

Living on the EDGE

a VANDU Zine

**DTE'S DRINKERS TELLING
OUR OWN STORIES**

ISSUE 1-SPRING 2024

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@EIDGE_ZINE



SCAN ME



AN EIDGE PROJECT

EIDGE formed in 2011 to create a group specifically for drinkers within the harm reduction movement. We work to improve the lives of illicit drinkers through education and support. We work together to end the discrimination of illicit drinkers and promote safety amongst our members. EIDGE members are currently working to end the practice of liquor pour-outs in the Downtown Eastside, create safe outdoor spaces for illicit drinkers, change shelter policies to keep drinkers safe, open more Managed Alcohol Programs in Vancouver, and ensure that drinkers voices are not excluded from alcohol policy.

Join our group to learn and participate in research to result in better services and programs, and to have a voice in our community.

JOIN A MEETING

- *Mondays, 380 E. Hastings St, Vancouver*
- *10:30AM sign-up, 11:00AM - 12:00PM meeting*
- *No meeting the week after welfare*



FROM THE EDITORS

Welcome to Living on the EIDGE! This is a publication by drinkers for drinkers. My name is Herb Varley, and the idea for this publication came to me in the dead of night when I couldn't sleep. Insomnia is actually a common issue for moderate to heavy drinkers, this is due to an imbalance of electrolytes. (More on that later)



The idea for this publication came to me in the dead of night when I couldn't sleep. Struggling with insomnia is actually a very common experience for heavy to moderate drinkers. This is due to an electrolyte imbalance according to some of the research that I've done.

The purpose of this, "Living on the EIDGE" zine, is really to be able to take control of our own stories in a few ways. EIDGE is always trying to fight for better policy regarding heavy drinkers. We do this because we know that bad policy leads to bad outcomes. Secondly, we have realized that we lose far too many drinkers and drug users before we are able to tell our community members stories. We see this publication as an opportunity for our members to tell their living stories.

There are three main aims with this publication as we go along.

One, we want to destigmatize drinking for the low income community of what is now called Vancouver's Downtown Eastside. We want to remind people that we are political actors and we understand how bad policy leads to bad outcomes.

Two, we lose far too many of our community members before they get to tell their living stories. So we aim to rectify that with this publication amongst other things in the works at the moment.

Three, as drinkers we know how often we forget to eat. Part of this zine will be an overview of what some of the group's research has taught us about the specific nutritional needs for drinkers.

We want to keep drinkers as safe as possible while they self medicate.

**TO ALL THOSE LOST IN THE DRUG WAR,
WE FIGHT AND STRUGGLE IN HONOR
OF YOUR SPIRITS!**

Signed, the Living on the EIDGE Editorial Board,

Herb Varley
George Sedore
Sven Black

John Onland
Jane Dunn
BoomBoom

IN MEMORIAM

Rest in power to those that we've lost over time:

Cecil Amos
Tom deGrey
Clint S.
Earl Greyeyes
Dave Butler
Charles "Pablo" Pincott
Senior
Joe Raithby
Flora Munroe
Skye
Myles Harps
Elroy Dejarlais
Rickie Arraki
James
Brad
Dino "Boomer" Bundy
Adam Pierre
Laura Lee Pierre
Donny Morris
Ron Kuhlke
Loretta Brown
Arthur Lakis
Fernando Pacheco
Brian Leo
Christine



For those lost in the drug war and anyone we did not name. May they rest in power.

POLICY STRUGGLES: THIAMINE, THIAMINE, THIAMINE

BY JANE MILINA



Heavy drinkers are extremely likely to suffer from Vitamin B1 (Thiamine) deficiency, a condition that can cause serious and life altering damage to the body. While Thiamine supplements are an accepted best-practice method for preventing B1 deficiency in drinkers, these supplements are not covered by BC PharmaCare. In this edition of Policy Struggles, EIDGE Steering Committee member Jane Milina generously shares her experience overcoming Thiamine depletion and advocates for public drug coverage for Thiamine.

