



## Positively Speaking Glossary



**ALS, OR AMYOTROPHIC LATERAL SCLEROSIS** - is a progressive neurodegenerative disease that affects nerve cells in the brain and spinal cord.

**ANTIRETROVIRAL (ART)** - the combination of several antiretroviral medicines used to slow the rate at which HIV makes copies of itself (multiplies) in the body.

**ART OR HAART** - Antiretroviral therapy or highly active antiretroviral therapy refers to the combination of different anti-HIV drugs that work to suppress HIV, the retrovirus responsible for AIDS (Source: [medicinenet.com](http://medicinenet.com))

**AZT** - also called Zidovudine (ZVD) and Retrovir, was the first approved HIV/AIDS drug. It is a reverse transcriptase inhibitor.

**BED BUG REGISTRY** - a free public database of user-submitted bed bug reports from across the United States and Canada. [Bedbugregistry.com](http://Bedbugregistry.com)

**BILL C-7** - would amend the *Criminal Code* to permit MAID for individuals whose natural death is not reasonably foreseeable. However, the Bill would continue to prohibit MAID for individuals whose sole underlying medical condition is a mental illness.

For more information visit [www.canada.ca/en/health-canada/services/medical-assistance-dying](http://www.canada.ca/en/health-canada/services/medical-assistance-dying)

**BILL C-14** - The bill sets out the requirements for the provision of medical assistance in dying (MAID) and establishes exemptions to various *Criminal Code* offences for physicians, nurse practitioners, pharmacists and certain other persons who provide or assist in the provision of MAID. The bill was developed in response to the Supreme Court of Canada's unanimous decision in *Carter v. Canada (Attorney General)* (the Carter decision), in which the Court declared that sections 241(b) and 14 of the *Criminal Code*, which prohibit assistance in terminating life, infringe upon the right to life, liberty and security of the person for individuals who want access to MAID.

**BRIDGE C-14** - "is a non-profit organization that works to help improve the lives of individuals and their loved ones throughout all stages of the assisted death process in Canada." For more information visit [www.bridgec14.org](http://www.bridgec14.org).

**CAAT** - Committee for Accessible AIDS Treatment, a coalition of over 30 Ontario-based organizations from the legal, health, settlement and HIV/AIDS sector. (source: [hivimmigration.ca](http://hivimmigration.ca))

**CD4** - CD4 count provides a snapshot of how well your immune system is functioning. CD4 cells (also known as CD4+ T cells) are white blood cells that fight infection. The more you have, the better. These are the cells that the HIV virus kills. As HIV infection progresses, the number of these cells declines. When the CD4 count drops below 200, a person is diagnosed with AIDS. A normal range for CD4 cells is about 500-1,500. Usually, the CD4 cell count increases when the HIV virus is controlled with effective HIV treatment. (Source: [hiv.va.gov](http://hiv.va.gov))

**CHURCH & WELLESLEY** - the main intersection in Toronto's gay village.

**COMING OUT** - Coming out refers to the process people who are LGBTQ+ go through as they work to accept their sexual orientation or gender identity and share that identity openly with other people\* (Planned Parenthood – see references for link). This can also refer to people coming out about their HIV status. Usually it refers to sexual orientation and/or gender identity. But can also be used for HIV.

The expression “coming out” is short for coming out of the closet and it is a process, it may happen over a period of time, and in different stages.

**COMMUNITY HEALTH CENTRE (CHC)** - Non-profit organizations that provide primary health and health promotion programs for individuals, families and communities. (Source: <https://www.health.gov.on.ca/en/common/system/services/chc/> )

**COMORBIDITY** -the simultaneous presence of two or more medical conditions that collectively have an adverse effect on health. A client facing multiple comorbidities will often require more complex health care and medical management. (Source: [ncbi.nlm.nih.gov](https://www.ncbi.nlm.nih.gov/))

**CO-OP HOUSING** - A housing co-operative (co-op) is a type of non-profit housing. Rent is likely lower than in a privately owned apartment or it may even be subsidized by the government. Housing co-ops do not have tenants and landlords. Instead, by living in a co-op you become a member and share voting rights with all residents, as well as the responsibility of managing the building. (Source: [settlement.org](https://settlement.org/))

