

Health WIHS

SPRING 1997

WIHS Update!

by Kathleen Weber, RN, Project Director

From the beginning of WIHS, we were hopeful that WIHS would grow in leaps and bounds.

But no one anticipated the degree of expansion that has occurred over the first three years of the study. Since WIHS began in October 1994 more than ten new substudies have been initiated or completed in Chicago alone.

Scientists from many of the National Institute of Health (NIH) institutions, including the National Institute of Dental Research (NIDR), the National Institute of Drug Abuse (NIDA), the National Institute of Child Health and Human Development (NICHD), the National Cancer Institute (NCI), and the National Institute of Mental Health (NIMH) have helped to make it possible for WIHS to implement special substudies. Each of these studies is designed to help find answers to unique questions about HIV infection in general, and more specifically, about various aspects of HIV infection in women.

Because the nature of substudies is often extremely specific, participation in substudies is often based on a set criteria that has been pre-determined by substudy

investigators. Sometimes substudies do not require any additional time or energy on your part. Substudy investigators make use of the data we've already collected to study various aspects of HIV infection to further our knowledge of the WIHS cohort and, of course, to provide better treatment for all participants. When substudies do require additional effort from participants, the WIHS always makes sure to provide extra food vouchers or cash reimbursements.

The Chicago WIHS continues to receive funding because WIHS women have remained committed to the study over the past three years and have a reputation across the country as being one of the most devoted groups of study participants.

As always, we thank you for your ongoing support and commitment!

Here's a quick substudy update. . .

Viral Load Measurements: Viral load tests have been performed on all frozen samples of all WIHS participants since the beginning of the study. Viral load testing will also be conducted at every WIHS visit. The results will be shared with primary care providers to help make

decisions about medications. Viral load measurements give more precise information about viral activity and provide a "bigger window into the body."

Menstrual Calendar Study: Close to collecting one full year of menstrual calendar information from all participants, the WIHS has almost completed this study. Analysis of the data that you have provided by consistently submitting your calendars is currently in progress. Dr. Mardge Cohen will publish the findings within the next few months. The goal is to determine whether HIV and other factors such as smoking, drugs, certain medications, age, pregnancies, etc. have an impact on menstrual cycles and hormonal function. We will be sure to publish the findings in *Health WIHS* as soon as they are available.

Oral Protocol: Dr. Mario Alves has evaluated many oral cavities and the first set of baseline data is under review. He has evaluated many lesions, diseased gums and oral infections. Investigators will continue to look at the oral cavity to compare the amount and type of viruses and infections found there with those identified in the rest of the body. Dr. Alves will also continue to clean your teeth, fill your teeth, pull your teeth and give you new teeth as this study continues.

Memory Study: Dr. Eileen Martin has just received funds to continue the study of HIV infection and its impact on memory

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HEALTH WIHS

is a publication of the
Women's Interagency
HIV Study in Chicago (WIHS).

Health WIHS is a quarterly newsletter for, by and about women living with and affected by HIV. A person's HIV status should not be assumed based on any material in this newsletter or their participation in WIHS.

If you have a personal story, poem, or any other creative work that you would like to share with readers of *Health WIHS* please submit to:

WIHS - Cook County Hospital
1900 W. Polk St., Rm. 1246
Chicago, IL 60612
Attention: Alice Kim

We reserve the right to edit all submissions. You can use your real name or an assumed name for publication, but please include your name and phone number with your submission so that we can call you to discuss your work.

Non-commercial photocopying and distribution of articles in this newsletter is encouraged.

Questions and comments regarding *Health WIHS* are welcome — call Alice Kim, Newsletter Editor at (312) 572-3741.

What is WIHS?

