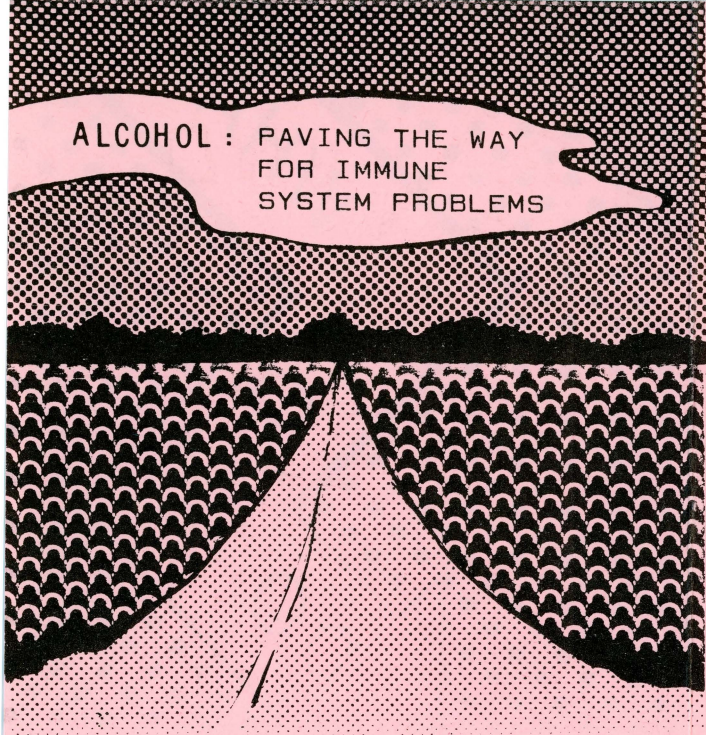
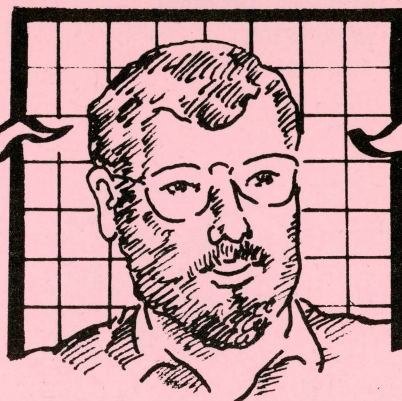




ALCOHOL: PAVING THE WAY
FOR IMMUNE
SYSTEM PROBLEMS

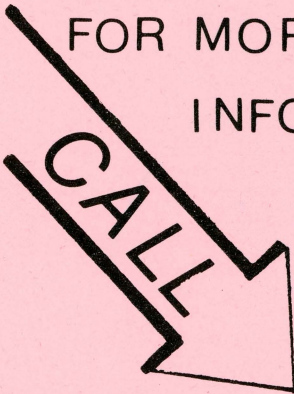
ALCOHOL CERTAINLY IS NOT THE CAUSE OF AIDS. However, excessive use of alcohol can weaken the immune system in a variety of ways.

- ALCOHOLICS ARE MORE PRONE TO DEVELOP CANCER, ESPECIALLY CANCER OF THE MOUTH, THROAT AND ESOPHAGUS.
- ALCOHOL ABUSE LEADS TO STRESS AND SLEEP PROBLEMS. CHRONIC STRESS, WHICH IS FREQUENTLY FELT BY ALCOHOLICS, IS KNOWN TO IMPAIR THE IMMUNE SYSTEM.
- ALCOHOL ABUSE LEADS TO LIVER PROBLEMS WHICH IN TURN ARE LINKED TO DIMINISHED NUMBER OF T LYMPHOCYTES (WHITE BLOOD CELLS AFFECTED IN AIDS).
- ALCOHOL ABUSE INTERFERES WITH EVERY STAGE OF THE NUTRITIONAL PROCESS: FOOD INTAKE, ABSORPTION INTO THE BLOOD STREAM, STORAGE, UTILIZATION.
- ALCOHOL ABUSE DECREASES WHITE BLOOD CELL COUNTS, CAUSING THE BODY TO RESPOND POORLY TO INFECTIONS.



