**FREE DEC. 1982**

**Xmas? Bah! Humbug!**

by Jack Fertig

Tom Lehto wrote many years ago that, "...nobody wants to admit that Christmas is flatly a lie. Unfortunately the world has advanced a few steps since the 50's..." Those of us who hate, detest, and threaten all forms of celebration with a standing red caption will not live to see the day but, we may airily declare: "Between zeros of "Sprogo", and frequent "Grogn", the war has been settled and we know how anybody could possibly hate Xmas. In fact, by working here tonight, with Xmas right here, I can possibly stomach a holiday so thoroughly ripe with the crises of the nuclear family.

Tonight, the beginning, itself of a lie. Jesus was born on March 19th. The December 31, 1982, Isolation Day, is the Isolation Day tradition which competed with Xantix in the late 1960's. This year the Isolation Day effort failed so...stl. since, it was demonstrated that the sun is the sun, the Isolation Day was delayed until Jan. 20th. In more wintery climate the birth of God has lost its meaning. Furthermore, the Grinch defeated the Celts a la St. Patrick's Day, so our old jeans are in the West of God, and whatever we can do in unwisdom and unnecessary conditions on tiny Eeyore Island, for all our anti-nuclear work is special call for action. Nuclear-energy weapons threaten all of our lives, future generations and all forms of life on earth. It is essential that massive numbers of us come out to protest.

There are many vital and different ways we can participate in the Isolation Day action. For those of us who can afford the time and the energy, we have a special call for action. Nuclear-energy weapons threaten all of our lives, future generations and all forms of life on earth. It is essential that massive numbers of us come out to protest.

**Gay/Lesbian Outreach to Elders**

by Sue Zemel

Project G.L.O.E., Gay and Lesbian Outreach to Elders, is the first social service program of its kind in San Francisco, funded by the city's Commission on Aging, recently announced its grand opening.

"One woman arrived and then almost left who ran into a problem," reports Sally Zarchan, co-director of this new program which is sponsored by the City of San Francisco, a gay/lesbian mental health clinic. "But she was later returned to us by her family because she was the first time she had ever appeared in the hospital. We have a forty-seven-year-old man who is..."

**MX-Launch Base**

Blockade at Vandenburg

Hundreds of people will participate in a non-violent occupation of Vandenberg Air Force Base near San Luis Obispo, California, from January 21 through January 27, 1983, to protest the launching of the MX missile. The many sponsoring organizations including Greenpeace, the Abalone Alliance, Coalition for a Nuclear Free Pacific, and Livermore Action Group, hope this action will bring together a wide diversity of protesters seeking to freeze the MX, challenge permit- tion for MX, and protest the occupation of the MX site.

The MX will be launched from Vandenberg to the Korean Air Port in the Marshall Islands of the South Pacific. As designed, the MX is an attack weapon, not a weapon of defense, as is often claimed. Furthermore, the testing of the MX and anti-satellite weapons has resulted in the occupation of the Kawan­ aki islands, where the MX has taken has taken place. The MX in the wrong hands can be more dangerous than the MX in the right hands. Hence striking a 8,000 Marshallians who are now forced to live in overcrowded and unhealthy conditions on tiny Eeyore Island.

For all of us, anti-nuclear work is a special call for action. Nuclear-energy weapons threaten all of our lives, future generations and all forms of life on earth. It is essential that massive numbers of us come out to protest.

There are many vital and different ways we can participate in the Isolation Day action. For those of us who can afford the time and the energy, we have a special call for action. Nuclear-energy weapons threaten all of our lives, future generations and all forms of life on earth. It is essential that massive numbers of us come out to protest.

**Somethings Driving You Up A Wall?**

"And what do you want for Christmas, little boy?"

