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Japan AIDS Prevention
Awareness Network

Japan Needs Refresher in AIDS Awareness

Nikkei Weekly (10.07.02)

Minoru Naito

According to the Japanese Ministry of Health, Labor and Welfare, there were 621 new HIV cases reported and 332 cases of AIDS in 2001, both record highs. Excluding those infected through blood coagulants, the number of new HIV cases surged by 159, or 34 percent, from the previous year, to a cumulative of 4,526 cases. There are an estimated 950,000 HIV-infected people in North America and 550,000 in Western Europe. However, public health experts argue that the situation in Japan is deteriorating faster than anyone anticipated, and they predict there will be 16,000 HIV cases in Japan by 2003 and up to 50,000 cases by 2010. Since 1992, Tokyo Gas Co. has been holding company-wide sessions where an advisor specializing in AIDS education delivers lectures to rank-and-file employees and mid-level managers. The lectures vary from basic knowledge of the disease to human rights in the workplace. "When conveying a message to the new graduates in particular, we emphasize that the number of young sufferers is rising rapidly," said Kazuko Matsuzaki, director of TG's health promotion center. The number of new male HIV cases reached 475 in 2001, up from 108 nearly a decade ago. Males under age 29 accounted for over 38 percent of

the total, up from 31 percent on average from 1985 to 2000.

"I can say that Japan is now facing a second wave of AIDS, with a lot of people quite unaware that they can be exposed to the disease through sexual intercourse," said Seiichi Ichikawa, professor of public health at Kanagawa Prefectural College of Nursing and Medical Technology.

Matsushita Electric Industrial Co. offers a free checkup at its health care centers in Osaka and Tokyo not only to its 50,000 employees but also to their families. They can remain anonymous so that there will be no report sent to their superiors at work, and the centers even offer phone and face-to-face counseling services. Hiroshi Hasegawa, representative of Japanese Network of People Living with HIV/AIDS, admits some leading companies are becoming good at maintaining HIV patients' privacy, but he fears many companies still make a grudging response to circumstances, thinking they dare not look into such controversial issues

Source : [AEGIS] Website : HIV/AIDS Daily briefings October 14, 2002
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World AIDS Day is December 1st.
Plan a class to address this vital issue!

Reading
Writing
Listening
Speaking
+ *AIDS Education*

-
- ✓ *Proficient English students*
 - ✓ *Greater awareness about AIDS*



AIDS News
updates in this issue
of the JAPANetwork
Newsletter, unless
otherwise marked,
are from the CDC
Daily AIDS Update,
<http://aidsinfobbs.org/library/cdcsums>

*184 new HIV
infections and 100
new AIDS cases
were reported in
Japan between
July 1st and
September 30 of
this year – the
highest rates on
record*

*Fewer people are
using condoms and
have become
dangerously
complacent*

*"Nobody wants to
think of it as their
own problem, but
as that of others
who are thoughtless
enough to have
unsafe sex..."*

Fading concern over HIV poses threat: Experts say prevention education has failed as new cases touch record high

By HIROSHI MATSUBARA
Staff writer, The Japan Times

Alarmed by a rapid surge in people infected with the human immunodeficiency virus, health officials and experts say warnings about the importance of prevention are no longer being heard.

A health ministry commission monitoring HIV developments has recently unveiled that 184 people were found to be infected with the virus between July and September, registering the highest number on record in terms of a monthly average.

During the three-month period covered by the latest report, 100 new AIDS cases were confirmed and eight people were confirmed to have died, bringing the total number of AIDS deaths in Japan to 1,278 since the disease first surfaced in 1985.

"It is time for Japan to acknowledge that its current efforts to curb the spread of HIV have been a complete failure," said Tatsuo Hasegawa, head of the Tokyo-based nonprofit organization Japan Network of People Living with HIV/AIDS. The group promotes public education campaigns about HIV.

"While AIDS has apparently become a disease of the past in the minds of Japanese, the virus remains a great threat to society," he said. Hasegawa, a 50-year-old former chief editor of a gay magazine, became infected with HIV in 1992.

