

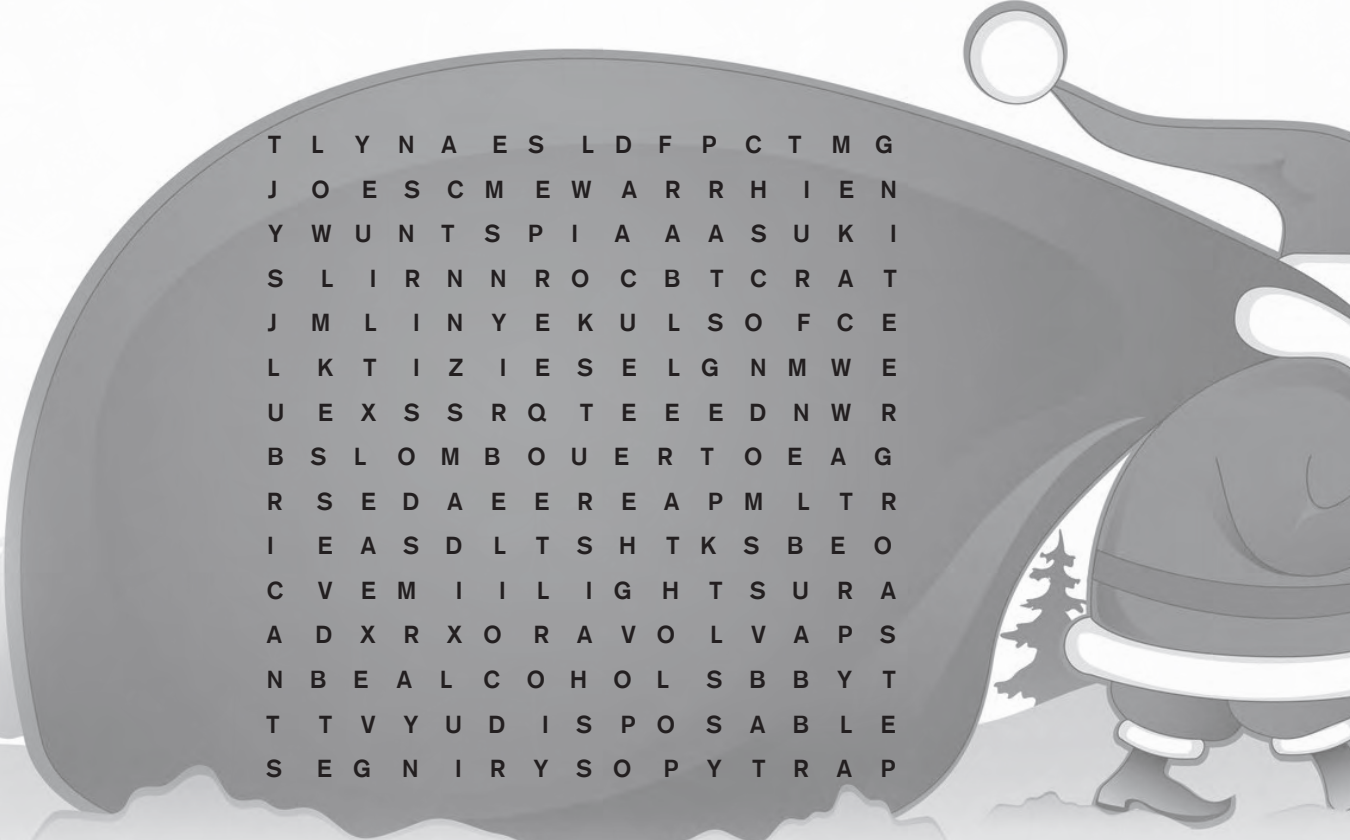


GAMES PEOPLE PLAY

SANTA'S FIND A WORD

LOOK FOR THESE WORDS THAT WOULD MAKE THE FINEST EVER PRESENT FOR YOUR BESTIE!

(Note: Phrases of more than one word will appear as separate words, eg, "XMAS CAKE": look for Xmas, then look for cake! "WATER BASED LUBRICANT": look for water, then based, then lubricant!)



T L Y N A E S L D F P C T M G
 J O E S C M E W A R R H I E N
 Y W U N T S P I A A A S U K I
 S L I R N N R O C B T C R A T
 J M L I N Y E K U L S O F C E
 L K T I Z I E S E L G N M W E
 U E X S S R Q T E E E D N W R
 B S L O M B O U E R T O E A G
 R S E D A E E R E A P M L T R
 I E A S D L T S H T K S B E O
 C V E M I I L I G H T S U R A
 A D X R X O R A V O L V A P S
 N B E A L C O H O L S B B Y T
 T T V Y U D I S P O S A B L E
 S E G N I R Y S O P Y T R A P

- XMAS CAKE
- STERILE SYRINGES
- ALCOHOL SWABS
- WATER AMPOULE
- DISPOSABLE
TOURNIQUET
- CONDOMS
- WATER BASED
LUBRICANT
- CRACKER
- PARTY HAT
- SILLY RIDDLE
- TREE
- BAUBLE
- FRUIT MINCE
- TINSEL
- USES NEWS
- ROAST
- PRESENTS
- PAVLOVA
- GREETING CARD
- MISTLETOE
- FAIRY LIGHTS

NUAA AND KRC PARTNER FOR A
HEALTH ASSESSMENT

AFTERNOON IN THE NUAA NSP!

COME IN AND GET TESTED FOR BLOOD BORNE
VIRUSES AND HAVE A FIBROSCAN.

IT MIGHT BE TIME FOR A HEALTH CHECK

**REGULAR WEEKLY CLINIC
COMING IN JANUARY 2015**

FOR MORE DETAILS CHECK OUT WWW.NUAA.ORG.AU, FOLLOW
US ON TWITTER @NUAANSW, OR CALL NUAA ON 8354 7300

NUAA
NSW USERS
AND AIDS ASSOCIATION

**LIVING WITH HEP C CAN BE A LOT EASIER WHEN
YOU SHARE THE LOAD WITH A LIVERMATE.**

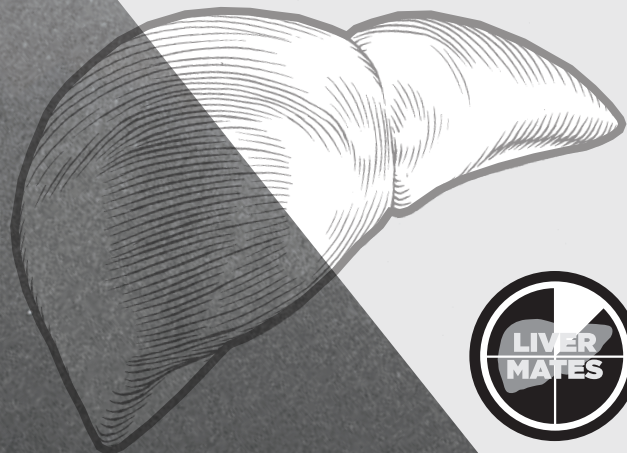
If your life is affected by hepatitis C, join
a LiverMate peer group for understanding,
information and support.

