Letters - Fall 2005

September 2, 2005

UNCOMMON KNOWLEDGE

I'm the vice president of UAASA (Unite African American Student Association). Thank you for sending copies of Real Health. The latest issue had a lot of good information, and by the second day of handing out copies to students, it was pretty much gone. People have been spreading the word about Real Health's fabulous content. My fellow students and I hunger for information and knowledge like what you put in the magazine.

Jason Murdock
Northridge, CA

HOT AND BOTHERED

I was at my girlfriend's house watching her mom until she got back, and there it was: Real Health. The cover caught my eye and made me pick it up—and I'm very glad I did. I love it. I think it's wonderful. We have needed this for a long time. We, as black people, need to be talking more about HIV and AIDS. And how to take care of ourselves. Could you write something about menopause? I am 54 years old and a grandmother of eight children—ages 3 to 13. Menopause is kicking my butt. Please!

Janet Chisholm
West Palm Beach, FL

You officially have a witness. Check out "Herbs for Menopause" for information about alternative remedies that may help with menopause symptoms (and be sure to speak with your doctor). And check future issues for articles on this and other sexual health subjects. The"real" in Real Health means talking about subjects that get swept under the carpet—and acknowledging that not every magazine reader is 21 years old—or wants to be!—The Editors

THE FINE PRINT ON HIV

In the quiz "Life With HIV" (Winter 2004–05), you have a question:
"If I test positive, I have to tell: A) the folks at my job; B) anyone I have sex with; C) my family; D) whomever I choose." The answer is not D; it is B. You can go to prison for not telling a partner you have HIV/AIDS. In New York, a man was imprisoned for having sex with young girls to whom he did not disclose his HIV status. In Georgia, if you have HIV and spit on a police officer, you can go to jail.

Mariama Gullatte, RN
Decatur, GA

Thanks for emphasizing what was in the answer key: “Some states make it illegal for you to put others at risk for HIV transmission.” Generally if you’re positive, disclosure is at your discretion—and discrimination based on HIV status is illegal. But use condoms—not only do they protect your partners from HIV; they protect you from other STDs as well as different strains of HIV. And if you’re HIV negative, remember: One fourth of those who are HIV positive do not know their status. Be safe. —The Editors

Send letters to Real Health, 500 Fifth Avenue, Suite 320, New York, NY 10110 or e-mail edit@realhealthmag.com.Include your name, city, state and a phone number or e-mail address where we may reach you. Letters may be edited for publication.

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