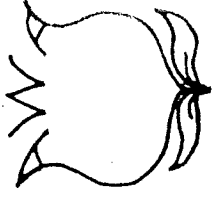


AWARE



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VOLUME I No. 1

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DES ACTION

DES (Diethylstilbestrol) is a synthetic estrogen drug given to millions of women between 1941 and 1971 for pregnancy problems. It was given in pills, shots or suppositories, under many brand names. Children born between 1941 and 1971 may be affected if their mother took DES when she was pregnant.

DES mothers and their children (DES daughters and DES sons) may develop health problems.

- * Many DES daughters have changes on their vagina and cervix. MOST OF THESE CHANGES ARE NOT DANGEROUS.
- * Many DES daughters have problems with pregnancy, including getting pregnant, tubal pregnancy, miscarriage and premature delivery.
- * A very small number of DES daughters develop a rare cancer in their vagina or cervix called clear-cell adenocarcinoma.
- * Medical care is available to monitor and treat these problems if they are found through early screening.

ALL DES daughters need regular special examinations, usually every six months, by a physician or clinic experienced in providing DES screening. These exams should begin with menstruation or at age 14, whichever comes first.

- * DES sons may possibly have changes in their sex organs. Some DES sons have fertility problems.
- * DES mothers may have a greater risk for breast cancer. Scientists are not yet certain that cancer rates are higher than average, and the studies are continuing.

Many people do not know if they are DES-exposed. Everyone born after 1941 should find out by:

- * Asking their mother if she took any drugs during pregnancy.
- * Having their mother check with her doctor or write to the Medical Records Office of the hospital of birth for pre-natal drugs listed in the mother's record.

WHAT TO DO: Daughters need the special DES examination.

Sons should see a urologist if they have problems.

Mothers should

- * Tell their children so they can get the medical care needed.
- * Take care of their own health by examining their breasts every month and getting a professional breast exam once a yr

INFORMATION about DES, including leaflets, can be obtained by writing to:

DES ACTION/CANADA
P. O. Box 233 Snowdon,
Montreal, Quebec
H3X 3T4
(514) 482-3204

THE NAOMI SOCIETY is an association formed to help battered women. They are cooperating with the Tearmann Society in New Glasgow which has received funding to provide a safe shelter. The Naomi Society hopes to provide a crisis line through which battered women can find a sympathetic listener and referrals to other sources of assistance in resolving their situation. Many women require support when seeking help from social services, police, courts, and the like. They hope a member of the Society will be able to accompany any woman while she deals with government or the public. Although awareness of the problem of battering has increased in the last few years, tremendous ignorance persists regarding its extent and, perhaps more importantly, the severe financial, legal, social and emotional obstacles hindering a woman's attempts to protect herself from violence.

Currently the Naomis Society is seeking funding to hire people to establish a phone line and organize the services they hope to offer. They need money - any donations would be most welcome. They need people with the time and energy to devote to the Society to join their Board. Once the organization is functioning they will need volunteers who are willing to go through a screening process. Volunteers can serve one or more of the following functions: talk to women on the phone line, accompany women to various agencies, present educational packages to schools and community groups. Although they hope to avoid these situations, it may be necessary to have someone provide emergency transportation to the shelter in New Glasgow. Anyone who can not contribute time or a donation to the Naomi Society could express their concern about battering of women by becoming a member. If you wish to participate in some way you should call Marilyn Gerriets, 863-3269 after 5:00. Donations or requests to become a member should be mailed to:

NAOMI SOCIETY
c/o 154 Hawthorne Street
Antigonish, Nova Scotia

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DATES TO MARK ON YOUR CALENDAR:

AWA BOARD: Meetings will be held the first Wednesday of every month at the Resource Centre at 7:30 p.m. The first one will be January 4th.

AWA MEMBERS: An informal meeting/pot luck supper will be held at the Tin Room, Coady Institute on Saturday, January 28th. Everyone is asked to arrive at 6:30 and, with luck, we'll eat at 7:00. The emphasis for the evening is definitely "social". We've been getting new members so it will be a great opportunity for everyone to meet. If you're too busy to prepare a food dish - don't worry - be sure to come anyway. There is always sufficient delicious food. Phone the Centre (863-6222 or 6221) and let us know if you'll be able to join us - it will give us an idea of numbers.

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UPCOMING EVENTS

PROVINCIAL

Sydney - There will be a Woman's Conference on March 9, 10 and 11th at the University College of Cape Breton. This year's theme is Women's Health Issues and the conference is entitled INSIDE/OUTSIDE. Child Care and Billeting will be available. Brochures and pre-registration forms will be ready in mid-January.

Truro - WHEN (Women's Health Education Network) Conference in April.
Theme: Violence in the family.

(More specific information on these two events will appear in future Newsletters).

LOCALLY

Jan. 5th - Hon. Bill Gillis, MLA will be at the Resource Centre to speak about government (House of Assembly) procedures, presenting briefs to government, and to answer your questions. TIME: 8:00 p.m.

Jan. 11th - FILM. Noon hour (bring your lunch) and 7:30 p.m. at the Resource Centre (222 Main Street)

Jan. 19th - Sr. Helen Aboud, Chairperson, Nutrition and Consumer Studies Department, St. F.X. will speak on household consumerism and budgeting. TIME: 7:00 p.m. at the Resource Centre

Jan. 25th - FILM. Noon hour (bring your lunch) and 7:30 p.m. at the Resource Centre.

IN
CONCERN

HOLLY NEAR

April 12th

Phone the Centre to reserve your tickets.

ANNOUNCEMENT

Beginning January 3rd, the Resource Centre will be open every Tuesday evening 7 - 10 p.m. for you to come in and visit. No programs are planned for this time - it's just a chance to come together and talk.

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TELEPHONE CHAIN

We are setting up a "telephone chain" to enable us to share information, spread the word quickly about an event, and, most importantly eliminate the high postage costs.

When you receive a call you will be responsible for calling the next person on the list. If you cannot reach that person immediately please keep going down the list until you reach someone - this way the message will keep on the move. Then, later, you can try again to reach the one you were responsible for. With cooperation from each of you to take on this responsibility we should be able to have information circulated with a minimal effort.

So, tear off the list and keep it by your phone. If you misplace it, give us a call (863-6222 or 6221). Thanks very much.

P.S. If anyone has a work number we don't have, please let us know OR if you don't want to be called at work, tell us that too.

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MERRY CHRISTMAS!!!

HAPPY NEW YEAR!!!