

A Sisterhood of Women Facing HIV Together

BABES Talking is a monthly publication of BABES Network-YWCA.

The goals of our publication are to share information, publicize events and create a forum for the voices of women living with HIV/AIDS to be heard. We encourage you to make BABES Talking your newsletter by writing a story, submitting artwork or setting up an interview with a staff member.

In This Issue

- ◆ Don't Give Up!
- ◆ Staying Adherent
- ◆ Living With Meds
- ◆ Welcome Brenda
- ◆ Join Advocates for HOPE!
- ◆ Free mental health therapy
- ◆ July Calendar
- ◆ Coming Soon



Living With Meds

Volume 18 Issue 4

July 2010

What's Happening

In this issue, BABES are talking about *Living With Meds*. Staying adherent to our medication is key to a healthy life. Read the stories, struggles and advice from HIV positive women and how they are living with their medication.

We are also welcoming a new Peer Counselor, Brenda, to BABES! We are very happy to have her on staff. Read all about her on page 4.

This month our BABES are on retreat in Vashon Island. It should be a wonderful time of supporting one another and relaxation.

Be sure to join for our on-going Thursday educational support groups here at the BABES office, our once a month Everett support group and our co-ed heterosexual support group. Get connected, stay connected.

**All articles are personal stories/opinions and have not been reviewed by a medical provider or endorsed by BABES Network.*

Event of the Month

BABES Educational Support Groups!



Did you get connected with BABES at retreat? Stay connected with our weekly Thursday afternoon support group! 'Old timer'? Drop by on Thursday at noon if you haven't connected with BABES in awhile. Reconnect with your sisters!

Call 206.720.5566 or email at the_staff@babesnetwork.org if you have questions!

“You need a provider and medication that works for you.”

New U.S. HIV Treatment Guidelines recommend starting therapy when T-Cells are between 350-500.

Visit www.thebody.com for more information



Don't Give Up!

I first started taking meds about 16 years ago. I had a good provider at the time and my regimen did not give me any side effects. The only part that was hard was that I had to take the meds three times a day. My provider moved to another state and I had to get a new provider. She put me on a new regimen and was not concerned about the reactions my body was having to the medications. Because of this, I totally quit HIV medications. My provider did not hear me out that I was having difficulty with the medications and rather than switch providers, I stopped taking meds. I lost my faith and trust in my HIV doctors.

One year later, I was starting to get sick and found a new doctor. I again was put on medication that was giving me bad side effects. I tried to communicate with my doctor about this and my concerns about my liver and other health issues; he did not listen to me. I was very concerned. At this point I moved to Seattle and the BABES staff helped me find a wonderful provider. He was able to listen to me and understand my needs. He changed my medications and all my side effects changed. Having a wonderful provider and medications that didn't give me side effects made me feel like I was in 7th heaven. I knew that I was being heard and that my health was being taken care of. It's such a big change to have a great doctor. If you are having troubles with your provider, find a better physician. You need a provider and medication that works for you. Don't give up!

~Tina

Staying Adherent

How do you stay adherent?

I use a calendar and put a smiley face on each day after I take them.

What is the hardest part in staying adherent?

I get busy, so sometimes I forget. So I need to use reminders.

What do you like/not like about taking medication?

I like that they are saving my life, but I don't like the bad taste they leave in my mouth.

What are your side effects like? How do you cope with them?

I don't have any side effects.

~Callie M.

How do you stay adherent?

Well, I take other meds daily for my seizure and my family will remind me.

What is the hardest part in staying adherent?

Sometimes when it's late at night and I'm just too tired to take them.

What do you like/not like about taking medication?

Sometimes it can be a pain to try and remember. Sometimes they make me tired.

How have your meds changed over the years?

No, I have been on the same regimen for 9 years.

How have you dealt with becoming resistant to certain medications?

I am not resistant to any treatment that I know of.

What are your side effects like? How do you cope with them?

Just the fatigue is what gets to me.