The purpose of WIHS is to learn about the effects of HIV infection on the physical, emotional and social health of women. The results of this study will be used to help improve the health of women with HIV. In Chicago, four hospitals take part in WIHS:

Cook County Hospital
(the umbrella site for Chicago)
Mardge Cohen, MD
Audrey French, MD
Kathleen Weber, RN, Project Director
(312) 572-3740

Northwestern Memorial Hospital
Patricia Garcia, MD
Gabriella Meredith, RN, Site Coordinator
(312) 908-2643

Rush Presbyterian-St. Luke's Hospital
Constance Benson, MD
Ruth Gilmore, RN, Site Coordinator
(312) 942-5865

University of Illinois at Chicago Hospital
Ronald Hershow, MD
Barbara Swanson, DNSc, RN, Site Coord.
(312) 413-1366

If you are part of the study, feel free to call your site coordinator with any questions that you have about WIHS.

This publication is made possible by the National Institute of Health, Grant No. 5 U01 AI 34993-03.

"Understanding Colposcopy"

by Dr. Jacqueline Johnson

Reprinted from *Sister Talk*, Summer 1995

Washington, DC WIHS Newsletter

What does it mean if your Pap smear is abnormal?

Most abnormal Pap smears are due to irritation of the cervix, or infection with the vaginal wart virus (HPV). Most women with abnormal Pap smears do not have pre-cancerous changes and no treatment is needed.

You may be called with the news that your Pap smear showed abnormal cells and that you need to have a procedure called a colposcopy. This could occur any time within two months of your study visit

What is a colposcopy?

Abnormal cells on your Pap smear can mean many different things, from an infection to pre-cancerous changes. A colposcopy is done to find out if pre-cancerous changes are present which need to be treated.

To perform a colposcopy, the doctor will insert the speculum to look at your cervix as is done for a Pap smear. The cervix and vagina are washed off with a vinegar solution. Abnormal tissue turns white with the vinegar solution.

The doctor then looks at your cervix and vagina through a magnifying scope which looks like binoculars. She can see the cervix about 30 times as big as normal, and small areas of abnormal tissue (lesions) can be seen. If abnormal areas are seen, a small biopsy is taken.

What is a biopsy?

A biopsy is a small piece of tissue removed to look for cancer cells. This procedure causes cramps like a period which go away in a few minutes. Most biopsies show pre-cancerous changes in the tissue which could turn into cervical cancer if not treated.

How are these abnormal cells treated?

These abnormal cells are destroyed by freezing, laser treatment, removing the tissue, or burning it. Most of the time these treatments will get rid of abnormal tissue and prevent cervical

cancer from developing. Some of the treatments are done in the office and some in the same-day surgery unit under anesthesia.

If you need to have a treatment done, the doctor will talk to you about which type is best for your problem. After the treatment, you will need to get a Pap smear every three months for a year to make sure that the treatment has worked and the pre-cancerous changes are gone.

What can you expect after a colposcopy?

After the colposcopy and biopsy you will have a lot of brown or black discharge from the solution used to stop bleeding, and you may have some light bleeding. Heavy bleeding, fever or severe pain should be reported to a doctor or nurse. You should not put anything in your vagina (tampons or douching) or have sex for at least 5 days after the biopsy.

Who will I be seeing for the colposcopy?

Rush Presbyterian Hospital:
Dr. Stewart Massad
Northwestern Memorial Hospital:
Dr. Robert Sobut
University of Illinois at Chicago:
Dr. Mark Vajaranant
Cook County Hospital:
Dr. Julie Schmidt, Dr. Helen Cejtin,
Dr. Stewart Massad, Dr. Linda Powell

Note from Health WIHS: A colposcopy may sound complicated, but it's actually a very simple and important procedure. It is extremely beneficial for you to know exactly what is going on with your body so that you can treat any problems immediately. Although you may experience some discomfort during and after the procedure, you should feel confident that WIHS doctors will do everything they can to make you feel at ease. Also, you should not hesitate to ask your doctor any questions that you have about the procedure.

If you would like to share your experience of having a colposcopy or have any further questions you would like answered, please write in to Health WIHS!

