Poppers
Your Health... And A.I.D.S... Can You Afford The Risk?
POPPERS is the street name for a mixture of chemicals used as an inhalant to achieve a "high" during sex and frequently during social events like dancing. The more active ingredients, amyl and butyl nitrites, have been shown to damage the body's ability to stay healthy. Popper use can also lead to specific diseases. Sold under various brand names, poppers are labelled as "room deodorizers" and require less quality control than other drugs. No government agency tests or regulates poppers.

Although never without risk, use of poppers has come under increased public and medical scrutiny ever since the epidemic of AIDS developed in this country. From the beginning, some researchers suspected that the nitrite inhalants (poppers) played a role in causing AIDS. Now they and public health experts find that the use of poppers damages the body's immune system and, as a result, may increase an individual's risk for developing AIDS. Several research studies indicate that poppers may lead to the development of the cancer Kaposi's sarcoma (KS) in people who have AIDS.
Why all the concern about poppers now?

There have been studies for years that warned of the acute and chronic effects of inhaling poppers, like headaches and dizziness. Some deaths have been linked to poppers use. With the outbreak of the AIDS epidemic, researchers have studied how poppers affect the immune system. Preliminary tests indicate that the inhalant nitrates weaken the body's immune system. Other AIDS experts think poppers may lead to the development of Kaposi's sarcoma (KS), one of the diseases linked to AIDS.

But I only use poppers once a week when I go dancing.

Infrequent "hits" of poppers is better than regular, heavy use. But even minimal use may weaken your body's immune system. Until more is known, the poppers high is not worth the risk.

But I'm not gay; I'm not worried about AIDS.

AIDS strikes non-gay people too; everyone should take precautions. In addition, poppers can cause health problems not related to AIDS.

But my partner and I have better sex when we use poppers.

Good sex contributes to good health. But using poppers makes it difficult to avoid those sex practices that place you at risk for exposure to AIDS. People are making lots of changes due to concern over AIDS. The first time you have sex without poppers may be different. You may need to take more time. More and more people report that after an adjustment, sex without poppers is still exciting and fun.

Give it a chance; keep it hot and healthy.
Research shows that volatile nitrite inhalation damages the body's immune system by suppressing the activity of cells needed for protection against diseases. Specifically, nitrite inhalation has led to a depletion of the body's helper T-cells, agents necessary for a fully functioning immune system.

Experiments with both humans and animals have revealed that the nitrites may be significantly immunosuppressive themselves or, by conversion to nitrosamines, they may cause mutations or cancer. We do not know how much damage to the immune system occurs or whether the damage is irreparable.

Behavioral research has found that use of poppers interferes with judgement. As a result other sexual and drug-related activities that greatly increase the risk for AIDS may occur. The high incidence of Kaposi's sarcoma (KS), a cancer associated with AIDS, among gay and bisexual men has led scientists to study whether the nitrite inhalants are an important factor in the development of the disease. Preliminary studies indicate a relationship does exist between use of poppers and incidence of KS in people with AIDS.

Many gay and bisexual men have used poppers as a muscle relaxant to permit anal intercourse. Nitrite inhalants also relax the blood vessels, a condition which some scientists believe may en-
hance the absorption of the AIDS viral agent. In addition, the poppers-induced high may lessen awareness of the severity of physical acts, and trauma to body organs may result.

Legal action in a few states and cities now prohibits or restricts the sale of nitrite inhalants. But poppers continue to be readily available. People need to take the initiative to protect their own health.

TAKE ACTION AND PROTECT YOUR HEALTH

The Best Strategy Is To Stop Altogether
Research has found the use of poppers dangerous to the body's ability to fight disease and generally bad for your health. Don't take the risk. Stop using poppers altogether. Spread the word to your friends.

Enjoy Sober and Safe Sex
Go beyond the highs of drugs when you have sex or dance. You can get just as high or higher naturally as with drugs. Some people use relaxation and then deep rapid breathing to get high sexually. Others get off on intimacy with their partners. Experiment and find what works best for you.

Learn How To Refuse Poppers
Many people now refuse to use poppers; you're not alone when you say "No thanks." If your partner insists, take the bottle and then hand it back.
Or accept it but don't sniff them. With regular partners, agree to get off on each other without poppers.

**Help is Available**
Make a personal decision to stop using poppers and discuss it with a few friends and/or sex partners. Get help when you have difficulty following your decision to stop. Contact a drug treatment program, a support group, or sexual counseling center. Or call one of the numbers below.

**Stay Informed About AIDS**
AIDS continues to be an extremely serious health threat. Reduce your risk for AIDS* and remain current with AIDS research.

* Practice only safe sex with your partners; avoid the exchange of bodily fluids, especially semen and blood.
* Do not share I.V. drug needles with anyone.
* Get plenty of rest, good food, exercise, and enjoy your friends.
* Consider reducing or stopping the use of drugs and alcohol in your life.
* Reduce exposure to other diseases and to stress.
* For further information, call the AIDS Hotline: (415) 863-AIDS or The Drug Hotline: (415) 752-3400.

**AVOID THE THREAT OF POPPERS! GET HIGH ON YOUR HEALTH!**
This brochure is presented by the Substance Abuse and AIDS Task Force with the cooperation of the Committee to Monitor Poppers. Funded by the San Francisco AIDS Foundation/S.F. Dept. of Public Health.

Text by Michael Helquist
Design by Tandy Belew

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SHOOTING UP AND YOUR HEALTH
THE MAIN HEALTH RISKS ARE:

- **TRANSMITTING DISEASE BY SHARING NEEDLES.**
  AIDS, hepatitis-B and endocarditis are the most serious disease risks. They are described further in this leaflet.

- **DRUG OVERDOSE.**
  Every injection of “street” drugs has a risk of a sudden bad reaction, because you do not know how much of the drug you are taking, the amount of impurities, or the “allergic reaction” of the user.

- **EMBOLISM.**
  If particles or air bubbles are injected, they can become lodged and block blood flow.

- **ABSCESSES.**
  These are local bacterial infections at the injection sites.

- **TETANUS.**
  This disease caused by bacterial infection can result from skin-popping drugs.
AIDS stands for "Acquired Immune Deficiency Syndrome." It is a life-threatening disease that damages the ability of the blood in healthy people to wipe out invading germs, viruses or other infections.

**SYMPTOMS (any combination)**

- Unexplained increasing and persistent fatigue.
- Persistent fever, 101°-102°, and night sweats unexplained for several weeks.
- Swollen lymph nodes, in addition to those in the groin area swollen from sexually transmitted diseases.
- Creamy-white patches on the tongue and/or mouth.
- Pink or purple flat or raised blotches that don’t go away and do not pale when pressed.
- Diarrhea or bloody stools.
- Dry cough.

The above symptoms can appear with other diseases which may not be AIDS. However, if these symptoms or combination of symptoms appear, seek medical help immediately.
HEPATITIS-B

HEPATITIS-B is a viral infection of the liver.

SYMPTOMS
► General weakness.
► Abdominal pain.
► Nausea.
► Appetite loss.
► Jaundice (yellow eyes or skin).
► Tea-colored urine.
► Light-colored stools.

ENDOCARDITIS

Endocarditis is an infection of the heart, usually caused by bacteria rather than by viruses.

SYMPTOMS
► Fever.
► Chest pain.
► Shortness of breath.
► Fainting spells.

