



# Dishes On The Side

Where to find the inside scoop on anti-HIV drug side effects and recipes for overcoming them

September 1, 2000 By Pedro Cruz

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Don't worry—you don't have to rely solely on the ant-sized-print package insert in your prescription for reliable info on side effects. Several organizations offer websites, pamphlets, books and e-mail lists that can walk you through this tangled web—and offer up-to-the-minute tips on how other PWAs make their escape.

## **Books**

### **The HIV Drug Book**

by Project Inform

(Pocket Books/New York City), \$18

*Comprehensive, user-friendly coverage of drugs used by HIVers, including info on side effects and interactions.*

### **Built to Survive!**

A Comprehensive Guide to the Medical Use of Anabolic Steroids, Nutrition and Exercise for HIV+ Men and Women

by Michael Mooney and Nelson Vergel (Program for Wellness Restoration/Houston; Houston Buyers Club: 800.350.2392), \$24.95. Check out the chapter called "Complementary Approaches to Treating Lipodystrophy."

## **Websites**

### **Direct Access Alternative Information Resources (DAAIR)**

31 East 30th St., #2A

New York, NY 10016

888.951.5433

[www.daair.org/DAAIR/MEMBINFO.NSF](http://www.daair.org/DAAIR/MEMBINFO.NSF)

Publishes the 70-page booklet Preventing and Managing Drug Side Effects and HIV Symptoms, and offers in-depth website info.

### **HIV/AIDS Treatment Information Service (ATIS)**

[hivatis.org/resoinfo.html](http://hivatis.org/resoinfo.html)

800.448.0440

Offers web and printed matter on many topics, including lipodystrophy, metabolic complications

and drug interactions.

### **Houston Buyers Club**

3400 Montrose Blvd., #610

Houston, TX 77006

800.350.2392

[www.houstonbuyersclub.com](http://www.houstonbuyersclub.com)

Publishes the booklet *How to Manage Side Effects*, which includes treatment info for diarrhea, nausea, muscle loss, flatulence, appetite loss and lipodystrophy.

### **New Mexico AIDS Education and Training Center**

UNM Health Sciences Center

School of Medicine, BRF 323

Albuquerque, NM 87131-5271

505.272.8443

[www.aidsinfont.net](http://www.aidsinfont.net)

Publishes bilingual (English and Spanish) fact sheets written for ninth-grade reading levels, including "Treatment—Side Effects."

### **Project Inform**

205 13th St., #2001

San Francisco, CA 94103-2461

800.822.7422

[www.projectinform.org](http://www.projectinform.org)

Publishes the booklet *Dealing With Drug Side Effects*, which includes women-specific info. Other publications cover specific problems ranging from depression to diarrhea to lipodystrophy. Website has 200 entries under the keywords side effect. Hotline can answer questions.

### **The Body: Management of Side Effects and Symptoms Forum**

[www.thebody.com/cgi/sideeffectsans.html](http://www.thebody.com/cgi/sideeffectsans.html)

This cyber forum addresses the management of drug side effects and symptoms of HIV disease, including a Q&A section hosted by three medical experts.

### **E-mail list**

#### **Lipidlist**

To subscribe, send an e-mail to:

[listproc@critpath.org](mailto:listproc@critpath.org); first line: subscribe LIPIDLIST; then first and last name.

E-mail list for people with AIDS to share info about symptoms and treatments of metabolic disorders such as lipodystrophy, body-shape changes and elevated blood fats (sponsored by Survive AIDS, formerly ACT UP/Golden Gate).

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<http://beta.docker.poz.com/article/Dishes-On-The-Side-10168-7180>