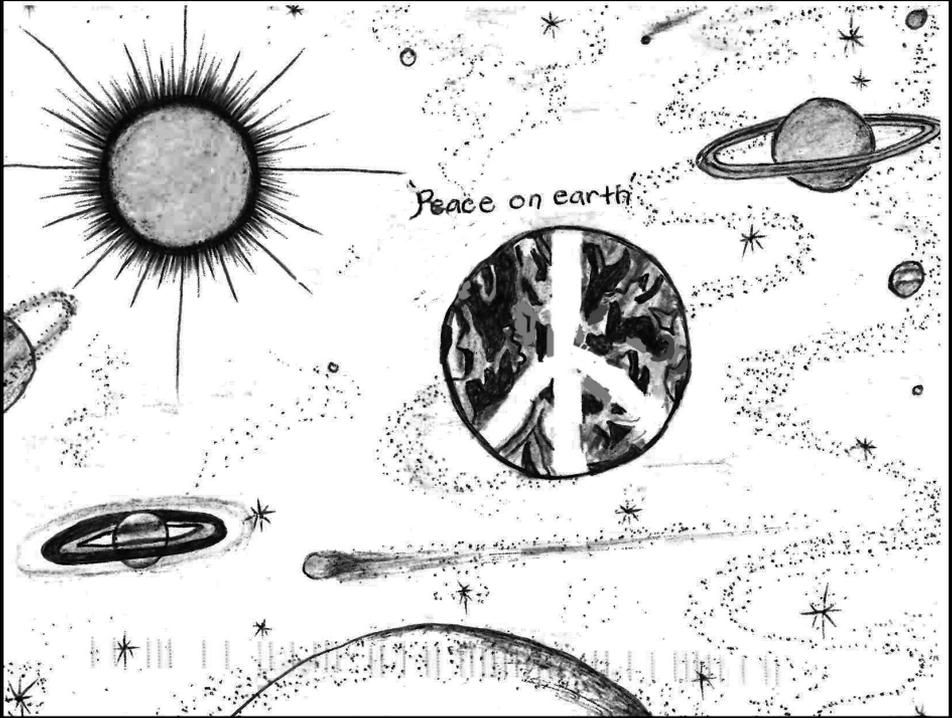


PRISON HEALTH NEWS

ISSUE 29 | SUMMER 2016

Artwork by Alfred Espinoza



WHO WE ARE...

We are on the outside, but some of us were inside before and survived it. We're here to take your health questions seriously and make complicated health information understandable. We want to help you learn how to get better health care within your facility and how to get answers to your health questions. Be persistent—don't give up. Join us in our fight for the right to health care and health information.

Read on...

From

Anna, Elisabeth, Lucy, Suzy, and
Teresa

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WRITE AN ARTICLE OR SEND US YOUR ART!

Would you like to see your art, writing or poetry in *Prison Health News*?

If you want to write an article on something you think is important for prison health, send it and we will consider publishing it in *Prison Health News*. Tell us your story of struggling to receive quality health care, either for yourself or others. Do you have tips and tricks for staying healthy and taking care of yourself behind the walls that could be useful to others in the same position? You can also write us first to discuss ideas for articles. If you want your full name kept confidential, you can sign your article with your first name or "Anonymous."

Please keep in mind that we may make small changes to your article for length or clarity. For any major changes to your work, we will try to get in touch with you first. Only for submitting your work, write to us at this address:

**PHN Submissions
C/o Institute for
Community Justice
1207 Chestnut St, 2nd
Floor
Philadelphia, PA 19107**

For all other inquiries write to the address on page 16.

SURVIVING YOUR STAY IN SOLITARY CONFINEMENT

BY RUSSELL AUGUILLARD

My days consist of reading, exercising, writing, studying criminal and civil law, working on my case, studying medical periodicals as well as other studies, and watching television programs. With these particular routines, I manage to basically keep myself occupied. Yes, of course, doing the same thing all the time has a tendency to get boring. But when it comes to that point, you can do the same thing but switch it up.