While Japan is slated to host the Seventh International Congress on AIDS in Asia and the Pacific beginning Nov. 27 in Kobe, experts say the level of concern about the danger of HIV and other sexually transmitted diseases is low.

"Not just HIV, but other sexually transmitted diseases are on the rise, as are unwanted pregnancies, especially involving younger people," said Yoshiki Sakurai, medical adviser at the Japanese Foundation for AIDS Prevention.

"The primary problem is that people increasingly avoid using condoms, which has been the easiest and most effective tool to avoid such diseases," he said.

Medical experts believe there are around 10,000 HIV carriers in Japan and that the

number will increase to between 30,000 and 50,000 by 2010.

One body of research shows that in Japan, those who have many sexual partners tend to use condoms less than those who have fewer partners. This is opposite the tendency in other industrialized countries, and possibly suggests Japanese as a whole are less careful about STDs.

Sakurai of the semipublic foundation for AIDS prevention attributes the proliferation of unsafe sex to pornographic videos and other sexual entertainment that have promoted such behavior.

Japan used to boast a relatively high rate of condom use compared with other industrialized countries, partly because birth control pills were not authorized here until two years ago, Sakurai said.

The latest health ministry commission report also reveals that homosexual contact was a more common infection route for HIV than heterosexual contact.

According to the report, more than 80 percent of people in Japan with HIV or AIDS are men. Among the 165 males recorded with HIV, 92 were infected through homosexual contact.

"The gay community was hit hardest by the initial diffusion of HIV in the late 1980s, and it has been the most conscious of the danger of AIDS," Sakurai said.

The Japanese public as a whole, however, has become dangerously complacent, he warned.

"The situation shows that there is something wrong with Japan's sex culture."

Sex is still viewed here as something to hide, and people are generally hesitant to discuss it at home or in school, even to disperse correct information about HIV or safe sex, he said.

Another factor that impedes HIV prevention is a prevailing tendency among the public to draw a line between people with HIV and others and to blame the former for risking their lives by having unsafe sex, Hasegawa said.

"Nobody wants to think of it as their own problem, but as that of others who are

Fading Concern over HIV (cont'd from p, 2)

thoughtless enough to have unsafe sex," he said.

"But AIDS is not a disease limited to gays or reckless young people. It is a threat against this society, and anyone who has a typical sex life here has the potential to be infected."

Hasegawa is among the few who have been willing to openly campaign against HIV using their real names -- many fear the social stigma attached to HIV carriers.

In past years, Hasegawa gave lectures at schools and other venues about his experience fighting the virus.

"Through the development of medicines, the virus became something we can live with, and people's sense of danger is diminishing," Hasegawa said.



"But taking all of these various medicines properly poses a huge inconvenience to my daily life, while greatly limiting my life opportunities," he said, adding that the social cost of treating people with HIV should not be overlooked.

Medical experts estimate that the cost of life-term medical care for an HIV carrier is between 50 million yen and 70 million yen.

The Japan Times: Nov. 12, 2002

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<http://www.japantimes.com/cgi-bin/getarticle.pl5?nn20021112b5.htm> 

"The social cost of treating people with HIV should not be overlooked"

Need information about **HIV testing** in Japan? Call the HIV Center Hotline for information about test sites near you.

Tokyo 03-5259-0256

Osaka 06-6882-0282

Nagoya 052-831-2228

Reading Comprehension

Read the article on pages 2-3. Write 3 comprehension questions for the article. With a partner, ask and answer each other's questions to make sure you have understood the article, then discuss the following questions.

Questions for Discussion

1. Were you surprised by the latest statistics released by the government? Why/why not?
2. Mr. Hasegawa states that he believes that attempts to educate the Japanese public about AIDS have been "a complete failure." Do you agree or disagree with his opinion. Why?
3. If condoms are the best prevention against catching HIV or other sexually transmitted infections, why don't more people use them?
4. If more and more people are catching HIV, why is there still the widespread idea that it is only certain groups of people who can catch this virus?
5. Do you think there is any chance that YOU might catch HIV? Why/why not?
6. If life-term medical care costs up to 70 million yen, how do you think the government health care program will be able to pay for the estimated increase of HIV/AIDS cases over the next couple of decades?