DON’T SHARE NEEDLES!
There are always health risks associated with any use of drugs by injection. The only way to avoid these risks is not to use needles. If you continue to inject drugs, the following measures will reduce your risk:

**DON’T SHARE NEEDLES!**
Sharing drugs can share diseases, too. Obtain your own “works” and don’t let anyone else use them.

**CLEAN YOUR WORKS.**
Wash them with alcohol after each use, then leave them to soak in alcohol until the next use.

**CLEAN YOUR SKIN.**
With alcohol, before injecting.

**KEEP HEALTHY.**
If you are in a weakened state, you are more likely to get a disease. Eat a balanced diet, get enough rest and exercise, and get medical care when you need it.
WHERE TO GET HELP IN SAN FRANCISCO:

The following clinics will provide diagnosis and treatment which is:

- Inexpensive or free.
- Confidential.
- Sympathetic to your needs.

- BAY AREA ADDICTION RESEARCH AND TREATMENT
  Methadone Maintenance/Detoxification
  1040 Geary, 928-7800
  75 Townsend, 543-2656

- BAYVIEW HUNTERS POINT DRUG TREATMENT
  Methadone Maintenance/Detoxification
  6025 Third Street, 822-8200

- CENTER FOR EDUCATION AND MENTAL HEALTH, INC.
  IRIS PROJECT
  264 Valencia, 864-2364 (864-CEMH)

- HAIGHT ASHBURY FREE MEDICAL CLINIC
  529 Clayton, 621-2014

- SUBSTANCE ABUSE SERVICES
  SF GENERAL HOSPITAL
  Methadone Maintenance/Detoxification
  1001 Potrero, 821-8616; 821-8177

- WESTSIDE COMMUNITY MENTAL HEALTH CENTER, INC.
  Methadone Treatment Program
  1301 Pierce, 563-8200
  Inner City Outpatient Services
  290 Turk, 474-4445

For information or referral, call:
San Francisco AIDS Foundation
54 Tenth St., San Francisco, CA 94103
San Francisco Hotline: 863-AIDS
Northern California Toll-Free Hotline:
800-FOR-AIDS
Business Phone: 863-4376
INYECTANDOSE Y SU SALUD
**INYECTARSE DROGAS** puede ser peligroso para su salud. Este folleto da información básica sobre estos peligros, sugiere cómo puede reducir sus riesgos y donde puede ir a recibir ayuda médica.

**LOS PRINCIPALES RIESGOS SON:**

1. **TRANSMIENDO ENFERMEDADES POR MEDIO DE AGUJAS COMPARTIDAS.**
   AIDS, hepatitis-B, y endocarditis son las enfermedades con riesgos más serios. Las cuales se describen más adelante en este folleto.

2. **SOBREDOSIS.**
   Cada inyección de drogas de la “calle” tiene el riesgo de una reacción repentina mala, porque Ud. no sabe cuanto de la droga está tomando, la cantidad de imurezas, ni la “reacción alérgica” del que la usa.

3. **EMBOLISMO.**
   Si partículas o burbujas de aire son inyectadas, pueden alojarse y bloquear el flujo de sangre.

4. **ABSCESOS.**
   Estas son infecciones bacteriales locales en el lugar de la inyección.

5. **TETANO.**
   Esta enfermedad causada por infección bacterial, puede resultar a causa de ingerir drogas por medio de la piel.
AIDS significa “Acquired Immune Deficiency Syndrome” (Síndrome Adquierido de Deficiencia Inmunológica). Es una enfermedad que amenaza la vida, daña la habilidad de eliminar gérmenes, virus u otras infecciones que invaden la sangre de personas saludables.

**SÍNTOMAS (cualquier combinación)**

- Fatiga inexplicable, persistente y en aumento.
- Fiebre persistente, 101°-102°, y sudores nocturnos inexplicables por varias semanas de duración.
- Inflamación del ganglio linfático, además de los de la área de la ingle, inflamados por enfermedades transmitidas sexualmente.
- Parches blancos y cremosos en la lengua y/o la boca.
- Manchas rosadas o moradas, lisas o abultadas que no desaparecen y no palidecen cuando se aprietan.
- Diarrea o deposiciones sangrientas.
- Tos Seca.

Los síntomas mencionados pueden aparecer con otras enfermedades que quizás no sean AIDS. Sin embargo, si estos síntomas o combinación de síntomas aparecieran, es importante recibir atención médica inmediatamente.
HEPATITIS-B

Hepatitis es una infección del hígado causada por un virus.

SÍNTOMAS
► Debilidad general.
► Dolor abdominal.
► Nausea.
► Pérdida del apetito.
► Ictericia (ojos o piel amarillenta).
► Orina de color oscuro.
► Deposiciones de color claro.

ENDOCARDITIS

Endocarditis es una infección del corazón, normalmente causada por bacterias más que por virus.

SÍNTOMAS
► Fiebre.
► Dolor del pecho.
► Respiración corta.
► Desmayos.

¡NO COMPARTA AGUJAS!
REDUZCA SU RIESGO

Siempre hay riesgos de salud asociados con cualquier uso de drogas por inyección. La única manera de evitar estos riesgos es no usando agujas. Si usted continua inyectándose drogas, las siguientes medidas reducirán sus riesgos:

► ¡NO COMPARTA AGUJAS!
Compartiendo drogas puede también compartir enfermedades. Obtenga sus propias agujas, jeringas, etc. y no deje que otras las usen.

► LIMPIE SUS AGUJAS, JERINGAS, ETC.
Límpielas con alcohol o legía después de cada uso, dejelas remojar en alcohol hasta que las use de nuevo.

► LIMPIE SU PIEL
Con alcohol, antes de inyectarse.

► MANTENGASE EN BUENA SALUD
Si usted está en un estado débil, corre más riesgo de contraer enfermedades. Coma una dieta balanceada, descanse suficientemente, haga ejercicios y reciba atención médica cuando la necesite.
DONDE CONSEGUIR AYUDA EN SAN FRANCISCO:

Las siguientes clínicas proveerán diagnóstico y tratamiento que es:
Barato o gratis.
Confidencial.
Sensitivo a sus necesidades.

- BAY AREA ADDICTION RESEARCH AND TREATMENT
  Methadone Maintenance/Detoxification
  1040 Geary, 928-7800
  75 Townsend, 543-2656

- BAYVIEW HUNTERS POINT DRUG TREATMENT
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- WESTSIDE COMMUNITY MENTAL HEALTH CENTER, INC.
  Methadone Treatment Program
  1301 Pierce, 563-8200
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  290 Turk, 474-4445

Para información o referencias llamar:
San Francisco AIDS Foundation
333 Valencia St.
San Francisco, CA 94103
San Francisco Hotline: 863-AIDS
Northern California Toll-Free Hotline:
800-FOR-AIDS
Business Phone: 864-4376
18th Street Services

Treatment Programs for Gay Men With Drug and Alcohol Problems

861-4898
2152 B Market Street
San Francisco, CA 94114
Treatment Programs for Gay Men With Drug and Alcohol Problems

The choice is yours...

Only you can decide to deal with a substance-abuse problem now. You don't have to wait until it gets worse.

If you've thought about getting help, you already know that drug and alcohol abuse can cause you to lose touch with yourself and the world around you.

Chances are you feel depressed, irritable, confused. You may find it hard to get to work on time...or to have a good time without getting loaded. You worry about your health and the risk of AIDS. And, you can't figure out how to deal with your mounting financial problems.

Most of all, you feel alone and afraid to seek help because you're sure that no one will understand you or your special needs as a gay man.

We're here to help...