John, 33 GM interested in computers, old movies, baseball, Talking Heads, started drinking heavily in the Navy 10 yrs ago, problems with job, friends and health for 5yr: always tired, sick feelings, sleep problems. Drinking daily 3-4 vodkas, wrecked car, his fault- he blamed the other guy. Bob suggested that he seek treatment. He joined a gay mens alcohol group and a self help group. Stopped drinking. Energy is back, work is great, he is no longer sick all the time, enjoys safe sex and his new life.

FOR MORE
INFORMATION



CALL

(415) 821-8091

ALCOHOLISM EVALUATION
AND TREATMENT CENTER
SAN FRANCISCO GENERAL
HOSPITAL

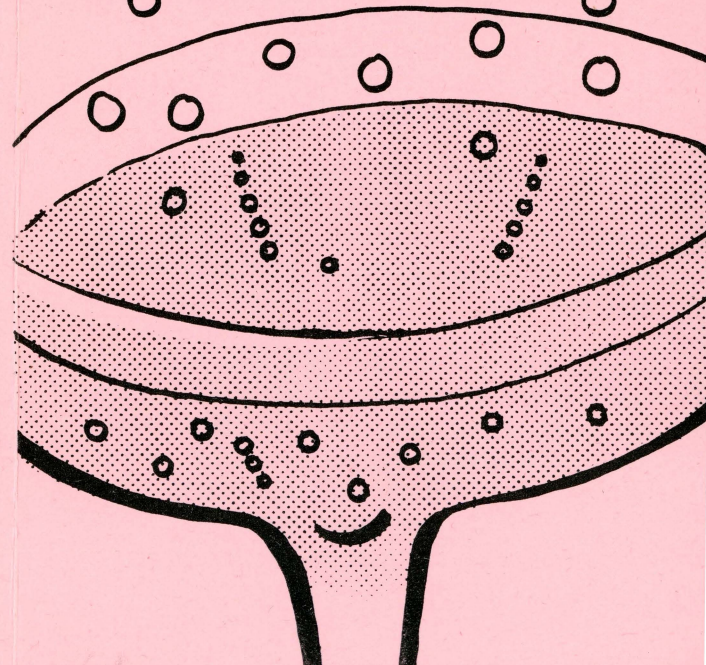
PAMPHLET
DESIGN: TOM M. SMITH, MD



ALCOHOL



IMMUNITY



ALCOHOL AND DRUGS

DOUBLE TROUBLE

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 VIRUS OF AIDS MAY REQUIRE AN ALREADY DAMAGED IMMUNE SYSTEM BEFORE IT CAUSES AIDS.

ALCOHOL AND DRUGS INTERFERE WITH MANY TYPES OF MEDICAL AND ALTERNATIVE THERAPIES FOR AIDS.

ALCOHOL AND DRUGS ALTER THE JUDGEMENT OF THE USER, WHO MAY BECOME MORE PRONE TO ENGAGE IN ACTIVITIES, SUCH AS UNSAFE SEX OR USING MORE ALCOHOL OR DRUGS, WHICH PUT PEOPLE AT HIGHER RISK FOR AIDS.

GAY AND BISEXUAL MEN ARE IN A HIGH RISK GROUP FOR AIDS AND AIDS RELATED CONDITIONS. GAY MEN ABUSE ALCOHOL AND DRUGS AT HIGHER RATES THAN OTHER PEOPLE, POSSIBLY TO RELEASE OPPRESSION. THE AIDS CRISIS HAS STRENGTHENED OUR HEALTH AWARENESS. FOR MANY PEOPLE THIS MEANS RE-EVALUATING THEIR DRUG AND ALCOHOL USE.

BRAIN

NEGATIVE THINKING
DEPRESSION
IRRITABILITY
LOW ENERGY
CONFUSION
OBSESSIONS

SKIN

MUSCLES

LIVER

HEART

STOMACH

PANCREAS

SEXUAL
FUNCTION-
IONING

WHERE ALCOHOL STRIKES:

IN SMALL QUANTITIES, ALCOHOL IS NORMALLY BENEFICIAL. IN EXCESS, ALCOHOL CAN PRODUCE ILLNESS IN NEARLY EVERY PART OF THE BODY, INCLUDING THE IMMUNE SYSTEM.

IN SOME PEOPLE, EVEN VERY SMALL AMOUNTS OF ALCOHOL CAUSE MAJOR PROBLEMS.

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