What do you want to change about your medication?

If they all came in 1 combination, although I'm not complaining.

Share about your experience communicating with your providers about your medication.

I have great communication and a great relationship with my provider.

Tricks and tips you'd like to share with others to stay adherent.

My kids help and also to make it part of your daily routine. Like when you have your cup of coffee in the morning, take them then or if you have a favorite TV show, take it then.

By Christina D.

Staying Adherent

How do you stay adherent?

I stay adherent by taking my meds pretty much the same time every day and making sure that they are where I am going to be able to get them. I take them just before bed with a snack, so when I eat my snack, it reminds me to take my meds.

What is the hardest part in staying adherent?

I would have to say it is the timing. When you are really tired or you are out and about enjoying yourself, sometimes you want to just forget to take them. But then you are like, 'oh wait, no, if I don't take them, I can become resistant!' That wouldn't be good.

What do you like/not like about taking medication?

I like taking meds because I am getting my health and vitality back and that means I can enjoy life more as time goes on. I don't like taking them because it is a constant reminder that I have HIV and that sucks. But it is better than the alternative which is dying.

How have your meds changed over the years?

I used to be absolutely terrified of the side effects of the meds that I went to the point of quitting all meds for 3 1/2 years. I just wouldn't go on another regimen because they were so horrible. Now I take meds and haven't had ANY side effects. Oh yeah, meds have definitely changed over the years.

How have you dealt with becoming resistant to certain medications?

Thankfully, I have so many other options that it hasn't been too bad when I have come up resistant to other meds. I still have options and I know a lot of people that don't, so I am grateful.

What are your side effects like? How do you cope with them?

As I said before, I am thankful that I don't have any side effects. I cope with them by taking an anti-nausea and occasionally an anti-diarrhea. But that is so rare that I have to do that. I just keep it on hand for the just in cases.

What do you want to change about your medication?

I want to be cured so I don't have to take it, lol. Other than that, there isn't anything that I would change. Except for MEPRON which is for treating PCP (phenomena). I would have the company make into pill form, instead of the gunky yellow crap that you have to practically pour down your throat because it is SO nasty.

Share about your experience communicating with your providers about your medication.

I thank the Lord Jesus that I can talk to my provider about anything and everything. She is great and is very understanding about my hesitation to try different drugs and things. I don't have any problems talking to her about anything at all.

Tricks and tips you'd like to share with others to stay adherent.

Have someone who can help you be accountable (friend, spouse, parent, kids, etc.). Keep your meds where you know you are likely to go or have activity around them at the same time every day. I keep mine in the fridge. When I get my night time snack, I see them right there on the door and I take them. Also, ask your doctor for prescription strength anti-nausea and anti-diarrhea pills BEFORE you start taking a new regimen. I can not stress how important it is to take them one dose AHEAD of when you start taking the pills. If your body has what it needs to combat the side effects, then you will have NO side effects or they will be very minimal. I think I had maybe one day of nausea and no diarrhea when I started my regimen.

Cheers, Kelly B.

“I have a great communication and a great relationship with my provider.”

“Now I take meds and haven't had ANY side effects.”

How do you stay adherent?

Always close to my heart, I take them with me everywhere I go just in case my time for taking the next dose does not find me in the house, I am able to take it without skipping.

What is the hardest part in staying adherent?

When I have to take my dose in a non-conducive environment.

What do you like/not like about taking medication?

Before, it used to be a big challenge when I had many pills to take twice a day. Now it's a lot easier as I take one pill a day - I really like it!

How have your meds changed over the years?

From many pills to one pill a day.

What are your side effects like? How do you cope with them?

My side effect is such that I don't feel too alert as I have always been and am experiencing a lot of memory loss. I cope with it by trying to take lots of rest as much as I can and I have now developed a tendency of putting many things down in writing, lest I forget.

What do you want to change about your medication?

So far so good.