We're 18th Street Services, a fully accredited gay agency that provides outpatient treatment for drug or drug-alcohol problems. Our staff is fully trained and experienced in the field.

Over the years, we have helped more than 1500 gay men to become clean and sober, to lead happy and productive lives.

When you come to 18th Street Services, you'll discover that we're not just another large, impersonal institution.

• Every member of our staff is gay. Most have had personal experience with alcohol or drug abuse. All share your lifestyle, understand the relationships between substance abuse and gay sexuality, AIDS, and the problems of relating to "mainstream" society.

• Our programs work because they're based on group therapy sessions involving small groups of gay men. Within these groups, you gain insights into your own problems through the experiences of others. And you find the mutual support needed for recovery.

• Virtually all of our counseling sessions are held during evening hours, in a small, comfortable facility that "feels" like a residential apartment. You don't have to take time from work or give up your present independent living situation to participate in our program.

• We offer "sliding-scale" fees based on our clients' current financial condition. We have never refused service to anyone because of inability to pay.

A variety of counseling programs, tailored to individual needs...

At 18th Street Services, you'll find a flexible, individualized approach to treatment programs. Depending on your needs and stage of recovery, we will recommend a program based on these elements:

Individual counseling:

We usually recommend individual counseling to:

• Introduce you to the recovery process and prepare you for participation in the group sessions.

• Help men who may not have substance-abuse issues themselves but who are in a relationship with someone who does.

• Assist couples in which one or both members have a substance-abuse problem.

• Provide extra support, on an as-needed basis, to participants or graduates of the group programs.

Group counseling:

Because something powerful and healing happens when a group of recovering gay men give each other support and care enough to be honest with each other, most of our programs are group-oriented.

The groups described here form a comprehensive approach to the recovery process. Together, they provide the support and structure you need to get beyond the yoke of chemical dependency.

• Information and education groups which provide basic information about drug or alcohol addiction and the recovery process.

• Phase I groups create a supportive environment in which you begin your personal growth towards freedom. They help you identify what you need to work on to achieve success.

• Phase II groups focus on making lasting changes that will enable you to fully participate in life.

• "Living Clean and Sober Groups" are for men who have successfully completed a treatment program but feel the need for on-going support.

To take the next step, give us a call...

If you're struggling with a substance-abuse problem, you owe it to yourself to learn more about the help and support available through 18th Street Services.

Give us a call. We'll be glad to give you an in-depth description of our many programs and to suggest steps you can take right now to get your life together.

Yes, the choice is yours...and we're here to help.

18th Street Services (415) 861-4898
There has never been a better time to be clean and sober...
18 reasons why you should call 18th Street Services

☐ You want to get the “monkey” off your back...to enjoy life again.

☐ You want to reduce your risk of exposure to AIDS.

☐ You need to regain your self-respect, to achieve a sense of purpose.

☐ You want a safe and more fulfilling sex life.

☐ You need to solve your financial problems.

☐ You want to rebuild your relationships with a lover, friends, or family.

☐ You want to feel in control of your life.

☐ You’re tired of feeling run-down, hungover, strung-out.

☐ You’re ready to make a fresh start.

☐ We’re a gay agency for gay men. We understand what you’re going through.

☐ We offer a treatment program that works.

☐ We have a highly trained and experienced staff.

☐ We make treatment affordable through “sliding-scale” fees. Insurance payments are gladly accepted.

☐ We’re easy to get to—near the Castro.

☐ We have an active alumni group that can assist and support you.

☐ We’re an out-patient program. You don’t have to “move in.”

☐ We offer day, evening and weekend appointments. You don’t have to take time from work.

☐ We’re here when you need us.
BAART
COMPREHENSIVE HEALTH CARE & EDUCATIONAL SERVICES
Administrative Office
45 Franklin Street
Suite 2 North
San Francisco, CA 94102
(415) 552-7914

November 14, 1986

TO: ALL IV DRUG USERS, EX-IV DRUG USERS WHO HAVE STOPPED
SINCE 1977, THEIR HUSBANDS, THEIR WIVES, AND THEIR
LOVERS-

Recent studies of IV drug users in San Francisco indicate that the AIDS virus is spreading. 10% of the IV drug users that were tested for the AIDS HTLV-III antibody in 1985's test group were positive. This year the same research team is reporting an increase in positive test results. It has now increased to 18% of those who were tested with significant increases in Black and Latino IV drug users. This could mean that two out of every ten IV drug users may be carriers of the AIDS virus.

In New York the rate of increase of the IV drug users being tested positive for the AIDS virus doubled every year. It is now estimated at 60% to 80%. The AIDS virus infection rate in S.F. has almost doubled since last year. And it will continue to do so unless all of us start to realize that anyone can be infected regardless of sex, sexual preference, age, race, or even how healthy they may appear!

Some people may appear healthy and never know that they are carriers of the AIDS virus. Anyone who has "shared needles" since 1977 may be at risk, since that is probably when the first people were infected with the virus in this country. The AIDS virus is spread by sharing needles or having unprotected sex.

In addition to the increases of IV drug users who are positive for the AIDS virus, their husbands, wives, and lovers are very high risk for infection by the virus because many of them do not use protected sex methods.

In order to slow down the spreading of AIDS we must start using AIDS risk reduction measures.

BAART and California Detoxification Programs are now providing AIDS risk reduction counseling and educational materials at our facilities. We also recommend that everyone use condoms for regular and oral sex. Condoms with
the spermicide NONOXYNOL 9 in them may give added protection. Spermicide NONOXYNOL 9 in contraceptive foams, jellies, and creams may help kill the AIDS virus on contact and has been recommended to be used in addition to a condom for safer sex.

The best way to protect yourself from AIDS infection due to IV drug use is to stop using drugs. If you can't seem to stop, then the next best way is to stop sharing needles and syringes. However, the "Don't Share Needles" approach is not possible for many drug users who do not seem to be able to stop using IV drugs. Household bleach has been identified as an agent that will kill the AIDS virus after only one minute of contact. Bleach may kill the AIDS virus on syringes and needles and can be rinsed off by squirting clean water through the syringe twice. It is the least of the three recommended ways to help stop the spread of the AIDS virus. Never use plain water to clean your syringes. It will not kill the AIDS virus! Also, do not reuse bleach.

The best defense against AIDS is accurate information. Ask your counselors or Nurse Practitioners about AIDS risk reduction measures. Also read and give your loved ones the AIDS educational literature. Encourage them to come in with you and discuss these issues with our staff. Or call S.F. AIDS Hotline for more information (Also PCAP in the East Bay).

San Francisco AIDS Foundation...........863-AIDS
Toll Free in No. California.......(800)FOR-AIDS
TDD........................................(415)863-6606

Pacific Center AIDS Project of the East Bay........(415)420-8181

SA:spa
HOW TO USE CONDOMS CORRECTLY

PRACTICE MAKES PERFECT

Instructions for condom use are simple but must be followed carefully. The main reason rubbers fail is incorrect use. They seldom leak or break due to faulty manufacture.

1. Keep a convenient supply of condoms in a cool, dry place for "every time" use.

2. Do not test rubbers by inflating or stretching them.

3. Use condoms EVERY time you have intercourse, even for oral sex.

4. Open the package carefully. Tearing it open can damage the rubber, especially if nails are long or jagged.

5. With your thumb and forefinger, gently press air out of the receptacle tip at the closed end of the rubber before putting on the condom--air bubbles can cause condoms to break. Plain-ended rubbers require about a half inch free at the tip to catch the sperm. A dab of lubricant in the tip will solve the air problem and greatly increase sensation.

