

# EXTREME REALITY

## NORTHERN AIDS CONNECTION SOCIETY

Summer 2012



### Social Innovation in ACTION

A report has just been released about the Social Innovation Retreat held in the fall of 2011 hosted by NACS. The Retreat focused around the HIV Testing Project for Northern Nova Scotia. The report will be emailed to all participants and posted on our website [www.northernaidsconnectionsociety.ca](http://www.northernaidsconnectionsociety.ca). If you are interested and would like a copy to find out more about the Testing initiative for Northern. Please contact our office,

### Meet our Summer Student!

Asuka Boehm has joined our staff to help coordinate NACS's Annual Scotiabank AIDS Walk for Life. Staff look forward to working with Asuka over the next couple of months. Please contact us to obtain pledge sheets and get started.

Just as a reminder—it's never too early to start a team or begin fundraising as a walker or sponsor a walker! **Lets go for it! Don't Just Stand There.**



THANK YOU to our sponsor Sobeys for their continued support!



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### CHECK IT OUT!

Northern AIDS Connection Society's new look on our new Web site

Let us know what you think!

[nacs@eastlink.ca](mailto:nacs@eastlink.ca)

[www.northernaidsconnectionsociety.ca](http://www.northernaidsconnectionsociety.ca)

**EXTREME REALITY  
NORTHERN AIDS CONNECTION SOCIETY**

**Hepatitis C Virus (HCV)**

Hepatitis C is a virus that causes liver disease. Your liver is your body's filtering system. If your liver is not healthy you can get sick. **There is no vaccine to stop Hep C but there is treatment.** It can cause inflammation and scarring to the liver.

**How I am Affected by Treatment for Hepatitis C ~ by Bette MacAloney**

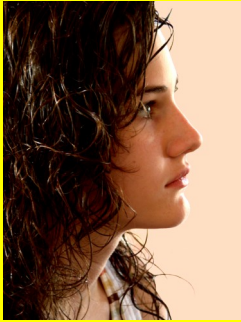
Why I should have treatment for Hepatitis C was clearly explained by the doctor and nurse practitioner who specialize in Hepatology. How I could be affected and what symptoms to expect were explained in full detail. The chance of success was always 50/50 except my chance was 40/60 because I already have cirrhosis.

The nurse injected my first needle January 9th. I barely felt it. She said it would be 4-5 hours before I would feel much different. We had a 2 hour drive home and I couldn't wait to get there. It felt like I had a severe case of the flu with muscle aches, headache, chilled and feeling nauseated. Amazingly, I slept well that night and the next day I felt a little better but I was tired.

After a few weeks had passed I seemed to be adjusting, but not that well. I learned that my worst time was late afternoon and evenings. My husband stays with me, hears my cries, sees me wretched with pain and I say this is the part that our girls don't see, and I don't want them to. If they were to stop in for a visit, there's always that little bit of energy left in you to put a smile on your face and visit for a short time. I attended a scrapbook class one evening and had my husband come for me after an hour. When I got home, I gave my dog a hug and said, "It's good to be home where you can act like you feel.": Some positives: Family and friends are concerned and some are very helpful, Health care Specialists for Hepatitis are professional, informative, caring and down to earth people. **More from Bette in the fall issue of Extreme Reality.**

**AWARE**

**Hep C^Project**



Just what is Hep C?  
What is treatment like?

**FACE 2 FACE**

**(Face to Face is a new article where we will be featuring interviews with people who have accessed NACS Services or want to share their stories. Contact us to be heard.)**

Q) What did you come to the NACS office for?

A) "I'm 13 and it's time I learned about safer choices and how to put a condom on."

Q) How did you feel coming to the office?

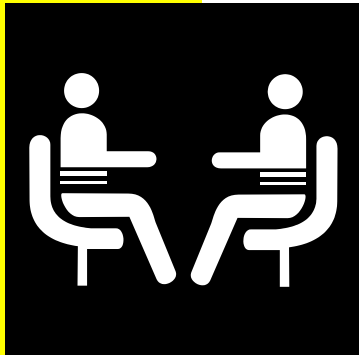
A) "I was really nervous coming in the door—I didn't know what to expect"

Q) So what did you find out?

A) "I was made to feel comfortable and not judged. When I came to the office there was lots of condoms for me to practice putting on a dildo: That helped a lot and we laughed a lot too and I got lots of printed information."

Q) Would you recommend coming to NACS to your friends?