Calling All Music Lovers!

AIDS Awareness Event in Nagoya

JAPANetwork will sponsor an all-day event to raise awareness of HIV/AIDS in Japan. The event will include music groups from Nanzan, Nagoya and Aichi Prefectural Universities. Musicians will offer a variety of rock, folk, and accapella music, and give out AIDS information from the stage. This event is supported by the Foundation for AIDS Prevention, the Aichi Prefectural, Nagoya and Yokohama City governments. The event is free and open to the public.

Date: Sunday, December 1st

Time: 10:00 am - 6:00 pm

Place: Kanayama Station

For further information contact JAPANetwork at aidsed@gol.com.



8th Annual AIDS Candlelight Memorial Walk in Nagoya

JAPANetwork will sponsor its 8th annual candlelight memorial walk on World AIDS Day, Sunday, December 1st. Participants will meet at TV tower in Sakae at 7:30 pm. The walk will begin at 8:00 pm, proceeding to Yabakoen where short speeches will be given and a moment of silence for those will be observed. This event is free and open to the public.

 <p>2002年度 36時間AIDS電話相談 「かけてはなして AIDS ホットライン」 ～女性も安心 電話相談～ 36時間 AIDS 電話相談実行委員会</p>	<p>11月30日(土) 午前10:00</p> <p>↓</p> <p>12月1日(日) 午後10:00</p>
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Tokyo 03-5259-0255

Osaka 06-6882-0282

Nagoya 052-831-2228

Hotline Consultation Service for Foreigners (for help with problems about visas, work, international marriage, medical treatment as well as other problems encountered in daily life in Japan). Help available in Japanese, English, Spanish, Portuguese, Tagalog, Chinese, Korean, Thai.

06-6973-7515 *Center for Multicultural Information and Assistance (CMIA)*

Teaching “Could It Happen to You,” an AIDS Awareness Unit

Contributed to JAPANetwork by James Welker, Nanzan University, Nagoya, Japan

The unit on the following pages may be used before or after an in-depth discussion of HIV and AIDS. The preparation homework should take students 10-30 minutes, depending on their level. The unit is designed to take approximately 90 minutes of class time. This unit should work with low intermediate to advanced students.

Homework

- ◆ Have students read “Yumi’s Story,” fill in the missing words, and complete the homework page before class.

In-Class

- ◆ The following order of activities is suggested for a 90 minute class.
- ◆ To help students keep the discussion in English, ask students to set an English usage goal before beginning the class activities for the day. Pausing after each activity to ask students how much English versus Japanese they have been using will help keep them on track.
- ◆ Ask students to discuss the “before you listen” questions with partners or in small groups.
- ◆ Ask students to listen for the answer to the “listening” as you read “Yumi’s Story” to students. (Ask students to turn over their own papers so they can’t read along.)
- ◆ Ask students to first try to answer the “talking about the story” questions without looking back at the story. After they have tried to answer all the questions, allow them to look back at the story to find the answers. At this time, they should check with a partner that they have correctly filled in the missing words.
- ◆ Review the grammatical structure in the “language point.” Then ask students to complete the “activity” by sharing their ideas about things it is safe to do with someone who has HIV they wrote down for homework.
- ◆ Have students act out the “role play” with a partner. Give A three minutes to explain her/his problem and convince student B to go get a blood test.
- ◆ Ask students to talk about the discussion questions with a partner or in small groups. Before asking students to talk about the discussion questions, you may wish to review the expressions for getting time to think. Ask students to first discuss the questions they prepared before using the questions on the handout.

Follow-Up

- ◆ If this unit was not preceded by a discussion of HIV and AIDS, and its prevention, it is strongly recommended for the topic of the next class.

HOMEWORK PAGE

NEW WORDS & PHRASES

Read "Yumi's Story". Draw a circle around new words and underline new phrases. Write them here along with their meaning.

WORD/PHRASE

MEANING

pneumonia – *a disease in your lungs*/肺炎

BONUS

Read the list under "Yumi's Story". Make a list of TEN things it's safe to do with a friend who has HIV.