Living with hep C? Support your LIVERMATE with
tips for healthier living and share your experience.
Getting tested? Ask your LIVERMATES how it
was for them! Getting treated? Talking to other
LIVERMATES going through the same thing can
really help.

People who use drugs have things in common
that only we can help each other with. No-one
understands like a peer.

FIND OUT MORE

Go to the LiverMates page on our website at
<http://www.nuaa.org.au/things-matter/livermate>
Contact Yvonne by emailing her at yvones@nuaa.org.au or calling her on 02 8354 7331
or if you live in NSW but outside Sydney you can call for free on 1800 644 413.



CHECK OUT OUR VIDEOS ON THE NUAA WEBSITE!

WWW.NUAA.ORG.AU/THINGS-MATTER/NUAA-RESOURCES-REPORTS/



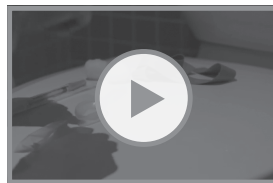
Liver specialist Professor Greg Dore has a lot of experience with treating hepatitis C in people who use illicit drugs. Here he talks about **hep C treatments** – what is currently available and what the future is for treatments. He also discusses hep C and drug use issues.



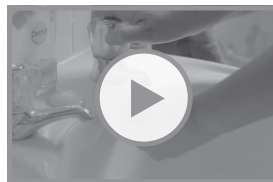
Stigma and discrimination targeted at people who inject drugs can impact on our ability to access health services, it can effect on our day-to-day lives, and it can pull us down. This video is an initiative of NUAA's Peer Participation Project takes us some of the way toward identifying and challenging stigma and discrimination.



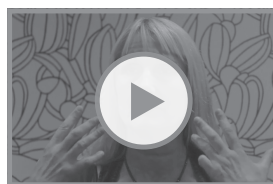
Tourniquets: This video looks at getting a vein easily; where to get tourniquets; how to use tourniquets; and the risk s associated with using tourniquets.



Making locations safer: All about making using in tricky situations, in awkward settings and on the run as safe as possible for you and your mates.



Transmission Risk: Where have your hands been today? Stop and think before you mix up! Wash your hands!



NUAA's Peer Participation Program: NUAA's Peer Participation Program is a community development program whereby peers share their experience with NUAA and NUAA helps them develop their skills.



Swabbing: Using alcohol swabs makes your injecting safer. But there are some tricks to the trade! This video gives you tips for the best way to prevent bacteria and dispels some myths about swabbing.

Watch out for the Thank You & Be Kind to Yourself videos!

6 THINGS ABOUT WATER

WATER IS ESSENTIAL TO LIFE. IT MAKES US THINK. IT MAKES US MOVE.

Yes it's true: the body is composed of about 60% water and about 70% to 80% of your brain tissue is water.

Because our bodies and brains use water constantly to think and move, we need to constantly replenish the supply. It only makes sense that we need to stay hydrated in order to get the best out of ourselves. Because our natural state is hydrated, when we are dehydrated we are stressed - in our body and in our mind. So drinking water relieves stress and makes us happy. Here is some interesting info about water and how it can be your friend. Really.

Did you know 2005-2015 is the United Nations International Decade for Action "WATER FOR LIFE"? Nearly two in ten people on planet Earth have no source of safe drinking water.

Sadly every year millions of people, mostly children, die from diseases associated with inadequate water supply.

WATER AND YOUR BODY: WATER IS THE NEW BLACK

Seems like water is a wonder product. Many of us rely on getting enough liquid through our regular foods, coffee and cokes. But apparently you need to drink clean, clear actual water. When you don't drink enough of it, it can really harm your body. When you do, it supercharges your body and brain. And it's free.

So what are the actual benefits of water? Well, hang onto your hat, this is like that song "I've been everywhere, man"...

Water helps us think, focus and concentrate better and be more alert. Water increases energy & relieves fatigue. When we're feeling low, having a glass of water will apparently do much more than a cup of coffee or chocolate bar could. Water helps our organs work. It helps us flush out toxins. Water aids the digestion, absorption, circulation, creation of saliva, transportation of nutrients, and maintenance of body temperature. It gives us nice skin by plumping up our skin cells, making our faces

look younger. It also flushes out impurities and improves circulation and blood flow, helping our skin glow. It raises our metabolism so it helps keep our weight down. It boosts our immune system. It keeps our teeth healthy. Water dilutes the salts and minerals in our urine reducing the risk of kidney stones and infections and urinary tract infections. Water helps build muscle tone. It prevents muscle cramping and lubricates joints in the body. And when we're well hydrated, we can exercise longer and stronger without "hitting the wall" because the water is helping our blood transport oxygen and other essential nutrients to our cells. The right amount of water helps our heart pump our blood more effectively. Proper hydration prevents cramps and sprains. It helps keep joints lubricated and muscles more elastic so joint pain is less likely. Whew!

Your kidney and liver clears toxins by urination and to a lesser extent perspiration. You need to drink water to help them do this efficiently. It is particularly important to support your organs with enough water if you are living with HIV or hepatitis C.


The absence of water can cause our body all sorts of discomfort, including headaches and constipation. Fine lines and wrinkles are deeper when you're dehydrated. Cells that don't maintain their balance of fluids and electrolytes shrivel, which can result in muscle fatigue.

All in all, water puts us in a good mood. When the body is functioning at its best, you will feel great and be happy! If I'd known all this years ago, I never would have turned to drugs. Maybe.

WATER AND CONSTIPATION: WATER KEEPS YOU "REGULAR"

Dehydration causes constipation as your body absorbs all the water, leaving your colon dry and making it more difficult to pass waste. Constipation can be a big issue for people who use opioids including those of us on methadone. Opioids increase the time it takes for food to move through the gastro-intestinal tract by increasing some contractions along the way and decreasing others. They also partially paralyse the stomach so our food stays in your stomach longer and reduce certain secretions that give us the urge to defecate.

We can help overcome constipation by increasing your water intake. Water is essential to digesting food and



drinking will not only aid digestion, it will make your stools soft. Water helps dissolve waste particles and passes them smoothly through our digestive tract.

For stimulant users who go without healthy eating for periods of time, water is essential for kick starting our digestion response.

We also need to up your fibre at the same time. Think of fluid and fibre as the perfect combination, because the fluid plumps up the fibre and acts like a broom to keep our bowels functioning properly.



WATER AND YOUR TEETH: THEY PUT IT IN THE WATER!

When you talk to health professionals, they tell you: it's not just water you need to drink, but water from the tap. Why? Well, back in 1956, NSW started putting fluoride in the water as a public health measure to prevent dental decay. This is a common thing, providing a safe, effective way of providing benefit to all sorts of people easily, efficiently and cheaply. Extensive research, including from the World Health Organisation, supports water fluoridation as an effective measure in preventing and reducing tooth decay.