A) "Yes I would, guys just have to get over thinking they know it all and learn before deciding to become sexually active. It's better to be safe."



## Heterosexual Women and HIV



### SOCIAL MEDIA

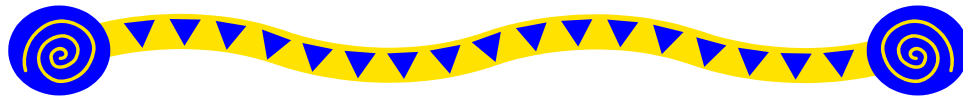
NACS has new website tools. From our web-site you can access our Facebook site or our NEW Message Board. It's easy just sign up on the Message Board and you can post questions or get in on the conversations or post a comment.

You can find us at [northernaidconnectionsociety.ca](http://northernaidconnectionsociety.ca)

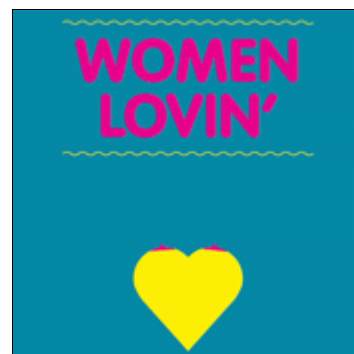


**DID you know that half of the 35 million adults living with HIV and AIDS are women?** It is interesting to note that women are deemed at greater risk of heterosexual transmission of HIV because they are biologically twice more likely to have a positive transmission of HIV through unprotected heterosexual intercourse, than men.

Keep posted the Women and HIV workshop will be offered this fall in New Glasgow ~ it's FREE of charge and for more information contact Karen at [nacsed@eastlink.ca](mailto:nacsed@eastlink.ca) or 895-0931



**A new Resource** you can find at the NACS office or through the Canadian AIDS Treatment Information Exchange (CATIE) that has been developed, designed and written by women, According to CATIE "Women Lovin' is a bit cheeky and playful, with solid info developed, designed and written by women, Women Lovin' is a bit cheeky and playful, with solid information on sexual health issues for Lesbian women.."



### **Did you know?**

**NACS in partnership with Mainline Needle Exchange offers clean needles for those engaged in Injection Drug Use. If you need us call 895-0931 or stop by 33 Pleasant St. Truro.**

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### Syphilis is Back!

Across Canada, cities have seen a huge rise in syphilis over the past seven years. In most cities gay and bisexual men have been hit hardest by it, and a many as 1/2 of syphilis cases are among men who are HIV positive. The Public Health Agency of Canada reports rates are increasing in the heterosexual population as well. Syphilis can easily be tested and treated if caught early enough.

### What is Syphilis ?

It is a sexually transmitted infection (STI) caused by bacteria that attacks the body in three stages. You may have syphilis and not

know it. Some people develop visible signs of the syphilis infection but others don't.

### HIV and Syphilis

If you've got HIV, syphilis can hit you harder and faster, and may also be more difficult to treat. **If you've got syphilis, you're more likely to get HIV or pass it on to someone if you have unsafe sex.**

### Get Tested

A simple blood test can tell you if you have syphilis. Your family doctor, a walk-in clinic can provide this service..

**Contact NACS for more information.**

**CAUTION-Do NOT enter without one!**



### Why do I need to use a condom?

Condoms, when used consistently and correctly, are the **only** form of protection that can help stop the transmission of sexually transmitted infections (STIs) such as HIV/AIDS.

Condoms are available for FREE from different centres ~ the NACS office (33 Pleasant Street Truro), Teen Health Centres, Women's Resource Centres, Centres for Sexual Health and the John Howard Restorative Justice for Youth (Truro). There are no age limits to buying condoms. Buying a condom no matter how old you are shows that you are taking responsibility for your actions.

### ??Condoms, Lube and Flavour??

Condoms are typically made of latex. Latex condoms can only be used with water based lubricants, NOT oil based lubricants such as Vaseline as it breaks down the latex. Flavoured condoms should be used for oral sex only as the sugars they contain may cause yeast infections.

### Condom Co-op

NACS's condom co-op offers condoms at cost to local groups, community partners and businesses.



**Dates to Remember**

Scotiabank AIDS Walk for Life—Sunday, September 23rd in Truro, New Glasgow and Amherst

World Hepatitis Day—**Saturday, July 28th** look for events on our facebook site or email Janet nacs@eatlink.ca World Hepatitis Day is an international event focused on raising awareness about viral hepatitis and influencing real change in disease prevention and access to testing and treatment.