Ladies, I want to thank each and every one of you for taking part in the WIHS study. You're making a real difference by participating in the WIHS, and you should know that. I believe that we can tackle this disease and the only way we're going to do that is to tackle it together.

Women's Information Exchange

That's why I want to take the time now to plug the WIHS Women's Information Exchange Workshops. We've already held workshops on reducing stress and viral load testing. Our next workshop, scheduled for Friday, June 6 at noon, will be a report back from the Los Angeles Conference on "Women and HIV" coming up in May. At these workshops you can learn more about HIV infection. They're also a really good time to meet and get to know other women in the study.

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WIHS UPDATE...

by Kathleen Weber

and brain function. She will want to evaluate women at their one year mark and probably enroll some new participants.

Medical Record Abstraction: WIHS staff are busy collecting medical records from the various hospitals and clinics to verify the types and numbers of infections and cancers occurring in women. This will help determine how HIV infection typically progresses to AIDS in women.

NIDA Health Care Utilization, Immunology, Virology: WIHS women who have had a CD4 (T-cell) count below 200 at any time in the past will be asked to participate in these substudies designed to evaluate the impact of drug use on health care utilization patterns and various aspects of the immune system. Scientists will also try to determine if there are any differences in the type, amount and activity of HIV in drug using women compared to women who do not use drugs.

Special Genital Tract Substudies: Chicago physicians may ask to collect extra genital

L.A. Conference on Women and HIV

From what I know, the L.A. Conference is going to bring together leading researchers, community providers, policy makers, and women living with HIV. I'm really excited to say that I'm going to the conference along with other WIHS women who got scholarships for the conference. We'll share what we learned at the next Women's Information Exchange workshop. That way, even if you did not have the opportunity to go to the conference, you can still get updated on the most important issues.

Colposcopy — What's that?

Make sure you check out the article on the other page, "Understanding Colposcopy." I just recently had one and believe me, it was not something I was excited about. I mean, it just sounds so serious and painful. When I was first told that I had an abnormal pap smear and I would have to have a

swabs or a vaginal wash to help evaluate genital tract tissue and identify new viral and immune cells that play a role in HIV infection. Hopefully, this will help us to better understand unique aspects of HIV transmission and prevention in women.

Body Mass Index: Barb Swanson has evaluated the body mass of many women at University of Illinois and Rush to determine if there are nutritional differences between women infected with HIV and uninfected women. Barbara is currently analyzing the data from the first year of her study.

DATRI 009 and 009B: This substudy opened recently and will intensively evaluate immunologic and virologic components of the blood and genital tract. DATRI is similar to WIHS and will be conducted as part of your next WIHS visit only if you are eligible. DATRI 009B is an oral substudy that will require you to spit in a cup for 10 minutes. We want to keep your visit interesting!!!

WIHS-related substudies currently looking for women!

WHS 001: The first "Women's Health Study" — not yet open — is not a part of WIHS but some WIHS participants will be asked to join. This is a very intensive study to evaluate the impact of HIV on the ovulatory

WIHS Feedback **by Barbara Keys,** **Peer Retention Specialist**

colposcopy, I told the nurse that it must have been a mistake.

I only agreed to have it once I understood that the test would tell me whether or not I had cancer so that I could get proper treatment. At the same time, I had a real fear that I could have cancer. The physical pain did not bother me as much as the mental pain. Thank God my results came back normal.

But even though the colposcopy was painful for me, I would take the test again because I'd rather be in pain for an hour than be walking around with cancer not knowing it.

When it comes down to it, I think the most important thing is that we do everything we can to stay healthy.

cycle, and therefore, will require weekly gynecologic visits for two consecutive months.

WHS 002: The next "Women's Health Study" — not yet open — is also not a part of WIHS but like WHS 001, some WIHS women will be asked to participate. This study will evaluate the effect of Herpes Simplex Viruses on HIV and will require self swabbing of the cervix at home. Your provider will teach you how to do this! This is a very intensive two week study for women who want to see us every day!