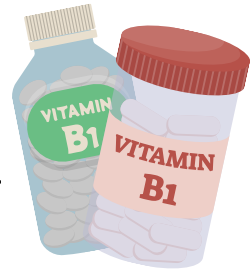
In October 2022, and after numerous ambulance driven visits to SPH, due to what I believed to be alcohol related falls, I was admitted to SPH for a 2-week period. During that time, I was diagnosed with Wernicke -Korsakoff Syndrome (WKS). I underwent 2 weeks of 2100mg IV Thiamine drip daily, physical rehab to overcome my impaired sensory, motor and reflex functions as well as a number of CT and MRI scans. I left SPH with a walker.

Unfortunately, my post hospital plan and prescription information had me taking 200mg of Thiamine per day. In December 2022, I returned to SPH again for 10 days to replenish the depleted Thiamine in my body. Same routine, 2100mg for a 10-day period. Thankfully, my motor reflex functions were not severely affected and physical rehab was minimal. The Doctor corrected my Thiamine intake to where it was supposed to be, 200mg 3 times per day. I left the hospital with a cane.

Needless to say, this was an extremely stressful time. Overall, I spent a year imbalanced. There were times, no booze involved, where I would find myself “legless”. I needed my Partner to assist me in walking, stairs, dressing, bathing etc. I began to take Thiamine Deficiency seriously. At the same time, EIDGE was investigating nutrition for alcoholics. The findings were grim, there just wasn’t cohesive information available.

EIDGE went to work, investigating what was available, what was lacking and what was necessary to improve the daily lives of alcoholics.

Thiamine. Thiamine. Thiamine.



Currently, I take 600mg of Thiamine per day (plus all my other vitamins). In November 2023, I was able to cross the street, unassisted in 12 seconds. I no longer have mobility issues. I am a walking-talking bulletin board for the positive effects of Thiamine for the Alcoholic’s health and well being.

Balance... my first and foremost vote for Alcoholics to take Thiamine daily. Thiamine’s contribution to our livers and the nutrition distribution is vital. Thiamine strengthens the immune system and the body's ability to withstand stressful situations... like living in the DTES Community.

Although, each time I left SPH I was prescribed Thiamine (MSP does not cover vitamins) and found that it was not supplied. Being a woman on Income Assistance, vitamins are costly. We kind of need incentive and cash breaks for our low barrier and low-income community to be healthy.

One can not go hungry in the DTES, due to the overwhelming support of Non-Pros, Religious organizations and just plain, good people volunteering, providing and supporting our Community with dietary needs. EIDGE and our partners are hoping to educate, prepare and supply the Community with "good-for -you -foods" that include Thiamine enriched nutrition. Education is the priority for the EIDGE Community.

I am proud to be a member of EIDGE. I am a proponent of daily Thiamine intake. Stress, balance and liver functions are the Thiamine's major components that will help the lives of Alcoholics. This will obviously have an impact on hospital visits and the stress level on our Front line caregivers.

Thanks for your time and consideration.

Yours,

Jane Milina



JOHN ONLAND

SURVIVORS AND CHAMPIONS

INTERVIEW BY HERB VARLEY, VIDEO PRODUCTION BY SVEN BLACK



Survivors and Champions is a series of excerpts from interviews featuring EIDGE members and community allies telling their own stories. In this edition, Herb Varley (H) interviews John Onland (J), EIDGE organizer, MacLean Park regular and longtime DTES resident. You can watch the interviews in their entirety at <https://vandu.org/eidge/>

H: *Okay, so this is living on the EIDGE interview one: community champions and survivors. Today we have...*

J: *John Onland.*

H: *Can you tell those that don't know what EIDGE stands for?*

J: *Eastside Illicit Drinkers group for Education. But it should be everywhere.*

H: What is it that EIDGE does?

J: We educate people who are drinking heavily, and educate them on how they can preserve their life a little longer with George's nutritional plan. Thiamine, different things to do, instead of drinking. We're working on that. And we're not telling people they can't drink because they're not gonna listen anyway. But we can teach them how to drink safely. Okay, or safer? Safer? Yeah. Not ended up in the emergency ward for some reason

H: Because, you know, I bet usually, like 99% of people, when they hear harm reduction, they'll think like opioid use or, you know, illicit drug use, and it's easy to forget that alcohol is a controlled substance as well

J: Yeah, it's a big problem. Now, in Canada, a lot of people are drinking way more since the pandemic, and they haven't stopped. They keep on drinking, liquor store sales are way up, the government's going to tax it even more so that it can get more money, and people are going to get more and more intoxicated. So it shouldn't just be the east side illicit drinkers, it should be like the world. The world drinkers, you know? Everybody's been drinking way more than they should.