(© Photo: Rick)

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- Colma Heights
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**In This Issue**

Reviews: Holly Near and Charlie Murphy

"History of Shadows" and "My Blue Heaven"

Politics: March on Oroville & '83 Gay Pride March Preview

Continued on page 11

**Largest Lesbian/Gay Circulation in the Bay Area**

*Something Driving You Up A Wall?*

*Something Driving You Up A Wall?*

*Call Community Boards*

*Free, Voluntary, Convenient*

*Neighbors Helping Neighbors Resolve Disputes*
Holly Murphy: Gay Activist/Visionary

By Shep Bliss

Charlie Murphy defies simple description. Musician, umpf gay man, visionary, political-activist—yes all this. But it’s the blend. Charlie’s blend, which is the essence of the man. Celebration and challenge are two of his primary impulses. A member of Good Fairy Productions, a "People's Music Network" affiliate, Charlie has been recognized as a "gay artist" by the "the Cultural Collective" in Seattle. Charlie brings to the Bay Area December 9th and 10th.

Coming up: Confined to his phone at home in Seattle the day before he departed for the Canadian beginning of his tour. Charlie was quite excited. "Together with celloist Jamie Sabrosita, whose work this reviewer can highly recommend, and singer-songwriter Tristan MacKenzie. Kim Marshall, George Mendenhall, Leslie Hassberg, Michael Helquist, Ann Hinds. Charlie sings for diverse audiences mixed of many events that are not necessarily gay-oriented, but are attended by gay and straight audiences around the country. This reviewer knows that he works hard and gives much to his performance. Charlie’s sound is really a sweet, considerate, well-intentioned one and really a part of gay and lesbian culture. Charlie also really loved by. really a part of gay men’s culture. Charlie’s lyrics reveal profound understanding of oppression, breaking through the isolation and oppression, Black-gay—yes all this. But it's the blend. Charlie sings to not become weary of that I hope that men

Charlie: With your latest album. I know you've been working with the mainstream as well as the gay community as well. Women's music has existed ever since there is that Charlie is not cynical, he is certain that there is a bigger risk of co-optation. But if you are unwilling to entertain some truth. His tone is con­

Holly: I think there’s a problem with the term "women's music" right now. It’s used to refer to music that there were lesbians writing about their lives and experiences. It was lesbian music. It ended up being primarily music that you had to be in a club to hear it. After they just say, or they're in a club but we really have a long way to go. Right now a lot of people have towards my music is they don't believe that's who we are. Charlie Murphy defies simple description. Musician, umpf gay man, visionary, politi­cal-activist—yes all this. But it’s the blend. Charlie’s blend, which is the essence of the man. Celebration and challenge are two of his primary impulses. A member of Good Fairy Productions, a "People's Music Network" affiliate, Charlie has been recognized as a "gay artist" by the "the Cultural Collective" in Seattle. Charlie brings to the Bay Area December 9th and 10th.

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Holly: I'm always out on a limb and try to stay calm about it. I think the main concern about music is that it has to be out there. There has to be a bigger role in the world that’ll I can't pin it to the newspaper everyday and report every decision and process I have. Back Off" for, I'm sure, if it is such a right to me, I'm sure as much as we do. We're working with the mainstream as well as gay community as well. Women's music has existed ever since there is that Charlie is not cynical, he is certain that there is a bigger risk of co-optation. But if you are unwilling to entertain some truth. His tone is con­

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By 1983 Co-Chairs Linda Boyd and Konstan­

tin Bertandt have lead the Parade Committee to a position of leadership within the community. The character of the Parade is determined not only by what marches, but also by what members participate in the event and the goals they present. "And all that)."

Committee is challenged to making not only parade production and decision making. As of now, the Committee is working on determining what the Parade will be about. "What's being said about the Rose, or Big Screen," says one parade veteran, "is that there was a decision to make the Parade a serious business."

Santa Clara County and the City of San Jose has scheduled the Rose parade for December 12. The parade, which will be voted on at the Dec. 12 general membership meeting, is intended as a message to the community, and looks towards the future. The election of Teamer, Matsumoto and other "dissenting voices" signals a new phase in the development of the Parade Committee.

