



Access Information Centre Bulletin

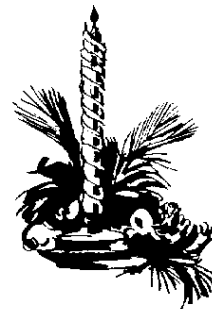
Number 9 December 2002

www.accessinfo.org.au

Suzanne O'Callaghan, Co-ordinator; Jane Watson-Brown, Librarian

**Access Information Centre
At The Alfred
Commercial Rd
Melbourne 3004
PH: 9276 6993
FX: 9533 6324
email: access@alfred.org.au
<http://www.accessinfo.org.au>**

Season's Greetings



Welcome to the ninth edition of the *Access Information Centre Bulletin*. The *Bulletin* is aimed at keeping you up-to-date with the current developments in the Access Information Centre. It also brings you details on the Access Information Centre's recently acquired resources.



*Merry Christmas
and a happy new year to all from
Suzanne, Jane and Rosey.
We will be closed from
5pm Friday 20 December 2002
and will reopen at
10am Monday 13 January 2003*

Launch of the AIC/CAN Virtual Library

Access Information Centre and Country AIDS Network launched their Virtual Library combined catalogue during AIDS Awareness Week 2002.

The new catalogue is a partnership between the two major resource centres on HIV, hepatitis and sexually transmissible infections in Victoria and effectively provides one virtual resource centre for the whole of the state.

The launch, held in Fairfield House on Thursday 28th November, was well attended by representatives from community and support groups, government, the Alfred Hospital and from Triad (now Maxus) - the software supplier and technical support for the site.

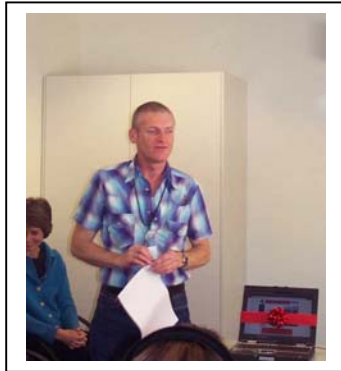


Photo: John Daye launching the catalogue

John Daye, President of PLWHA (People Living with HIV/AIDS) Vic, officially launched the site. John gave a speech highlighting the importance of this resource to people living with and affected by HIV, hepatitis and STIs. In his speech, John emphasised that many people with HIV, hepatitis or STIs are in fragile health or are very careful of their privacy. Access to Internet borrowing services and electronic documents is a significant new step for them.

At Access Information Centre (AIC), we value the importance of access to information in all its forms and our clients' privacy. We're also pleased to offer our clients choices in how information is delivered. With the Virtual Library combined catalogue, AIC clients with access to the Internet will be able to logon to the catalogue, search for resources and request loans remotely. Clients have the option of having items mailed to them, linking directly to Internet-based resources (where available), or visiting the AIC in person.

Suzanne and Jane would like to thank all member organisations, community agencies, our software company Maxus and the AIC reference group for their

support in making this Virtual Library a reality.

Training

We will be holding inservice training sessions to assist people from member organisations and community agencies to make the most of the Access Information Centre and Country AIDS Network Virtual Library combined catalogue. To book in for an inservice, contact Suzanne & Jane at tel: 9276 6993 or email access@alfred.org.au.

Where to find it

The Access Information Centre and Country AIDS Network Virtual Library combined catalogue is available on the Access web site — go to: www.accessinfo.org.au.



Photo: L-R Suzanne O'Callaghan, Access Information Centre, Ian Comben, Country AIDS Network Victoria, Jane Watson-Brown, Access Information Centre

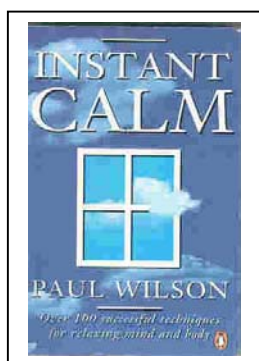
Jane WB

Wellness and relationships in hepatitis C

It may be an old saying that no person is an island, but you certainly notice the truth of it when you have hepatitis C. So many questions and decisions involve other people. Often the first thoughts that come to mind when you are first diagnosed are about others in your life and your relationships with them – can I pass hep C onto my partner, my family, my friends, the people I live with. These are common questions for many.