**D4T** - otherwise known as Stavudine or Zerit, D4T is a type of antiretroviral drug called a nucleoside analogue or ‘nuke’. D4T is used in combination with other antiretrovirals to treat HIV (Source: [Catie.ca](https://www.catie.ca/))

**DDI** - otherwise known as ddi or Videnx, Didanosine is an early antiretroviral medication used to treat HIV. Didanosine is a reverse transcriptase inhibitor which is used together with other antiretroviral medications to delay the progression of HIV. ([Catie.ca](https://www.catie.ca/))

**DYING WITH DIGNITY** - “Dying With Dignity Canada (DWDC) is the national human-rights charity committed to improving quality of dying, protecting end-of-life rights, and helping people across Canada avoid unwanted suffering.” For more information visit [www.dyingwithdignity.ca](https://www.dyingwithdignity.ca).

**FENTANYL** - is a very potent opioid pain medication. It is 20 to 40 times more potent than heroin and 100 times more potent than morphine. The street supply can be contaminated with even more potent Fentanyl analogs and other substances like benzodiazepines. Because the supply is unregulated it can be a risk for accidental drug poisoning/overdose. People may consume street supply by swallowing, snorting, smoking or injecting. Please note that smoking does not necessarily reduce overdose risk. **CARFENTANIL** is a synthetic opioid approximately 10,000 times more potent than morphine and 100 times more potent than fentanyl.

**FIFE HOUSE** - a non-profit organization in Toronto that provides secure affordable housing and support services to anyone living with HIV/AIDs and works to achieve social change through research and advocacy that addresses systemic oppression. [fifehouse.org](https://www.fifehouse.org)

**FRED VICTOR CENTRE** - Fred Victor is a multi-service organization providing programs including supportive housing, transitional housing, shelter, health and mental health services, employment and training, job placement and food access programs and services. [fredvictor.org](https://www.fredvictor.org)

**GNOSTICISM** - Gnosticism in modern times includes a variety of contemporary religious movements, stemming from [Gnostic](#) ideas and systems from ancient [Roman](#) society. Gnosticism is an ancient name for a variety of religious ideas and systems, originating in Jewish-Christian milieu in the first and second century CE. (Source: [https://en.wikipedia.org/wiki/Gnosticism\\_in\\_modern\\_times](https://en.wikipedia.org/wiki/Gnosticism_in_modern_times))

### **HARM REDUCTION SUPPLIES (“KITS”) -**

Safer injection equipment

- needles and syringes in various sizes and brands
- sterile water
- alcohol swabs
- tourniquets
- filters
- cookers

Safer smoking equipment

- Pyrex stems
- brass screens
- chopsticks
- mouthpieces
- safer crystal meth smoking equipment
- glass bowl pipes
- foils
- straws

Safer sex products

- condoms (internal and external)
- lube

**HOUSING CONNECTIONS** - Toronto’s local registry for subsidized housing [housingconnections.ca](http://housingconnections.ca)

**IMMIGRANT** - Refers to a person who is, or who has ever been, a landed immigrant or permanent resident. Such a person has been granted the right to live in Canada permanently by immigration authorities. Immigrants who have obtained Canadian citizenship by naturalization are included in this group. (Source: <https://www23.statcan.gc.ca>)

**LOFT COMMUNITY SERVICES** - “Provides support and hope to people facing complex mental and physical health challenges, addictions, dementia, and/or homelessness.” <https://www.loftcs.org>

**LORAZEPAM** - Lorazepam belongs to a group of medicines called benzodiazepines. It’s used to treat anxiety and sleeping problems that are related to anxiety. (Source: <https://www.nhs.uk/medicines/lorazepam/about-lorazepam/>)

**MAGNETIC COUPLES**- when sexual/romantic partners have one positive and one negative HIV status.

**MAID** - Medical Assistance in Dying

**MAiDHOUSE**- “MAiDHouse is a non-profit organization based in Toronto devoted to providing those eligible to receive medical assistance in dying (MAiD) with a supportive, inclusive and comfortable setting.” For more information visit [www.maidhouse.ca](http://www.maidhouse.ca).