DISCUSSION QUESTIONS

Write four "discussion" questions about AIDS. (No "yes/no" questions, please.)

1.

2.

3.

4.

YUMI'S STORY

Yumi is a 21-year-old college student in Saitama Prefecture. This is her story:

Fill in the missing words: drugs hope love sick test wonderful

My name is Yumi. I'm 21 years old. I am a college student in Saitama, Japan. I enjoy studying English and listening to British pop music. I also like shopping in Tokyo when I have the chance. Three months ago, my boyfriend and I went to Tokyo Disneyland together and had a _____ time.

My boyfriend, Yuki, is a great guy. We met our first year at this university—we were both in the same club, the university student chorus club. He and I fell in love on our first date. We have been together for two years and I still _____ him very much. Everything was perfect until two months ago.

What happened? Two months ago, Yuki became very _____. He suddenly got pneumonia and went into the hospital. They gave him many tests, including a blood test. The doctor told him he has HIV. She said he has to take a lot of different, expensive medicines many times every day. The medicine makes him feel sick. But it helps his body fight the HIV.

When I learned Yuki had HIV, I got a blood _____ too. I learned I also have HIV. I must also take medicines every day. But I feel very healthy. I look very healthy. No one knows I have HIV except my family and my best friend... and Yuki.

How did I get HIV? Well... Yuki and I didn't use condoms when we had sex. I thought I was safe since Yuki didn't have another girlfriend and he didn't use _____. After he got sick, Yuki called his only other girlfriend, whom he dated three years ago. She got a blood test too and she also has HIV. She doesn't know how she got it.

What am I going to do now? I am going to stay with my boyfriend and hope that we both stay healthy. And I will continue to _____ that one day soon, the doctors will find a cure.

HIV is the virus that causes AIDS. There are THREE ways you can catch HIV.

- ◆ You can get HIV though having sex without a condom... with someone who is infected with HIV.
- ◆ You can get HIV by sharing needles for drugs, tattoos or body piercing... with someone who HIV infected
- ◆ A baby can get HIV from her/his HIV-infected mother

More things you should know about people with HIV.

- ◆ It is safe to... hug, touch, hold hands, and kiss someone who is infected with HIV.
- ◆ It is safe to... be friends with someone who is infected with HIV.
- ◆ A person infected with HIV ...usually looks healthy.
- ◆ A person infected with HIV ...may stay healthy for many years.
- ◆ A person infected with HIV ...can give other people HIV only by having sex with them or sharing needles.

TODAY'S ENGLISH GOAL:

Today, I'd like to speak in English _____% of the time.

BEFORE YOU LISTEN:

- ◆ Is it okay to keep secrets from your boyfriend or girlfriend?
 - ◆ If your boyfriend or girlfriend kept secrets from you, how would you feel? Why?
 - ◆ Have you ever done something fun, but dangerous? What did you do?
-

LISTENING:

FIRST, listen to the passage without reading along. What is Yumi's problem?

a. Yumi is very sick. b. Yumi is angry at her boyfriend. c. Yumi and her boyfriend have HIV.

TALKING ABOUT THE STORY:

- ◆ What kind of person is Yumi?
- ◆ What are Yumi's interests?
- ◆ How did Yumi meet her boyfriend? How long had they been dating?
- ◆ What happened to Yumi's boyfriend? How?
- ◆ What happened to Yumi? How?
- ◆ If you were Yumi, what would you do? Why?

LANGUAGE POINT: *If my friend had HIV ..., we could still...*

If my friend had HIV, we could still go shopping together in Sakae.

verb

ACTIVITY

Share your ideas about things you could do with a friend who has HIV.

AMI: If my friend had HIV, we could still go to Tokyo Disneyland together.
What's your idea, Yuki?

YUKI: Well, um....

ROLE PLAY

Work with a partner. Flip a coin or play "Rock, scissors, paper." The winner has just learned s/he has HIV.
S/he must tell her/his boyfriend about the HIV and suggest that they go get a blood test right away.

Begin your conversation like this:

A: Hi Sweetie. Please sit down. We need to talk about something.