6. Unroll the condom so that it covers the entire erect penis. If the man is uncircumcised, pull back the foreskin before covering the head with the condom. Fitting an erect penis with a condom insures the best fit, but if the penis is soft, be sure to unroll the condom completely down to the base of the cock as the organ hardens. Eliminate any air bubbles.

7. Use plenty of water soluble lubricant on the outside of the condom and on the anus or vagina before entry. Holes that are too dry can pull condoms off and tear them as well. Oil-based lubricants like Crisco and Vaseline cause rubbers to deteriorate quickly and gum up.

8. Hold onto the base of the rubber when you need to so it won't slip off. If the penis is getting soft, or if the hole is real tight, the condom may tend to slip. Certain sexual positions also tend to cause slipping. For example when a woman is sitting on top of a man, the lips of her vagina can lift off the condom. Holding onto the base of the condom will solve the problem.

9. After ejaculation, hold onto the condom around the base to avoid spilling the ejaculation or losing the rubber inside a partner. Withdraw gently.

10. Throw used rubbers away! Condoms should not be used more than once. NEVER go from one person to another without cleaning yourself well and changing rubbers.
WHY RUBBERS DON'T WORK AND WHAT TO DO ABOUT IT!

The major reason condoms fail to prevent disease is that people only use them part of the time—particularly during the first year. WEAR them EVERY TIME! Researchers state that the most common reasons people give for not wearing rubbers are:

a) They think a partner is not infected;

b) They don't think rubbers really work;

c) They forget to carry them;

d) They are too embarrassed to bring the subject up—afraid a partner will be offended; or

e) They are too drunk or high on drugs to remember, care, or even be able to put their rubbers on.

Don't let this happen to you! When you're going to use penetration during sex, BE PREPARED, WILLING AND ABLE to use condoms!

The second most important reason condoms don't prevent disease is they leak or break. An occasional rubber is poorly manufactured. Many fail because they are old, have been exposed to heat or extreme cold. But the most common reasons are rough treatment and oil-based lubricants.

REMEMBER never use oil-based lubricants on condoms. They gum up rubbers, make them brittle and cause them to dissolve quickly. As well, if you masturbate hard, stretch the receptacle tip or twang it on the urethra, be sure to put on a new condom before penetration. Because even if the rubber seems o.k. you may have weakened it.

If a rubber breaks during intercourse, withdraw, urinate or have a bowel movement and clean up well. If sperm has escaped into the vagina or intestines, consider immediately inserting a spermicide with 5% or more nonoxynol-9 (see Nonoxynol-9 section).

HOW TO TELL THEM YOU WANNA USE A RUBBER

When possible, communicate with partners about your desire to use rubbers before you start having sex. Make it an extension of your usual sex play so that things go smoothly. Let yourself be creative! Thinking up new ways to incorporate rubbers into your love life can be fun and very sexy. Talking about condoms is extremely helpful and becomes easy with practice. Be honest about your feelings. If you are nervous, embarrassed and inexperienced, say so! It gives you room to experiment and lets the other person be honest too. If you are excited by rubbers, say that too. It gives your partner(s) a chance to explore, share tales of latex delight or deal with negative feelings, doubts, and fears before you're in the middle of sex.

Nonverbal communication is easier or more fun for some people. You might put condoms near the place you have sex and have a copy of this brochure handy. You could buy or make a leather arm band that holds condoms to wear when you cruise. Or you could simply pull one out and put one on yourself when the right time comes around. As with other nonverbal sexual communication, it's pretty easy to tell if the other person is turned on or off. If turned on, go ahead. If turned off, you can usually smooth over the sexual scene by laying the condoms aside and continuing with low risk activities.

Some people find being very direct the best way to approach condom use. You might say "I use condoms, how about you?" Some people love this kind of sex play and others hate it. Make your approach fit your style and the occasion.

If a partner refuses to use condoms, don't fight it—do things that are low risk or let them go.
VERY IMPORTANT

AIDS RISK REDUCTION

INFORMATION FOR

IV DRUG USERS, EX-IV DRUG USERS (WHO HAVE STOPPED USING DRUGS SINCE 1977), THEIR HUSBANDS, THEIR WIVES, AND THEIR LOVERS.
BLEACHMAN BRINGS HIS SECRET WEAPON TO EARTH – TO FIGHT AIDS...
1. Far away on Planet Nacio, Bleachman learns of AIDS. Wow! I must help them!

2. He has no cure, but he has lots of bleach. Bleach can save your life!

3. Shooting drugs is not healthy. But if you use the drug, you gotta use the jug: bleach!

4. Cleaning needles is easy, it won’t hurt the rig. And it kills the AIDS virus before the virus kills you!!

5. Here’s how: flush the needle 2 times with bleach like this:

6. Now flush it 2 times with water. Do not shoot or drink the bleach.

7. AIDS is mean. So get those needles clean!

Remember: you can get AIDS from sex—so always use condoms. For more information call: 863-AIDS.

Partial funding provided by the San Francisco Department of Public Health, the State of California, and by private donation.
Las Aventuras de BLEACHMAN

Sola para Adultos

BLEACHMAN trae su arma secreta a la Tierra, para combatir el AIDS/SIDA
1. Muy lejos, en el planeta Nacio, BLEACHMAN aprende sobre el AIDS/SIDA.

¡Oau, Debo ayudarlos!

La Tierra en Peligro

AIDS

2. No tiene una cura, pero tiene mucho cloro.

¡El cloro puede salvar tu vida!

3. Inyectarse drogas no es saludable.

Pero si usas la droga, tiene que usar el cloro.

4. Limpiar agujas es sencillo; no dánará a la aguja y mata el virus AIDS en vez de que el virus te mate a ti.

5. Así es como:

Llena y vacía la jeringa 2 veces con cloro, de la siguiente manera.

Ahora llénala y vacíala 2 veces con agua.

No te inyectes o bebas el cloro!

El Sida es malo

Así que limpiar las agujas.

Recuerda:

Puedes adquirir AIDS sexualmente, así que siempre usa condones. Para más información llama al 863-2437
1. BLEACH
CLORO O
BLANQUEADOR

2. WATER
AGUA

Make sure you don’t shoot or drink the bleach.
Asegúrese de no inyectarse o beberse el cloro.
TU PUEDES CONTRAER EL SIDA, AL COMPARTIR AGUJAS

Muchas personas contraen el SIDA cuando comparten jeringas y agujas que otros usan. Tú puedes contagiarte con el SIDA de una persona que parece saludable. Tú no puedes saber si alguien es portador del virus del SIDA. Tu amante o tu mejor amigo puede ser portador del SIDA sin saberlo.

Por lo tanto: “¡NO COMPARTAS!”

Si usas jeringas y agujas de otros, límpialos primero con CLORO o BLANQUEADOR. El SIDA se propaga cuando se tienen RELACIONES SEXUALES. USA SIEMPRE CONDONES y ten la seguridad de relaciones sexuales SIN RIESGO.

Para mayor información, en San Francisco llama al 863-AIDS, o en el Norte de California al 800-FOR-AIDS, o toma el número de la línea de emergencia para el AIDS (SIDA).
SHARING NEEDLES CAN GIVE YOU AIDS

Many people got AIDS by using someone else’s works. You can get AIDS from healthy people. You can’t know if someone has the AIDS virus. Your lover or best friend could have it and not know.

SO—DON’T SHARE!
If you do use someone’s works—clean it first with bleach.
AIDS is also spread when having sex.
ALWAYS use condoms and have safe sex.

