



# The Positive Side

Positive Women's Network  
www.pwn.bc.ca

July/August 2004  
Volume 12 Number 4

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## 10 Differences between Men & Women that Make a Difference in Women's Health

from the *Society for Women's Health Research*  
[www.womens-health.org](http://www.womens-health.org)

1 After consuming the same amount of alcohol, women have a higher blood alcohol content than men, even you allow for size differences.

2 Women who smoke are 20 to 70 percent more likely to develop lung cancer than men who smoke the same amount of cigarettes.

3 Women tend to wake up from anesthesia more quickly than men - an average of 7 minutes for women and 11 minutes for men.

4 Some pain medications, known as kappa-opiates, are far more effective in relieving pain in women than men.

5 Women are more likely than men to suffer a second heart attack within one year of their first heart attack.

6 The same drug can cause different reactions and different side effects in women and men - even more common drugs like antihistamines and antibiotics.

7 Just as women have stronger immune systems to protect them from diseases and illnesses, women are more likely to get autoimmune diseases (diseases where the body attacks its own tissues) such as rheumatoid arthritis, lupus, scleroderma and multiple sclerosis.

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## Support Calendar july 2004

monday	tuesday	wednesday	thursday	friday
			<b>1</b> canada day pwn closed	<b>2</b> drop-in closed
<b>5</b> drop-in closed	<b>6</b> hot lunch & food bank 12 - 2 pm	<b>7</b> drop-in open 11:30 am - 3:30 pm	<b>8</b> lunch 12 - 2 pm	<b>9</b> drop-in closed
<b>12</b> drop-in closed	<b>13</b> hot lunch & food bank 12 - 2 pm	<b>14</b> drop-in open 11:30 am - 3:30 pm	<b>15</b> lunch & crafts 12 - 2 pm	<b>16</b> drop-in closed
<b>19</b> drop-in closed	<b>20</b> hot lunch & food bank 12 - 2 pm	<b>21</b> drop-in open 11:30 am - 3:30 pm	<b>22</b> lunch 12 - 2 pm	<b>23</b> drop-in closed
<b>26</b> drop-in closed	<b>27</b> hot lunch & food bank	<b>28</b> cheque issue pwn closed	<b>29</b> lunch 12 - 2 pm	<b>30</b> drop-in closed

# Support Calendar

august 2004

monday	tuesday	wednesday	thursday	friday
<b>2</b> bc day pwn closed	<b>3</b> hot lunch & food bank 12 - 2 pm	<b>4</b> drop-in open 11:30 am - 3:30 pm	<b>5</b> lunch 12 - 2 pm	<b>6</b> drop-in closed
<b>9</b> drop-in closed	<b>10</b> hot lunch & food bank 12 - 2 pm	<b>11</b> drop-in open 11:30 am - 3:30 pm	<b>12</b> lunch 12 - 2 pm	<b>13</b> drop-in closed
<b>16</b> drop-in closed	<b>17</b> hot lunch & food bank 12 - 2 pm	<b>18</b> drop-in open 11:30 am - 3:30 pm	<b>19</b> lunch 12 - 2 pm	<b>20</b> drop-in closed
<b>23</b> drop-in closed	<b>24</b> hot lunch & food bank 12 - 2 pm	<b>25</b> cheque issue pwn closed	<b>26</b> drop-in open 11:30 am - 3:30 pm no lunch	<b>27</b> drop-in closed
<b>30</b> aboriginal wellness retreat drop-in closed	<b>31</b> aboriginal wellness retreat lunch & food bank 12 - 2			

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## Affirmations

I am grateful for the new experiences in my life. My open mind and open heart reap many rewards.

Today I will take a signal step toward achieving my goals.

I am proud of who I am.

When I receive a complement, I will simply say thank-you.

I am worthy of love.

I am the director of my life.

I look forward to the opportunities possible in the future.

I am bright, intelligent, loving and worthwhile.

I am complete in and of myself. I will not be addicted to approval.

*Submitted by Stacie Migwans*

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*Differences in Women's Health* continued from cover

8 During unprotected intercourse with an infected partner, women are 2 times more likely than men to contract a sexually transmitted infection and 10 times more likely to contract HIV.

