

# The Bottom Line

More women are becoming infected with HIV. With early testing and treatment, women with HIV can live longer. Women need to know more about how they can be infected, and should get tested for HIV if they think there is any chance they have been exposed. This is especially true for pregnant women. If they test positive for HIV, they can take steps to reduce their risk of infecting their babies.

The best way to prevent infection in heterosexual sex is with the male condom. Other birth control methods do not protect against HIV. Women who use intravenous drugs should not share equipment (works).

Women should discuss vaginal problems with their doctor, especially yeast infections that don't go away or vaginal ulcers (sores). These could be signs of HIV infection.



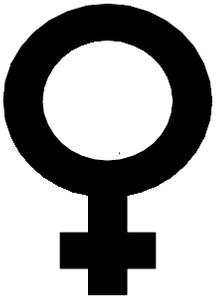
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The Woman At Risk program is offered through the HIV Resource Center, a project of Douglas County AIDS Council (DCAC).

DCAC is a private non-profit organization 501 (c)3.

Through the HIV Resource Center, DCAC maintains emergency funds, housing assistance, transportation assistance, case management and referrals for people living with HIV. We promote risk reduction in our community through outreach programs, HIV testing, counseling, speakers bureau, information line and distribution of educational materials to all ages.

If you would like to be a part of helping to make your community a better place, just give us a call to discuss donating your time, efforts, materials or funds. We are all in this together, and together WE CAN MAKE A DIFFERENCE!



# Women at Risk



Serving the needs of Women affected by, and at risk of HIV in Coos, Curry and Douglas Counties

541-440-2761

# Just the Facts

Women are now the fastest growing group of people diagnosed with HIV.

- 40 million people currently have AIDS worldwide.
- 18.8 million are women.
- Just under 1 million people in the U.S. have a HIV infection - about 1/4 don't know it yet.
- In the U.S., 10% of the AIDS cases reported through 1990 were female. This proportion increased to 17% of cases reported through June 2000.
- The number of AIDS cases in Oregon women has increased from 4% of cases diagnosed in 1990 to 8% in 1996.
- From 1989 through 1999, 693 women have been newly diagnosed with HIV in Oregon.

## Special Risks for Women

If you have HIV, you could infect your unborn child or infant:



- ◊ While you are pregnant.
- ◊ When you give birth.
- ◊ Through breast feeding.

## HIV Women at Risk

In Oregon, the majority (54%) of women with AIDS became infected through heterosexual contact. Women are at greater risk of getting HIV sexually from a partner who injects drugs and from sharing needles themselves.

### You CAN get HIV through:

- ◊ Sex: having unprotected anal, vaginal or oral sex.
- ◊ Needles: sharing unclean needles and syringes (works) to inject drugs, steroids or vitamins; or sharing needles for body piercing and tattoos.
- ◊ HIV Infected Mother to Child: through pregnancy, birth or breast feeding.
- ◊ Contaminated blood products: Before 1985, donated blood was not tested. Today all donor blood and blood products are tested for HIV.

## Women with Increased Risk

- M Women with male partners who have sex with other men.
- M Women whose partners have HIV.
- M Sex Workers.
- M Women who have multiple sex partners.
- M Battered Women and Victims of sexual assault.
- M Incarcerated Women.
- M Women who have had a sexually transmitted disease (STD).
- M Women of ANY age who fall within any of the above categories.

## How do I find out if I have HIV?

Taking the HIV antibody test to see if you are infected with HIV is a very personal decision. If you feel you may have taken part in activities that have put you at risk, you should consider taking the test. Since you can be infected with HIV and look well and feel healthy for years, the only way to know for sure if you are infected is by taking the HIV antibody test.

*Women working with Women for healthy life choices.*

ANONYMOUS, Free, No stick HIV testing (Ora-sure)

*For more information, contact Mary Murphy at:*  
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Toll free 1-877-440-2761  
Mary@hivroseburg.org

or drop by:  
832 NW Highland, Roseburg  
Monday-Friday 9am to 3pm.