The Access Information Centre recognises that there are times when you are dealing with more than the biological effects of your treatments. We stock a whole range of books and videos to support people with

hepatitis C through the various stages in life.



Relationships and communication

When they have hepatitis C, many people pay particular attention to their relationships as they deal with some of the issues coming up for them. They may be feeling under pressure as they start treatment and be looking for ways to communicate clearly with their partners. They may be trying to reduce their stress levels so they have a better opportunity to enjoy their relationships. What sort of resources might you find if you checked the Access Information Centre catalogue on this? These are some examples:

- Bob Montgomery's *You and stress* – a little book dealing with stress management
- And another of his books *Living and loving together: how to make your personal relationships more fulfilling*

- Paul Wilson's *Instant calm* – which includes more than 100 different relaxation techniques
- Ian Gawler's *Peace of mind* – a very popular Australian book on meditation

Food and cooking

Diet is high on some people's agenda. They might want to learn more about how vitamins and the food groups work. They may be interested in healthy low fat diets – or they may be trying to find some good low fat recipes that everyone in the household can enjoy. Some relevant resources stocked by the Access Information Centre include:

- Catherine Saxelby's *Nutrition for life* – all about what your body needs to stay healthy
- Sandra Cabot's *Liver cleansing diet* – includes some tasty recipes
- Sue Kreitzman's *Low fat cookbook* – with recipes for the more adventurous

Resources for friends, partners, family

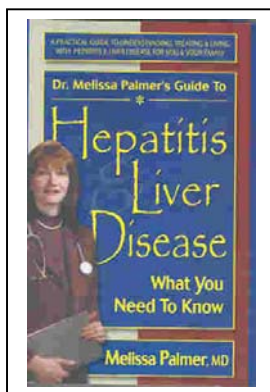
Sometimes friends, partners and family of people with hepatitis C may be looking for information for themselves. They may want to know more about hepatitis C so that they can feel more competent to give support. They may be looking for self-help books on relationships, communication or stress management to make their contribution to the relationship. Family, friends and partners are welcome to use the Access Information Centre for information and can become borrowers of the Centre in their own right.

For information on resources and borrowing, contact the Centre.

Suzanne OC

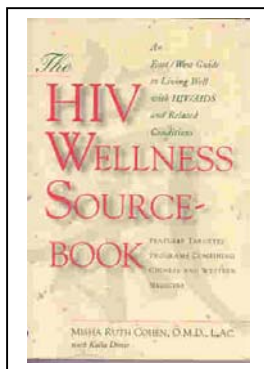
Holiday Reading

Health and Wellness



Hepatitis liver disease : what you need to know / by Melissa Palmer (New York : Avery Publishing, 2000)

This book is an easy-to-read look at liver disease. It's quite long (over 400 pages long) - but you can easily dip in and out of it. Dr Palmer starts off with some of the basics of understanding the liver and its diseases, then comprehensively covers viral hepatitis and other liver diseases. She finishes with some chapters on treatment options and lifestyle changes. The book also has an extensive glossary at the back to help you understand the terminology used.



The HIV wellness sourcebook : an East / West guide to living well with HIV/AIDS and related conditions / by Misha Ruth Cohen with Kalia Doner (New York : Henry Holt, 1998)

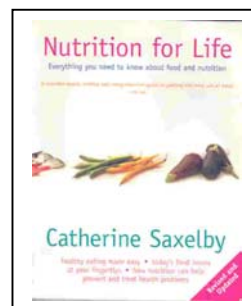
This is a good sourcebook for those wanting to look at a 'complementary' style of blending Chinese and Western medicine as a treatment option. It begins with an overview of Chinese medicine, then looks at how Chinese and Western medicine deal with the immune system. The third part offers, in six chapters, a

guide to restoring balance to the mind, body and spirit: a 'basic chicken soup Chinese medicine clinic program for managing early HIV infection'. The fourth part gives some comprehensive treatment plans for treating opportunistic infections and HIV/AIDS-related disorders, which combine Chinese and Western medicine.