Share about your experience communicating with your providers about your medication. My providers are very communicative, friendly and easy to deal with. What I like most is that they are able to send my meds through mail; I don't have to be running around to go pick them up. The packaging is so great!! It does not raise eyebrows even if I was to ask anyone to pick them up for me from the mailbox. The best part is also that they are so timely! I have never had to chase for refill and or fear missing my dose.

Tricks and tips you'd like to share with others to stay adherent.

First and foremost is never part with your pills and assume that you will be able to take them when you get home. While it's ok to have them in a pill-box, anything can happen and for one reason or another you don't just get home or don't get home in time. Always have them in your handbag even if they are the only items in the handbag. It's your life! Taking one pill a day currently is fun for me and I do that just before going to bed, so it's easy. But what I used to do when I had to take many pills twice daily, was have an alarm on my cell phone in the morning and in the evening. Because we all tend to have our cell phones around us all the time, it was the best to remind me when the alarm went off. Sometimes a little embarrassing when there were people around who could sense what the alarm was for, but it worked well for long.

~Anonymous

“First and foremost is never part with your pills...”

“I am grateful that I have been given this wonderful opportunity to reciprocate all of the love, support, care and respect that I have been given.”

Welcome our new peer counselor Brenda!

Hey there! My name is Brenda, and I am excited and honored to be working here at BABES Network-YWCA. I am grateful that I have been given this wonderful opportunity to reciprocate all of the love, support, care and respect that I have been given. I am doubly excited that I will have the chance to do this for YOU!!



I found out that I was HIV+ in May 2007, and let me tell you, it wasn't pretty! It didn't help that I was leading a very unhealthy lifestyle and making even unhealthier choices. I didn't change things right away, and it wasn't the easiest thing to do, but when I finally chose to make those changes, it was the best decision that I could have ever made for my life! I have been there, done that, and am now here, doing this, and it is WONDERFUL. I was originally a client with BABES, with a very slow start who turned hesitation into persistence. I am blessed to be a strong 36 year old woman living with HIV! I have a 9 year old son and a wonderful, solid support system which includes a wonderful loving family, dear friends, and a caring and respectful man.

I am so happy to be here, and will do all that I am capable of to be here for you.



BABES Network-YWCA is a **sisterhood of women facing HIV together**. BABES reduces isolation, promotes self-empowerment, enhances quality of life and serves the needs of women facing HIV and their families through peer support, advocacy, education and outreach.

Phone: 206.720.5566

Toll Free: 1.888.292.1912

Fax: 206.720.5901

1118 Fifth Avenue, Seattle WA 98101

Email: the_staff@babesnetwork.org

Event cell: 206.229.2257

BABES Office hours

M-W-Th: 11 am-5 pm

Tu: 11 am-6 pm

F: 11 am-4 pm

BABES Network-YWCA Services

- **Peer counseling**
*One-on-one support from another HIV+ woman.
- **Support groups**
*Weekly support groups for HIV+ women, complete with meals and childcare, as well as a Co-Ed group for HIV+ women and men.
- **Events and Retreats**
*Fun social gatherings that provide an opportunity for HIV+ women and their families to network with each other.
- **Educational Forums**
*Informative educational groups focusing on HIV treatment adherence and other important health issues.
- **BABES Talking newsletter**
*Bi-Monthly, English/Spanish bilingual newsletter available worldwide.
- **Advocacy**
*HIV+ women teaching each other how to success fully negotiate government and healthcare systems, while also training community agencies to better serve the complex needs of women.
- **HOPE Project**
*Trains and schedules HIV+ women and men to tell their stories to local community groups to reduce stigma and raise awareness of HIV/AIDS
- **Mental Health Therapy**
*Available weekly to HIV + women in King County who meet income eligibility

Opportunities For BABES Members!

Would you like to be trained and educated to be an Advocate for HIV/AIDS? Apply for our new Advocates for HOPE group and make a difference!