H: Do you have a project right now that you're involved in that you're really excited about?

J: Yeah, with George's project of going out and doing stuff that we were talking about at the meeting earlier. Picking fiddleheads or fishing or doing stuff, when you're not just sitting around drinking. It's very important because people need to get out of their shell. Loneliness is probably more dangerous than alcoholism. And a lot of people will become alcoholics, because they're stuck in their SROs. And they're in their 60s may run out of friends because they all died. And this is a way for people to make new friends, go on adventures and do things that they normally couldn't afford to do. And get out of the room so they're not gonna go crazy.



H: So how long have you lived in the Downtown Eastside? I've really noticed since I've been down here, and this happens to a lot of people, as my understanding is like, living down here, your world kind of shrinks to basically the Hasting strip

J: Oh, over the years, probably 30 years. if you don't have any money or bus fare, or any ability to go anywhere else. You sort of stay close to wherever the free food is, because you don't have enough money to buy food. And so you don't go anywhere and you just stay there. And EIDGE is trying to stop that from happening and change that a little bit. For some people, we can't help everybody but we're going to do our best to help other people one life at a time. I guess.

H: I want to preface this question by saying, I'm not trying to tremble mine, you can give me the gory details, you can give me no details at all. But if you feel comfortable sharing with me in the audience, like why do you self medicate other than drinking kind of just being cheap?

J: I was told four years ago, I was gonna die in six months, cuz I have pancreatic cancer. And the doctor said, "How come you're still alive?" I said, "because I quit eating and started drinking". Because your pancreas digests your food, and so it really helped a lot. And they're going to put me on some experimental drug, so I'm looking forward to that. And if that doesn't work, we'll probably make it to five years, I have to quit drinking and quit smoking, and I'm going to be eligible for transplant. So maybe that will happen, maybe it won't. I've been living with death just around the corner for a long time now, years, four years now.

H: Well I'm glad you're still with us here today. Actually, part of the reason we're doing these interviews and profiling community champions and survivors is because the drinkers community, you know this, but the audience doesn't, the drinkers community here and so called Vancouver, we've been losing a lot of people lately. And I had the realization one day, it's like, we often wait until someone's gone before we start telling this story. So I see this living on the EIDGE podcast interviews, e-zine, this project that we're doing. I see it as a way for us to be able to share people's stories in their own words while they're living.

J: Absolutely. Because a lot of people are ashamed if they get a disease or something. They're not going to tell anybody. They're just going to walk around like, "I don't need to tell anybody. I'm kind of ashamed to get cancer." Why would you be ashamed? I never really got that, but some people are, and some people don't want other people to know. Maybe an insurance company will find out, maybe their employer will find out and fire them. So they just don't tell anybody. I don't care. I tell everybody. I used to weigh 265 pounds. I weigh 155 pounds now. And that's a bit of a problem.

H: Do you have anything that you want to share at this moment?

J: I think though, some of the welfare policies that they have for persons on disability, they need to change them a little bit. We need some vitamins and stuff like that. And you can't really pay for it. If you're a person with a disability, can't really work. You can volunteer and stuff. But working a full time job, it's probably not going to happen. So maybe they should reconsider their eligibility for doctors that are prescribing vitamins and other minerals and stuff like that to people that are patients to the doctor, not not just somebody walking in the drugstore and saying "give me some for free", but to patients, that doctors are prescribing for a certain ailment.

NUTRITION FOR DRINKERS

BY GEORGE SEDORE

Heavy drinkers have unique dietary needs, and good nutrition plays a major role in protecting drinkers health and wellbeing. In spring 2023, EIDGE Steering Committee member and organizer George Sedore became interested in liver health, drawing on his background as a chef and nutritional support worker. EIDGE members immediately recognized the unique risks and challenges drinkers face, including appetite suppression and high risk of Thiamine (Vitamin B1) deficiency. EIDGE zeroed-in on learning and educating members about Thiamine deficiency, which is extremely common in heavy drinkers and can result in serious neurological problems. Thankfully, Thiamine deficiency is easily preventable with good nutrition and supplements.