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## NORTHERN AIDS CONNECTION SOCIETY

### Our Contact Information

Tel: 895-0931  
Toll Free 1-866-940-AIDS (2437)  
E: [nacs@eastlink.ca](mailto:nacs@eastlink.ca)  
Web: [northernaidconnectionsociety.ca](http://northernaidconnectionsociety.ca)  
Facebook: [www.facebook.com/nacsns](http://www.facebook.com/nacsns)

Summer 2012

Like us on Facebook!

[www.facebook.com/NACSNS](http://www.facebook.com/NACSNS)

The **mission** of the Northern AIDS Connection Society (NACS) is to promote the health and well being of persons living with and those affected by HIV/AIDS. NACS also offers support, services, referrals and education to individuals, families, loved ones, groups and communities throughout Northern Region (Colchester East-Hants, Pictou and Cumberland Counties). All services are provided in a safe and confidential environment—free of judgment.

### Youth PhotoVoice

The Youth PhotoVoice project is beginning again on **Tuesday, July 3, 2012 from ~3 pm** NACS would like to thank the NS Department of Justice ~Lighthouses Grant for this great program which has demonstrated such success and value in the lives of young women.

A Special Thanks to the **Canadian AIDS Foundation** for a grant NACS received to take the very successful Youth PhotoVoice Project to both Cumberland and Pictou Counties focussing on young women at risk..



We have opportunities for volunteers with many different Activities. Volunteering provides great experience, the chance to meet new people, utilize your skills and give back to the community.

# BASH for AIDS Auction

The 2012 **Bash for AIDS Auction** was a tremendous success. A very **sincere thank you** to our corporate sponsors RBC Truro and the Best Western Plus Glengarry.

We also would like to thank those who made the evening possible—the many artists and businesses that contribute so much to the evening making it such a success.

**Congratulations** to our Award winners: Volunteer of the Year Joan McNutt and Corporate Award to Victoria Court Career College and Hair Salon.



### Did you know???

NACS delivered over 100 presentations to youth last year. We're popular why? We deliver safer sex facts straight up to youth! Talk the talk...Youth remember our presentations and talk about them months and years later!

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### Our Contact Information

Tel: 895-0931

Toll Free 1-866-940-AIDS (2437)

E: [nacs@eastlink.ca](mailto:nacs@eastlink.ca)

Web: [northernaidsconnectionssociety.ca](http://northernaidsconnectionssociety.ca)

Facebook: [www.facebook.com/nacsns](http://www.facebook.com/nacsns)

### Amherst

#### **Sexual Health Centre Cumberland County**

Information, Education Workshops, Free condoms

667-7500

[shccc@ns.aliantzinc.ca](mailto:shccc@ns.aliantzinc.ca)

11 Elmwood Drive (side entrance)

### Pictou

#### **Pictou County Centre for Sexual Health**

Services for both women and men

695-3366

[Pcsexualhealth@hotmail.com](mailto:Pcsexualhealth@hotmail.com)

[www.pictoucountyselxualhealth.com](http://www.pictoucountyselxualhealth.com)

### **Pictou County Women's Centre**

755-4647

[pcwc@womencentre.ca](mailto:pcwc@womencentre.ca)

### Truro

#### **Central Nova Women's Resource Centre**

676 Prince St. Truro

895-4295

[cnwrc@eastlink.ca](mailto:cnwrc@eastlink.ca)

[Cnwrc.weebly.com](http://Cnwrc.weebly.com)

### **Colchester Sexual Assault Centre**

Provides Support & Information to Anyone Affected by Sexual Assault

897-4366

80 Glenwood Drive, Truro

[trurosexualassault@hotmail.com](mailto:trurosexualassault@hotmail.com)

### **RESPECT**

Students Making Healthy Decisions

NS Agricultural College

893-6300

[respect@nsac.ca](mailto:respect@nsac.ca)

### Gay Men's Health

The NACS addresses Gay Men's Health in many ways. Look for our new Gay Men's Health Brochure at your Public Library.

### R U Interested??

Gay Men/MSM would you like to have activities such as pot lucks, coffee hours or a support group session in Colchester East-Hants, Cumberland or Pictou Counties? If so give us a call at 902-895-0931 or email [nacs@eastlink.ca](mailto:nacs@eastlink.ca).



...Just Remember Cover Your Cock!



Services