Dental decay (also called dental caries) is a cavity in a tooth caused by bacterial acids. These acids are produced when bacteria in the mouth break down sugar-containing foods. The acid removes calcium and phosphates from the tooth structure, resulting in cavitation of the tooth. Fluoride can limit the amount of acid produced, and can also repair damage before it becomes permanent. A constant supply of a low level of fluoride in the mouth is best for this. In this way, fluoride in the water supply acts like a constant 'repair kit' for teeth, if you sip it all day long. True fact.

If you read the dental tips in UN#79 and this edition, you know that "Dry mouth" or Xerostomia is a big problem for people who use drugs. A dry mouth can cause a lot of damage to your teeth. Apart from extensive tooth decay, it causes bad breath, chapped lips and thirst. It can also give you dry eyes, dry skin, rashes and joint pain. Plus it creates a risk factor for HIV infection. The biggest cause of Xerostomia relates to medications and illicit drugs. Illicit drug users - depressant and stimulant users alike - suffer from "dry mouth", as well as those on more than 300 prescription medications, including ARVs for HIV,

anti-depressants and methadone. The trick is to monitor how medications affect how dry your mouth becomes and remedy it by sipping lots of water. Of course, water also helps your oral health because it can replace a sugary drink that might damage your teeth.



WATER AND ALCOHOL: WHY WE GET HANGOVERS

Alcohol messes with the mechanisms that regulate the water levels in our body. It stops the brain and kidney talking to each other properly.

The cycle starts like this: Drinking alcohol makes you urinate and sweat more than you would normally. That's called "having a diuretic effect". That of course can then lead to dehydration. Normally when we are dehydrated, our body pumps out a hormone to slow down our urination and keep the water in. But with alcohol, that message gets distorted, and we keep urinating anyway. For every alcoholic drink we have, our bodies can expel up to four times as much liquid. So what we call a hangover is actually the combination of the diuretic effect that makes us urinate more plus the dehydration that results from that. In fact, a lot of headaches are caused by dehydration and we get as much benefit from the water we drink with a pain killer (like aspirin or paracetamol) as we do from the pain killer itself.

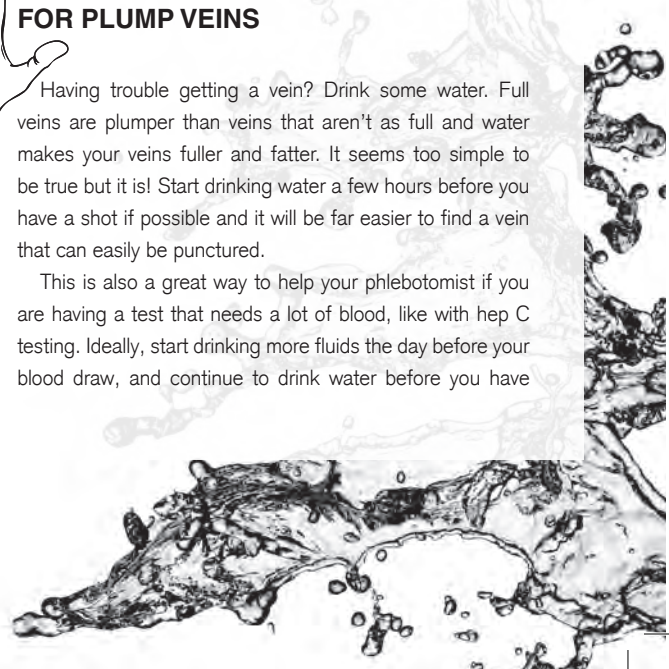
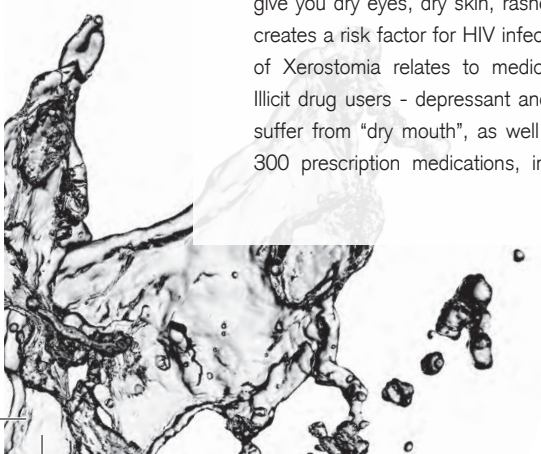
Drinking more water during an alcoholic night slows down how much alcohol you drink, but may not contribute too much to avoiding a hangover. But keeping a pitcher of water next to your bed and drinking during the night may make you feel a helluva lot better the next morning.



WATER AND INJECTING: VOTE WATER FOR PLUMP VEINS

Having trouble getting a vein? Drink some water. Full veins are plumper than veins that aren't as full and water makes your veins fuller and fatter. It seems too simple to be true but it is! Start drinking water a few hours before you have a shot if possible and it will be far easier to find a vein that can easily be punctured.

This is also a great way to help your phlebotomist if you are having a test that needs a lot of blood, like with hep C testing. Ideally, start drinking more fluids the day before your blood draw, and continue to drink water before you have



6 THINGS ABOUT WATER

your blood drawn. You don't need an excessive amount, just the two litres a day that is recommended is great.

It's also a good idea to limit coffee, tea and cola before your shot. Caffeine is a mild diuretic, which means it increases the amount of urine you produce - and that would reverse all the good you've done by drinking water.



WATER AND STIMULANTS: SIP IT SALTY

There is a lot of confusion around the right amount of water to drink when you are on pills or other stimulants.

You might have heard about a thing called "water intoxication" (aka dilutional hyponatremia). This potentially life-threatening condition which occurs when a person consumes too much water and when they fail to include an adequate intake of electrolytes. To put it simply, water in the body needs to contain enough salts and other ions, called electrolytes, to keep the body's cells functioning properly. If we take in too much water without enough electrolytes, the water can move into the cells of the body, causing them to swell. The brain is particularly vulnerable to the effects of hyponatremia.

How does this affect drug users? Stimulant users do sweat out water and electrolytes quickly, due to the stimulant effects of the drug. Plus we often combine stimulants with activity like dancing and sex, sometimes for hours on end. We know that when we do any exercise we need to slightly up the amount of water that we drink. We also need to replace electrolytes.

The key thing to remember is that when we are being active on stimulants we don't need to guzzle water or drink a large amount in one go. We do need to get in the habit of carrying a bottle of water and sipping it from time to time throughout the night/day/night. Sometimes when we use stimulants we can get into a compulsive state of mind and get into our heads that we need to drink a lot. This can lead us to drinking excessive amounts. We need to remember to stay hydrated, but not go overboard.

We also need to make sure we're getting salts along with the water to replace those electrolytes. This can be done by drinking rehydration fluid - like Gastrolyte TM - instead of plain water or just by eating salty foods when you drink water. Throw a couple of packs of salted peanuts or similar in your bag to nibble on throughout the night, or

even a sachet of table salt nicked from a cafe and lick it or pop a bit in your water - you only need to consume half a teaspoon of salt for each litre of water that you drink.