EIDGE attempted to locate resources related to nutrition for active drinkers and found none to use for peer education. Finding very few resources for drinkers, EIDGE decided to direct its work towards studying nutrition as alcohol harm reduction. Since then, George has researched and/or led the creation of several nutritional resources that are specific to heavy drinkers. In this edition of Nutrition for Drinkers, we'll share some of the resources that George has worked on to share information about nutrition-as-harm reduction and motivate other members to reconsider their relationship with healthy food.





NUTRITION & ALCOHOL HARM REDUCTION



NUTRITION AND DRINKING

Good nutrition is incredibly important for drinkers. People who are long-term, heavy alcohol users are at risk for several different vitamin deficiencies and related illnesses. This is because alcohol interferes with how your body absorbs and processes some important nutrients. Many people also don't feel hungry when they drink, and will go long periods of time without eating good food. All of these things can negatively impact your health.

Despite the important role of diet in protecting drinkers health, there are few resources designed for people who are actively drinking. This resource features a "Healthy Plate" for drinkers that is designed to help you, or the community you serve, to reduce the harms of illicit drinking with good nutrition.

WHAT IS EIDGE?

The Eastside Illicit Drinkers Group for Education (EIDGE) is a group of people who use non-beverage alcohol (mouthwash, rubbing alcohol, etc) and people who drink in ways that are criminalized. We meet, organize, and conduct research to promote safety amongst our members.

SEE MORE OF EIDGE'S WORK AT: WWW.VANDU.ORG/EIDGE/



HOW DID WE MAKE THIS POSTER?

The idea for this poster came from EIDGE members, who were frustrated by the lack of accessible information on nutrition for drinkers. We did our own research and consulted medical professionals and dietitians to make sure it was correct. All of the recommended foods on this poster are accessible in Vancouver's Downtown Eastside.

A "HEALTHY PLATE" FOR DRINKERS

- Healthy diet for active drinkers includes mostly vegetables, with proteins and grains to get specific nutrients.

PROTEIN



GRAINS



VEGGIES



- **Thiamine (Vitamin B1)**
 - Vitamin A
 - Zinc
 - Selenium
- **Proteins**
- **Riboflavin**
- **Vitamin B12**
- **Carbohydrates**
- **Thiamine (Vitamin B1)**
- **Vitamin B3**
- **Vitamin B6**
- **Magnesium**
- **Vitamin C**
- **Potassium**
- **Folate**
- **Vitamin A**
- **Magnesium**
- **Vitamin B6**
- **Niacin**



THIAMINE!

- If you drink every day, talk to your doctor or pharmacy about Thiamine (Vitamin B1) supplements. Thiamine protects your brain and nervous system, and most drinkers don't get enough from their diet.
- People who use alcohol and eat consistently should consider taking 100mg of Thiamine each day. People who eat less should consider taking 200mg each day.

EASY MEALS WHEN YOU'RE DRINKING*

BREAKFAST

- Low-sugar cereals
- Eggs
- Oatmeal
- Yogurt
- Fruits and berries
- Granola

LUNCH

- Tuna salad sandwiches
- Egg salad sandwiches
- Peanut butter & jam
- Miso soup

DINNER

- Pasta casseroles
- Chicken
- Rice
- Instant noodles
- Vegetable soups
- Tuna salad
- Ensure / meal replacement

SNACKS

- Granola bars
- Veggies and dip
- Bananas
- Baby carrots
- Dried seaweed
- Citrus fruits
- Low-sugar freezies

DRINKS

- Water
- Herbal tea
- Fruit juice
- Pedialyte
- Gatorade

DIY HYDRATION

You can also make your own rehydration drink to fight off hangovers with the following recipe:

- 1 litre of water
- 1 handful of sugar
- 1 pinch of salt
- Some lemon juice

It's common for people who have been drinking most days for a long time to have low blood sugar and low energy. That said, candy and caffeine are still best in moderation.

