

EXTREME REALITY

NORTHERN AIDS CONNECTION SOCIETY

Winter 2012



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Male Call

Male Call Canada Survey Addresses the Health and Well-being of MSM Across Canada

The information gathered will be used to educate, promote and develop effective programming for the challenges facing MSM, and the fight against HIV and other issues.

Male Call Canada is a bilingual toll-free telephone survey of the health-related attitudes, knowledge and behaviors of men who have sex with men.

MEN: if you have ever had sex with another man—call now to contribute your unique perspective to this important study

Researchers from several Canadian universities and community partners are collaborating in the Male Call Canada study, with the hope of building a healthier community.

CALL 1-855-846-MALE (6253)
Monday to Friday 10 am to 1 am (EST)
Saturday and Sunday 12 noon to 8 pm (EST)

Men are asked to call for a free, anonymous and confidential interview about current issues, wherever in Canada they may live.

www.malecall.ca



CHECK IT OUT!

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

Let us know what you think!

nacs@eastlink.ca

www.northernaidsconnectionsociety.ca

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A program targeting youth is coming to Northern. "HIP NOT HEP" is a program of the Hepatitis Outreach Society of Nova Scotia and will be partnering with NACS to offer this very new (and flashy) presentation.

Approximately 8% of high school students have at least one tattoo and 21% of those who don't have one, want one. Given that in Nova Scotia, tattooing is not a regulated industry and with tattoos and tattooing parties so common, up to one fifth of the youth population are at risk of being exposed to Hepatitis or other infections like HIV/AIDS.

The Safer Tattooing and Piercing project will work to lower the hepatitis infection rate in youth by helping participants to:

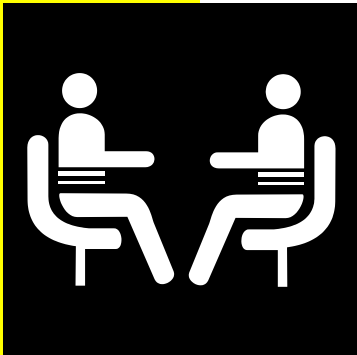
- understand the risk associated with tattooing and piercing and how to choose safer practices
- know how, where, when, and why to access testing for Hepatitis
- be aware of the stigma associated with living with Hepatitis and
- how to access supports for those living with and affected by Hepatitis

And YES there are free T-Shirts!

If your interested in this presentation please contact Janet our Hepatitis C Coordinator at nacs@eastlink.ca .



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) How long have you been visiting the NACS office for services?

A) 3 months now.

Q) How did you feel first coming here?

A) "I was really nervous (laughs) now I don't know why. This place and the staff—I dunno it's safe and no one here judges me. It took a lot of courage for me to come into the building."

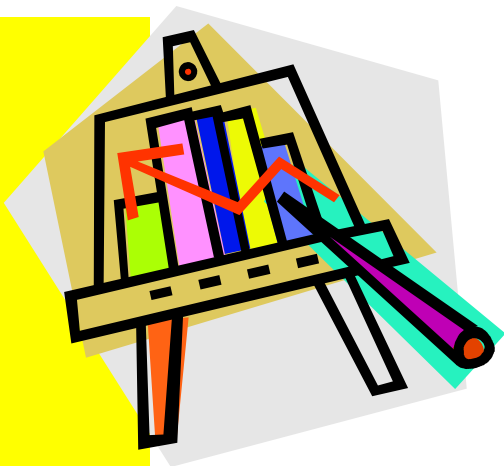
Q) Do you mind if I ask your age?

A) "No—I'm twenty—just turned twenty"

Q) Will you tell us a bit about your experiences with NACS?

A) "I was into injection drugs and was able to get clean needles here and bring in my dirties. Your staff listened when I needed to talk, and helped me to get on Methadone here at the clinic in Truro. That was a month ago. I had to go to detox before starting my program at the clinic. NACS helped me and I don't think I would have cleaned up with-
2
out your support."





The Economic Cost of HIV/AIDS in Canada*

In a recent study released by the Canadian AIDS Society (CAS) the economics of HIV/AIDS was examined. The CAS is a national coalition of 120 community based AIDS Service Organizations across the country.

It was found that the estimate net present value of the economic loss attributed to those recently diagnosed with a positive transmission of HIV/AIDS to be \$4,031,500,000 or \$1.3 million per person.