For more info, in SF call 863-AIDS or in Northern California 800-FOR-AIDS, or call your local AIDS hotline.

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333 Valencia Street, Fourth Floor, San Francisco 94103
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SHOOTING UP

AND YOUR HEALTH
THE MAIN HEALTH RISKS ARE:

► TRANSMITTING DISEASE BY SHARING NEEDLES.
AIDS, hepatitis-B and endocarditis are the most serious disease risks. They are described further in this leaflet.

► DRUG OVERDOSE.
Every injection of “street” drugs has a risk of a sudden bad reaction, because you do not know how much of the drug you are taking, the amount of impurities, or the “allergic reaction” of the user.

► EMBOLISM.
If particles or air bubbles are injected, they can become lodged and block blood flow.

► ABSCESS.
These are local bacterial infections at the injection sites.

► TETANUS.
This disease caused by bacterial infection can result from skin-popping drugs.
AIDS stands for “Acquired Immune Deficiency Syndrome.” It is a life-threatening disease that damages the ability of the blood in healthy people to wipe out invading germs, viruses or other infections.

SYMPTOMS (any combination)

- Unexplained increasing and persistent fatigue.
- Persistent fever, 101°-102°, and night sweats unexplained for several weeks.
- Swollen lymph nodes, in addition to those in the groin area swollen from sexually transmitted diseases.
- Creamy-white patches on the tongue and/or mouth.
- Pink or purple flat or raised blotches that don’t go away and do not pale when pressed.
- Diarrhea or bloody stools.
- Dry cough.

The above symptoms can appear with other diseases which may not be AIDS. However, if these symptoms or combination of symptoms appear, seek medical help immediately.
HEPATITIS-B

Hepatitis-B is a viral infection of the liver.

SYMPTOMS
- General weakness.
- Abdominal pain.
- Nausea.
- Appetite loss.
- Jaundice (yellow eyes or skin).
- Tea-colored urine.
- Light-colored stools.

ENDOCARDITIS

Endocarditis is an infection of the heart, usually caused by bacteria rather than by viruses.

SYMPTOMS
- Fever.
- Chest pain.
- Shortness of breath.
- Fainting spells.

DON’T SHARE NEEDLES!
REDUCING YOUR RISK

There are always health risks associated with any use of drugs by injection. The only way to avoid these risks is not to use needles. If you continue to inject drugs, the following measures will reduce your risk:

► DON'T SHARE NEEDLES!
Sharing drugs can share diseases, too. Obtain your own “works” and don’t let anyone else use them.

► CLEAN YOUR WORKS.
Wash them with alcohol after each use, then leave them to soak in alcohol until the next use.

► CLEAN YOUR SKIN.
With alcohol, before injecting.

► KEEP HEALTHY.
If you are in a weakened state, you are more likely to get a disease. Eat a balanced diet, get enough rest and exercise, and get medical care when you need it.
WHERE TO GET HELP IN SAN FRANCISCO:

The following clinics will provide diagnosis and treatment which is:

- Inexpensive or free.
- Confidential.
- Sympathetic to your needs.

- **BAY AREA ADDICTION RESEARCH AND TREATMENT**
  Methadone Maintenance/Detoxification
  1040 Geary, 928-7800
  75 Townsend, 543-2656

- **BAYVIEW HUNTERS POINT DRUG TREATMENT**
  Methadone Maintenance/Detoxification
  6025 Third Street, 822-8200

- **CENTER FOR EDUCATION AND MENTAL HEALTH, INC.**
  IRIS PROJECT
  264 Valencia, 864-2364 (864-CEMH)

- **HAIGHT ASHBY FREE MEDICAL CLINIC**
  529 Clayton, 621-2014

- **SUBSTANCE ABUSE SERVICES**
  **SF GENERAL HOSPITAL**
  Methadone Maintenance/Detoxification
  1001 Potrero, 821-8616; 821-8177

- **WESTSIDE COMMUNITY MENTAL HEALTH CENTER, INC.**
  Methadone Treatment Program
  1301 Pierce, 563-8200
  Inner City Outpatient Services
  290 Turk, 474-4445

**For information or referral, call:**
San Francisco AIDS Foundation
54 Tenth St., San Francisco, CA 94103
San Francisco Hotline: 863-AIDS
Northern California Toll-Free Hotline:
800-FOR-AIDS
Business Phone: 863-4376
Operation Concern

Illustration: Christopher Grubbs

Operation Concern is a pioneer mental health agency for lesbians, gay men, and their families. Once operating on a shoestring from a storefront, OC is now housed in handsome new facilities on San Francisco's Market Street near Castro with sixteen full-and part-time staff members serving over 1,500 individuals per year. It has been a United Way Agency since 1979.
SERVING OUR ENTIRE COMMUNITY

OPERATION CONCERN offers individual and group psychotherapy, family therapy, special programs and referrals to promote the emotional and social health of our community. Since the beginning, its aim has been to provide lesbian- and gay-affirmative care free of financial barriers to those traditionally unable to find it elsewhere.

OC provides counseling to individuals, couples, and family groups. Discussion and support groups are formed in response to perceived needs and interests, and have included groups for persons of color, the disabled, those coming out, and lesbians and gay men who are under 21 or over 60.

A SKILLED, RESPONSIVE STAFF

OC’s staff is professional and experienced. It is composed of lesbians and gay men among whom are persons of color and disabled persons attuned to the special needs of their communities. The staff is highly trained, including a psychiatrist, licensed psychologists, clinical social workers (LCSW), and marriage, family and child counselors (MFCC). Non-staff members of the OC family include master’s and doctoral candidates who intern at OC for their required clinical training. The Staff is supplemented by a committed corps of some twenty-five skilled volunteers who provide counseling services to individuals and groups as well as invaluable administrative aid.

Respected by other health professionals, OC staff frequently present special educational seminars and programs for their peers at other health facilities, for community groups, and for City agencies and personnel. Topics of these programs range from substance abuse to incest, battery and the special challenges presented by multi-cultural clienteles.
INSURANCE FOR OUR FUTURE

OC has been there for us when we needed its help. And while providing some of the same services from the first—individual counseling, referrals, groups—its staff also designs programs to meet the changing needs of its client population.

For example, OC has received Department of Public Health funds for a special project to provide support and counsel for persons with AIDS and for gay men who, while not afflicted physically by AIDS symptoms, are emotionally distressed by the epidemic.

The Gay and Lesbian Outreach to Elders (GLOE) program, funded partly by the San Francisco Commission on Aging, aims to serve the estimated 20,000 lesbian and gay men over sixty living in San Francisco with counseling, support groups, referrals, home visits and volunteer assistance, and social opportunities.

Because OC's staff are part of the community they serve, they will be able to create other programs to respond to its special challenges.

HELP OC CONTINUE ITS WORK

OC will be there for our community in the future, if you are here for OC now. Despite County and State program funding, foundation grants, and United Way contributions, OC still largely relies on support from individual donors to make its work possible.

OC needs and welcomes contributions in any amount. Regular monthly installment gifts can be made through an automatic checking account deduction program. We welcome inquiries about giving through Wills and Trusts.
YES, I CAN HELP!

1. □ Enclosed is my donation of  
   □ $25  □ $50  □ $75  □ $100  
   □ $___________(other).

2. □ I want to pledge through your automatic deduction program. Please contact me.

3. □ I want to learn more about OC. Please contact me for a meeting with one of your representatives.

4. □ You may use my name as a supporter of OC.