*EIDGE and members of the PHS Drinkers Lounge Community Managed Alcohol Program discussed drinker's nutritional needs and what is cheap and accessible in Vancouver's Downtown Eastside, a food desert, to prepare these recommendations. These foods can also be prepared in Single Room Occupancy (SRO) housing, shelters, and drop-in centres.

Sources:

- 1) www.vch.ca/en/vch-healthy-plate
- 2) www.harmreductionwa.org/wp-content/uploads/2019/01/181219-ACT-WFD-A-nutrition-guide-for-consumers.pdf
- 3) Kamran, U., Tovey, J., Khanna, A., Chauhan, A., Rajoriva, N., & Holt, A. (2020). Nutrition in alcohol-related liver disease: Physiopathology and management. World journal of gastroenterology, 26(22), 2916
- 4) Martin, P. R., Singleton, C. K., & Hiller-Sturmföhl, S. (2003). The role of thiamine deficiency in alcoholic brain disease. Alcohol research & health, 27(2), 134.
- 5) BCCDC Hepatitis C: The Basics. Online course. www.learningpub.phsa.ca/Courses/5935/bccdc-hepatitis-c-the-basics

LIVER CARE BASICS

Your liver is a vital organ with more than 40 different functions. It helps to process nutrients and many drugs in the body. Long-term, heavy drinking damages the liver, but there are things you can do to protect it:

- Take liver holidays; The more safe breaks you take from drinking heavily, the more your liver can bounce back
- Talk to your health care provider about regular liver function tests. This involves an exam, bloodwork, and sometimes an ultrasound.
- See your doctor regularly, especially important if you live with HIV, Hepatitis C, or diabetes.
- Avoid some drugs that are hard on the liver, including:
 - o Acetaminophen (Tylenol)
 - o Ibuprofen (Advil)
 - o Iron supplements
 - o Licorice root
 - o St. Johns Wort



Resources: ☆
 ☆ Drinkers' Lounge: ☆
 ☆ Dmop@pks.co.uk ☆
 ☆ Eastside, Illicit ☆
 ☆ Drinkers' for ☆
 ☆ Educottiqn ☆
 ☆ eidge@vandu.org ☆

ASK your doctor about a prescribed thiamine supplement, dosed to meet your needs

SUPPLEMENTS



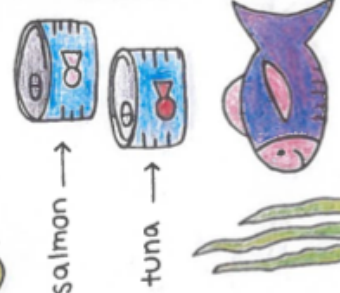
THIAMINE

Take your thiamine!

A nutritional guide

☆ for drinkers, ☆
 ☆ by drinkers ☆

3 FISH

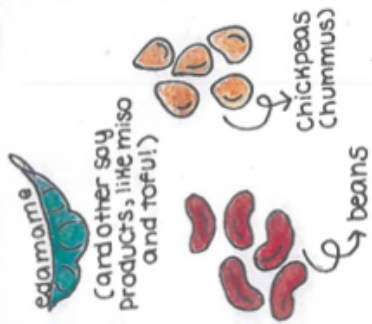


bonus: seaweed is loaded with thiamine!

WHAT IS THIAMINE?

- ☆ a type of nutrient
- ☆ also called vitamin B1
- ☆ helps the liver turn food into fuel
- ☆ supports cognitive, immune, and nervous systems
- ☆ a common deficiency in drinkers that can cause fatigue, memory loss, nausea, and nerve damage, as well as wernicke-korsakoff (wet brain)

2 LEGUMES



(and other soy products, like miso and tofu!)

1 WHOLE GRAINS

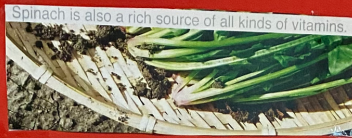
foods rich in thiamine:



WHY IS THIAMINE IMPORTANT FOR DRINKERS?

- Frequent drinking can decrease:
 - 1 your appetite
 - 2 your body's ability to absorb nutrients
- This often results in thiamine deficiencies and negative health effects.

