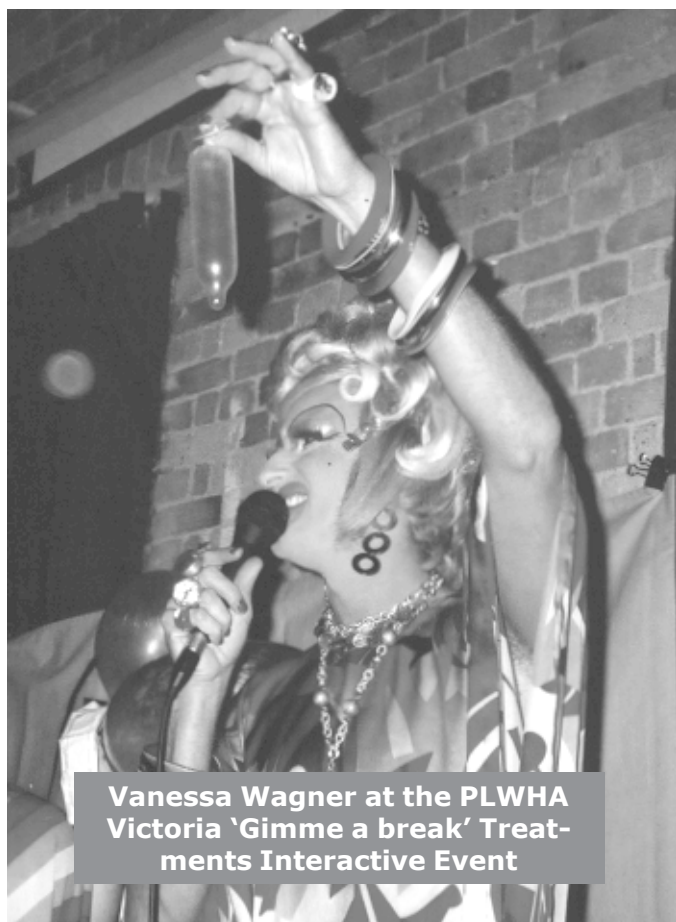


POSLINK

The Newsletter of People Living With HIV/AIDS Victoria



Vanessa Wagner at the PLWHA Victoria 'Gimme a break' Treatments Interactive Event

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PLWHA Victoria's Response to Restricted Access to Anabolic Steroids (Deca Durabolin) at the Melbourne Sexual Health Clinic *By Alan Strum*

In the last issue of *Poslink* we informed you of new guidelines that had been put in place at Melbourne Sexual Health Clinic (MSHC) regarding access to the anabolic steroid, Deca Durabolin. Since then we have had time to do a little research into Deca Durabolin and have produced a policy document with suggestions of what we think would be more appropriate guidelines for the

MSHC to take into consideration. The following article is a cutdown version of the policy paper which addresses the MSHC guidelines.

The MSHC Guidelines

In order to address concerns about the MSHC guidelines, it is important to look at the guideline criteria and assess their relevance for the use of Deca Durabolin in the era of highly effective antiviral

therapy. The guidelines that are now in place require a person to have a body mass index (BMI) < 20 and weight loss >10% in conjunction with a CD4 count of less than 200 cells/mm³ or less than 400 cells/mm³ where the weight loss is due to an HIV-related illness, and weight loss that remains after 6 months of antiviral therapy.

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