B: You look so serious. Is everything OK? Are you OK?

A: Yes and no. I'm OK now, but... well.... This is so difficult to say... um...

FOR DISCUSSION:

USEFUL ENGLISH: Getting Time to Think

Uh...

Um....

Well...

SHADOWING (repeat all or part of the question).

Let me see...

That's a difficult (interesting) question.

In your groups, talk about *the questions you wrote first*, then the questions below.

1. Where have you heard about AIDS? (TV, newspapers, teachers, family, friends...)
2. At what age do you think children need to learn about AIDS? Why?
3. Whose job is it to teach about AIDS?
4. What would you like to tell your younger brother(s) and/or sister(s) about AIDS?
5. What are some of the ways people can catch HIV? Do you think HIV is easy to catch or difficult?
6. What should people do to avoid catching HIV?
7. If you learned you had HIV, who would you tell? Why?
Who *wouldn't* you tell? Why not?
8. If your friend told you s/he had HIV, what would you do? Why?
9. If your boyfriend or girlfriend had HIV, what would you do? Why?
10. If someone in your family had HIV, what would you do? Why?
11. Do you think they will find a cure for HIV? Why?/Why not? How soon do you think they will find it?
12. Have you ever thought seriously about HIV and AIDS before today? How have your feelings about HIV and AIDS changed today?

DID YOU REACH YOUR GOAL FOR ENGLISH TODAY?

AIDS EPIDEMIC IN ASIA MAY BECOME THE LARGEST IN THE WORLD, SAYS UNAIDS

VIDEOS

- Everything You Should Know (with Whoopie Goldberg)
- AIDS: The Teen's Guide to Living
- Gone Tomorrow: AIDS Awareness
- In Our Own Words

PAMPHLETS

- HIV/AIDS – gives basic info
- HIV/AIDS - sliding Q & A info card
- The Facts about Sexually Transmitted Diseases

LISTENING & SPEAKING ACTIVITIES

GAMES

and

MORE!

Investing in Prevention and Care Makes Good Economic Sense

Kuala Lumpur, 7 October 2002 –

Outside sub-Saharan Africa, Asia has more people living with HIV/AIDS than any region on earth, warned the head of the Joint United Nations Programme on HIV/AIDS today.

"The epidemic in Asia threatens to become the largest in the world," said Dr Peter Piot, Executive Director of UNAIDS. "With more than half the world's population, the region must treat AIDS as an issue of regional urgency. The question is no longer whether Asia will have a major epidemic, but rather how massive it will be."

"HIV has already spread to more than six million people across Asia," Dr Piot said. "By not tackling it now while it is still manageable, the epidemic will have far-reaching effects, destabilizing societies and damaging productivity." Dr Piot was speaking at the World Economic Forum's (WEF) East Asia Economic Summit, which he Co-Chairs - one of the first times someone from outside the business sector has been invited to chair the summit.

Keeping AIDS from reaching massive proportions is a major challenge for Asia, Dr Piot warned, adding that early action would not only save lives, but money.

"Experience has shown us that valuable time is lost when interventions are delayed," he said. "As soon as the epidemic spreads beyond localised areas and particular population groups, the costs of both prevention and care begin to escalate rapidly.

"Business can play a key role in stopping the spread of AIDS, according to UNAIDS. They can protect employees from HIV through workplace education, the development of non-discriminatory policies, and the provision of care for infected workers in countries where health infrastructure is lacking.

"It is a question of good economic sense,"

Dr Piot said. "By protecting their employees from HIV and caring for those who are infected, businesses minimize the loss of skilled workers and managers, and boost their long-term productivity."

"Governments cannot go it alone, and businesses can play a pivotal role in the response in Asia. Taking action on AIDS goes beyond a matter of corporate responsibility - it is about making a good investment now to save paying vast costs later," he added.

A document package released at the Summit outlines examples and options for businesses committed to working on AIDS and shows that providing treatment and care to employees is often cheaper than the overall cost of AIDS to businesses.

Key to supporting workers is protecting them from discrimination, Dr Piot said. Protecting rights is essential to fighting the fear and denial that surround HIV/AIDS.