This group will be providing training and education to HIV positive women, communities of color and their allies to use their personal strengths and experiences in order to:

- Influence policy and funding at all levels
- Educate and inform communities to make informed decisions
- Empower the next generation of young people to make a difference in the fight against HIV/AIDS
- Combat Stigma

Great reasons why you should join:

- Learn how to advocate for yourself and others
- Gain job skills
- Gain public speaking skills
- Network with other HIV positive people
- For each training completed you will receive a certificate you can add to your portfolio
- If you are a HOPE Project grad, this continued education may help you become proficient to begin speaking in local schools
- For every **3 trainings** you attend you will receive a \$20 gift card to one of the following stores: Walgreens, Safeway, Bartels.

Contact Ronda Kimm at 206.720.5566 x 2 or at ronda@babesnetwork.org to receive an application and get more details.

Feeling overwhelmed?

Free Mental Health Therapy available to women living with HIV in King County!

Must meet the income eligibility requirement.

Call or email BABES to find out more.
Se habla español.

206.720.5566
the_staff@babesnetwork.org



empowered by the ywca

JULY 2010

BABES Network-YWCA is located at:
 1118 Fifth Avenue, 1st Floor Seattle, WA 98101
 Phone: 206.720.5566 Toll-free: 888.292.1912
 Event Cell: 206.229.2257 Fax: 206.720.5901

www.babesnetwork.org

Email: the_staff@babesnetwork.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Substance Abuse Part I BABES Support Group/Lunch 12-2pm @ BABES	2	3
4	5 BABES Office Closed	6 Everett Support Group/ Dinner with 'Positively Living' Workshop by Nicole Price 6:30-8pm	7	8 Substance Abuse Part II BABES Support Group/Lunch 12-2pm @ BABES	9 BABES Retreat Office Closed	10 BABES Retreat Office Closed
11 BABES Retreat Office Closed	12 BABES Office Closed	13 BABES Office Closed	14 Co-ed Heterosexual Support Group/Dinner 6:30-8pm @ Multifaith	15 Supporting Others in Recovery BABES Support Group/Lunch 12-2pm @ BABES	16	17 Group de apoyo para Latinas 11am-1pm @ BABES
18	19	20	21	22 Stages of Change BABES Support Group/Lunch 12-2pm @ BABES	23	24
25	<p>Save the Date for our Annual BABES Picnic in August! Saturday, August 14th Woodland Park-Shelter 1 11am-3pm RSVP @ 206.720.5566 or The_staff@babesnetwork.org</p>		28	29 Personal Stories of Recovery BABES Support Group/Lunch 12-2pm @ BABES	30	31

Coming Soon.....

Please RSVP by calling us at 206.720.5566

Thursday Groups Generously Supported By:



**BABES Staff/
Personal**

Brenda Higgins
Peer Counselor
Consejera

Kelly Hill
HOPE Project Coordinator/Peer
Counselor
*Coordinadora de el proyecto
'HOPE'/Consejera*

Ronda Kimm
Advocacy Coordinator
Coordinadora de abogacia

Nicole Price
Lead Peer Counselor/
Event Coordinator
*Consejera/Coordinadora de
eventos*

Tonya Rasberry
Peer Counselor/Office
Coordinator

Consejera/Coordinadora de Oficina

Amelia Vader
Program Manager
Encargada de programas

Angela Zukowski
Bilingual Peer Counselor
Consejera Bilingüe

Advisory Committee/
Comité Consultivo

Amy Benjamin
Pat Migliore
Rosemary Ryan
Julie Sarkissian

Translators/Traductors

Ana Maria Xet-Mull
Norma Candia

Volunteers/Voluntarios

Caroline Brown
Steph Hartford
Kelly Lynch
Dora Mahan
Pat Migliore
Jackie Leone Pleasant
Dan Putman
Victor Wang

Everett Support Group
Positively Living Workshop with Nicole Price!
For HIV positive women

Tuesday, July 6th
6:30-8pm
@ YWCA Everett
(3301 Broadway, Everett)