9 Depression is 2-3 times more common in women than in men, in part because women's brains make less of the hormone serotonin.

10 After menopause, women lose more bone than men, which is why 80 percent of people with osteoporosis are women.

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Stay tuned for a new, action-packed edition of *The Positive Side* in September 2004!

Please note that summer drop-in hours are Tuesdays - Thursdays, 11:30 - 3:30 pm. Regular hours will resume in September.

If you have any questions about the PWN Support Program, please contact Sangam at 604.692.3006.

## PWN Events

**crafts day**  
**July 15 @ noon**  
**@ pwn**

Feeling a need to express yourself?  
Wanna create something special for  
someone you love?

Wanna run wild with your creative  
self?

Join us for Crafts Day on July 15th  
during lunch.

Call Stacie at 604.692.3005 for  
information and details.

**vancouver folk music fest**  
**July 16, 17, 18**

Tickets are limited and will be drawn  
by lottery. You cannot win tickets  
for both Folk Fest and the PNE.

Please come into PWN to pick up  
your tickets. If you call in advance,  
we may be able to mail tickets out  
to you.

Call Sangam at 604.692.3006 to  
enter your name.

**pne/playland**  
**August 21 - September 6**

Tickets are limited and will be drawn  
by lottery. You cannot win tickets  
for both Folk Fest and the PNE.

Please come into PWN to pick up  
your tickets. If you call in advance,  
we may be able to mail tickets out  
to you.

Call Sangam at 604.692.3006 to  
enter your name.

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**taking a break support grp**  
**Thursdays, 6 pm**

Call Sangam at 604.692.3006 for summer  
times, information and details.

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**drop-in**  
**Tuesdays - Thursdays,**  
**11:30 am - 3:30 pm**

Closed July 1 (Canada Day), July 28  
(cheque issue day), August 2 (BC Day) and  
August 25 (cheque issue day).

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**pwn grocery**  
**Tuesdays, 12:00 - 2:00 pm**

There is no pick up on any other day.

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**lunch**  
**Tuesdays and Thursdays,**  
**12:00 - 2:00 pm**

Hot lunches Tuesdays,  
cold lunches Thursdays ... mmmm.  
Enough said.

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**phone reception**  
**Monday - Thursdays,**  
**9:00 am - 4:00 pm**

If you reach our voicemail between these  
hours, we may be in a meeting.

Please leave a message and we will return  
your call as soon as possible. All message  
are kept strictly confidential.

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**aboriginal wellness retreat**  
**August 30 - 31**  
**@ Springbrook retreat centre,**  
Ahhhhh ...  
Reee-laxxx ...  
Reee-treeeat ...

Call Stacie at 604.692.3005 for  
registration and details.

**The Positive Side**  
Positive Women's Network

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# Connecting to Positive Women's Network

### in person

#614-1033 Davie Street, Vancouver  
(between Burrard and Thurlow)

### by mail

1033 Davie Street, Suite 614  
Vancouver, BC V6E 1M7

### by phone

604.692.3000 (local)  
1.866.692.3001 (toll-free in BC)

### by fax

604.684.3126

### by email

[pwn@pwn.bc.ca](mailto:pwn@pwn.bc.ca)

### online

[www.pwn.bc.ca](http://www.pwn.bc.ca)  
[www.pwn-wave.ca](http://www.pwn-wave.ca)

*Positive Women's Network supports women living with HIV/AIDS to make informed choices about their health. We provide safe access to HIV/AIDS-related support, advocacy and education/prevention to women and their communities throughout British Columbia, Canada.*

### support program

Bronwyn Barrett - Support  
Sangam - Acting Support F  
Stacie Migwans - Support  
Cara Moody - Oak Tree Ou

### communications and

Janet Madsen - Communic  
Jeannie Lowe - Resource (C  
Bronwen Tigar - Young Wo

### administration

Marcie Summers - Executive Director - 604.692.3010 - [marcies@pwn.bc.ca](mailto:marcies@pwn.bc.ca)  
L' Hirondelle Financial Services - Bookkeeping - 604.692.3000



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[@youthco.org](mailto:@youthco.org)

*The information provided herein cannot replace the information provided by a medical professional.*

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