The most exciting news about the future of WIHS is that the government has decided to continue WIHS for an additional five years. Chicago investigators submitted a 500 page WIHS 2 grant application to the NIH for review in March. The application was full of many new ideas and interesting substudies. This was made possible by the hard work of WIHS investigators and study participants (but especially Dr. Cohen who spent endless hours and long nights at the computer.) ♦

**Here's a glimpse at the
WIHS Appreciation Party held
last November at the Como
Inn.**

Over 150 WIHS participants, staff and friends from all four WIHS sites in Chicago celebrated the two year anniversary of the WIHS over dinner, dancing and a special program dedicated to all of the women in WIHS.

The party was a huge success! We ate good food, danced the macarena, and some women even won raffle prizes including a night at the Chicago Hyatt Regency Hotel. All WIHS participants also received special WIHS "Dance of Life" t-shirts as a token of our appreciation. But most importantly, the party gave us an opportunity to celebrate each other for an evening.

To all the women in WIHS:

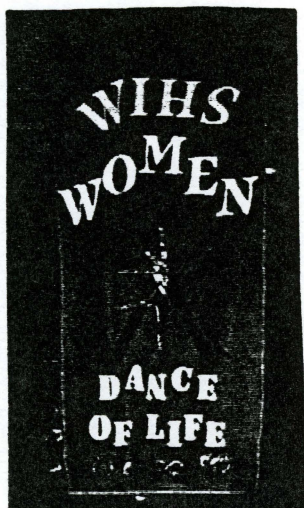
As a WIHS participant and a WIHS Chicago Representative of the National Community Advisory Board member (NCAB) Chicago representative, it is with great pleasure to say that the Appreciation Party was a hit!

The WIHS participants, their guests and the staff all appeared to have a blast. It was a great opportunity to meet the doctors, nurses, scientists and support staff in a relaxed atmosphere. Especially because their names are often heard but we don't often get a chance to talk to them in an informal atmosphere.

I feel we all had an awesome time. The cake, decorated with the WIHS "Dance of Life" logo, was especially beautiful and it was as delicious as it looked.

I think the staff did an outstanding job putting together the 1996 Appreciation Party. I sincerely hope that all who attended had a good time. I think we've got a lot to look forward to. Let's make 1997 a blast.

Your sister in the WIHS,
Patricia Ellis
Chicago NCAB Representative



From Dr. Mardge Cohen's Statement of Appreciation:

"Tonight is a salute to the very special women who participate in the WIHS in Chicago. You are contributing to our rapidly developing and improving knowledge and therapy of HIV infection. In the past year, we have seen some remarkable advances in the understanding and treatment of this disease and, in your own way, each of you has contributed to this.

Thanks to you, the four Chicago sites continue to lead the nation by being on the top of the six consortiums in collecting the highest quality data for this study. We don't know how to say thank you enough, but hope that this Appreciation Dinner can serve as a small token of thanks to show how indebted we are to you.

Tonight, we bring the city of Chicago together, in terms of the geography of where we all live, in terms of our cultures, in terms of our different institutions, and in our resolve to stand shoulder to shoulder to fight this epidemic — and to enjoy every minute of life while we can."

— Mardge Cohen, MD is the Chicago WIHS Principal Investigator



Celebrating the commitment of peer advocates.

LET'S TALK ABOUT... HOW TO DEAL WITH STRESS!

Dr. Yvonne Irvin, a clinical psychologist at Cook County Hospital, led a "Stress Management" workshop at the WIHS Women's Information Exchange last January.

