Plain talk

By Thomas Tesoriero, M.D. BALTIMORE, MD., - The Centers for Disease Contro estimates that 21 percent new AIDS cases occur in people between the ages of 20 to

Most of these people were probably exposed to the virus in high school. Curbing th spread of AIDS means beginning to change teenagers'

Most teenagers have heard the facts; they've read the pamphlets and listened to the lectures on AIDS.

But it is human nature for adolescents to avoid talking about or acting on that kind of information.

Here are some ideas to help you discuss AIDS with your

Talk about the relationship between knowledge and action. What people know does not necessarily determine how they will act.

continue to smoke despite ty Health Centers held an all- AIDS training program of effects. What factors deter- orient their entire combined Conducted in collaboration This included universal

themselves make safer employees.

Q and A for discussion groups

Q: How can you tell if you have AIDS?

A: No one (even a doctor) can tell if a person has AIDS just by looking. If you have engaged in ANY unsafe activity, there is a possibility that you have been infected. If you have any doubts, seek medical advice and testing.

A: Can AIDS be cured if the virus is discovered in the

A: No, there is no cure for AIDS. If diagnosed early, though, there are precautions you can take to slow down the virus.

Q: Is AIDS mostly a homosexual disease?

A: No. It's not who you are but what you do that makes you susceptible to AIDS. Everyone is vulnerable regardless of age, gender or race. The AIDS virus neither knows nor cares who it infects.

Q: Are we supposed to just stop falling in love or having sex because of AIDS?

A: Both love and sex are a natural part of being human. But there are a lot of ways to show love without having sex (touching, kissing, etc.), and there are way to protect yourself from AIDS if you are sexually active. Love, however, does not protect you from AIDS.

Q: What is IV drug use?

A: IV stands for intravenous, referring to the injection of the drugs directly into the user's bloodstream through needles or syringes, sometimes called "works." When needles are shared, blood is also shared, so the AIDS virus may be spread if one of the people sharing the needle is carrying the virus.

Any sharp object that draws blood and has not been properly cleaned may spread the virus. These include needles used for injecting steroids, tattoos, ear-piercing and other sharp object like razors used for blood brother

It's natural to feel uncomfortable with these topics. It may help to follow the general guidelines below when talking with your teen,

Try thinking through or rehearsing what you want to

Make sure you, your family and your teen have the facts on AIDS transmission and prevention. It's very easy to obtain information by phoning the National AIDS Hotline at 1-800-342-AIDS.

Dr. Tesoriero is chairperson of Kaiser Permanente's HIV committee. He is board certified in internal Medicine and works at the North Capitol Medical

Health Center holds AIDS seminar

their knowledge of its harmful day educational session to such magnitude.

It is the first time any com- mission and preventive;

For example, many people and Constant Care CommuniState of Maryland has held an State of Maryl

mine why people act the way work force to the AIDS with the Health Department precautions, management of of both the State of Maryland' infectious waste, maintain-Why is it important to Between them, the two and Baltimore City, this AIDS ing, confidentiality, obtaining employees, at every level, to discuss AIDS in these terms? soon-to-be-merged inner city orientation program involved informed consent for AIDS have a thorough understan-What can people do to help corporations have 450 general presentations on testing; AIDS epidemiology, trans-

AIDS reporting re-

discriminatory treatment of

discipline or personnel type, was a response to the increason specific AIDS protocols. ed incidence of AIDS in the

> "We want all of our ding of AIDS in order to fully serve all of our patients and to

We have developed com-This material was covered prehensive protocols and pro-in varying degrees of detail as cedures to deal with AIDS as dictated by the specific group. it impacts on every aspect of Claude D. Hill, M.D., the our organization.