Name: __________________________
Address: ________________________
City: __________________ Zip: ____________
Telephone: ______________________

Please make your check payable to Operation Concern, Inc.
Mail to:

OPERATION CONCERN
Pacific Medical Center
1853 Market Street, San Francisco, CA 94103

OC is an affiliate of the Pacific Medical Center of Presbyterian Hospital. Gifts made to Operation Concern, Inc., a public benefit corporation, are deductible under provisions of the federal and state tax codes.

Operation Concern is partially funded by the Mayor's Office of Housing and Community Development (OHCD/CDBG).
We know we're doing it right! Here are some of the things clients have said to therapists and group leaders:

"It was either come to this group, or die!"  
—A recovering alcoholic

"I can be myself here—I can be gay."
—A gay youth

"This is the only place my family can get help."
—A married gay man

"It's wonderful not to have to lie in therapy any more."
—An older lesbian

"Coming to OC changed my life."
—A disabled lesbian

"It's so good finally to talk to someone who understands me."
—A Third World gay man

"Thank God you're here—I pray every day you will always be here."
—Mother of a gay teenager
Operation Concern

Pacific Medical Center

1853 Market Street, San Francisco, CA 94103

(415) 626-7000 v/TTY

Wheelchair Accessible
"YOUR TURN MAN"

"JUST LET ME CLEAN YOUR WORKS FIRST"

"WHAT'S WRONG? YOU THINK I GOT AIDS OR SOMETHING?"

"CLEANING YOUR WORKS IS EASYJUST RINSE THE WHOLE THING TWICE WITH BLEACH, LIKE THIS, THEN TWICE MORE WITH WATER"

"THAT DIDN'T TAKE LONG YOU CAN'T BE TOO CAREFUL THESE DAYS!"

"YEAH-LET'S KEEP ALIVE, MY MAN!"

"CLEANING YOUR WORKS IS EASY JUST RINSE THE WHOLE THING TWICE WITH BLEACH, LIKE THIS, THEN TWICE MORE WITH WATER"

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"YEAH-LET'S KEEP ALIVE, MY MAN!"
ALCOHOL DRUGS & HIV
What do alcohol and drugs have to do with HIV/AIDS?

Human Immunodeficiency Virus (HIV) is the virus that causes AIDS. Alcohol and drugs do not cause HIV infection or AIDS. But they are the most common reasons today why people become infected with HIV.

Here are the facts:

1. Many people who get infected with HIV are heroin, cocaine, or speed users who use needles to shoot (inject) drugs. **Sharing needles passes HIV directly from the bloodstream of one person to another. This is one of the most effective ways to spread HIV.**

2. When people are high on alcohol and drugs they sometimes do things that can be very dangerous, things that they would not do if they were not high.

   People are killed in car accidents because they are too high to be driving. The same thing happens with sex and HIV.

   People know that having sex without condoms is how HIV is spread sexually. But research shows that **when people are on drugs and alcohol they are much less likely to use condoms.**
3. Using drugs and alcohol is not healthy. It can destroy organs in your body and damage your immune system. The more alcohol and drugs you use the worse it is. Everybody needs their immune system to fight off disease. If you are infected with HIV you need your immune system to be as strong as possible.

We’re not saying that because you use drugs or drink alcohol that you will get HIV. But, alcohol and drugs can lead to unsafe sex and sharing needles. Don’t let alcohol and drugs lead to infection with HIV.

If you have trouble sticking to safe sex:
- Drugs or alcohol use may be why.
- If you need help call an AIDS or drug hotline.

If you are an IV drug user:
- Think about stopping. Talk to a drug counselor.
- Don’t share needles.
- If you do share a needle, clean it first with bleach.
- Always use latex condoms when you have sex.

If you are infected with the AIDS virus:
- Cut down or stop using alcohol and drugs.
- Improving your eating, sleeping and exercise habits will assist in building up your immune system.
- See a doctor to monitor your health and get treatments.
- Always use latex condoms during sex.
ALCOHOL
DROGAS Y
VIH
¿Qué tienen que ver el alcohol y las drogas con VIH y el SIDA?

El alcohol y las drogas no causan el SIDA. Sin embargo, en la actualidad, es muy común que mucha gente se infecte con VIH (el virus que causa el SIDA) como consecuencia del uso de drogas y de alcohol.

Las razones son tres:

1. Al compartir agujas o jeringas se transmite VIH de la sangre de una persona a la de otra. Esta es la manera más directa de contraer el virus. Es por eso que muchas personas que usan heroína, cocaína y anfetaminas (speed) se infectan con VIH.

2. A veces el uso de alcohol o de drogas lleva a la gente a hacer cosas que normalmente no haría. Muchas personas mueren en accidentes de auto porque estaban demasiado intoxicadas para conducir. Lo mismo sucede con el sexo y VIH. La gente sabe que VIH se transmite sexualmente cuando hay penetración sin usar condones (preservativos) o cuando se usan incorrectamente, pero distintos estudios científicos han demostrado que es menos probable que una persona use condones cuando se encuentra bajo la influencia del alcohol o las drogas.
El uso de alcohol y de drogas no es saludable. Hace daño al cuerpo y al sistema de defensa del organismo. Todos necesitamos el sistema de defensa para combatir infecciones. Si estás infectado/a con VIH es necesario que tu sistema de defensa se mantenga lo más fuerte posible.

No es que si tomas alcohol o usas drogas vas a contraer el SIDA. Pero el alcohol y las drogas pueden llevarte a tener relaciones sexuales sin usar condones o a compartir agujas. No dejes que el alcohol y las drogas te lleven al SIDA.

Si te resulta difícil practicar “SEXO SEGURO”:

- Las drogas y el alcohol pueden ser la causa.
- Si necesitas ayuda llama a una línea de información sobre el SIDA o sobre las drogas.

Si te inyectas drogas intravenosas:

- Piensa en dejar de hacerlo. Habla con un consejero especializado en drogas.
- No compartas jeringas ni agujas.
- Si decides compartir jeringas o agujas, límpialas primero con cloro y luego enjúgalas con agua.
- Siempre usa condones (preservativos) al tener relaciones sexuales.

Si estás infectado/a con VIH:

- Disminuye o elimina el consumo de drogas y de alcohol.
- Fortalece tu sistema de defensa mejorando tus hábitos alimenticios, descansando y haciendo ejercicio físico con regularidad.
- Busca consejo de tu médico y de otros profesionales de la salud.
- Siempre usa condones (preservativos) al tener relaciones sexuales.

Fondos para este folleto fueron parcialmente provistos por el Departamento de Salud Pública de San Francisco y por el Departamento de Salud de California a través del Departamento de Salud Pública de San Francisco.
ALCOHOL
DRUGS &
AIDS
What's the Connection?

Drugs and alcohol are known to cause a variety of health problems. Recent research has indicated that alcohol, as well as such street drugs as amphetamines (speed), marijuana, and nitrite inhalants (poppers), all damage the immune system, leaving the user open to infection and cancer.

The reasons for the use of drugs and alcohol are as varied as the individuals who use them. Much of this drug use may have begun innocently but progressed to a point of harm, carrying with it many health risks.

Drugs and alcohol are believed by many researchers to be significant factors in increasing personal risk for AIDS:

- The cause of AIDS is a type of virus (called a retrovirus) which changes the structure of the cells it attacks. It may require the presence of an already damaged immune system before it can cause disease.

- Alcohol and drugs interfere with many types of medical and alternative therapies for AIDS.

- Alcohol and drugs alter the judgment of the user, who may become more prone to engage in activities which put people at high risk for AIDS.