Sources of Stress

- Environment: anything outside of you (e.g. the weather, your bills, your job)
- Body: your physical being (e.g. being ill, getting older, growing up)
- Thoughts: what you are thinking (e.g. not being able to stop your thoughts)

"We don't have a whole lot of control over our environment and our body but we do have some control over our thoughts." — Dr. Irvin

Three-Stage Physical Reaction to Stress

Stage One - Alarm: your body experiences something like a sudden jolt; you may experience a faster heartbeat, you may sweat or tense up

Stage Two - Resistance / Adaptation: your body gets used to living with stress; you may not even be aware that you are feeling stressed

Stage Three - Exhaustion: your body acts up after it can no longer "resist" or "adapt"; you may become sick, experience migraine headaches, back pain, hunger, loss of appetite

"We need to learn how to make our bodies feel good. Nobody else is going to do it." — Dr. Irvin

At the workshop, women shared their personal stress management techniques.

Here's how WIHS Women deal with stress. . .

"Dance, take a walk, call a friend. Help other people who are in a worse situation." — Martha

"I learned how to deal with stress on a daily basis by coming to this workshop. I am more comfortable with it now and happy to know I can deal with it." — Sequenthia

"Prayer. I give all my anxieties and cares to God." — Chinniese

"Music relaxes me, and my quiet time with the Lord. I also get acupuncture and massage therapy."

— Ann

"I think positive thoughts. I look in a mirror and say I love myself for me."

— Diane

Stress Management Techniques

1. Identify your lifestyle pattern / get to know yourself:

→ **Tortoise / turtle** - You are slow and steady with a strong protective shell. You pace yourself to do one thing at a time. You don't like to take risks and you are even-keeled and in control, without crises.

→ **Hare / rabbit** - You are agile and lucky, but also fragile. You experience quick starts and stops in your work pattern. You always have many irons in the fire.

→ **Thoroughbred / horse** - You are adaptable. You vary your pace based on the situation with which you are confronted. You thrive on competition.

Everyone has characteristics of all three of these lifestyle patterns, but one is more predominant. You can use this exercise as a way of thinking about yourself and getting to know yourself. At the workshop, we separated into three groups based on our lifestyle patterns and talked about the positives and the negatives of our particular lifestyle pattern.

2. Sensory Visualization: Create a beautiful place that you can escape to for a short while. You can imagine going to the beach in the Caribbean or walking through the forest — just make sure it is a place that is special to you. Use all of your senses — what you see, smell, touch, taste and hear — as you imagine your special place.

3. Deep Breathing Exercise: Breathe deeply through your nose. Take in as much air as you can. Hold it. Feel the tension in your body. Then blow it out slowly as you let your body go limp. Repeat 5-10 times. Do this several times a day, just like taking medication. The advantage of this technique is that you can do it anywhere, anytime and no one will know.

4. Body Scan: See what is going on with your body by concentrating on particular parts of your body. Isolate a specific body part, like your calf, and think about how it feels. Touch it with your hands. Make it twitch. You are re-learning how to know your body and to relax different areas. The more you do it, the more skilled you will become at relaxing your body.

5. Progressive Muscle Relaxation: Start with your toes and go up your body or start with your scalp and go down. Tighten and relax each one of your muscles. Your toes, feet, calves, knees, thighs, buttocks, abdomen, chest, shoulders, move up your back, your neck throat, mouth (clench your teeth then relax), your eyes, ears, forehead and scalp. Concentrate on letting go of the tension in each part of your body. ♦

"I crochet for hours. I just sit in a chair and rock as I crochet. I do it until my fingers tire out. Then, I take a deep breath and also open a book and read it to the very end. This works. I also clean."

— DeDe

(Continued on page 6)

RAP SESSION: Open Letters to and from WIHS Women

Letters in response to any part of this newsletter are welcome. Letters can also raise new issues or respond specifically to previously published letters.

If you want to write an open letter to *Health WIHS* readers, please send to: WIHS - Cook County Hospital 1900 W. Polk St., Rm. 1246 Chicago, IL 60612



Dear Friends,

I have gone by the name of Sonia Ruiz for a number of years now. The purpose of this letter is to announce that I am returning to my birth name, Marta Santiago.