**Co-Ed Heterosexual Support Group/Dinner for
HIV+ Women and Men**
Negative partners welcome

Wednesday, July 14th
6:30-8 pm
@ Multifith Works
(115 16th Avenue, Seattle)

BABES Educational Support Group/Lunch

This month's educational topic is:
Recovery

For HIV positive women
Every Thursday
12-2 pm
@ BABES

BABES Retreat

Friday, July 9th — Sunday, July 11th
Application and Acceptance Required

Latina Support Group

Saturday, July 17th
11am-1pm
@ BABES

Grupo de Apoyo en Everett
Positivamente Vivir Seminario por Nicole Price
Para mujeres VIH positivo
Martes 6 de julio

6:30-8pm
en YWCA de Everett
(3301 Broadway, Everett)

**Grupo de apoyo para mujeres y
hombres heterosexuales VIH+**
Y sus socios negativos
Los miércoles, 14 de julio

6:30-8 pm
@ Multifith Works
(115 16th Ave, Seattle)

Los grupos de apoyo educacional de BABES

Este mes, tema educativo es: Recuperación
para mujeres VIH +
los jueves
12-2pm
@ BABES

Retiro de las BABES

9 al 11 de Julio
Aplicación y la aceptación necesaria

Grupo de apoyo para Latinas

Sábado 17 de julio
11am-1pm
@ BABES

BABES Talking
made possible by
support from:



WOMEN'S FUNDING ALLIANCE

**eliminating racism
empowering women**
Seattle | King | Snohomish

Ms. Foundation for Women
Building women's collective power to ignite change

Funding has been made available as a
result of grant awards from the U.S.
Department of Health and Human
Services, Health Resources and
Services Administration, and Public
Health — Seattle & King County.



Phone: 206.720.5566

Toll Free: 1.888.292.1912

Fax: 206.720.5901

1118 Fifth Avenue, Seattle WA 98101

Email: the_staff@babesnetwork.org

Event cell: 206.229.2257

BABES Network-YWCA es una hermandad de mujeres que se entren-tan juntas al VIH. BABES reduce el aislamiento, promueve un sentido de poder, mejora la calidad de vida y sirve las necesidades de las mujeres que viven con el VIH y sus familias por proveer servicios de apoyo entre iguales, abogacía y educación.

Horario de la Oficina de las BABES

Lunes-Miércoles-Jueves: 11 am-5 pm

Martes: 11 am-6 pm

Viernes: 11 am-4 pm

Servicios de BABES Network-YWCA

- **Consejería de iguales**
*Apoyo de mujer VIH+ a mujer VIH+.
- **Grupos de Apoyo**
*Grupos de apoyo para mujeres VIH+ cada semana, con comida y guardería, así como para grupos de mujeres y hombres VIH+.
- **Eventos y Retiros**
*Reuniones sociales divertidas que proveen una oportunidad para mujeres VIH+ y sus familias, con el propósito de formar redes de comunicación entre ellas.
- **Foros Educativos**
*Grupos educativos informativos sobre el tema de la adherencia al tratamiento de VIH y otros asuntos importantes sobre la salud.
- **Boletín BABES Talking**
*Boletín Mensual Inglés/Español disponible mundialmente.
- **Abogacía**
* Mujeres VIH+ enseñan a otras sobre cómo negociar exitosamente sistemas gubernamentales y del cuidado de la salud, mientras que también entrenan a agencias comunitarias para servir mejor a las necesidades complejas de las mujeres.
- **HOPE Project**
*Entrenar y coordinar a mujeres y hombres VIH positivos a decir sus historias a los grupos de la comunidad local para reducir estigma y aumentar conocimiento de VIH/SIDA.
- **Terapia de Salud Mental**
* Disponible semanalmente en el Condado de King para mujeres VIH+ quienes sean elegibles de acuerdo al nivel de ingresos

Recursos para BABESI

? Te gustaría que te entrenaran y capacitaran para ser un promotor en el área del VIH/SIDA? Solicita ser uno de nuestros promotores para el Proyecto HOPE y ¡Marca la diferencia!

