it's time to find that special person. Genuine guys only. No Internet please. ALA. **Reply 111111**

**Darlinghurst** 30yo, young-looking, slim, dark olive skin, attractive, 5'8", 61kg, keep fit, versatile... a bit tired of one-night stands and casual sex, WLTm a versatile guy younger than 40 and who keeps fit to build a more meaningful life with. I like the outdoors, spirituality, wildlife, partying occasionally and cosy nights at home. I'm genuine and apparently DTE. Get in touch if you think we'd hit it off. I'm a nice guy. **Reply 180112**

**Western Sydney** 66yo gay man looking for Mr Right. I'm a DTE person who loves country music & gardening. WLTm someone age 40-60 to share my life with. **Reply 180512**

**South Coast** - 62yo poz guy, I'm a golf nut, versatile, non-smoker, drinker or drugs. Looking for a mate or more if it goes that way, preferable a local, outdoors type over 40, with

similar interests, a GSOH and who likes nights in. **Reply 030912**

**Blue Mountains** - 65yo who has been HIV+ for over 18 year. I'm a non-smoker who WLTm genuine and active guys around my age for friendship, sex and maybe more. My interests include walking, gardening, camping, travel, and reading. **Reply 090912**

**Sea-change:** Ex-Sydney very long-term poz, fit and happy, multi-interested soul. ISO any nationality, adventurous, versatile and socially aware journey-man who may want to visit me in Hobart, or vice-versa in Sydney. Lots of possibilities. Tasmania is not so far away, a wonderful life. Be brave! **Reply 180912**

**Attractive Asian** mid-40s. I enjoy a fit and healthy lifestyle. ISO Caucasian guy of similar age and interests for friendship or relationship. Non-scene, not looking for one-night stand. I'd like to meet an affectionate soul mate to share a meaningful life with. **Reply 091112**

**Tall mid-40's** Asian guy, good looking, DTE and GSOH. WLTm a professional, honest and good-looking Aussie for LTR. I enjoy spending quality time at home, gardening as well as dining out. If you're keen on building a life together for many years to come, I'm your man. **Reply 280413**

**Sydney South** - mid 40's tall, solid built, ginger goatee top. Enjoys life, gym, ISO bottom versatile guy similar age to 55 for trade in surrounding area. Genuine replies. **Reply 300813**

## WOMEN SEEKING MEN

**Sydney to Newcastle** trim, well groomed, youthful 50YO poz guy. Genuine, DTE and caring. WLTm a lady to care for and to share some laughs, friendship and happiness. Age, nationality are no barrier. **Reply 200611**

**Hunter Valley** young 66yo guy average build and looks, versatile, honest and caring. GSOH non-smoker WLTm a nice lady who accepts my HIV status and is happy to spend her time with me and enjoy some TLC together. ALA. **Reply 010811**

**Professional** 41yo HIV+ gay man looking for an HIV positive female who is exploring the possibility of having a baby. If this is something

you are interested in, please get in touch. **Reply 080911**

**Sydney/Country NSW** - 38YO white male, good health, slim built, WLTm a fun loving female of any race around same age or younger. I enjoy the outdoors, good food, music & a GSOH. I'm DTE & hard working. So, if you are ready for an adventure in love & life, let's get things started. ALA. **Reply 280512**

**North Coast NSW**, Late 50's, financially secure, educated, well-travelled, polite, positive in good health, seeks lady, any nationality, any age, interested in travel, coastal living, Asian food, art, laughing and love. ALA. **Reply 060812**

**Melbourne** Straight male living and working in Melbourne. Easy going, open minded and non-judgemental, love to laugh. WLTm someone who is understanding of the situation, to share some wonderful moments with and live a happy life. **Reply 040812**

**Gold Coast** - 64 YO HIV+ guy, 5ft8, slim brown eyes, passionate lips seeks HIV+ pixie for scrabble & salsa - **Reply 310113**

**Hornsby area** - straight-acting Caucasian Australian Bi guy into music, art, nature, camping & dogs. I'm healthy & stable, with average height, looks and GSOH. I'm looking for people to share fun times with, for companionship and TLC. Sex or nationality is not important. You can't always get what you want but if you try, sometimes you get what you need. **Reply 270713**

## WOMEN SEEKING MEN

**Spicy and very attractive** dark skin girl seeks a special, secure and independent guy to share the journey of life with. I am caring, honest, DTE person. I love to laugh and I do believe in love. **Reply 210110**