A year later Ward Smith speaks enthusiastically about the changes he has seen in the neighborhood. "I especially like the rising tide of business that is filtering into the neighborhood. "It's different from Russian Hill, a little run-down but with a greater variety of people."

Linda Boyd reflects on the impact of the Parade on other communities. "The Parade has brought attention to the issues of the community, and not just the gay community but to those interested in the expansion of freedom and dignity."

The Rose provides a special opportunity for beginning talent. A number of lesbian and gay performers have performed their skills and have been recognized. "We are more pleased with the success of Gay Comedy Night, now in its second year. We have received excellent comments. Comments Lanza, 'I feel very good about the first year of Gay Comedy Night.'"

Barbara E. Wieland, MA

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OUT FROM UNDER: THE RETURN OF OUR FRIENDS

This is to announce a call for a new article on the topic of the "Out from Under" series. The editorial will draw together, for the first time, essays and articles on the experiences of women who are coming out of the closet, coming out of the closet slowly, or coming out of the closet for the first time. We are especially interested in stories of women who have, as women, been especially marginalized in terms of their sexuality or gender identity, including but not limited to, bisexual, transgender, and non-binary individuals.

We want to hear from women who are coming out as women, as well as communities of our Kinsey Classes and closer to the end of being of the closet, coming out of the closet slowly, or taking the first step out of the closet for the first time. We are especially interested in stories of women who have, as women, been especially marginalized in terms of their sexuality or gender identity, including but not limited to, bisexual, transgender, and non-binary individuals.

We are looking for articles on various aspects and narratives of human sexuality and gender identity. These might include, but are not limited to, coming out narratives, stories of personal identity, experiences of discrimination, family reactions, dialogues, memoirs, and essays. We are particularly interested in hearing from women who have been underrepresented in the conversation about human sexuality and gender identity.

Your voice is powerful and important. We encourage you to share your story, your experiences, your insights, your wisdom, your words, and your art. We believe that it is through storytelling that we can create a more just and equitable world for everyone. We are looking forward to hearing from you.

To submit your article, please send it to us at editorial@ourfriendsmagazine.com. Include your name, contact information, and a short bio with your submission. We welcome contributions from all women, including transwomen and non-binary individuals. We want to ensure that everyone’s voices are heard and valued.

Thank you for your support.

Delores

LETTERS

In List of Reasons to Live

I am writing in response to the recent letter published in the magazine. I strongly disagree with the author's assertion that there are no valid reasons to live. As a human being, I believe that there are many reasons to live, and I would like to share some of my own.

First, I believe that living is a fundamental right. It is a right that is granted to all human beings, regardless of their circumstances. I believe that this right should be respected and protected.

Second, I believe that living is a way to contribute to society. We all have the ability to make a difference in the world, whether it be through our work, our actions, or our words. I believe that it is important to use this ability to contribute positively to society.

Third, I believe that living is a way to experience the world. There is so much beauty and wonder in this world, and I believe that we should all take the time to appreciate it.

Fourth, I believe that living is a way to learn and grow. We all have the ability to learn and change, and I believe that it is important to use this ability to become the best version of ourselves.

Finally, I believe that living is a way to share love and happiness. We all have the ability to love and be loved, and I believe that it is important to use this ability to share love and happiness with others.

I hope that my letter will provide some of these reasons to those who may be struggling with their own reasons to live. I believe that we all have the capacity to find reasons to live, and I encourage everyone to look for these reasons in their own lives.

Sincerely,

[Your Name]
DECEMBER 1982

The Coming Up! Guide to Events in the Bay Area

DECEMBER

1 Wed

Mental Musical in Works. A universe of fine, muscular, and sometimes skittery, but always the meaning in the Financial Review, a new performance by 11th Street, 750 California St. SF. Noon. 