However, you can add thiamine to your diet by focusing on eating certain foods!



Resources:
 Drinkers Lounge
 @mop@dps.ca
 Eastside 1111
 Drinkers for Education
 @lodge@vandu.org

Take your Thiazine!

THIAZINE
 A Nutritional Guide
 For Drinkers, by Drinkers

WHAT IS THIAZINE?
 • a type of nutrient
 • also called Vitamin B1
 • helps the liver turn food into fuel
 • supports cognitive, immune, and nervous systems
 • a common deficiency in drinkers that can cause fatigue, memory loss, nausea and nerve damage, as well as weakness, hormonal (weight gain)

WHY IS THIAZINE IMPORTANT FOR DRINKERS?
 • Frequent drinking decreases Thiazine levels
 • Your body can't absorb Thiazine from diet
 • Thiazine restores Thiazine deficiency and negative health effects!
 • However, you can't Thiazine to yourself! You must eat certain foods!



NUTRITION & ALCOHOL HARM REDUCTION

NUTRITION AND DRINKING
 Good nutrition is greatly important for drinkers. People who are well-nourished have fewer alcohol-related health problems. This includes alcohol-related liver disease and mental health issues. It is important to eat a healthy diet. Many people who don't eat healthy when they drink and eat an unbalanced diet often suffer early onset liver disease.

WHAT TO EAT?
 The Canadian Food Inspection Agency for Education (CFIE) is a federal agency that provides information on food safety and nutrition. It also provides information on alcohol and its effects on the body. For more information, visit the website: www.inspection.gc.ca

HOW DO WE MAKE THIS POSTER?
 The goal is to provide easy-to-read information for drinkers who are looking for the best of alcohol and nutrition. The poster is designed to be a quick reference for drinkers who are looking for the best of alcohol and nutrition. The poster is designed to be a quick reference for drinkers who are looking for the best of alcohol and nutrition.

HEALTHY PLATE FOR DRINKERS

PROTEIN
 • Chicken Breast
 • Fish
 • Eggs
 • Beans

GRAINS
 • Whole Grain Bread
 • Pasta
 • Rice

VEGGIES
 • Leafy Greens
 • Broccoli
 • Carrots

FRUIT
 • Apples
 • Bananas
 • Berries

THIAZINE
 Thiazine is a B1 vitamin that is essential for the body. It helps the liver turn food into fuel. It also supports cognitive, immune, and nervous systems. A deficiency in Thiazine can lead to fatigue, memory loss, nausea, and nerve damage. It can also lead to weakness and hormonal issues (weight gain).

EASY MEALS WHEN YOU'RE DRINKING:
BRACCS
 • Beans
 • Rice
 • Avocado
 • Chicken
 • Spinach

SMASH
 • Beans
 • Rice
 • Avocado
 • Spinach
 • Tomato

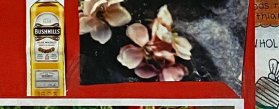
LEGUMES
 • Chickpeas (hummus)
 • Beans

WHOLE GRAINS
 • Oats
 • Quinoa

LIVER CARE BASICS
 Your liver is a vital organ with more than 500 different functions. It helps to process nutrients from the food you eat and to filter out toxins. It also helps to produce bile, which is used to digest food. If your liver is not working properly, it can lead to a variety of health problems. To keep your liver healthy, it's important to eat a healthy diet, exercise regularly, and avoid alcohol. If you have liver disease, it's important to see your doctor regularly.



Did you know?
 The family of Lambrusco red grapes are commonly used to make sparkling red wine of the same name. It is said to be one of the oldest wine made in Italy.



FISH
 salmon →
 tuna →

LEGUMES
 chickpeas (hummus)
 beans

WHOLE GRAINS
 oats
 quinoa

SUPPLEMENTS
 B1 Thiazine

ASK your doctor about a prescription Thiazine supplement, dosed to meet your needs

Kale is one of the most vitamin-rich foods in the world and can be consumed instead of a multivitamin.