- Alcohol and drug abuse causes stress, including sleep problems, which harms immune functioning.

The AIDS crisis has brought about a growing health awareness. For many people, this means re-evaluating their drug and alcohol use.
Alcohol

Alcohol abuse is one of the leading health problems in the United States. Excessive drinking causes disease in every part of the body.

- Alcohol abuse decreases white blood cell counts, causing the body to respond poorly to infection.
- Alcoholic liver disease inhibits the body’s ability to form T-cells (white blood cells affected by AIDS).
- Chronic abusers of alcohol have fewer T-cells.
- Alcohol abuse is a co-factor in the development of many forms of cancer.
- Chronic abusers of alcohol tend to have poor nutritional intake, leading to a generalized state of poor health.
- Alcohol abuse interferes with the body’s use of vitamins and minerals necessary to maintain a healthy immune system.

Amphetamines (Speed, Crank)

Amphetamine use can lead to numerous health problems. Using contaminated needles is a known risk factor for contracting AIDS. There is also risk of injecting foreign bodies into the blood stream which may cause damage or infection.

Use of amphetamines in any form, whether injected or not, can damage many body systems, including the immune system.

- Liver damage from amphetamine use causes an overall suppression of the white blood cell count, diminishing response to infection.
- Malnutrition due to appetite suppression deprives the body of essential vitamins and nutrients, causing a general decline in health.
- Amphetamine euphoria may lead to behavior generally accepted as increasing risk for contracting AIDS.
Marijuana

Marijuana is a widely used drug, often believed to have few harmful effects. However, recent research has indicated that it may lower the body’s ability to fight infection.

- One study has shown a decrease in antibodies circulating in the blood stream of frequent users.
- Another study of frequent users has found abnormalities in T-cells function closely resembling those found in AIDS.
- Impaired judgment may make the user more prone to engage in high risk sexual activities.

Nitrites (Poppers, Amyl)

Poppers were one of the first factors considered as a possible cause of AIDS due to their widespread use as a new sexual stimulant in the gay community. The role played by this drug in AIDS has yet to be understood.

- Some researchers believe poppers may be a co-factor in the development of AIDS.
- There is strong evidence that poppers lead to generalized suppression of the immune system.
- Some research indicates that poppers may be a co-factor in the development of Kaposi’s sarcoma.

Other Drugs

Research into the effects on the immune system of drugs such as cocaine, heroin, Quaaludes, and many others is not yet available. This does not mean that these drugs are safe. Problems may stem from direct bodily harm from the drug or from impaired judgment.
What To Do

IF YOU ....
• Feel a loss of energy,
• Are under a great deal of stress,
• Develop infections easily,
• Eat poorly or have no appetite, or
• Fear that you might have AIDS

AND YOU DRINK OR USE DRUGS,
• Cut down or stop.
• Don’t share needles.
• Learn to “get high” without drugs.
• Try to reduce stress. Techniques include meditation, exercise, hobbies, support groups, friendships.
• Eat well and get plenty of sleep.
• Follow “safe sex” guidelines.
• Know the signs and symptoms of AIDS.
• Get regular medical checkups.
• Seek professional help for drug and alcohol problems.

For more information about AIDS and sensitive health care referrals, call the

Sacramento AIDS Foundation Hotline
1900 K Street, Suite 201
Sacramento, California 95814
(916) 448-2437 (voice or TDD)
or
Northern California AIDS Hotline
1-800-FOR-AIDS

Text by the Committee on Substance Abuse and AIDS, San Francisco, California
Translation by Lucrecia Bermudez
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ALCOHOL
DROGAS Y
AIDS
¿Cuál Es La Relación?

Es sabido que el alcohol y las drogas son la causa de una variedad de problemas de la salud. Recientes estudios han indicado que el alcohol, al igual que otras drogas, como anfetaminas, marihuana e inhalantes de nitrito, todas dañan el sistema inmunológico, dejando al que usa estas drogas, propenso a infecciones y cáncer.

Las razones para el uso de drogas y alcohol son tan variadas como los individuos que las usan. Mucho del uso de estas drogas puede que haya empezado inocentemente, pero aumentó a un punto de peligro, acarreando con ello muchos otros problemas de la salud.

Muchos investigadores creen que las drogas y el alcohol son factores significativos en el aumento del riesgo personal de contraer AIDS.

- La causa de AIDS es un tipo de virus (llamado retrovirus), el cual cambia la estructura de las células que ataca. Puede que requiera la presencia de un sistema inmunológico ya dañado, antes que una enfermedad pueda iniciarse.

- El alcohol y las drogas interfieren con muchos tipos de terapia, médica y alternativa, en el tratamiento de AIDS.

- El alcohol y las drogas alteran el juicio del que las usa, pudiendo así comprometerse a participar en actividades que signifiquen el exponerse al alto riesgo de contraer AIDS.

- El abuso de alcohol y drogas causan alta tensión, incluyendo problemas al dormir, los cuales afectan el funcionamiento inmunológico.

La crisis de AIDS ha producido un aumento de conciencia sobre la salud. Para mucha gente esto significa la reevaluación de su uso de drogas y alcohol.
Alcohol

El abuso del alcohol es uno de los más graves problemas en los EE.UU. El tomar excesivamente causa enfermedades en todo el cuerpo.

- El abuso del alcohol disminuye el número de glóbulos blancos, causando una pobre respuesta a las infecciones.
- Enfermedades en el hígado producidas por el alcohol, inhiben la habilidad del cuerpo para formar células T (glóbulos blancos afectados en AIDS).
- Los alcohólicos crónicos tienen pocas células T.
- El abuso del alcohol es un co-factor en el desarrollo de muchas formas de cáncer.
- Los que abusan del alcohol tienden a tener una nutrición pobre, llegando a un estado generalizado de mala salud.
- El abuso del alcohol interfere con el uso que el cuerpo hace de vitaminas y minerales, necesarios para mantener un sistema inmunológico saludable.

Anfetaminas

El uso de anfetaminas puede ocasionar nuevos problemas de salud. El uso de agujas contaminadas es un conocido factor de riesgo para contraer AIDS. Existe, además, el riesgo de inyectar cuerpos extraños en la corriente sanguínea, lo cual puede causar daño o infección. El uso de cualquier forma de anfetaminas, sea inyectada o no, puede dañar muchos sistemas del cuerpo, incluyendo el sistema inmunológico.

- El hígado dañado por el uso de anfetaminas causa una supresión total del número de glóbulos blancos, disminuyendo la respuesta a la infección.
- La malnutrición debida a la disminución del apetito, priva al cuerpo de las vitaminas y nutrientes esenciales, ocasionando un declive en la salud en general.
- La euforia de la anfetamina puede provocar un cambio de conducta, generalmente aceptada como un incremento del riesgo de contraer AIDS.
Marihuana

La marihuana es una droga ampliamente usada, y se cree que tiene pocos efectos dañinos. A pesar de ello, estudios recientes indican que la marihuana puede disminuir la habilidad del cuerpo para confrontar una infección.

- Un estudio ha mostrado una disminución de los anticuerpos, que circulan en la corriente sanguínea de los consumidores de la droga.
- Otro estudio de consumidores frecuentes, ha encontrado anormalidades en la función de células T, bastante parecidas a las encontradas en AIDS.
- El desvirtuado juicio puede hacer que el consumidor esté más propenso a participar en actividades sexuales de alto riesgo.