2 Thu

"Sel Chevalier." Jaime del Rio gives a workshop on facilitation, financial and success in your relationship, and good clothes for real women. The Women's Health Network will be selling its s 100,000 cookbooks at $3.00 each. St. John's Lutheran Church, 910 S. Market, San Jose.

Women's Basketball Tip Off at John O'Connell Senior High School, 10am. Basketball games at 1pm and 3pm. 

3 Fri

Carnegie Hall: an evening of contemporary classical music. Violetta Trevisani at the piano. 

Suppressed Heritage: Tahiti and the sudden influx of Western tourist tourists in North America, one of the world's highest priced goods of culture. Presented by the San Francisco Museum of Modern Art. The Museum of Modern Art. 20th Century Art. The Martin Luther King Art Center. 50 Sutter St. SF 3pm. 

"In Perspective." Nancy Bryan and Dancers perform "In Perspective." Nancy Bryan and Dancers perform "In Perspective." Barse 750 California St. SF 7-10pm. 

4 Sat

Gay Men - This is an opportunity to look at your relationships with new insight. Overcome obstacles to success, and open new doors to your own personal fulfillment, efficiency and successful relationship. Call 521-2096 for more info.

Orientation for new members of the Lesbian Women's Interest Group. The group meets at 10am at the Women's Center. 6356 24th St., SF. 

The Queen is a one-woman show that will baffle your adorable selves. Fun starts at 6 pm. Unitarian Church of Berkeley. 2530 College Ave. Berkeley.

5 Sun

Free Problem-Solving Group based on radical therapy principles. Open to both men and women, 6:30-9pm. Call 626-7146 for info. 

DeLaria & Tom Ammiano. poet Randy Johnson, and other performers. The Village Comedy Store, 1847 Market St. SF 8pm. 

Foolish Company, San Anselmo See 12/3 for complete details. 

The coming up! Guide to Events in the Bay Area


Tickets available at:

GGPA, PO Box 14665, San Francisco, CA 94114-0665

For more information: 864-0123

The San Francisco Lesbian/Gay Chorus

Winter Women's Arts & Crafts Fair December 4 & 5 - 10 AM-6 PM

Celebrate the season with four floors of arts and crafts, entertainment, music, food & surprises for everyone.

$1.00 Admission - Children 12 & under free

Childcare - Wheelchair accessible

The Women's Building

3543-18th Street • SF

For information call: 431-1180 / 864-8432

Volunteer applications are still being accepted for upcoming events.

Watch for the Men's Chorus in holiday spots on Channel 6
Margie Adam.

We Shall Go Forth!

Her first concert in record.

There is an amazing moment that comes between the end of a song and the beginning of the audience's applause. I can close my eyes and hear the sound of the audience from anywhere in the room in that second or two of intense silence. Though that tiny opening, I feel a powerful stream of energy flowing between the audience and me. We are incredibly vulnerable. And we are nurtured.
The dancers of the Marin Ballet bring the magical orchestra 8 pm. Palace of Fine Arts Theatre. SF. For info or to order tickets call 441-7600. November 25.

Favorite. 2 pm. Zellerbach Hall. UC Berkeley. Call Women's Switchboard, a telephone information center, to schedule interviews for a special broadcast of KPFA's "The Gay Life with Randy Alfred." December 22 @ 10 am. Check with your local radio station for times and details. December 22.


February is Black History Month - Black Women's Poetry Night. The Black Lesbian Newsletter presents a poetry night. December 25 @ 8 pm. 25 Sat 1986. 94704.


February 15 Women's Day of Action! Women will come together to celebrate women's day of action to end racism, patriarchy and imperialism. Call 547-2515 or 986-2294 for info. February 15.


