

EDITOR'S LETTER

Dim the lights and let your hair down. It's time to get up close and personal and tell the truth about sex—what we do and what we don't, what we want to do and what we can't. With its holistic look at life with HIV, *The Positive Side* touches on *all* the aspects of our health that need nurturing: physical, mental, emotional, spiritual—and sexual.

CATIE's own Darien Taylor ignites the sex talk with an essay about sexual trials and tribulations among people living with HIV/AIDS (PHAs). Also part of the package, four brave PHAs—two of whom are on the cover—speak openly about their pre- and post-diagnosis sex lives. "Brave" because though many PHAs have experienced sexual problems, most are reluctant to talk about it. Finally, experts from a variety of fields reveal their knowledge about sexual dysfunction and offer some terrific tips for a good, healthy sex life.

Also in this issue: Carol Major delves into drug resistance testing to explain this rather complicated business. Read this "pièce de resistance" and find out when it's important to be tested and what the results can—and can't—tell you. Diane Peters gives a nod to naturopathic medicine and describes how this complementary therapy can help you manage your health. And Maggie Atkinson shares what she learned about kidney health after starting a new antiretroviral with potential kidney side effects. She did the research so you don't have to! Also, poet and activist River Huston teaches us all a thing or 10 about her positive posse.

It sure was a challenge to find women to interview for this issue (Chatty CATIE features five men!). So here is a shout-out to the positive women: We want to hear from you!

All of us here at *The Positive Side* are excited to announce that we now exist in a whole new dimension—online! This means that we can give you more ways to enjoy the magazine. Forwarding a copy of a favourite article just got a whole lot easier, too. So did sending a letter to the editor. What do you think about this issue? What would you like to read about in upcoming issues? We look forward to your comments.

Visit the site at www.positiveside.ca. See you there . . .

—RonniLyn Pustil

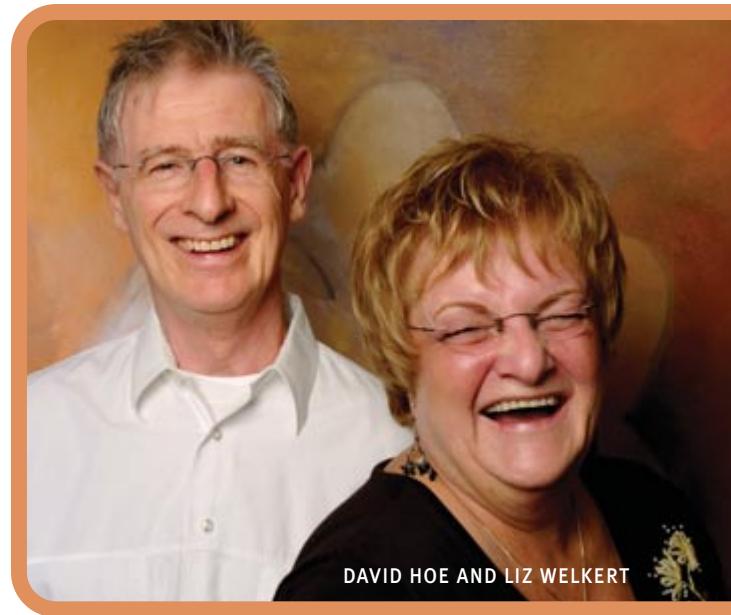
PHOTOGRAPH: AARON MCKENZIE FRASER

Resources 2
Community Chest: Check out these gems
By **Derek Thaczuk**

10 Things You Don't Know about HIV+ Women 5

River Huston speaks out on behalf of her positive posse

Chatty CATIE 6
5 PHAs praise their "other" health care providers
Interviews by **RonniLyn Pustil**



DAVID HOE AND LIZ WELKERT

Sexual Healing 8
Have you lost that loving feeling?
4 PHAs talk about life between the sheets;
8 experts offer tips on spicing it up
Essay and interviews by **Darien Taylor**

Resistance Assistance 18
The ins and outs of HIV drug resistance testing
By **Carol Major**

When Nature Calls 23
The role of naturopathic medicine for people with HIV
By **Diane Peters**

Here's Lookin' at You, Kidneys 26
HIV and kidney disease—what you need to know
By **Maggie Atkinson**

Pottery Barn Henry "Blake" Hiebert 31
on why he kneads clay

THE POSITIVE SIDE

Fall/Winter 2005

Publisher:

Canadian AIDS

Treatment Information Exchange (CATIE)

505-555 Richmond St W
Box 1104

Toronto ON M5V 3B1

Canada

© 2005, CATIE.

All rights reserved.

ISSN: 1191-9809

Publications Agreement

Number 1707361

Editor-in-Chief:

RonniLyn Pustil

Senior Editors:

Matthew Church, Sean
Hosein, Tim Rogers

Contributors:

Beverly Deutsch, Diana
Johansen, Lark Lands,

Bruno Lemay, Susan

Massarella, Devan

Nambiar, Jacob Peters,

Darien Taylor, Derek

Thaczuk

Creative Direction

and Design:

David Vereschagin,

Quadrat Communications

For their expert review,
thank you to:

Richard Harrigan, PhD,
BC Centre for Excellence
in HIV/AIDS; Marianne

Harris, MD, St. Paul's

Hospital; Michelle

Hladunewich, MD,

Sunnybrook and

Women's College Health

Sciences Centre; Hal

Huff, ND, Canadian

College of Naturopathic

Medicine

Cover Photograph:

aaron mckenzie fraser