Not all cases of water intoxication relate to an imbalance of salts. There are cases of people dying from a combination of MDMA and too much water simply because stimulants can slow down the production of urine. So make sure you drink enough water but not too much! Don't force yourself to overdo it. If you are feeling nauseous or a headache then you must seek medical advice.

Dilutional hyponatremia can also affect people who wrongfully think they can beat a drug test by drinking lots of water. By the way, even if you don't make yourself sick the very best that will happen if you try to drink your way out of a drug test is that the test results will show excessive water. This immediately raises concerns about "test beating", gets listed as a "suspected drug use" and you will be looking at extra random tests.

WATER AND LITRES: HOW MUCH IS ENOUGH?

Some wisdom says: No fixed amounts of water - let thirst be your guide. Others say: If you are thirsty, you are already dehydrated. Your body will usually tell you what it needs if you listen, but if you are the kind of person who likes a guide, think around 1.5 to 2 litres a day.

Think around 1.5 to 2 litres a day. Visualise the amount that fits in a 2 litre milk bottle or 2 litre coke bottle over a whole day. It's not as much as most people think. The exact amount you need depends on your size, level of activity, the weather, and your general health. You may need a little more water if you exercise or sweat heavily. If you get night sweats from hep C, make sure you have some water beside your bed and think about investing in Gastrolyte TM or similar product.

When you're getting enough fluids, urine flows freely, is light in colour and free of odour. When your body is not getting enough fluids, urine concentration, colour and odour increases because the kidneys trap extra fluid for bodily functions.



WATER HIERARCHY

WE ARE ASKED A LOT ABOUT WHAT WATER IS SAFE TO USE FOR INJECTION.

It is very tricky to keep the whole injecting process sterile, because we need to think about the quality of the water as well as the container we got it from (ampoule, bottle, tap, kettle, cup, cistern) and the container (fit, spoon, baggie) we are mixing it in, right through to swabbing our arm to seal the deal. Unless you are using pharmaceuticals, the gear won't be sterile, but we do what we can!

We have reproduced what is known as the "Water Hierarchy", that shows the risk level of different sources of water. The main thing to remember is just because it is safe enough to drink doesn't mean it is safe enough to put in your vein, and if you wouldn't drink it, don't inject it.



NO RISK



Unopened ampoule of sterile water injections



Water boiled in a kettle then cooled

LOW RISK



Cold water freshly run from the kitchen tap



Hot water from a tap

MEDIUM TO HIGH RISK



Bottled water



Toilet water

HIGH RISK



Part-used ampoule of water for injections



Puddle water



Shared cup of water

A FEW OTHER THINGS:

- Small disposable ampoules of water are given out at some NSPs and for sale at some chemists. This is the only source of water made specifically for injecting into veins and where both the water and the packaging are guaranteed sterile and free from impurities.
- When we are talking about water from the tap, we are talking about town water with working pipes. If you have tank water or corroded pipes, this will obviously affect how safe the water is.
- It is better to use unboiled, unfiltered water straight from the cold tap than water that has been hanging around opened, even if it is from a used, opened ampoule of the kind given out by NSPs.
- Let water from the tap run for a short while before use if you are not going to boil it.
- Bottled water is problematic because while it is packed sterile enough for drinking it is not sterile enough for veins. Also when water stands without movement, it grows bacteria quite quickly. That's why flowing tap water is better than standing bottled water or even distilled water or filtered water that requires sitting for any length of time.

PARAPHERNALIA

WHEN SMALL MAKES A BIG DIFFERENCE: THE WONDERFUL WORLD OF MICROBIOLOGY

Have a look at the NUAA banner pen on the inside cover and see how effective understanding the world by looking through a microscope can be! This article takes a look at the effectiveness of filtering pills or capsules. These photographs were made using MS Contin and Kapanol mixed in cold water but can equally relate to Oxycotin and other pharmaceutical drugs. A note here: hot water is dangerous because it can appear to dissolve particles but these will reform later when cooled down - in your veins.

These images show how well different kinds of filters get rid of the non-soluble, non-drug particles (called excipients) that give the tablet bulk and form and can be dangerous for people who inject drugs. They are not sterile, are not soluble in water and are toxic when injected. On top of this, when tablets are handled by people, microbes such as bacteria may be present. Injection of bacteria can lead to infections, such as septicaemia (blood poisoning) and endocarditis (inflammation of the lining of the heart) and long term damage to your health. When tablets are prepared for injection, all of these components are added to the mix. So, even if the water was sterile, it becomes contaminated with bacteria and the non-drug particles as well as the drug itself.

Some of the non-drug particles do not dissolve in water, and can cause some serious health problems, like:

- formation of tissue granulomas (nodules of inflamed tissue) in various body organs, particularly the liver and lungs; blockage of lung capillaries, which potentially leads to high blood pressure and right-sided heart failure;
- larger particles can become lodged in blood vessels, decreasing and potentially stopping the blood supply to the surrounding tissue, resulting in death of that tissue (gangrene).








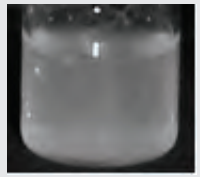
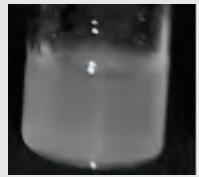

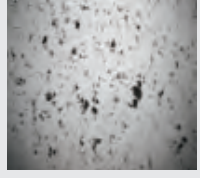

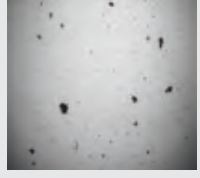


Some of the harmful effects of injecting tablets can be reduced, but not completely removed, through the use of filters. Using filters when preparing tablets for injection can remove particles and/or bacteria; however no filter can remove viruses such as hepatitis C, hepatitis B or HIV.















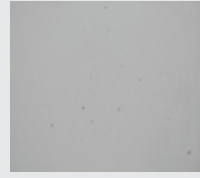
Nothing can remove all of the unwanted particles from a tablet, but wheel filters can help keep your veins and your body a lot healthier. All filters removed some particles from the samples so any filtering is better than none. Wheel filters (both 0.22 and 0.45 micron) were the most effective. The 0.22 micron wheel filters also removes bacteria. - but they still can't remove viruses like hepatitis C, hepatitis B and HIV. An effective way to filter is to use a cotton ball or roll-your own filter first, to remove the larger particles, and then use a wheel filter. This first step, using a cotton ball or roll-your-own filter also helps to stop the wheel filter getting clogged up. However even wheel filters leave more than 200 times the recommended number of particles considered safe for a medical injection.

Re-use of filters is not recommended because bacteria grow on the filter after use, thereby increasing the risk of bacterial infections for the user. Filters also should not be shared between people as this can increase the risk of transmitting a blood borne virus such as hepatitis C.