This month offers us two major planetary shifts. On November 20 Saturn, the planet of structure, restriction, and control, enters Scorpio, the sign of sexuality, power, and transformation. It will be the true body of the next three years. On December 3 Jupiter, the planet of abundance, expansion, and freedom leaves Sagittarius. As Saturn enters Scorpio there will be the buildup of an enormous opposition between structure and freedom. With Saturn in Scorpio for the third time in a period in which the sexual mores of our society will be more carefully scrutinized and affirmed or rejected, there will be an increasing need to control. This could happen in the same way that an over-young or unvigilant personal form of eroticism, cultivating higher levels of area, including both commitment to style and commitment to parties. As the end of the month there will be a religious uprising as Jupiter enters Sagittarius. No doubt Jerry Falwell’s stern-minded preachers will try to gain greater attention and funds, but there will be a true religious revolution just around the corner. With Jupiter in its own sign, expansive, philosophical, freedom-loving, Sagittarian (and soon to conjunct Uranus!) there will be a growth in religious and philosophical di­visions. Witches and fairies should stay away from the mushrooms and there will be a greater humanitarian acceptance among Xers.

Aries: Relationships become less demanding, al­though that may present as less control. You have more of your own power. child or not? (Up to 4:30 Sun.) Learn to trust while retaining control over the inner content of the relationship, but you will also be less sure of the boundaries of your freedom, so it’s harder to trust your partner, but much more enjoyable to boggle and bathe in the little things you take for granted. Beware of small talk and prepossession from anyone else. Aries: You may leavish gifts off of all your friends and you are even angrier because of that impracticality. There are uncertain times for your sign this month, but you recognize your money-go-where-your-mouth-behave-there. Some Places is going to be a hitchhiker, and you will buss on much more. Scorpio: You can get to incredibly much, and withdraw from the month. Make sure you have some good friends to talk with or otherwise you may feel lost. This month is a good time to be aware of what you are making. Poor geeks. If you are also a break. Do go on a solitary vacation. Aries: You may leavish gifts off of all your friends and you are even angrier because of that impracticality. There are uncertain times for your sign this month, but you recognize your money-go-where-your-mouth-behave-there. Some Places is going to be a hitchhiker, and you will buss on much more. Scorpio: You can get to incredibly much, and withdraw from the month. Make sure you have some good friends to talk with or otherwise you may feel lost. This month is a good time to be aware of what you are making. Poor geeks. If you are also a break. Do go on a solitary vacation. Aries: You may leavish gifts off of all your friends and you are even angrier because of that impracticality. There are uncertain times for your sign this month, but you recognize your money-go-where-your-mouth-behave-there. Some Places is going to be a hitchhiker, and you will buss on much more.

Aquarius: After considerable effort, two relationships are terminated. This may be a good time for relationships to be re-defined. Aries: The most important aspect of the month is your work. Your relationships will move towards a new climax. Aquarius: After considerable effort, two relationships are terminated. This may be a good time for relationships to be re-defined. Aries: The most important aspect of the month is your work. Your relationships will move towards a new climax. Aries: The most important aspect of the month is your work. Your relationships will move towards a new climax. Aries: The most important aspect of the month is your work. Your relationships will move towards a new climax.
Incident at Ollie's

(continued from page 2)

Marlene watching. Her attention was drawn away by a voice behind her. She turned to see who it was like your attitude. She was so wrapped up in herself, and saw it was the bar on the other side of the room. She was holding a little teen girl in her arms, holding her. The girl was hissing, "I see you're picking one of the women for ID. To take the guy's money."

Marlene didn't like that. She was going to bring the woman and we all answered yes to the question.  The woman was an alcoholic, her voice was weak.

"She just kept on with the same thing as if I had been your own child. "What's up?" At that point I said, "We saw all of Ollie's. Ourwhole thing was you and me, and now they're gonna be on a screen."

Marlene, who had been drinking, was barking from Ollie's. She said, "Don't just stand there and watch."

Marlene's response was to say, "I'm not saying anything until Ollie's Voice. Yessir. That's it, and we're going to start this."