**MCEWAN HOUSE** - McEwan House is a program of LOFT Community Services that “provides intensive case management for homeless persons living with HIV/AIDS, with mental health and addiction issues”.

**MISGENDER/MISGENDERED** - To identify the gender of a person, such as transgender or non-binary people, incorrectly by using an incorrect label or pronoun. (Source: <https://www.health.com/mind-body/lgbtq-health/what-is-misgendering>)

**MORMON CHURCH** - The Church of Jesus Christ of Latter Day Saints (the LDS church), or often simply called the Mormon Church, is a Christian denomination that considers itself to be the true restoration of the original church founded by Jesus Christ. The denomination has its headquarters in Salt Lake City, Utah and has formed churches, called wards or branches, around the world. The National Council of Churches lists the group as having a membership of over 15 million people, which ranks it as the fourth largest Christian denomination. (Source: <https://www.econdolence.com/learning-center/religion-and-culture/mormonism/understanding-the-church-of-jesus-christ-of-latter-day-saints-mormons>)

**NALOXONE** - Is a fast-acting drug used to temporarily reverse the effects of opioid overdoses.

**NON BINARY; GENDER FLUID** - Most people - including most transgender people - are either male or female. But some people don't neatly fit into the categories of "man" or "woman," or "male" or "female." For example, some people have a gender that blends elements of being a man or a woman, or a gender that is different than either male or female. Some people don't identify with any gender. Some people's gender changes over time.

People whose gender is not male or female use many different terms to describe themselves, with nonbinary being one of the most common (sometimes spelled with a hyphen, as "non-binary"). Other terms include genderqueer, agender, bigender, genderfluid, and more. None of these terms mean exactly the same thing - but all speak to an experience of gender that is not simply male or female. If you're not sure what a word means, you can usually just ask politely. (Source: <https://transequality.org/issues/resources/understanding-nonbinary-people-how-to-be-respectful-and-supportive>)

**OAHAS** - "OAHAS mission is to provide culturally respectful and sensitive programs and strategies to respond to the growing HIV/AIDS epidemic among Aboriginal people in Ontario." <https://www.oahas.org>

**ODSP** - Ontario Disability Support Program is one of Ontario's social assistance programs. ODSP provides income and employment supports to eligible Ontario residents who have disabilities. (Source: <https://www.ontario.ca/page/ontario-disability-support-program>)

**PANSEXUAL** - Sexual or romantic attraction that is not limited to people of a particular gender identity or sexual orientation.

**PARTY AND PLAY (PnP)** - Some gay, bisexual and other men who have sex with men (gbMSM) use drugs specifically to facilitate or enhance sexual encounters.

**PERMANENT RESIDENT** - A permanent resident is someone who has been given permanent resident status by immigrating to Canada, but is not a Canadian citizen. Permanent residents are citizens of other countries. A person in Canada temporarily, like a student or foreign worker, is **not** a permanent resident.

Refugees who are resettled from overseas become permanent residents through the Government-Assisted Refugee Program or the Private Sponsorship of Refugees Program. Someone who makes a refugee claim in Canada does not become a permanent resident at that time. To become one, the Immigration and Refugee Board must first approve their claim. Then, they must apply for and get permanent resident status. (Source: Canada.ca)

**PG&T** – Office of the Public Guardian and Trustee (OPG&T) manages the financial affairs of incapable people who have no one else who is authorized to do so. (Source: [attorneygeneral.jus.gov.on.ca](http://attorneygeneral.jus.gov.on.ca))

**PRE-EXPOSURE PROPHYLAXIS (PrEP)** - Pre-Exposure Prophylaxis (PrEP) - the use of anti-HIV medication as a method of HIV prevention among people at greatest risk of HIV. PrEP is not a vaccine. PrEP consists of a daily pill which, if taken consistently, can stop HIV from taking hold and spreading in the body. (Source: [cdc.gov](http://cdc.gov))

