

# Women and AIDS: What you don't know can kill you

by Kara Kelley  
Staff Reporter

"AIDS can be expected to become one of the five leading causes of death in women aged 15 to 44 years by 1991," reports the Journal of the American Medical Association. According to the World Health Organization (WHO), that means at least 3 million deaths of women and children in the 1990's.

"Now that women are the fastest growing population of infected people, we need to recognize that their needs may be different," according to World AIDS Day informational brochure. "World AIDS Day [December 1] will draw attention to the special problems faced by women, and highlight the need to involve more

women in the global fight against AIDS."

What makes women and AIDS unique is a set of additional problems with which they must deal. Most women infected with HIV (human immunodeficiency virus) are still in their childbearing years. Those who currently have children must worry about finding help to look after their children if they are hindered by ill health. Furthermore, that stress is compounded with fear of how their children will be cared

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for after their death. Infected women, who have not had children, face the reality that there is a 30-50 percent chance their babies will become infected during pregnancy and delivery. And if a woman has passed the infection on to her children, statistics have shown that most children will die before their fifth birthday.

"The AIDS epidemic also carries a special set of problems for women not infected with HIV" said Dr. Renee Danziger, formerly with WHO Global Programme AIDS.

Danziger said, first, traditional homemakers may not receive information that is often distributed in workplaces, social organizations, and schools.

Second, women may have dif-

iculties protecting themselves against infection by insisting their sexual partners wear condoms.

"In practice, many women are dependent on their male partners for financial or other support, and so may be forced to engage in unprotected sexual intercourse where the alternative is having financial and social support cut off," Danziger said.

As educators and caregivers, women are crucial to raising the level of awareness about AIDS in their families and communities, according to WHO.

AIDS can be contracted through blood, semen and vaginal secretions. Working, eating, drinking and swimming with AIDS carriers will not give you AIDS. Nor will sharing restroom facilities, hugging or closed-mouth kissing give you AIDS.

According to Phyllis Ehinger, senior clerk at the Clark County Health Department, there is a slight chance of contracting AIDS through French kissing if the infected person has something in his/her mouth that will secrete blood, like sores or cuts.

"To be infected that way, the blood would have to get under the gums and into the blood stream," Ehinger said.

Next to abstinence, Ehinger said the best way to protect against AIDS is to use a latex condom because the other types are porous enough for the HIV virus to pass through.

"The Today sponge and spermicides with non-oxynol 9 can be used for an extra barrier of protection in case the condom breaks," Ehinger said. "They are not effective if used alone."

According to Ehinger, if a person has been infected with HIV, it can take at least six weeks and up to six months to show up on an HIV test. The Clark County Health Department gives anonymous and confidential HIV testing for \$10. Also, the Health Department offers testing the last Wednesday of the month through the University of Nevada, Las Vegas at the Student Health Center.

Questions about AIDS or HIV are directed to the AIDS hotline at 383-1393.

## Food labels and the consumer

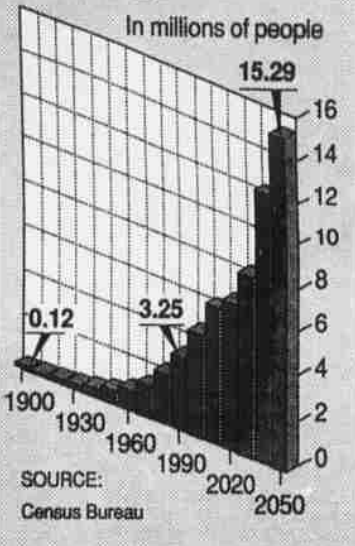
Nutrition		Food selection		Reading the list	
What concerns shoppers most; percentage of those surveyed		Top factors when food shopping; percentage of shoppers surveyed		Percentage of shoppers who say they always read the ingredients list when making a first-time purchase	
Fat content, low fat	40%	Taste	88%	Total	53%
Cholesterol levels	39	Nutrition	75	Men	48
Salt content, less salt	28	Product safety	71	Working women	49
Calories, low calories	21	Price	66	Nonworking women	59
Sugar content, less sugar	18	Storability	43	Households with children	46
Vitamin/mineral content	13	Food preparation time	36	Childless household	59
Preservatives	6	Ease of preparation	33	Medically-restricted diet	64
Fiber content	6			Unrestricted diet	50
Food/nutritional value	5				

SOURCE: Chicago Tribune, Food Marketing Institute

11/12/90

KRTN Infographics/SCOTT HOLINGUE

## U.S. population over age 85



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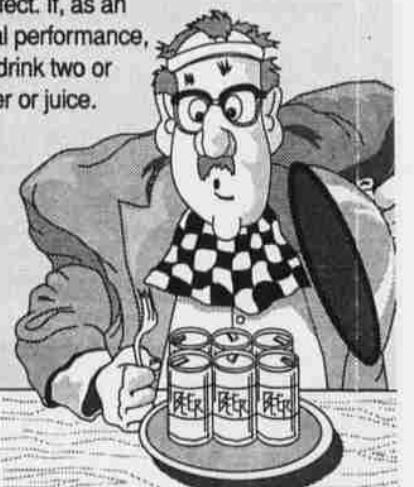
If you owe any payment(s) to the Student Health Center please pay before the end of the month or stops will be placed on your grades.  
Thank you for your participation.

## Question

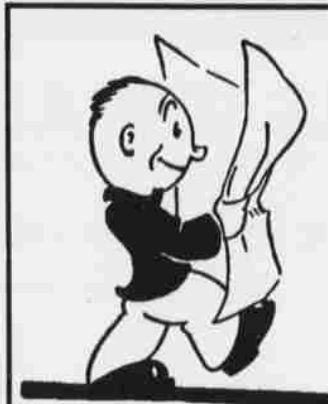
My friends tell me that beer is bad for my sports diet. How bad is bad?

## Answer

One or two beers in moderation can be worked into a sports diet. Too many beers become problematic. Since beer is a poor source of carbohydrates, it poorly fuels your muscles. Two-thirds of the calories in beer come from alcohol, and alcohol gets you "loaded" but not carbo-loaded. Beer is also a poor choice for fluid replacement. The alcohol in beer has a diuretic effect. If, as an athlete who cares about optimal performance, you're going to drink beer, first drink two or three large glasses of cold water or juice. Then have your beer in moderation, knowing that it contributes little or no nutritional benefit to a sports diet.



By NANCY CLARK, MS, RD,  
Nutrition counselor at Sports  
Medicine Brookline, Mass.;  
author of "The Athlete's  
Kitchen" and "Nancy Clark's  
Sports Nutrition Guidebook."  
SOURCE: Boston Globe



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