**Mid North Coast NSW** affectionate caring 38yo single mum ready to meet someone special to love and adore, hopefully for the rest of my life. I love and appreciate everything in nature and I believe in healthy life and mind. I'm an outgoing, fun, open-minded thoughtful lady who humbles herself to please someone she cares about. Genuine reply only please. **Reply 220211**

## ANSWERING PERSONALS

If you want to reply to an ad, think carefully about your response. Olga suggests that you not give you out work or home address or telephone number until you can trust the person. As Olga's personals are anonymous, you should establish trust first. You may want to give out your email address as a first step and take it from there. Place your response in a sealed, stamped (\$5c) envelope. Write the reply number in pencil on the outside and place this inside a separate envelope and send it to:

Olga's Personals, PO Box 831, Darlinghurst NSW 1300

Olga then forwards your response to its intended recipient.

## MEETING SOMEONE

Olga wants you to have fun, but asks you to take some simple precautions when you agree to meet in person.

## PLACING PERSONALS

Write an ad of up to 50 words describing yourself and what you are looking for. You can be creative, but it pays to be realistic to avoid disappointment. Please include your location if you are outside the Sydney metro area. Olga encourages you to be polite. Claims about blood test results will not be published. Olga's is a safe space for people to declare their HIV-positive status. Any ads that refer to illegal activity or include homophobic, racist, sexist or abusive language will not be published. You can send your personal ad to Olga, including your name and postal address for replies, to editor@positivelife.org.au or by post to:

Olga's Personals, PO Box 831, Darlinghurst NSW 1300

Ads will remain in Olga's personals for 4 issues or a period of 12 months. We encourage you to submit a new ad if your circumstances change or your ad has expired.

## COMMON ACRONYMS

ALA  
All letters answered

DTE  
Down to earth

GAM  
Gay Asian male

GSOH  
Good sense of humour

GWM  
Gay white male

ISO  
Looking for

LTR  
Long-term relationship

NS  
Non smoker

TLC  
Tender loving care

WLTm  
Would like to meet

Have you  
found love  
through Olga's?

Wanna tell us  
about it?

It might be best to meet in a public place so that you can confirm the person is who they say they are. You can always go someplace private later if you really hit it off!

If you are going somewhere unfamiliar, let a friend know the details or ask them to call you to make sure you are alright.

Use commonsense and remember the basic rules of personal safety. Maintain a healthy degree of suspicion: if anything seems odd, be careful and leave if you feel uncomfortable. Finally, have reasonable expectations. It can be exciting to meet someone new but the person may be different from what you expected. Keep this in mind and have fun!

## PROTECTING YOUR PRIVACY

Your personal details remain strictly confidential. Olga keeps your personal details on file in accordance with our Privacy Policy, available at [www.positivelife.org.au/about/privacy](http://www.positivelife.org.au/about/privacy). If you have questions about your privacy, please contact Positive Life NSW at editor@positivelife.org.au or 02 9361 6011 or 1800 245 677.



# Membership & Subscription Form

## MEMBERSHIP & PRIVACY STATEMENT

### Positive Life NSW Membership & Talkabout Magazine Subscription

Membership of Positive Life NSW is free and is open to any person in NSW living with or affected by HIV. All members receive a free subscription to Talkabout Magazine mailed quarterly and the Annual Report (if requested). For more information, visit [www.positivelife.org.au/about/membership](http://www.positivelife.org.au/about/membership)

☐ **Full Membership**

You are a NSW resident with HIV, and are therefore, entitled to full voting rights. You must tick the Personal/Health Information Statement at the bottom of the page.

☐ **Associate Membership**

You are a NSW resident affected by HIV, ie, a partner, family member, support person, or You are /work for a NSW based health / not for profit organisation.

**Note:** Applications for membership must be approved by the Positive Life NSW Board of Directors. Our Rules of Association are available online at [www.positivelife.org.au/membership/rules](http://www.positivelife.org.au/membership/rules)

### Privacy / Health Information Statement

Positive Life NSW collects your personal information in accordance with our Privacy Policy ([www.positivelife.org.au/privacy-policy](http://www.positivelife.org.au/privacy-policy)). Your details are strictly confidential and only used to add you to our membership database. We will send you information about Positive Life NSW, Talkabout Magazine some email reminders. You can unsubscribe to email updates following the instructions in the email.