**REFUGEE AND CONVENTION REFUGEE** - The definition of a refugee in Canada is found in the 1951 Convention and incorporated in IRPA (Immigration and Refugee Protection Act). From Immigration, Refugees and Citizenship Canada: “Convention refugees are people who are outside their home country or the country where they normally live, and who are unwilling to return because of a well-founded fear of persecution based on race; religion; political opinion; nationality; or membership in a particular social group.” Once a claim is accepted, an asylum-seeker becomes a recognized refugee, receives the status of “protected person” and can apply to become a permanent resident of Canada. (Source: [unhcr.ca](http://unhcr.ca))

**RGI** – rent geared to income

**SAFEGUARDS** - The Bill would create two different sets of safeguards for those whose natural death is reasonably foreseeable and for those whose death is not reasonably foreseeable. For individuals whose natural death is reasonably foreseeable, the safeguards under the existing law, which are described in more detail below, would continue to apply subject to two modifications. First, the patient’s written request for MAID would only have to be signed by one independent witness, rather than two. Second, the 10-day reflection period would be eliminated.

For individuals whose natural death is not reasonably foreseeable, the safeguards described above would apply in addition to four new or clarified safeguards. The additional safeguards, which are described more fully below, would include a minimum 90-day assessment period, a second eligibility assessment by a practitioner with expertise in the condition that is causing the person’s suffering and two clarifications of informed consent. (Bill C-7: An Act to amend the Criminal Code (medical assistance in dying, Government of Canada)).

**SAFER INJECTION SITES AND SAFER CONSUMPTION SITES (SIS and SCS)** – located in various settings including health care facilities, including Casey House (Source: <https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/supervised-injection-services/>)

**SEROCONVERSION** – a change from seronegative to seropositive condition (converting from being HIV- to HIV+). When seroconversion occurs (usually within a few weeks of infection), the result of an HIV antibody test changes from HIV negative to HIV positive. (Source: [aidsinfo.nih.gov](http://aidsinfo.nih.gov))

**SERO-SORTING** - looking for a sexual partner who has the same HIV status

**ST. STEPHEN’S** – “Offers vital social services for Toronto’s most vulnerable, including children, homeless people, isolated seniors, unemployed people, struggling newcomers.” <https://www.sschto.ca>

**SUPPORTIVE HOUSING** - a combination of housing assistance and supports that enable people to live as independently as possible in their community. [Ontario Supportive Housing Policy Framework, 2017](#)

**SURVIVORS GUILT (SURVIVOR SYNDROME)** - the constellation of physical, psychological and emotional symptoms that a person (either HIV-negative or HIV-positive) may experience after living through intense grief and trauma during the years of the AIDS epidemic and after. (Source: [sfaf.org](http://sfaf.org))

**T-CELLS** - a type of white blood cell, or lymphocyte, that plays a central role in the body's immune response. (Source: [Wikipedia.org](http://Wikipedia.org))

**THE 519** - a city organization dedicated to advocacy for the inclusion of LGBTQ communities. [The519.org](http://The519.org)

**THE SANCTUARY** - Sanctuary is a church and a community that provides "life-giving initiatives including running community meals, street outreach, a health clinic, an arts program and Sunday services." <https://www.sanctuarytoronto.org>

**TRANSGENDER, TRANS WOMAN, TRANSGENDER MAN, TRANS** - A transgender woman lives as a woman today, but was thought to be male when she was born. A transgender man lives as a man today, but was thought to be female when he was born. Some transgender people identify as neither male nor female, or as a combination of male and female. There are a variety of terms that people who aren't entirely male or entirely female use to describe their gender identity, like **non-binary** or **genderqueer**. (Source: <https://transequality.org/issues/resources/frequently-asked-questions-about-transgender-people>)

**UNDETECTABLE** - An undetectable viral load. When copies of HIV cannot be detected by standard viral load tests, an HIV-positive person is said to have an "undetectable viral load." For most tests used clinically today, this means fewer than 50 copies of HIV per milliliter of blood (<50 copies/mL). Reaching an undetectable viral load is a key goal of ART (Source: [sfaf.org](http://sfaf.org))

**U=U or UNDETECTABLE = UNTRANSMITTABLE**- a campaign to help popularize the understanding that people with HIV who achieve and maintain an undetectable viral load cannot transmit the virus to others. (Source: [catie.ca](http://catie.ca))