Food and Nutrition

The low fat cookbook / by Sue Kreitzman (London : Dorling Kindersley, 2000)

A collection of low fat food ideas, recipes and techniques for reducing fat in cooking. This recipe book has a great layout with step-by-step instructions and lots of colourful, tempting photography. It includes a few recipe alternatives for low fat creams to put on really yummy low fat desserts. There are also plenty of good vegetarian dishes.



Nutrition for life : everything you need to know about food and nutrition / by Catherine Saxelby (Melbourne, Hardie Great Books, 2002)

This is a kind of 'everything you ever wanted to know' about nutrition book. All the information on fat, salt, sugar and fibre is here, laid out in a friendly way. There are no guilt-trips, just guidelines for healthy eating. Saxelby explodes some of the common myths and misconceptions of healthy eating. She takes readers through the uses and sources of nutrients such as iron, calcium, folate, omega fatty acids, and offers advice on how much caffeine, alcohol, eggs, bran or indeed, how much food is too much. There's information on body mass index and fat distribution and a critical look at some current popular weight loss diets. Overall, it's a comprehensive reference source for healthy eating.

Jane WB

The new look Current Awareness List

We're trialling a new way of providing our listings of current articles. For the next few issues we will be listing new journal/magazine articles, books and videos on one or two special interest topics.

We have included the Internet addresses of the articles.

A note on access to online journal articles –

- **some of them you can only access online if you are using a PC in an organisation with an online library subscription, eg *The Alfred***
- **others require a password. If your organisation is an organisational member of the Access Information Centre, contact us for a password.**

Tell us what you think of the new format - and feel free to suggest new topics!

Women's health

HIV and older age [in women] [plain language]

Wise Words, Jul 2002, no 10.

Focusses on issues for women over 50 who are living with HIV, including ageing and the immune system and menopause.

http://www.projinf.org/pub/Ww1/ww_0207.html

HIV and pregnancy [plain language]

Project Inform October 2002

A structured but detailed fact sheet.

<http://www.projinf.org/fs/mothertochild.html>

HIV drugs and birth risk by Michael Carter

Talkabout, Aug/Sep 2002, p.13

Alternative medicine and women's health issues: a review of recent literature by Tori Hudson

Alternative & Complementary Therapies, Oct 2002, 8(5): p. 295-99

Fatigue

Fatigue in patients with chronic hepatitis C by T. Poynard et al

Journal of Viral Hepatitis, Jul 2002; 9(4): p. 295-303

Hepatitis C/HIV coinfection

Hepatitis C and human immune deficiency coinfection at the era of highly active antiretroviral therapy by S. Pol et al

Journal of Viral Hepatitis, Jan 2002; 9(1): p. 1-8

Double dose: HIV and hep C co-infection by Robert Baldwin

Talkabout, Aug/Sep 2002, p. 18-19

Exercise

Eating for exercise by Timothy Brewi. [plain language]

Positively Aware Jul/Aug 2002

Advice on maintaining good health, eating and exercising with HIV

http://www.tpan.com/publications/positively_aware/jul_aug_02/eating_for_exercise.html

or go to www.tpan.com and follow the links to the article in **Positively Aware**

Wanna get fit? [HealthyLIFE+ program for people with HIV] By Graham Norton

Talkabout Aug/Sep 2002, p.12

To order (Members only):

Fill out and return the **Article Request Form** at the end of the Bulletin (or use the **Article Request form** on our **web site**) and we will send you the article, no cost involved.

Non-members are welcome to order the articles on inter-library loan or visit the Centre and photocopy the articles themselves.