Este grupo entrenará y capacitará a mujeres VIH positivas, comunidades de color y sus aliados en el uso de sus fortalezas y experiencias personales para:

Influenciar la política y el financiamiento a todos los niveles
Educar e informar a las comunidades para que hagan decisiones con conocimiento de causa
VIH/SIDA
Combatir el estigma

Razones importantes por las cuales deberías unirse:

Aprender cómo promocionarte y promocionar a otros
Adquirir habilidades de trabajo
Adquirir habilidades como orador
Establecer relaciones con otras personas VIH positivas
Por cada entrenamiento que completes recibirás un certificado que puedes añadir a tu archivo de documentos
Si eres un graduado del Proyecto HOPE, esta extensión de tu educación puede ayudarte a ser más competente para empezar a hablar en escuelas locales
Por tu participación en cada **3 entrenamientos** recibirás una tarjeta de regalo de \$20 para usarla en una de las siguientes tiendas: Walgreens, Safeway, Bartels.

Contacta a Ronda Kimm al 206.720.5566 int. 2 o al correo electrónico ronda@babesnetwork.org para obtener un formulario de solicitud y más detalles.

Terapia gratis para mujeres con VIH

Sesiones confidenciales de terapia en Redmond y Seattle. Para calificar, usted debe tener VIH, identificarse como mujer, vivir en King County y tener un sueldo bajo.

Para más información, comuníquese con Angela: 206.461.4472

Viviendo con los medicamentos...

?Cómo permaneces en adhesión al tratamiento?
 Siempre cerca de mi corazón, las llevo conmigo adonde sea que vaya por si acaso no estoy en casa cuando sea la hora de tomar la siguiente dosis así puedo tomarla sin ninguna omisión.

?Cuál es la parte más difícil de permanecer en adhesión al tratamiento?
 Cuando tengo que tomar mi dosis en un ambiente no propicio.

?Qué es lo que te gusta o te disgusta sobre tomar medicamentos?
 En el pasado, era un gran desafío cuando tenía que tomar tantas pastillas dos veces al día. Ahora, es mucho más fácil pues tomo una pastilla por día! Me gusta mucho!

?Cómo han cambiado tus medicamentos a lo largo de los años?
 De muchas pastillas a una sola por día.

?Cuáles son los efectos secundarios que padeces? ¿Cómo haces para lidiar con ellos?
 El efecto secundario que padeczo es el no sentirme tan alerta como siempre solía ser y que estoy teniendo una gran pérdida de la memoria. Mi manera de lidiar con eso es tratar de descansar bastante, todo el tiempo que puedo, y últimamente tiendo a escribir muchas cosas para no olvidarlas.

?Qué es lo que te gusta o te disgusta sobre tomar medicamentos?
 Hasta el momento todo está bien.

Comparte tu experiencia de comunicación con los médicos sobre tu medicación.

Mis médicos son muy comunicativos, simpáticos y fáciles de tratar. Lo que más me gusta es que pueden enviar mis medicamentos por correo, no tengo que andar corriendo por ahí para ir a recogerlos. ¡El empaquetado es genial! No despierta ninguna sospecha aun cuando tengo que pedir a alguien que los recoja del buzón. La mejor parte también es que, ¡son tan oportunos! Nunca he tenido que correr para conseguir más medicamentos o temer perder mi dosis.

Trucos y consejos que te gustaría compartir con otros para permanecer en adhesión al tratamiento.