Despite high incidence, there are signs of success. Cambodia, for example, has started to bring its epidemic under control. Yet in most cases the epidemic continues to spread and AIDS in Asia is only beginning. Behind low national prevalence rates in several countries are serious localized epidemics.

China, with a fifth of the world's population, registered a more than 67% rise in reported HIV infections in the first six months of 2001. HIV epidemics are occurring among injecting drug users in at least seven provinces, with prevalence rates as high as 70% in this group.

Across Asia, an estimated 6.6 million people were living with HIV/AIDS at the end of 2001, including the one million adults and children who were newly infected during the year. In China it is estimated that the total number of people infected with HIV has already reached one million, while in India, an estimated 3.97 million people are living with HIV/AIDS.

Source :http://www.unaids.org/whatsnew/press/eng/pressarc02/WEFeastasia_071002_en.html
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Contact JAPANetwork for materials

For further information, please contact:

In Tokyo: donald@sundaigaigo.ac.jp

In Nagoya: aidsed@gol.com

JAPANetwork's website has materials you can download
<http://www.japanetwork.gol.com>

AIDS Statistics in Japan as of September 29, 2002*

1 . HIV infections in Japan to September 29, 2002.

	Males	Total males	Females	Total females	Total
Heterosexual transmission	979 (211)	1,190	342 (611)	953	2,143
Homosexual transmission *1	1,538 (144)	1,682	1 (0)	1	1,683
Injection drug use	11 (16)	27	0 (1)	1	28
Perinatal	12 (2)	14	7 (7)	14	28
Other *2	40 (13)	53	25 (11)	36	89
Unknown	301 (215)	516	42 (453)	495	1,011
Total HIV infections	2,881 (601)	3,482	417 (1,083)	1,500	4,982

() numbers in parentheses indicate foreign nationals

2 . AIDS cases to September 29, 2002.

	Males	Total males	Females	Total females	Total
Heterosexual transmission	775 (152)	927	90 (110)	200	1,127
Homosexual transmission *1	536 (57)	593	1 (1)	2	595
Injection drug use	5 (11)	16	1 (0)	1	17
Perinatal	8 (1)	9	3 (3)	6	15
Other *2	32 (12)	44	11 (7)	18	62
Unknown	351 (199)	550	37 (85)	122	672
Total AIDS cases	1,707 (432)	2,139	143 (206)	349	2,488

Infections due to unheated blood products *3	1,413 (-)	1,413	18 (-)	18	1,431
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Note : *1 Total includes bisexuals

*2 This is the figure includes cases of infection through blood transfusion

*3 Total infections as of May 31, 2001.

Deaths to date: 1,278.

* These totals are the latest reported figures as of September 29, 2002 on the Japanese Ministry of Health and Welfare Web Site at http://api-net.jfap.or.jp/mhw/survey/mhw_survey.htm

JAPANetwork

E-MAIL:
aidsed@gol.com

IN TOKYO:
donald@sundaigaigo.ac.jp

We're on the Web!

See us at:

www.japanetwork.gol.com

Stats at a glance (for the period of 7/1/02 ~ 9/29/02)

HIV infections: 184	
Age	10-19 → 0
	20-29 → 53
	30-39 → 64
	40-49 → 32
	50+ → 33
Heterosexual → 67	
Homosexual → 92	
IV drug → 1	
Perinatal → 2	
Other → 0	
Unknown → 22	

New AIDS cases: 100	
Age	10-19 → 0
	20-29 → 12
	30-39 → 30
	40-49 → 24
	50+ → 34
Heterosexual → 34	
Homosexual → 33	
IV drug → 0	
Perinatal → 0	
Other → 3	
Unknown → 30	

Number of new AIDS cases that developed from previously reported HIV infection cases: 2

About Our Organization...

JAPANetwork offers FREE HIV/AIDS lesson plans, games, articles and video lworksheets to EFL teachers. We also welcome articles, artwork, poetry, or lesson plan ideas, and accounts of teaching experinces from teachers and students. Send your contributions to the address on the left.



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