Let me share with you the reason for the switch. Back in 1989 I was told my status and that of my son, who is also HIV positive. Due to that awful word, "IGNORANCE," I was afraid and careful of letting anyone other than my primary care team know of our status. Thus, the shield came up and the name "Sonia Ruiz" was conceived.

I am not saying that ignorance has been totally abolished but we have come a long way since '89. I want to be whole with everyone and that is why I am returning to my birth name.

So now that I have your

attention, I want to wish everyone lots of good health and plenty of happiness!!

Sincerely,
Marta Santiago,
Chicago WIHS
NCAB Representative
(National Community Advisory Board)

The Way to Happiness

- ◆ Keep your heart free from hate.
- ◆ Keep your mind free from worry.
- ◆ Love simply.
- ◆ Expect little,
- ◆ But give much.
- ◆ Love yourself.
- ◆ Think of others more than yourself.
- ◆ Be thankful for all your blessings.
- ◆ Do all you can for people with no personal gain.
- ◆ Fill your life with love.
- ◆ By doing this, you're well on your way to happiness.

— Chinnie Peterson

(Continued from page 5)

How WIHS Women Deal with Stress. . .

"Talk about it to myself. Think about what my options are. I deal with the problem right away because it won't go away until I come up with a solution. If I can't come up with a solution I'll talk to someone else. I also exercise and watch my nutrition intake." — Marta

"I distance myself from what is causing the stress for a period of time. I relax somewhere alone, quiet and safe. Depending on the situation that caused the stress level, my stress management is resolved differently from an evening of pampering myself in a sauna at home to yoga." — Nina

"I talk about it. I do a lot of praying. I get massages. I do a lot of walking. I also go to meetings dealing with stress." — Geraldine

"I try not to think about problems that are stressing me out. I pretend that it's not worrying me." — Mary

"I'm very pleased that Dr. Irvin took the time to share with us all of the wonderful information on stress. Very enlightening!" — Leatrice

Notes on Health WIHS

— Alice Kim, Newsletter Editor

Thanks for being so patient for this issue of *Health WIHS*. The WIHS investigators and staff have been

especially busy these past several months preparing the grant application for the second cycle of WIHS.

With all the data that has been collected over the last several years, the WIHS has made huge strides in tracking the effects of HIV infection in women. But there is still a lot more to learn. The WIHS is looking forward to five more years of funding to continue researching the effects of HIV infection on the physical, emotional and social health of women.

Today, women are the fastest growing population becoming infected with HIV. In major cities across the United States, complications from HIV infection have become a leading cause of death for women 25 to 44 years old. This means that the fight against the AIDS epidemic is far from over.

I would like to welcome everyone to write for *Health WIHS*. This newsletter is for you to learn more about your health, what's going on with your body, and how to take care of yourself. It's also a forum for you to voice your experiences, questions, needs and concerns with other WIHS women — to get the word out about what you are thinking and doing as a patient, an advocate or an activist.

Submit your writing at any time to be published in the next issue of the newsletter. You can always stop by the WIHS office and drop off a submission, or you can just drop it in the mail:

Alice Kim / WIHS
1900 W. Polk, Rm. 1246
Chicago, IL 60612

Feel free to call me if you have any questions. (312) 572-3741.

Susceptible by Wilma Lee

I was sitting in my favorite neighborhood bar Friday night.
A place where everybody knows your name.
Drinking Old Grand Dad 100 straight up, coke back.
Sitting in the booth closest to the jukebox.
Back to the jukebox, face to the door.

Unwinding from the week.
"Attitude Adjustment" I called it.
Smoked a joint also.
Coasting along on my own private magic carpet,
Enjoying being alive.
Enjoying being me.
He walks by and winks.
I'm surprised,
Not usually paying attention to strangers.
He comes back my way and slides into the booth
Across from me.
Looks at me real hard and offers to buy me a drink.
I agree.
He leaves.