Nitritos

Los "poppers" fueron uno de los primeros factores considerados como posible causa de AIDS, debido a su uso generalizado como estimulante sexual en la comunidad homosexual. El rol que esta droga juega en AIDS tiene aún que ser entendido.

- Algunos investigadores creen que los "poppers" pueden ser un co-factor en el desarrollo de AIDS.
- Hay una fuerte evidencia que los "poppers" generan una supresión total del sistema inmunológico.
- Algunos estudios indican que los "poppers" pueden ser un co-factor en el desarrollo de sarcoma Kaposi.

Otras Drogas

Estudios sobre los efectos, en el sistema inmunológico, de ciertas drogas como cocaína, heroína, Qualudes y otras muchas, no están aún disponibles. Esto no significa que estas drogas no sean un peligro. Hay problemas que pueden provenir directamente del cuerpo afectado por drogas o juicio desvirtuado.
Lo Que Se Puede Hacer Si tú

- Sientes la pérdida de energía,
- Estás bajo una gran tensión,
- Desarrollas infecciones fácilmente,
- Comes muy poco o no tienes apetito,
- Temes haber adquirido AIDS

Y BEBES O CONSUMES DROGAS

- Consume menos estas sustancias o deja de hacerlo.
- No uses agujas.
- Aprende a “elevarte” sin drogas.
- Trata de reducir la tensión. Las técnicas incluyen meditación, ejercicio, distracción, grupo de apoyo y amistades.
- Come bien y duerme bastante.
- Sigue las guías para un “sexo seguro.”
- Conoce los signos y síntomas de AIDS.
- Ten chequeos médicos regulares.
- Busca ayuda profesional para los problemas de drogadicción y alcoholismo.

Para mayor información acerca de AIDS, llama a la Línea de Emergencia de la Fundación AIDS en Sacramento.

1900 K Street, Suite 210
Sacramento, California 95814
(916) 448-2437 (voice or TDD)

en el Norte de California
1-800-FOR-AIDS
libre de recargo

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WHAT'S THE CONNECTION
Drugs and alcohol are known to cause a variety of health problems. Recent research has indicated that alcohol, as well as such street drugs as amphetamines (speed), marijuana, and nitrite inhalants (poppers), all damage the immune system, leaving the user open to infection and cancer.

The reasons for the use of drugs and alcohol are as varied as the individuals who use them. Much of this drug use may have begun innocently but progressed to a point of harm, carrying with it many health risks.

Drugs and alcohol are believed by many researchers to be significant factors in increasing personal risk for AIDS:

- Researchers believe that the probable cause of AIDS is a type of virus (called a retrovirus) which changes the structure of the cells it attacks. It may require the presence of an already damaged immune system before it can cause disease.
- Alcohol and drugs interfere with many types of medical and alternative therapies for AIDS.
- Alcohol and drugs alter the judgment of the user, who may become more prone to engage in activities which put people at high risk for AIDS.
- Alcohol and drug abuse causes stress, including sleep problems, which harms immune functioning.

The AIDS crisis has brought about a growing health awareness. For many people, this means re-evaluating their drug and alcohol use.
ALCOHOL

Alcohol abuse is one of the leading health problems in the United States. Excessive drinking causes disease in every part of the body.

• Alcohol abuse decreases white blood cell counts, causing the body to respond poorly to infection.
• Alcoholic liver disease inhibits the body’s ability to form T-cells (white blood cells affected in AIDS).
• Chronic abusers of alcohol have fewer T-cells.
• Alcohol abuse is a co-factor in the development of many forms of cancer.
• Chronic abusers of alcohol tend to have poor nutritional intake, leading to a generalized state of poor health.
• Alcohol abuse interferes with the body’s use of vitamins and minerals necessary to maintain a healthy immune system.

AMPHETAMINES (Speed, Crank)

Amphetamine use can lead to numerous health problems. Using contaminated needles is a known risk factor for contracting AIDS. There is also risk of injecting foreign bodies into the blood stream which may cause damage or infection.

Use of amphetamines in any form, whether injected or not, can damage many body systems, including the immune system.

• Liver damage from amphetamine use causes an overall suppression of the white blood cell count, diminishing response to infection.
• Malnutrition due to appetite suppression deprives the body of essential vitamins and nutrients, causing a general decline in health.
• Amphetamine euphoria may lead to behavior generally accepted as increasing risk for contracting AIDS.
MARIJUANA
Marijuana is a widely used drug, often believed to have few harmful affects. However, recent research has indicated that it may lower the body's ability to fight infection.

• One study has shown a decrease in antibodies circulating in the blood stream of frequent users.
• Another study of frequent users has found abnormalities in T-cells function closely resembling those found in AIDS.
• Impaired judgment may make the user more prone to engage in high risk sexual activities.

NITRITES (Poppers, Amyl)
Poppers were one of the first factors considered as a possible cause of AIDS due to their widespread use as a new sexual stimulant in the gay community. The role played by this drug in AIDS has yet to be understood.

• Some researchers believe poppers may be a co-factor in the development of AIDS.
• There is strong evidence that poppers lead to generalized suppression of the immune system.
• Some research indicates that poppers may be a co-factor in the development of Kaposi's Sarcoma.

OTHER DRUGS
Research into the effects on the immune system of drugs such as cocaine, heroin, Quaaludes, and many others is not yet available. This does not mean that these drugs are safe. Problems may stem from direct bodily harm from the drug or from impaired judgment.
WHAT TO DO

IF YOU....

• Feel a loss of energy,
• Are under a great deal of stress,
• Develop infections easily,
• Eat poorly or have no appetite, or
• Fear that you might have AIDS

AND YOU DRINK OR USE DRUGS,

• Cut down or stop.
• Don't use needles.
• Learn to "get high" without drugs.
• Try to reduce stress. Techniques include meditation, exercise, hobbies, support groups, friendships.
• Eat well and get plenty of sleep.
• Follow "safe sex" guidelines.
• Know the signs and symptoms of AIDS.
• Get regular medical check-ups.
• Seek professional help for drug and alcohol problems.
The San Francisco AIDS Foundation was established in June, 1982, to meet a number of pressing needs generated by the onset of the AIDS Epidemic. The Foundation's services include:

- **Information and Referral Services** through its San Francisco and Northern California toll-free hotlines, the Foundation provides up-to-date and accurate information on all aspects of AIDS and medical and psychological referrals to AIDS-sensitive providers.

- **Education and Literature** through its Speakers Bureau, community forum programs, health professional seminars and a wide variety of literature, the Foundation educates the populations at risk, the general population and health care providers about AIDS.

- **Direct Services for People with AIDS** through its Social Work Programs, the Foundation assists people with AIDS in accessing various social service programs.

- **Media Relations**
- **Support for Research**
- **Fundraising**
- **Government Relations**
- **Deaf Services**

Volunteers are always needed in the various programs and services of the Foundation. Training and ongoing support is provided. To volunteer your time, energy and concern, contact the Foundation today!

The San Francisco AIDS Foundation is a contract agency of the San Francisco Department of Public Health and the State of California Department of Health Services.

For AIDS-related information and referrals call the San Francisco AIDS Foundation Hotline:

863-AIDS
in San Francisco

800-FOR-AIDS
Toll Free in Northern California

TTY (415) 864-6606
For gay-sensitive health care referral contact the
BAPHR Referral Service: (415) 673-3189

For reprints of this brochure, contact:
The San Francisco AIDS Foundation
54 Tenth Street
San Francisco CA 94103-1360

Text by The AIDS/Substance Abuse Task Force, San Francisco, California

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