We store your personal information in hardcopy or electronically or both. Access to your information is strictly limited to Positive Life staff members and will not be passed on to any other organisation or individual. You can access and correct your personal/health information by contacting us on 02 9206 2177 or 1800 245 677 or [harryr@positivelife.org.au](mailto:harryr@positivelife.org.au). Please be aware that for security reasons we require any detail change in writing

☐ I have read the Privacy/Health Information Statement and consent to my information being collected and stored

## SUBSCRIPTIONS

### Talkabout Subscription Only

Non-members can receive Talkabout as a paid subscriber. We produce four copies of Talkabout Magazine, seasonally each calendar. Subscription is valid from 1 July to 30 June.

☐ **Talkabout Magazine** You are a resident of NSW and not a member of Positive Life NSW  
**Subscription Only** You are resident outside NSW

FREE

\$33.00

## DONATIONS

### Membership Fees & Donations

Membership to Positive Life NSW is FREE. Please note: Talkabout subscriptions from outside of NSW will incur a postage fee.

☐ **Donation** I would like to make a donation of  
Donations over \$2 are tax deductible.  
You will be provided with a receipt for tax purposes.

## CONTACT DETAILS

### Your Details

TITLE FIRST NAME SURNAME

ADDRESS

STATE POSTCODE EMAIL

## PAYMENT

The total amount payable to Positive Life NSW is

Cheque / Money Order  
(payable to Positive Life NSW)

OR

Please charge my  
(\$10 minimum for credit card payments)

VISA

MasterCard

CARD NUMBER

EXPIRY

NAME ON CARD

SIGNATURE

## RETURN FORM TO



POST  
Reply Paid 831  
Darlinghurst NSW 1300  
No stamp is necessary



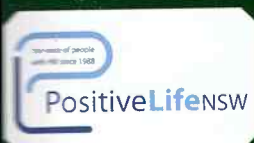
FAX  
02 9211 5672



EMAIL  
[harryr@positivelife.org.au](mailto:harryr@positivelife.org.au)



WEB  
[www.positivelife.org.au/membership](http://www.positivelife.org.au/membership)





# Resources Order Form

## YOUR ORDER

## INFORMATION BROCHURES

All resources listed are free of charge in NSW. Interstate or large orders will be invoiced for postage costs. Please indicate the quantity of each resource in the boxes below and return the completed form to the address below.

### Positive Life Information Brochures

- ☐ Positive Life Brochure
- ☐ Positive Speakers Brochure
- ☐ EMA Scheme Brochure

### HIV Health Series

The content of our HIV Health Series was checked for accuracy, and all references to programs and contacts were accurate at the time of publication. Please note that some facts sheets are no longer available for distribution, but can still be found on our website where we will include links to more recent or relevant information.

- |  |  |
|--|--|
| <input type="checkbox"/> 04 I want to return to work                   | <input type="checkbox"/> 19 Living with HIV and hep C                      |
| <input type="checkbox"/> 05 Living with body shape change              | <input type="checkbox"/> 20 Balancing act: HIV and cancer                  |
| <input type="checkbox"/> 07 Clinical Trials                            | <i>Website Download Only</i>   |
| <input type="checkbox"/> 09 HIV and your mouth                         | <input type="checkbox"/> 06 Positive Pregnancy                             |
| <input type="checkbox"/> 16 Relationship Agreements<br>Between Gay Men | <input type="checkbox"/> 08 A Night with Tina<br>(Methamphetamine and HIV) |
| <input type="checkbox"/> 17 Dealing with diarrhoea                     | <input type="checkbox"/> 10 The Dynamics of Disclosure                     |
| <input type="checkbox"/> 18 Disclosing to your child                   | <input type="checkbox"/> 15. 10 reasons to test for STIs                   |

## SOCIAL MARKETING CAMPAIGNS

### Social Marketing Campaigns

#### Get The Facts: Syphilis

Updates HIV positive gay men who practice adventurous sex on strategies to maintain their health and the health of their partners. Key messages focus on transmission, the importance of testing for syphilis and strategies to prevent them from getting or passing it on to their partners. **BOOKLET - 8 pgs**

#### Know The Facts: Sex & Hep C

Updates sexually adventurous HIV positive gay men on hep C transmission, testing and strategies to prevent them from getting or passing it on to their partners. **BOOKLET - 8 pgs**