In summary, try to use wheel filters wherever you can. If you get caught short, cotton balls and roll-your-own filters are pretty good too. Use all filters once only.

Thanks to the Tasmanian Council on AIDS, Hepatitis and Related Diseases (TasCAHRD), Illicit Drug Reporting System (IDRS) and the Pharmacy School at the University of Tasmania for this piece and the amazing photos.

	Unfiltered	Swab	Rollie filter	Cotton ball	0.22 pill filter
Ms Contin 100MG					
No magnification					
4x magnification					
Est. particles per injection large enough to block blood vessels	2,268,000	1,534,000	210,000	192,000	167,000

	Unfiltered	Swab	Rollie filter	Cotton ball	0.22 pill filter
Kapanol 100MG					
No magnification					
4x magnification					
Est. particles per injection large enough to block blood vessels	388,000	264,000	158,000	131,000	88,000

HEALTH CARE: ORAL CARE FOR PEOPLE WHO USE DRUGS

AN INTERVIEW WITH DENTIST DR ADAM ALFORD [HTTP://MLCCENTREDENTAL.COM.AU/](http://mlccentredental.com.au/), PART TWO

UN: Does methadone really rot your teeth?

Methadone can rot your teeth by causing Xerostomia or dry mouth. If your mouth becomes dry then extensive tooth decay follows. Switching to Biodone if you can is best for your teeth as, unlike methadone, it is sugar and alcohol free and doesn't affect the saliva flow as much. Similarly buprenorphine doesn't have these additives.

However, you have to think of this in context.

More than 300 different medications will dry your mouth out and cause the same problems. Most prescription medications that are anti-something will cause Xerostomia to some degree - things like anti-depressants, anti-histamines and anti-inflammatory medications. Other causes include analgesics and muscle relaxants. Unfortunately all of the illegal drugs cause severe dry mouth, opiates in particular but also stimulants. The damage of Xerostomia is worsened by the tooth grinding and clenching caused by stimulants and if you are smoking your drugs, by the heat of the inhaled vapour.

Methadone does not cause more damage than the opiates you are replacing - things like heroin, morphine, and pharmaceuticals like Oxycontin. It is not fair to blame methadone if you notice you have tooth decay. It is important to recognise that you may be experiencing Xerostomia because of drug use over a long period of time, or because you have not adhered to a good dental regime while you were using illicit drugs.

If you smoke or drink you will also experience extensive tooth decay. A very high percentage of people on methadone smoke tobacco. Smoking is a major cause of serious decay by restricting the small blood vessels in your body.

Drug use need not be a recipe for bad teeth if you take care of your teeth. I have seen plenty of people on methadone that don't have tooth decay because they have looked after their teeth on a daily basis and undertaken preventative health by seeing a dentist every six months. A lot depends on your environment and the care you take of your health. Teeth are in a constant state of decay and repair so you can improve your oral health considerably with good dental care and regular visits to the dentist.


If you do experience Xerostomia, you need to sip lots of tap water all day long, to keep your mouth moist and to consume fluoride. Chewing sugar free gum also helps. Don't rinse with water after you clean your teeth, just spit the excess water out, so you leave the fluoride on your teeth. Add to your dental routine a fluoridated non-alcoholic based mouth rinse (read the label to check the alcohol content) morning and night after you clean your teeth. If you have moderate or severe Xerostomia, see your dentist for remedies. It's serious.

UN: Tell us what we can do for our kid's teeth.

It's really important to undertake preventative health for your children. It is easier to treat children when they are 4 or 5 years old, rather than 7 to 10. It is important that children learn dentistry can be fun and non-threatening. Parents' fears may be passed on to children, even before they experience a visit to the dentist themselves. If you can bring your children into the dentist surgery very young, say 2 or 3 years old, they can become comfortable with the atmosphere. Let them have a ride in the chair and play in the surgery! At four, we should have a look in your child's mouth and then every six months after that. Having said that, not all dentists like to treat kids, so make sure you choose a child friendly dentist.

These are some major tips for helping your children have healthy teeth.

- Make sure your children are drinking tap water with fluoride in it.
- Delay the use of toothpaste until your child is about two years old. The use of a plain toothbrush without toothpaste is recommended prior to this age.
- Supervise the use of toothpaste and tooth brushing until six to eight years of age. They should brush twice a day for two minutes. Parents should encourage spitting the excess toothpaste out but not rinsing afterwards for half an hour.
- Toothbrushes with small heads should be used by children, with only a pea size amount of toothpaste used.
- The toothpaste should be of a low fluoride type. Parents should be aware that some toothpaste, advertised for children, is actually adult strength toothpaste and is not appropriate for children.
- After the age of six, parents can start children on a low strength, fluoridated mouthwash, three to four times a week, at night before bed. However, always encourage spitting the mouthwash out, and avoid eating, drinking or rinsing for half an hour. Preferably, just send the child straight to bed after teeth cleaning.
- Toothpaste tubes should be kept out of the reach of children. Adult toothpaste can damage teeth, especially if swallowed, and too much child toothpaste can also be dangerous. Remember, with toothpaste, less is more.
- Parents who are using baby formula need to be aware that formulas made using demineralised water are preferable. Some baby formulas use dehydrated town water that causes the fluoride to concentrate in the formula, increasing the risk of Dental Fluorosis greatly. Most companies now use demineralised water because of this fact, but it is wise to double-check. Read the label carefully.
- Never put your child to bed with a bottle of anything but plain water.



UN: Is there anything special pregnant women should do for their oral health?

Prevention is the key for pregnant women due to physical changes and new habits that may cause you to be more susceptible to dental decay, gum disease and other irritating oral problems. The biggest problems come from morning sickness, especially vomiting episodes; sore and swollen gums; gum ulceration; gum growth; mobile teeth; decreased salivary flow causing dry mouth; and cravings and snacking.

We advise a full clean of your teeth by your dental hygienist every three to four months during pregnancy. Research suggests there is a link between poor gum health and preterm and low birth weight delivery.

You should clean your teeth at least twice a day, and we would encourage three times daily.

We suggest a fluoride mouthwash, containing no alcohol, every night before bed or after a vomiting event due to morning sickness. The eating or drinking of basic pH foods, such as yoghurt, milk and cheese, will also help to rebalance the oral pH

Even chewing sugar free gum will help the salivary flow to achieve this.

Do not clean your teeth straight after a vomiting event. Wait at least one hour. Vomiting events also cause not only a decreased oral pH, but also an increase in the direct acidic attack on the teeth. Luckily, the teeth are always in a state of breakdown and repair. Swishing extra fluoride across the teeth, enables the repair mechanism to work more efficiently and the repaired structure is stronger against further attacks. Cleaning teeth directly after a vomiting event is damaging. Using a fluoridated, alcohol free mouthwash or chewing sugar free gum is a better way to freshen breath.