<https://www.cnn.com/2018/08/02/health/kale/index.html>

COMMUNITY INFORMATION



VANDU DRUG ALERT

ROCK AND SIDE IN THE DTES HAS BEEN TESTING POSITIVE FOR **FENTANYL AND BENZOS.** RISK OF OVERDOSE FOR STIMULANT USERS AND DRINKERS IS EXTREMELY HIGH.

IF YOU USE STIMULANTS, DON'T USE ALONE. HAVE NALOXONE ON HAND AND GET YOUR DRUGS TESTED AT:

- **Insite (139 E Hastings)**
 - **Monday - Friday, 10 - 4PM**
- **Get your Drugs Tested (880 E Hastings)**
 - **Every day, 12 - 8PM**

IF YOU ARE SMOKING YOUR DRUGS, YOU CAN ACCESS A SAFER SMOKING SPACE AT OPS (141 E HASTINGS) AND THE POWELL STREET GETAWAY (450 E HASTINGS)



LOW-BARRIER!

WOUND CARE



IN THE DOWNTOWN EASTSIDE



NO MATTER HOW MINOR OR SEVERE THE WOUND, REGULAR CLEANING AND CARE IS AN IMPORTANT PART OF PREVENTING SERIOUS INFECTIONS.

IF YOU SPEND TIME IN THE DOWNTOWN EASTSIDE, YOU CAN ACCESS THE FOLLOWING SERVICES FOR DROP-IN WOUND CARE WHEN YOU NEED IT:

OVERDOSE PREVENTION SOCIETY (OPS)



WHERE: 141 EAST HASTINGS ST

**WHEN: MONDAY, WEDNESDAY, FRIDAY
2PM – 4PM**

MOLSON OVERDOSE PREVENTION SITE (MOPS)



WHERE: 166 E HASTINGS ST

**WHEN: MONDAY AND THURSDAY
10AM – 4PM**

WOUND WISDOM¹

- JUST SOAP AND WATER ARE OFTEN ENOUGH TO KEEP YOUR WOUND CLEAN
- AVOID INJECTING INTO YOUR LEGS, FEET, OR OPEN WOUNDS. IF YOU HAVE TO, ROTATE WHERE YOU INJECT
- IF YOU CAN, USE HAND SANITIZER TO CLEAN YOUR HANDS BEFORE AND AFTER INJECTING
- USE STERILE, NEW SUPPLIES WHEN YOU INJECT TO PREVENT INFECTION
- **DO NOT** USE ALCOHOL SWABS OR HYDROGEN PEROXIDE TO DISINFECT YOUR WOUNDS! THEY CAN SLOW HEALING

MEND & TEND – EVELYN SALLER CENTRE



WHERE: 404 ALEXANDER ST.

**WHEN: TUESDAYS AND FRIDAYS
10:30AM TO 5:30PM**

KNOW THE SIGNS OF INFECTION.

VISIT A CLINIC IF YOUR WOUND BECOMES:

RED	HOT	STREAKY	SMELLY
FEVER	SWELLING	PUS	

1) Dunn, A., & Gauthier, T. (April 2020). An introductory guide to assessing and understanding common wounds with people who use drugs. <https://nextdistro.org/resources-collection/common-wounds>



VANDU DRUG ALERT

MARCH 27TH, 2024

Vancouver Coastal Health has issued a drug alert for *counterfeit dilly 8's containing Nitazenes*. Nitazenes are a type of opioid that is stronger than fentanyl, and does not respond to Naloxone. Remember:

- Test your drugs at Insite (139 E. Hastings) or Get Your Drugs Tested (880 E Hastings)
- Don't use alone
- Always carry Naloxone and learn how to use it

Counterfeit
(Protonitazene)

Counterfeit
(Metonitazene)

Legitimate
(Hydromorphone)



👉 Both Establishments 👈

Offer a 'Safe Space' to consume DRUGS



The World Health Organization defines a drug: any substance that, when taken into the body, alters its functioning in some way.



**ARE YOU A LOCAL ARTIST?
LIVING ON THE EDGE NEEDS ARTWORK
FOR OUR NEXT BACK COVER.**

NEXT ISSUE: SUMMER 2024

SUBMISSIONS: EIDGE@VANDU.ORG

ARTWORK: FROM DARRYL A.