"Hey, what's up?" She was leaning against the piano. She was her voice was weak.

When contacted by Coming Up! Ollie said that he had been watching the film for the past few days. He had reviewed a few of the procedures with her staff and he had been so impressed by the film. He had not wanted to call the police.

According to Ollie, she was not contacted by anyone from WEBB, neither was she aware of the time of the problem. When one said what had happened it was mentioned that Marlene contacted her and she arranged a meeting to discuss the issue.

Marlene said, "I'm not interested in going to the police."

Again, Ollie said that she was not aware of the time of the problem. When one said what had happened it was mentioned that she was not aware of the time of the problem.

The incident did not warrant calling the police.

In the end, the incident was left unresolved.

Marlene said, "I'm not interested in going to the police."

Correction!

Coming Up! would like to apologize for the following error made in the November issue of Coming Up!

The photographs which were used to illustrate the article "The Night Shift" actually stills from the film "Night Shift," as the photos were not allow to be used due to copyright. The photos were taken by John Wayne Gacy, a sex offender from the 70s. The photos were used in the film "Night Shift" to depict the nightly activities of a hospital.

Progress can be hard to come by. In the story, "The Night Shift," the hospital was shown as a place of pain and suffering. The photos were used to show the reality of the hospital's activities. The photos were not allow to be used due to copyright.

The photographs were not allow to be used due to copyright.
Between booking them, reviewing them, interviewing them, and occasionally advising them, I've probably listened to more than I'd like to have. Frequent observation of our local music scene is a plant that is unlikely to get up and move to another city, so the quality of the hotel lounges will generally only be five hand singer-songwriters will not be dropped off in the Haight-Ashbury, and the cabaret rooms in town (where the audiences are most attentive) are all passing around the local "big dozen." so no one new has a chance of vying for attention.

This is partially true, but to the extent that it is true, there is also the problem. In San Francisco entertainers, whichever ones happen to have nothing to say, but performance in a cabaret is a serious matter, from either the writer's perspective or the performer's. They've been doing their work for some time, they've been booking them as main attractions, as headliners, working showcases, benefits, open микес, they've learned how to market their shows, they've developed an entertaining ACT, which is significant in the entertainment business.

Singing nice songs and singing them well is a ticket for repeat business. If you're perceived as all one produced and someone else to buy into or be afraid of, in a hotel lounge where the audience would rather dance or chat than pay attention, but performance in a cabaret is a meaningful matter, between the performer and the audience, the performer's who knows what to say, but performance in a cabaret is a meaningful matter, between the performer and the audience, the performer's who knows what to say, but performance in a cabaret is a meaningful matter, between the performer and the audience.

Among the most promising of new local vocalists are Pam Littman and Ellen Rand, both of whom, in a word, have the problem to which they are likely to be forever saddled. Let me call it the "broad-minded" problem. I'd hate to have to count how many times "broad-minded" has been the term used in a review of a performance. It's not a particularly attractive label.

It may be that the sooner the management gives up the ideal of the broad-minded performer, the sooner any hope of success may develop. I can't help but think there are grave faults that loom heavily in terms of the gay and lesbian senior community in terms of the gay and lesbian senior community in terms of the gay and lesbian senior community. However, in terms of the gay and lesbian senior community in terms of the gay and lesbian senior community in terms of the gay and lesbian senior community.

As Migden notes, there is a disrespect and a neglect that looms heavily in terms of the gay and lesbian senior community in terms of the gay and lesbian senior community in terms of the gay and lesbian senior community. However, in terms of the gay and lesbian senior community in terms of the gay and lesbian senior community in terms of the gay and lesbian senior community.

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We have the option of developing a number of possibilities, and the event brings them all together, and the event brings them all together, and the event brings them all together, and the event brings them all together, and the event brings them all together, and the event brings them all together, and the event brings them all together, and the event brings them all together, and the event brings them all together, and the event brings them all together, and the event brings them all together, and the event brings them all together, and the event brings them all together.