Watch for snacking. Having regular meals, at least 1-2 hours apart is ideal. If at all possible, do not constantly snack. If using indigestion or reflux formulations, ensure that they are sugar free.

In the case of gingival ulceration (gum ulcers), wash your mouth out with warm salty water. If necessary, a low strength peroxide based mouthwash can be used. Only use this mouthwash while symptoms persist and do not swallow.

THE CHILD'S DENTAL BENEFITS SCHEDULE

Offers financial support for basic dental services for children aged 2 to 17 if their parents receive Family Tax Benefit Part A for at least part of the calendar year and are eligible for Medicare.

You can get \$1,000 benefit a year and if you don't use it in the first year of eligibility, you can use it in the second year if you are still eligible. Benefits will cover a range of services including examinations, x-rays, cleaning, fissure sealing, fillings, root canals and extractions. Benefits are not available for orthodontic or cosmetic dental work and cannot be paid for any services provided in a hospital.

You can confirm your child's eligibility and balance amount by accessing your Medicare online account at <https://my.gov.au/> or calling the Medicare general enquiries line on **132 011**. Then if you are eligible, make an appointment with either a private or public dental provider and let them know you are eligible for the Child Dental Benefits Schedule. At the time of the appointment, the dental provider must discuss your child's treatment and any associated costs with you before providing the services. After this has been discussed, you will need to sign a consent form. When the dental provider has provided the services agreed for your child, they will either bulk bill you or charge you for the services. If they charge you, you need to pay the account and claim the benefit through Medicare.

EATING WELL ON THE INSIDE



For many, prison and healthy eating are not words that you could imagine being spoken in the same breath. However being in prison can provide you with an opportunity to eat regular meals, start exercising and get your health on track. On the plus side, having all of your meals provided to you means that you don't have to worry about where your next meal is coming from or how you are going to find the time to cook.

Even though you don't have a lot of choice in what you get for your three daily meals and receive similar foods every day, week or month, the types of foods you choose to eat from your plate and extras you choose for your Buy Up still give you an opportunity to eat healthily.

HERE ARE SOME TIPS:

- Try to eat as much variety as possible – try to eat a rainbow each day
- Try to eat the 'protein' portion of your meal. This includes meat, chicken, fish, eggs, tofu, legumes, cheese, etc.
- Try to eat plenty of dairy products, low fat where possible
- Ask for brown or multigrain bread instead of white bread
- Always try to eat most of your vegetables.
- If you can see fat on your meat, try to cut it off
- Drink plenty of fluids – water's always the best choice
- Balance the healthy with the unhealthy for your buy up – choose crackers and dip more than chips, milk or diet soft drink more than regular soft drinks, nuts more often than chocolate, and tinned fish more than meat



THE ART OF GAOL COOKING

There's a reason why the majority of the Buy Up list is edible. Even with a longer menu cycle, after a while the predictability and monotony just gets a bit too much. It's a small joy to cook for yourself in prison, as it adds variety and personal choice to your diet, gives you more control over the timing of your meals and snacks, and even acts as a bit of a creative outlet as you find clever ways to create your favourite dishes from what's available.

One word of caution – make sure you keep your food safe to avoid food poisoning. Always wash your hands before preparing food and use clean cooking equipment. If you can't store leftovers in a fridge, only make enough for one or cook in a group with each person chipping in a few of the ingredients.

RICE COOKER CHILLI CON CARNE

Serves 4

- 1 pat margarine
- 2 teaspoons garlic granules
- 1 can corned beef, roughly crushed with a fork
- 1 can diced capsicum, drained and rinsed
- 1 can champignon, drained and rinsed
- 1 can whole peeled tomatoes, roughly crushed with a fork
- 2 sachets flavouring from Hot & Spicy Instant Noodles
- 2 cans kidney beans, drained and rinsed

Place margarine in the rice cooker, cover rice cooker, set to "Cook". After about a minute when the margarine has melted and is hot, throw in garlic and corned beef and cook until fragrant. Add capsicum, champignon, tomatoes, Cuppa soup flavouring and 1 cup hot water and start your rice cooker on the quick cook setting. After the quick cook has ended (or 20 mins later if you don't have a quick cook setting) add the kidney beans and cook for another quick cook cycle. Serve with tortillas, pasta, couscous or rice.

SANDWICH PRESS FISH CAKES

Serves 2

- ½ x 100g packet instant mashed potato
- 1 teaspoon garlic granules
- ½ teaspoon mixed herbs
- ¾ cups boiling water
- 1 x 210g can salmon, well drained, excess water squeezed out
- Margarine, for greasing
- 2 teaspoons sweet chilli sauce
- Extra sweet chilli sauce, to serve

Stir together instant mashed potato, garlic granules, mixed herbs and boiling water until smooth. Stir in drained salmon and sweet chilli sauce. Form into 2cm thick patties. Lightly grease a hot sandwich press then place the fishcakes into the cooking surface. Close the sandwich press and cook until golden.

MICROWAVE CHOCOLATE FUDGE

Makes ~24 pieces

This will make for an expensive buy up, and is definitely not the healthiest choice, but sometimes it's worth splurging to give yourself a special treat during the holiday season.

- ¾ x 200g block dark chocolate, broken into small pieces
- 1 x 200g tube Sweetened condensed milk
- 1 packet walnuts, broken into small pieces

Tear off the top half of a tissue box and line the bottom with cleaned chocolate wrappers or chip bags. Combine chocolate and sweetened condensed milk in a mug and microwave on high for 1 minute, then stir. Microwave for another 30 seconds, then stir. If the chocolate is still not fully melted, continue microwaving in 20 second bursts, stirring in between each 20 seconds, until chocolate is melted and the mixture is smooth. Stir through walnuts then spread into prepared tray. Leave in a cool spot (or refrigerate for 2 hours if you can) until firm, then cut up into pieces.