En primer lugar, nunca salgas sin tus pastillas ni asumas que podrás tomarlas al regresar a casa. Está bien tenerlas en una caja para pastillas, cualquier cosa puede ocurrir y por una u otra razón puede que no llegues a casa o no llegues a tiempo. Siempre llévalas contigo en tu cartera aun si son lo único que tienes en ella. ¡Es tu vida! Actualmente, tomar una pastilla por día es divertido y lo hago justo antes de ir a la cama, por lo tanto es fácil. Pero lo que solía hacer cuando tenía que tomar tantas pastillas dos veces al día era usar una alarma en mi celular por las mañanas y por las tardes. Como todos generalmente tenemos nuestros celulares cerca todo el tiempo, cuando la alarma sonaba era la mejor manera de recordarme. A veces era un poco vergonzoso cuando había gente alrededor que podía sospechar el propósito de la alarma, pero funcionó bien por largo tiempo.

~Anónimo

La bienvenida a Brenda, una nueva consejera de pares para las BABES.

!Hola! Mi nombre es Brenda y estoy muy emocionada y honrada de estar trabajando aquí con la Red BABES-YWCA. Estoy agradecida por haberme dado esta oportunidad maravillosa para corresponder a todo el amor, apoyo, cuidado y respeto que me han dado. !!Estoy doblemente emocionada porque tendré la oportunidad de hacer lo mismo para USTEDES!!

Supé que era VIH+ en mayo del 2007, y déjeme decirles, ¡eso no fue nada bonito! No ayudó que estuviera llevando un estilo de vida más sano y tomando decisiones aún peores. Yo no cambié las cosas inmediatamente, y aunque no fue lo más fácil, cuando finalmente escogí hacer esos cambios, ¡esa fue la mejor decisión que pude haber hecho en mi vida! Yo he estado ahí, he hecho eso y ahora estoy aquí, haciendo esto, y es MARAVILLOSO. Originalmente fui una clienta de las BABES, con un inicio muy lento cambié indecisión por persistencia. ¡Soy bendita por ser una mujer fuerte de 36 años viviendo con VIH! Tengo un hijo de 9 años y un sistema de apoyo sólido y maravilloso que incluye a una familia amorosa y maravillosa, amigos queridos, y un hombre cariñoso y respetuoso.



“En primer lugar, nunca salgas sin tus pastillas...”

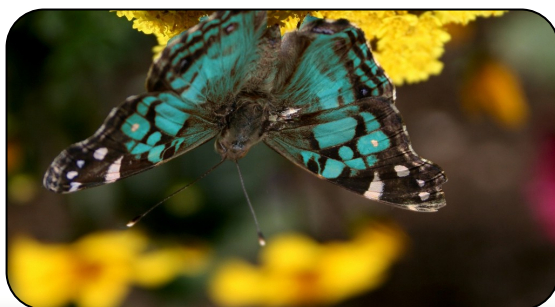
“Estoy agradecida por haberme dado esta oportunidad maravillosa para corresponder a todo el amor, apoyo, cuidado y respeto que me han dado.”

Estoy muy contenta por estar aquí y haré todo lo posible para estar ahí por ustedes.

“Tú necesitas a un proveedor de salud y medicamentos que funcionen para ti.”

Las nuevas guías de EU para el tratamiento del VIH recomiendan empezar con la terapia cuando los conteos de Células T están entre 350-500.

www.thebody.com



!No te des por vencida!

Empecé a tomar medicamentos hace unos 16 años. En ese entonces, tenía un buen proveedor de salud y mi tratamiento no me dio ningún efecto secundario. La única parte difícil fue que tenía que tomar las medicinas tres veces al día. Mi proveedor de salud se trasladó a otro estado y tuve otra nueva. Ella me puso en un régimen nuevo y no se preocupó de las reacciones que mi cuerpo estaba teniendo por los medicamentos. Por eso dejé completamente el tratamiento contra el VIH. Mi proveedor no escuchó que estaba teniendo dificultades con los medicamentos y en lugar de cambiar proveedores, paré de tomar mis medicamentos. Perdí la fe y la confianza en mis doctores especialistas en VIH.