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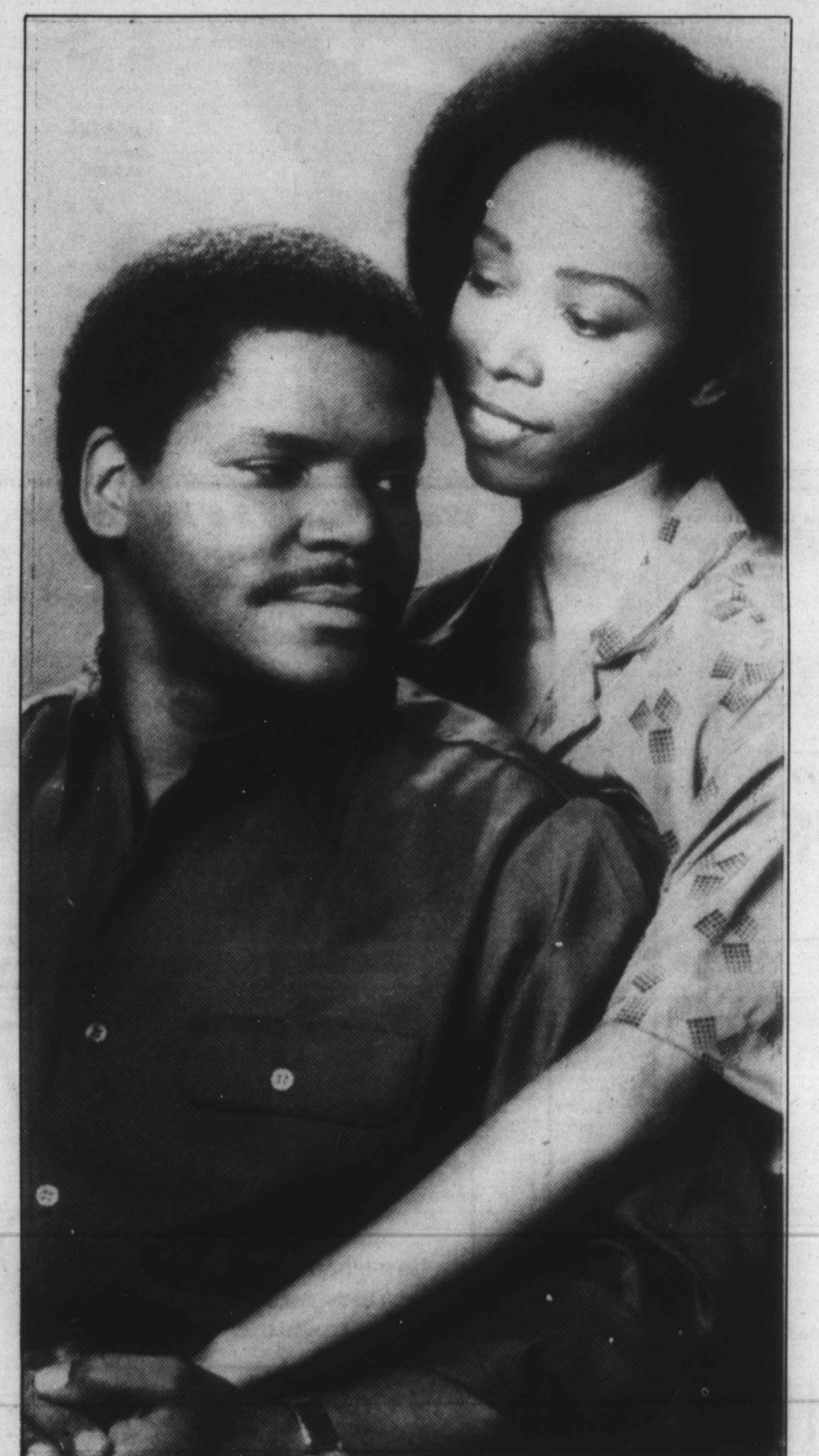
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If You Cheat On Your Partner You Could Wind Up With More Than Just A Broken Heart.



This is a message from the U.S. Centers for Disease Control.

With AIDS around, cheating on your partner could cheat you both out of your lives. AIDS is deadly. Even one encounter could infect you with the AIDS virus. So what started out as a harmless flirtation could turn into a deadly moment of truth. That's why it's important to know your partner. Because a broken heart is bad, but not as bad as a broken life.

For more information about AIDS, call 1-800-342-AIDS.

This ad paid for by the Maryland State Department of Health and Mental Hygiene AIDS Administration.

> For more information, call the MARYLAND AIDS HOTLINE: 945-AIDS or 1-800-638-6252.

> > AMERICA RESPONDS TO AIDS

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