

# AIDS cases from page 5

By 2005, 50% of those will have full-blown AIDS.

The incubation period is from 3 to 10 years.

The projected epidemic for the world by the year 2000 is surprisingly high: Africa, 15 million cases; Asia, 8 million; Latin America 4 million; North America 2 million, and Europe 1 million.

The rate of AIDS/HIV infection among women is on the rise. This rise can be accounted for by heterosexual contact, I.V. drug use and drug users infecting their partners.

In 1995, 46,000 children will be motherless because of the AIDS epidemic and by 2000, over 80,000 children will be motherless, Atkins said.

Most women who are pregnant and HIV-positive do not become aware that they are infected until their obstetrician tells them.

One woman found out she was infected about 2 weeks before the birth of her baby. If the virus is found earlier in the pregnancy, the doctor can give the woman AZT during the pregnancy to help assure the baby's survival.

In some instances, the baby may not contract the virus *in vitro*.

Atkins advised that the best way to avoid contracting HIV or AIDS is to abstain or to be in a monogamous relationship.

If one partner is playing sexual roulette, the other partner is at an increased risk for getting AIDS as well.

He also said since the general population is not celibate or even monogamous, a few suggestions to follow for "safe sex" are to use condoms (there's a 2 out of 12 infection rate); do not participate in unprotected sex of any kind outside of an exclusive, monogamous

relationship; and protect cuts and abrasions from bodily fluids.

Other forms of prevention include: not sharing needles if you are an I.V. drug user, not sharing toothbrushes or razor blades if there is a question of contagion,

and cleaning bathroom fixtures and other surfaces soiled with

bodily secretions with household bleach (1/10 dilution with water),

rubbing alcohol, peroxide or Lysol.

These products kill the AIDS virus.

# Eating disorders from page 5

Between 5 to 10 percent of American girls and women are anorexic, literally starving themselves to death.

Each year, 150,000 American women die of anorexia.

Dr. Bringle remarked that there are some positive signs in the recent past, but not many.

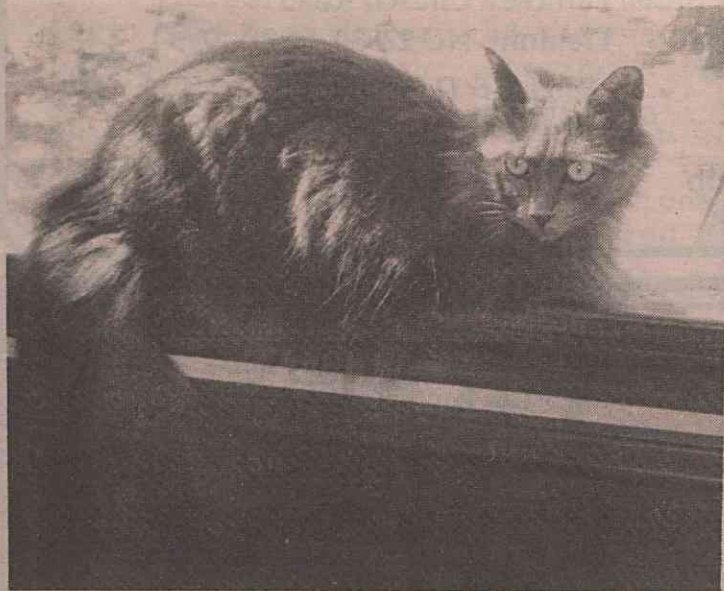
A growing appreciation of the fact that dieting is not a good thing and the National Association for the

Advancement of Fat Acceptance has helped end the reign of dieting.

Dr. Bringle said, "There are various things that are helping move us away from the cult of thinness, but it's going to take all of us working together."

"The first thing to do is to cut out our internal critic.

"We could stop dieting and just start feeling healthy: We could start a revolution--let's do it."



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