I'm still in my own thing, though.
Grateful for the drink.
Music soothing, enticing, alluring.
"This is for the cool in you."
"Stone in love with you."
"Breathe Again."
"What's Going On?"
"You're My Lady."
"Q's Jook Joint."
Romancing, Calming.
Mixing and Matching.
Just right for a Friday night.

When he comes back he sits next to me.
The aura and atmosphere surrounding that particular booth shifts
As if encasing us in a protective bubble that suspends
Light, sound and space.

It was all so perfect when he kissed me. It was the right kiss.
It was the kiss I had been looking for.
And from that moment forward there was no returning.

The kisses became more sensuous! Longer! Intense!
Kisses that conveyed something special was transpiring.
Kisses from big, plush, juicy lips.
Lips that pouted when I caressed them with my lips.
Full-bodied tongue, broad and strong.

Dances that blended into kisses and kisses that blended into dances.
Kisses that wouldn't stop.
Couldn't stop. Kisses that promised more.
So much more.

Soft as a teddy bear.
Warm. Comforting.
Big, gentle hands, everywhere.

WIHS Women Speak

Hands touching, feeling, rubbing.
Familiar hands.
Hands that were a school master
On what to do where.
Knew every crevice in me.
Sought them out one by one.
Hands that were meant to be on my body.
All of it.

When his fingers slipped between my panties and started
Playing in my island of desire —
Time, lights, sounds and speech all ceased to exist.
There was no one or anything else.

Fingers parting my vulva. Palpitating my clitoris.
Making me work. Stimulating fingers.
Then he licked them . . . I rejoiced at my good fortune.

Bodies syncopated. Treble and bass clef.
Moving to the rhythm of their own metronome.
Brain screaming, screeching. Trying to put on brakes.
"It's not who you are, it's what you do."
"Alcohol and drugs impair judgment."
"No condoms, no sex."

Bodies moving at the speed of a runaway locomotive.
There wasn't anything we couldn't do.
Lulled in a space of fellowship and joy
Peace within reach.

The back half of my brain having a real fit.
Danger and warning signs going off,
over and over again.
Red lightbulbs flashing in my consciousness.
Writings on the wall: "Go home."
"You are responsible."

Simultaneously, the front part of my brain
Enjoying the sensory pleasures being offered up
By the fingers, the hands and the lips.

Finally:
"Last call for alcohol."
"Hotel, motel, your tail."
"You ain't got to go home,
but you've got to leave here."

Body still trembles at the memory of it.
Scents, sounds, pulsating feelings
Not far away.
Four months later.
Wondering what might have been! ♦

The WIHS Women's Information Exchange
invites you to a workshop on. . .

***"A Report Back from the Los Angeles
Conference on Women and HIV"***

The latest and most up to date information on women and HIV will be brought back to you by WIHS representatives Marta Santiago, Patricia Ellis and Chinniese Peterson (Chicago WIHS National Community Advisory Board Members) and Barbara Keys, WIHS Peer Retention Specialist.

Friday, June 6th at noon
Leona's Restaurant
1936 W. Augusta - 3rd Floor
(1/2 block east of Damen)

Lunch and tokens will be provided. This workshop is for WIHS & WITS participants only. Call to make your reservation and for childcare by Wednesday, June 4.

- * WIHS participants call Alice Kim at (312) 572-3741.
- * U of I WITS participants call Michael Russel at (312) 996-7479.
- * CCH WITS participants call Michelle Harris at (312) 633-5654.

Write for *Health WIHS!*

Wanted: poems, personal essays, short stories and letters.

Share your personal experiences, your views, your creativity and knowledge with other WIHS women. You can send in writing contributions at any time to be published in an upcoming issue. You can use your real name or an assumed name for publication, but please include your name and phone number with your submission so that we can call you to discuss your work.

Please mail your submissions to:

WIHS / Cook County Hospital
1900 W. Polk St., Rm. 1246
Chicago, IL 60612
Attention: Alice Kim

*** *WIHS Women Speak!* ***