Briefs

January 1, 2005 By Staff

A first? Johns Hopkins School of Medicine in Baltimore now has a clinic to treat lipo. For appointments: 410.955.6414.

Women infected or affected by HIV can talk it over in a new e-mail discussion group at women_voices@yahoo.com.

What product, item or remedy makes your HIV life easier—or more comfortable? Tell us about it at comfortzone@poz.com.

Flu-fighting foods include fatty fish and shellfish (full of zinc) and black or green tea. Getting enough sleep is crucial, too.

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http://beta.docker.poz.com/article/Briefs-167-3755