#### Gonorrhoea - Want The Facts

Updates sexually adventurous HIV positive gay men on Gonorrhoea, testing and strategies to prevent them from getting or passing it on to their partners. **BOOKLET - 8 pgs**

#### Sero Disco & Sero Disco 2 - Why Let HIV Get in the Way of a Good Relationship?

Gives gay men some practical ideas on how to look after each other in a serodiscordant relationship (where one partner is HIV positive and one partner is HIV negative). This can include everything from starting a relationship, disclosure, condoms and intimacy, relationship agreements, communication strategies, testing for HIV and STI awareness. **MAGAZINE - 52 pgs**

## WORKSHOP RESOURCE

### Workshop Resource

**Simple Pleasures** (Workshop Guide) builds on material presented in our booklet GETTING ON WITH IT AGAIN Living longer with HIV. The workshop is designed to be used with HIV positive peer support groups or in HIV support groups facilitated by healthcare workers.

**Getting On With It Again - Living longer with HIV** Based on stories and interviews and shares some strategies for change and enhancing the quality of life of people living longer with HIV. **BOOKLET - 52 pgs**

## DELIVERY DETAILS

### Delivery Details

ORGANISATION	TITLE	CONTACT NAME
ADDRESS		
STATE	POSTCODE	EMAIL
PHONE	DATE OF ORDER	

## RETURN FORM TO



POST  
PO Box 831  
Darlinghurst NSW 1300



FAX  
02 9211 5672



EMAIL  
healthpromotion@positivelife.org.au



WEB  
www.positivelife.org.au



CHOOSE LIFE  CHOOSE A LONGER

life.  CHOOSE a FUTURE 

Choose  treat YOURSELF

better. CHOOSE  feel BETTER.

Choose coping better  LIFE THROWS AT YOU 

CHOOSE  a healthy HEART. Choose a healthy brain 

Choose A POSITIVE life.

CHOOSE to forget what HIV  MEDICATIONS.  

CHOOSE to accept     that the drugs &  options you have IMPROVED.

Choose  possibility  of taking FEWER PILLS.

 CHOOSE FEWER SIDE EFFECTS.

Choose  more ENERGY.   

 stronger  immune  system.

choose now at [positivelife.org.au](http://positivelife.org.au)



PositiveLifeNSW  
the voice of people with HIV since 1988





# THE WAIT IS OVER

IF YOU HAVE HIV YOU CAN NOW CHOOSE TO TREAT EARLIER.

TREAT EARLY. STAY HEALTHY.  
PROTECT YOUR PARTNERS, TOO

**NAPWHA.ORG.AU**

Supported through pharmaceutical company educational grants



**napwha** national association of people with HIV australia

## ARE YOU READY?

HIV treatment used to be hard to take. In the early days, there were a lot of pills and many of them caused severe side effects.

This has all changed. Today, HIV treatment is much simpler. The side effects are fewer, milder and usually don't last. Most people find taking HIV treatment much easier than they thought it would be.

### Taking HIV treatment is a daily commitment.

For treatment to work properly, you need to commit to taking every dose every day. If you don't, you could develop resistance to the drugs you are on.

There are many different treatment combinations. Some are taken just once-a-day, others twice. Some must be taken with food.

Some doses are just one pill, others are two or three. Talk to your doctor about what would suit you best.

## WHAT HAS CHANGED?

Until April 2014, the Pharmaceutical Benefits Scheme (PBS) did not allow doctors to prescribe HIV treatment to people with CD4 counts above 500 who had no clinical symptoms.

This barrier has now been removed, and today anyone in Australia with HIV who has a Medicare card can receive subsidised treatment through the PBS.

Whether you choose to start treatment earlier or not is something you need to think carefully about in consultation with your doctor.

## TREATING FOR HEALTH

Many experts and people with HIV believe that untreated HIV causes damage from the time you become infected. So, controlling HIV with treatment as early as possible is a good idea.

Treatment can reduce the amount of inflammation that HIV causes inside the body. Early treatment may keep you healthy for longer and may even protect you from developing health problems later on in life.

## TREATMENT AS PREVENTION

Successful HIV treatment will reduce the amount of HIV in your bloodstream to undetectable levels. This means that you are far less likely to pass on HIV to a sexual partner. In fact, current findings show that the risk of transmission is extremely low. This motivates many people to start treatment.



**ashm**

Supporting the HIV, Viral Hepatitis and Sexual Health Workforce

**napwha** national association of people with HIV australia

**NAPWHA.ORG.AU**