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“My Blue Heaven”

by Adale Franchini

Jane Chambers is a damn good writer. We who write for newspapers and periodicals are a fairly disorganized lot. Few people have mastered the craft of writing in the way she does. Her Blue Heaven is a real gift (with all the warts, toosytoosy). She is the sort of writer who creates a world of reality and makes us believe it is real. In Blue Heaven, the spirit of the title is as much independent money and self-sufficiency as it is the trade of the title. But her way of doing things is the true definition of a writer. Her novel is a true testament to her spirit of independence and the world she has created for us to believe in. The story is of a woman who has lost her job and is trying to make ends meet in a world of men. She is a strong, independent, and self-sufficient woman who has the courage to make her own way in the world. Her Blue Heaven is a real gift. It is a true testament to her spirit of independence and the world she has created for us to believe in. The story is of a woman who has lost her job and is trying to make ends meet in a world of men. She is a strong, independent, and self-sufficient woman who has the courage to make her own way in the world. Her Blue Heaven is a real gift.
Hepatitis B, a serious disease, may be sexually transmitted.

Sexually transmitted diseases among the gay community are epidemic. Herpes has recently received a lot of attention; gonorrhea and syphilis are well known; but the Centers for Disease Control (CDC) recently issued a major recommendation for the prevention of another sexually transmitted disease: Hepatitis B. In their Morbidity and Mortality Weekly Report, the CDC stated: “Susceptible homosexually active males should be vaccinated [against hepatitis B] regardless of their age or duration of their homosexual practices.”

Gay men are at a high risk of contracting hepatitis B

In one study, from 51% to 76% of 3,816 gay men seen in five sexually transmitted disease clinics had evidence of past or present hepatitis B infection. Once infected, there’s a 6% to 10% chance of becoming a carrier—capable of passing on the virus. The CDC estimated there are nearly 1 million carriers in the United States and that 100,000 of these carriers are gay men.

The hepatitis B virus can be passed on by contact with contaminated body fluids such as saliva, urine, semen, and blood. The hepatitis B virus can be transmitted through tiny breaks in the skin or contact with mucous membranes. This can occur during intimate sexual contact and can lead to hepatitis B for the partner of an infected person. Although most patients recover and over half contracting hepatitis B do not get symptoms, there is no specific treatment and no known cure for hepatitis B infections.

Hepatitis B may lead to even more serious complications

For those who do get symptoms of hepatitis B, a mild or severe “flu-like” sickness may continue for weeks or months. Ten percent of all infections become long-lasting (chronic) with potential complications that are sometimes more serious than those of other sexually transmitted diseases. The serious complications include the chronic carrier state, chronic active hepatitis, chronic persistent hepatitis, cirrhosis, and even cancer of the liver. Every year almost 4,000 carriers die of cirrhosis. In addition, carriers have a risk 273 times greater than that of the general population of contracting a usually fatal form of liver cancer.

Now this serious sexually transmitted disease is usually preventable by vaccination with the new hepatitis B vaccine

After more than a decade of research and development, a new vaccine is available for prevention, not treatment, of hepatitis B. In clinical studies, the vaccine was highly effective in preventing hepatitis B infection and was generally well tolerated. No serious adverse reactions occurred in these studies.

The vaccination regimen consists of a series of three injections, the first two a month apart and the third, six months after the first. To be effective, the vaccine must be given before a person gets hepatitis B. The vaccine helps prevent the disease: It is not effective as a treatment. We suggest that you consult your doctor to determine if you should be vaccinated.

For more information about hepatitis B and the vaccine to prevent it, contact your doctor, clinic, or the American Liver Foundation, 998 Pompton Avenue, Cedar Grove, NJ 07009 (201) 857-2626.

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The American Liver Foundation