

EDITOR'S LETTER

What do you get when one HIV positive person and one HIV negative person fall in love? Magnetic love.

Magnetic. It's got a more sexy and romantic ring than its dry, clinical-sounding counterparts—*serodiscordant* and *serodivergent*. Discord, the opposite of harmony, has a negative connotation, and divergent means to extend in different directions, to differ. Magnetic suggests attraction, chemistry, sparks.

In the case of magnetic couples, the romantic cliché “opposites attract” is literally true. However, many partners in mixed-status relationships find that they connect not due to their HIV status but rather in spite of it. Speaking with the four magnetic couples I had the privilege of interviewing for the cover story reminded me of another cliché: “Love conquers all”—even in the face of HIV. Without a doubt, *magnetic* better reflects these four couples. Thanks to all of them for sharing with us the ups and downs of magnetic relationships and for spreading the love. Especially to Sue, one of the women interviewed, for bringing the phrase *magnetic love* to our attention.

Also in this issue: Five people with HIV/AIDS (PHAs) give kudos to their complementary therapies—from acupuncture for neuropathy to medical marijuana for nausea. HIV treatment guru Lark Lands gives a lesson on why it's important to your immune health to avoid minor infections (colds, flus and sinusitis) and major ones (hepatitis)—and how to treat them if they do strike. And, just when you thought you'd heard everything about adherence, Derek Thaczuk gives his two cents on the topic, along with confessions and suggestions.

Thanks in part to feedback from you, our readers, we've streamlined production of *The Positive Side* and moved to a cleaner design we hope will be easier to read. Please take some time to drop us a line by mail or at info@catie.ca—write a letter to the editor, tell us what you think about our new look, or pitch an article or idea to us. Even better, fill out the attached subscription card and have *The Positive Side* delivered to your doorstep twice a year for free. Share the magazine, share your stories.

—RonniLyn Pustil

PHOTOGRAPH: MICHELLE VALBERG



Resources

There's More to Life than Meds

Top 9 Reasons to Call Your Doctor Immediately

Why to tell doc what's up ASAP

By **Mark Katz, MD**

Chatty CATIE

Five PHAs compliment their complementary therapies

Interviews by **Diane Peters**

THE POSITIVE SIDE

Fall/Winter 2004

Publisher:

Canadian AIDS

Treatment Information Exchange (CATIE)

505-555 Richmond

Street West

Box 1104

Toronto ON M5V 3B1

Canada

© 2004, CATIE.

All rights reserved.

ISSN: 1191-9809

Publications Agreement

Number 1707361

Editor-in-Chief:

RonniLyn Pustil

Senior Editors:

Sean Hosein, Tim Rogers

Editorial Consultant:

Denyse Boxell

Contributors:

Walter Armstrong,

Beverly Deutsch, Diana

Johansen, Lark Lands,

Bruno Lemay, Susan

Massarella, Devan

Nambiar, Jacob Peters,

Darien Taylor, Derek

Thaczuk, Laura Whitehorn

Creative Direction

and Design:

David Vereschagin,

Quadrat Communications

Thank you to

Dr. Jonathan Angel and

Dr. Paul MacPherson for

medical review.

Cover Photograph:

RonniLyn Pustil

Magnetic Couples

Four serodivergent couples reveal how they keep love alive in the face of HIV

Interviews by **RonniLyn Pustil**

The Importance of Being Adherent

A less-than-perfect PHA's point of view

By **Derek Thaczuk**

Infections and Bugs and Germs... Oh My!

A guide to keeping infections at bay—and boosting immune health by **Lark Lands**

Five Days in Bangkok

Essay and photos by **Jacob Peters**