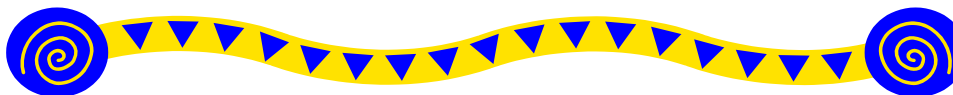
This is a cost for health care of \$250,000; labour productivity of \$670,000; and \$380,000 Quality of Life cost per person. The emotional trauma associated with an HIV transmission represents an additional cost that can sometimes overshadow the economic impact.

So just think...HIV/AIDS is entirely preventable!

*Courtesy of The Canadian AIDS Society, 2011



Thank you to the Cumberland United Way for providing a grant to NACS to conduct a workshop on Women and HIV ~ Creating Safer Spaces.



On Thursday, March 22, 2012 the AIDS Coalition of Nova Scotia will be holding their annual **Bid for Life! Dinner and Auction** in Halifax. Don't miss out on this fabulous event. Bid on everything from vacation get aways to wonderful gift certificates, from beautiful jewelry to amazing pieces of Art. Contact Laura Toole at 425-4882 Ext 228 or fund@acns.ns.ca for tickets!



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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HIV and Aging

It's great news that people with HIV are paying attention to issues around aging. It means we are surviving and getting older like the rest of the population! We need to take good care of ourselves, be proactive and pay attention to changes in our bodies as we age.

At the NACS office we offer a booklet for people 50 or older who are living with HIV, as well as their partners, family members, caregivers and service providers. It looks at some of the issues

that older adults living with HIV might face and it recommends ways to prevent other illnesses and improve overall health.

A healthy mind, body **AND sex life** are important at any age!

You only have so many options of how you can deal with HIV. But the control you have is in learning everything you can about HIV and the options available to you to stay healthy. Then you can take control of making the right choices for you....
~Female aged 53

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.

The **Canadian AIDS Society's 2012 People Living with HIV/AIDS Forum and AGM** will be held June 13 to June 15, 2012 at the Delta Chelsea Hotel in Toronto. Scholarship application forms are now available. For more information go to www.cdnaids.ca deadline for submissions is February 17, 2012.

5th Annual Canadian Working Group on HIV/AIDS and Rehabilitation Award of Excellence in HIV and Rehabilitation Nominations for the 2012 CWGHR Award of Excellence will be accepted until February 6, 2012 at 5:00 p.m. EST www.hivandrehab.ca

The Provincial Knowledge Exchange Forum is being held May 31st to June 3, 2012 – for more information about the forum or scholarship process please contact us. nacs@eastlink.ca or 895-0931



Dates to Remember

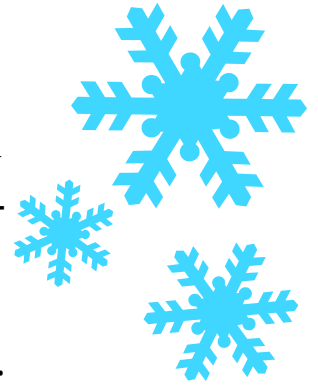
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Our Contact Information

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

Winter 2012



Like us on Facebook!

www.facebook.com/NACSNS

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.

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.

Lighthouses—Youth PhotoVoice Project

The Youth PhotoVoice project had its final reception after the youth participated in 20 weeks of programming including self-esteem, addictions, the impact of violence in the community, HIV/AIDS, Hepatitis C and safer decision making. 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 live of our youth.

NACS—Open House

NACS would like to thank all of those who attended our Annual Open House in December.

We had a fantastic turnout and a great representation from our community Partners and Society members.



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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Amherst

Sexual Health Centre Cumberland County
Information, Education Workshops, Free condoms
667-7500
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
www.pictoucountysexualhealth.com

Pictou County Women's Centre

755-4647
pcwc@womencentre.ca

Truro

Central Nova Women's Resource Centre
676 Prince St. Truro
895-4295
cnwrc@eastlink.ca
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

Rainbow Proud

Supports the LGBTQ community of Truro and surrounding areas
rainbowproud@hotmail.com
www.rainbowproudnovascotia.ca

RESPECT

Students Making Healthy Decisions
NS Agricultural College
893-6300
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.

Rise in Syphilis

Syphilis is BACK...Across Canada, communities have seen a huge rise in syphilis over the past 7 years. In most communities gay men, bisexual men and men who have sex with men (MSM) have seen increases in positive transmissions. Over 1/2 of the cases reported have been among men who are living with HIV. Syphilis can easily be tested for and treated if caught early enough.

Syphilis 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 symptoms of syphilis but some don't.

...Just Remember Cover Your Cock!



Services