GAMES PEOPLE PLAY

ANSWERS

PUZZLE ONE

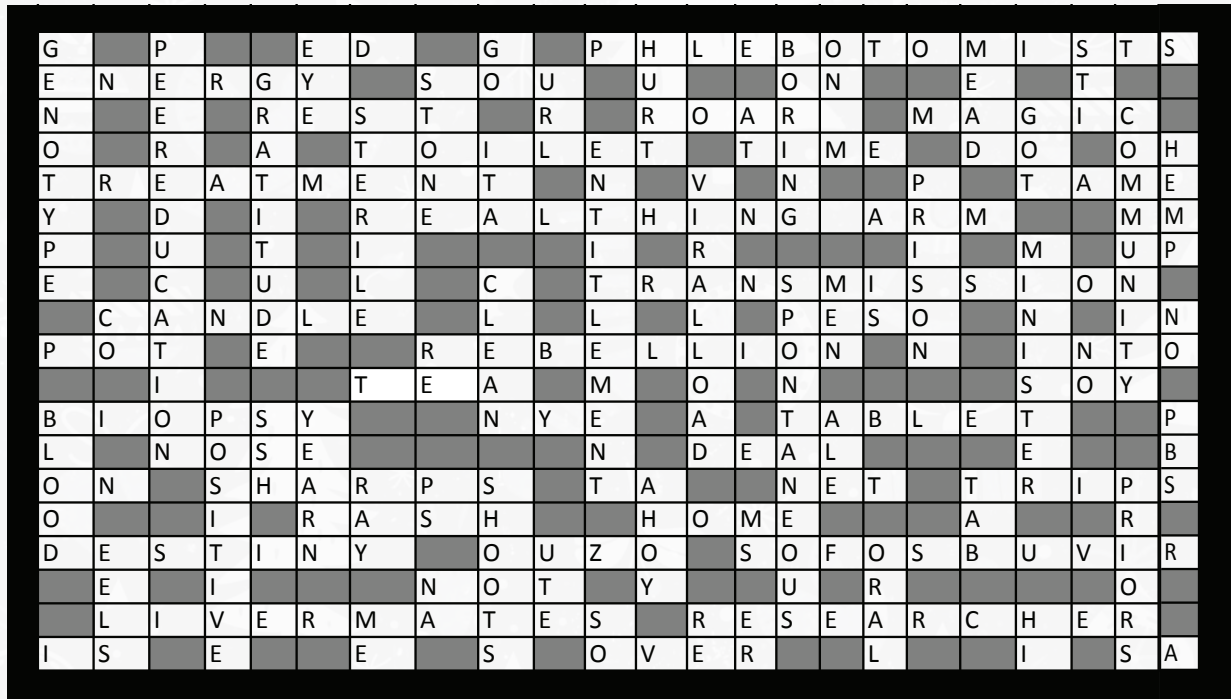
HEALTHIER
EDUCATION
PLAYMATES
ABSCESSSES
TOLERANCE
INJECTING
TREATMENT
INSPIRING
STABILISE
CALCULATE
HEPATITIS C

PUZZLE TWO

PETE DOHERTY & JIMMY MCSHAMBLES
COURTNEY LOVE & JEZEBEL
AXL ROSE & DIJON
ANGELINA JOLIE & JACQUES
ELTON JOHN & MARILYN
GEORGE CLOONEY & MAX
MICHAEL JACKSON & BUBBLES
BILLIE HOLIDAY & PEPI
JENNIFER ANISTON & DOLLY
SIENNA MILLER & BESS



CROSSWORD



ADIS

THE ALCOHOL AND DRUG INFORMATION SERVICE

For information, support and referral for people who use drugs, their families and friends, and the general community.

You talk to trained and skilled counsellors from the first "hello". Call for information, for counselling support or to get advice about using drugs from a harm reduction perspective.

ADIS has an up-to-date and extensive database that includes over 2200 drug related services including treatment services (like detoxes and rehabs), face to face counselling, legal advocacy, providers of needles and syringes, and specialty services.

Opioid Treatment Line (OTL) can provide information about pharmacotherapy clinics and prescribers.

THE OPIATE TREATMENT LINE (OTL) (FORMERLY MACS)

Information, advice and referrals for people who are looking for methadone and buprenorphine treatment or have concerns about their current opiate treatment.

Trained counsellors answer your call. They have a list of public and private clinics and can give your health professional contacts for prescribers and chemists who provide pharmacotherapy treatment.

Make a complaint to them about any problems you may have with any aspect of your treatment.

They may be able to advocate for you and will try and conciliate for you and progress your complaint.

Open Monday - Friday 9.30am – 5pm
(not Public Holidays)

Call Freecall 1800 642 428 (calls are not free from mobile phones, except Telstra currently)

CHECK OUT AIVL'S ONLINE NSP DIRECTORY AND LEGAL GUIDE

For a list of needle & syringe across Australia, including contacts, address (with a link to a Google map), hours of operation and types of equipment supplied, hit up the above link.

There you'll also find a state and territory reference of NSP and drug related laws with info on possession of equipment and disposal, rights during police questioning, illicit drugs and sex work.



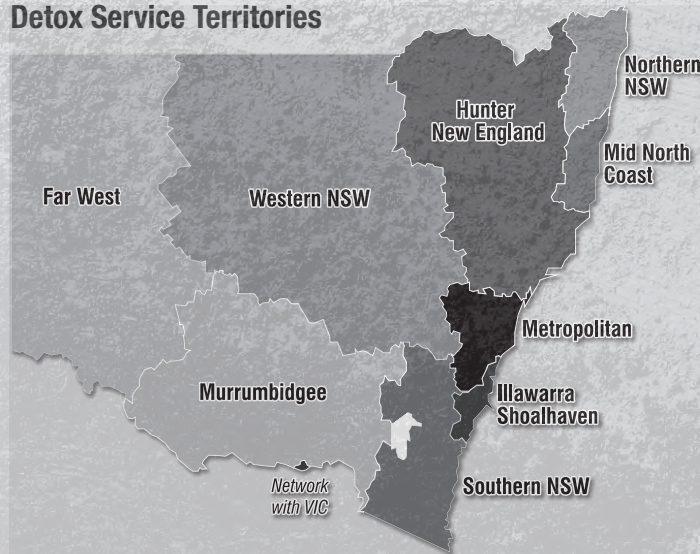
WWW.NSPANDLEGAL.AIVL.ORG.AU

Local Health District Intake Lines

To access any treatment service, including detoxes, rehabs, counsellors and public pharmacotherapy programs, you will need to contact your local Intake Line. Call the number of the service that best matches where you live and explain to them your situation and the service you would like to access. They will assist you with appointments and referrals.

Service	Phone N°
Northern NSW Local Health District Drug and Alcohol areawide intake (Tweed Heads/Lismore)	02 6620 7600
Hunter New England Local Health District Drug and Alcohol intake line	(02) 4923 2060
Western Sydney Local Health District Drug and Alcohol intake line	(02) 9840 3353
South Eastern Sydney Local Health District (Randwick/Sutherland)	(02) 9113 2944
Northern Sydney Local Health District Drug Health Services (Hornsby/Ryde/Manly)	1300 889 788
Illawarra Shoalhaven Local Health District	1300 652 226
Central Coast Local Health District Drug and Alcohol intake line (Gosford, Wyong)	(02) 4394 4880
Mid North Coast Local Health District Drug intake line (Coffs Harbour/Kempsey/Port Macquarie)	1300 662 263
Nepean Blue Mountains Drug and Alcohol Service Drug and Alcohol intake line	(02) 4734 1333
Sydney Local Health District Drug and Alcohol intake line (Concord/Balmain/Canterbury/Camperdown)	(02) 9515 6311
South Western Sydney Local Health District Drug and Alcohol intake line (Liverpool)	(02) 9616 8586
Far West Local Health District Drug and Alcohol Helpline (Broken Hill/Ivanhoe/Tibooburra/Wentworth)	1300 662 263
Murrumbidgee Local Health District Drug and Alcohol line (Albury/Griffith/Wagga Wagga/Deniliquin)	1800 800 944
Southern NSW Local Health District Drug and Alcohol Line (Yass/Queanbeyan/Bega/Goulburn)	1800 809 423
Western NSW Local Health District Drug and Alcohol Helpline (Orange/Dubbo/Bathurst)	1300 887 000

New South Wales Regional Detox Service Territories



Greater Sydney and Metropolitan Detox Service Territories

Where to Score Fits



SHOOT CLEAN!