Un año mas tarde, empecé a enfermarme y encontré a un nuevo doctor. De nuevo, los medicamentos que me recetaron me dieron efectos secundarios malos. Traté de comunicarme con mi doctor para indicarle mis preocupaciones sobre mi hígado y otros problemas de salud; él no me escuchó. Yo estaba muy preocupada. En ese momento me trasladé a Seattle y el personal de las BABES me ayudó a encontrar un proveedor de salud maravilloso. El fue capaz de escucharme y de entender mis necesidades. El cambió mis medicamentos y todos mis efectos secundarios cambiaron. El tener a un proveedor maravilloso y medicamentos que no me den efectos secundarios me ha hecho sentir como si estuviera en el 7º cielo. Supe que estaba siendo escuchada y que mi salud estaba siendo atendida. Es un gran cambio contar con un doctor estupendo. Si estas teniendo problemas con tu proveedor de salud, encuentra a un mejor médico. Tú necesitas a un proveedor de salud y medicamentos que funcionen para ti. !No te des por vencida!

~Tina

Permanecer Adhesión

?Cómo permaneces en adhesión al tratamiento?
Uso un calendario y después de tomar las medicinas pongo una carita sonriente en ese día.

?Cuál es la parte más difícil de permanecer en adhesión al tratamiento?
A veces me olvido porque estoy ocupada, por eso necesito usar recordatorios.

?Qué es lo que te gusta o te disgusta sobre tomar medicinas?
Me gusta el hecho de que las medicinas me salvan la vida pero no me gusta el mal sabor que me dejan en la boca.

?Cuáles son los efectos secundarios que padeces? ¿Cómo haces para lidiar con ellos?
No tengo ningún efecto secundario.

~Calle M.

Una Hermandad de Mujeres Enfrentando Juntas al VIH

BABES Talking es una publicación mensual de BABES Network-YWCA. Las metas de nuestra publicación son

- compartir información,
- dar publicidad a eventos y crear un foro donde las voces de las mujeres que viven con VIH/SIDA puedan ser escuchadas. Te sugerimos que participe en la creación de esta publicación por escribiendo un cuento, entregando un pedacito de arte o haciendo una entrevista con el personal.

En este ejemplar:

- ◆ No te des por vencida!
- ◆ Permanecer Adhesión
- ◆ Viviendo con los medicamentos...
- ◆ La bienvenida a Brenda
- ◆ Solicita ser uno de nuestros promotores para el Proyecto HOPE
- ◆ Calendario de julio
- ◆ ¿Qué esta pasando en las BABES?



Viviendo con Medicinas

Volumen 18 Ejemplar 4

Julio 2010

Que está pasando

En este ejemplar, las BABES están hablando sobre el tema *Viviendo con Medicinas*. Tomar tus medicinas debidamente es clave para una vida saludable. Lee las historias, luchas y consejos de mujeres VIH-positivo y sobre la manera en que ellas están viviendo con sus medicamentos. También estamos dando la bienvenida a Brenda, una nueva consejera de pares para las BABES. Estamos muy contentas de tenerla dentro de nuestro personal. ¡Lee todo sobre ella en la página 4! Este mes nuestras BABES están en retiro en la Isla de Vashon. ¡Este debe ser un tiempo maravilloso para apoyarse unas a otras y para relajarse!

Asegúrate de unirte a nuestros grupos de apoyo educativos aquí en la oficina de las BABES, nuestro grupo de apoyo mensual en Everett y nuestro grupo mixto de apoyo. Conéctate y mantente conectada.

**Todos los artículos son historias/opiniones personales y no han sido revisadas por un proveedor médico ni avaladas por BABES Network.*

Evento del Mes

!Grupos de Apoyo Educativo de las BABES!

¿Hiciste conexiones con las BABES durante el retiro? ¡Mantente en contacto con nuestro grupo de apoyo semanal de los jueves en la tarde! ¿Eres una veterana? Si no te has contactado con las BABES por algún tiempo, visítanos los jueves al medio día. ¡Re-conéctate con tus hermanas!



Si tienes preguntas, llama al 206.720.5566 o envíanos un mensaje a The_staff@babesnetwork.org