NSP Location	Daytime N°	Alternative N°
Albury	(02) 6058 1800	
Armidale/Inverell	0427 851 011	
Auburn Community Health	(02) 8759 4000	
Bankstown	(02) 9780 2777	
Ballina	(02) 6686 8977	0467 809 250
Bathurst	(02) 6330 5850	
Bega	(02) 6492 9620	(02) 6492 9125
Blacktown	(02) 9831 4037	1800 255 244
Bowral	ADM at back of Hospital on Ascot Road	
Byron Bay	(02) 6639 6635	0428 406 829
Camden	(02) 4634 3000	
Campbelltown (MMU)	(02) 4634 3000	
Canterbury (REPIDU)	(02) 9718 2636	
Caringbah	(02) 9522 1046	0411 404 907
Coffs Harbour		0408 661 723
Cooma	(02) 6455 3201	
Dubbo	(02) 6885 8999	
Goulburn S.East	(02) 4827 3913	(02) 4827 3111
Grafton	0417 062 265	0429 919 889
Gosford Hospital	(02) 4320 2753	
Hornsby Hospital	(02) 9477 9530	
Ingleburn	(02) 8788 4200	
Katoomba/Blue Mountains	(02) 4782 2133	
Kempsey	(02) 6562 6022	0418 204 970
Kings Cross (KRC)	(02) 9360 2766	(02) 9357 1299
Kings Cross (Clinic 180)	(02) 9357 1299	
Lismore	(02) 6622 2222	0417 062 265
Lismore - Shades	(02) 6620 2980	
Liverpool	(02) 9616 4807	
Manly	(02) 9977 2666	0412 266 226
Merrylands	(02) 9682 9801	
Moree	0427 851 011	
Moruya	(02) 4474 1561	
Mt Druitt	(02) 9881 1334	
Murwillimbah/Tweed Valley	(02) 6670 9400	
Marrickville Harm Minimisation Program	(02) 9562 0434	
Canterbury Harm Minimisation Program	(02) 9562 0434	

NSP Location	Daytime N°	Alternative N°
Narellan	(02) 4640 3500	
Narooma	(02) 4476 2344	
Newcastle/Hunter	(02) 4016 4519	
New England North	(02) 6686 8977	
Regional Area (referral service)	0427 851 011	
Nimbin	0429 362 176	
Nowra	(02) 4421 3111	
Orange	(02) 6392 8600	
Parramatta	(02) 9687 5326	
Penrith/St Marys	(02) 4734 3996	
Port Kembla	(02) 4275 1529	0411 408 726
Port Macquarie	0417 062 265	0437 886 910
Queanbeyan	(02) 6298 9233	
Redfern Harm Minimisation Unit	(02) 9395 0400	0408 661 723
Rosemeadow	(02) 4633 4100	
St George	(02) 9113 2943	0412 479 201
St Leonards (Royal North Shore)	(02) 9462 9040	
Surry Hills (Albion St Centre)	(02) 9332 9600	
Surry Hills (ACON)	(02) 9206 2052	
Surry Hills (NUAA)	(02) 8354 7300	
Sydney (Sydney Hospital Sex Health Centre, CBD)	(02) 9382 7440	
Tahmoor (Wollondilly)	(02) 4683 6000	
Tamworth	0427 851 011	
Taree	(02) 6592 9315	
Tumut	(02) 6947 0904	
Tweed Heads	(07) 5506 7556	0417 062 265
Wagga	(02) 6938 6411	
Windsor	(02) 4560 5714	
Woy Woy Hospital	(02) 4344 8472	
Wyong Hospital	(02) 4394 8472	
Wyong Community Centre	(02) 4356 9370	
Yass	(02) 6226 3833	
Young	(02) 6382 8888	
Redfern Harm Minimisation Program:	(02) 9395 0400	

NUAA
NSW USERS AND AIDS ASSOCIATION

This is not a comprehensive list. If you can't contact the number above or don't know the nearest NSP in your area, ring ADIS on (02) 9361 8000 or 1800 422 599. ADIS also has a state-wide list of chemists that provide fitpacks.

ENJOY LUNCH
OUTSIDE



10 TIPS TO STRESS LESS

Get your
hands dirty -
Do some
GARDENING



Accept an
Imperfect
me!



EXPLORE YOUR
PLAYFUL
SIDE



Seek a
different
perspective



TAKE ONE SMALL
STEP TOWARDS
YOUR GOALS



TAKE THE
SCENIC
ROUTE



Be generous
with KIND
WORDS



APPRECIATE
THE PEOPLE IN
YOUR LIFE



FEEL
THE
BREEZE

VISIT WWW.STRESSLESSTIPS.ORG

MENTAL HEALTH ASSOCIATION NSW 1300 794 991

SPONSORED BY:
MENTAL HEALTH
COMMISSION OF NSW

The New South Wales Users & AIDS Association (NUAA) is an independent, user-driven, community-based organisation funded by NSW Health. NUAA aims to advance the health, rights and dignity of people who use drugs illicitly; provide information, education, and support for drug users; promote the development of legislation and policies to improve drug users' social and economic well-being; and improve the quality and standards of services available to drug users.

NUAA relies on a strong & active membership - people who support the work & aims of the organisation. NUAA membership is free, confidential, and open to anyone interested in the issues affecting people who choose to use drugs illicitly. You can become a member of the association (receive voting rights, stand for election, and receive User's News) by sending a completed form (below) to NUAA. You can use the same form to be placed on the User's News are posted free of charge in a plain envelope.

To join NUAA – or just receive User's News – complete this form and post it to NUAA:

- I am already a member of NUAA / on the mailing list, but am updating my details.
- I want to be a member of NUAA.
I support NUAA's aims and objectives.
- I do not want to be a member of NUAA. I want to receive User's News only.

Inmates, please give MIN number: _____

Name: _____

Address: _____

City / Suburb: _____ Postcode: _____

Phone: _____ Mobile: _____

Email: _____

Mail Preferences:

- I want to receive User's News.
- I want to be emailed NUAA's monthly newsletters.
- I want to receive news and information about NUAA events and activities.
- I do not want to receive any mail from NUAA.

I am allowing NUAA to hold the above information until I want it changed or deleted.

Signature: _____ Date: _____

Personal Information Statement:

We collect this information to add you to our database and/or notify you of information and events relating to NUAA. We store this information either in hard copy or electronically or both. Access to your information is strictly limited to staff who need it to act on your behalf. Your information will not be passed on to any other organisation. You can access and correct your personal information by contacting our Privacy Officer on (02) 8354 7300 or free call 1800 644 413.