Writing to people in the outside world is such a relief. In regard to pen pals, there are many ways to establish them. You can have someone go and place an ad on pen pal websites. Or you can even take one stamp a day and write anywhere to ask about a pen pal, even to places like churches. You can address the letter to the church minister and say you would like to correspond with someone from their welcoming congregation. That of course is only one example, but I believe you understand what I mean.

You not doing anything in your cell all day will definitely damage you mentally. Cells cause many problems, but the absence of human touch, panic attacks and bouts of claustrophobia are things that come about. You being in contact with family or other people will help you through this. I continue to strive daily. The little stuff that does remain in my life, I'm holding on to it with a tight grip.

How about your talents? When was the last time you used them? No matter what it is, put it to use. Your talent is how you express yourself. Whether it's drawing, writing books or something in the field of hobby craft, it's what you're good at.

Scientific studies have shown that solitary confinement is capable of inflicting severe psychological damage to individuals in less than a week. Even the United Nations has expressed this to the people who control and operate these prisons that hold us. It's not that they don't recognize this, because they do—they are just failing to do



anything about it. So it's actually on us to do something about.

According to our United States Constitution, it's our First Amendment right: freedom of speech, to practice any religion, to assemble, freedom of the press and to petition for whatever we please as long as it's done peacefully. Therefore, you can do something to change this terrible system. Although you may be affected by some sort of mental illness that was caused by being in a cell, still you have a chance to be productive.

Exit your cell daily for the time you're given, so you can move around. Try and eat healthy if you can. After each meal, you may want to walk/pace your cell nonstop for at least an hour so your meal can properly digest.

Due to you having no control of the light being on all 24 hours, you can try wearing sunglasses a couple hours each day. When resting, find something to cover your eyes.

Hope this can help you.

MANAGING HIV MEDICATION SIDE EFFECTS

BY PHILADELPHIA FIGHT'S PROJECT TEACH TEAM

All HIV medications have side effects, but most of them are manageable. Since you can't always get the high quality health care you deserve in prison, here are some tips to help.

Know what a side effect is.

All meds have a wanted or "primary" effect. For example, we want HIV meds to stop HIV's life cycle. At the same time, medications may have unwanted effects, or side effects. For example, feeling sick to your stomach after taking HIV meds is a side effect. But not everything is a side effect! Something that *feels* like a side effect might be related to anxiety, depression or stress, what you ate last night or the cold your cellie has. You are more than your HIV and your HIV medications.

Ask your medical provider about your options.

Before starting any medication, your doctor should tell you about the different drugs you could take. If they don't, **it is up to you to ask**. Your doctor should also prepare you for the potential side effects of each medication.

Be mindful of the adjustment period.

Your body will probably take about 4-6 weeks to adjust to a new medication. Nausea is the most common side effect during this time. Some people also experience headache, dizziness, fatigue and/or muscle pains. If these don't start to get better after two months, your medical provider might prescribe a different medication. You will need to tell them what's happening.

Track your side effects.

It will be easier to explain your side effects to your medical provider if you've been tracking them. Write down what time you started experiencing the side effect, what it felt like, what else was happening before or during the side effect and when it stopped.

Remember that serious side effects deserve serious attention.

Many side effects are uncomfortable but usually not "serious." Ask for help immediately if you experience any of the following serious side effects:

- Fever (especially over 102)
- Difficulty breathing
- Rash (especially with fever)
- Mental health change
- Chest pain
- Blood in stool

Talk to your doctor before stopping or changing your medication.

You don't want to stop or change doses of your medication without consulting with your healthcare provider. If you think that you're experiencing a side effect, contact them. They should review your symptoms, medical history, medication regimen and current state of health to find and treat the cause of the symptoms.

Remember that everybody is different.

When prescribing your dose of a medication, your medical provider should consider your age, body weight and size, sex, general health, and other illnesses and medications. These are all factors that impact how medications affect you. People experience side effects differently, so what works for them may not work for you.



Artwork by Mischelle Wilborn

Questions to ask yourself:

- Which side effects do I have the hardest time dealing with? Some people have an easier time dealing with nausea than diarrhea, for example. It's good to know this about yourself when telling your doctor what treatment you think will work best for you.
- How long am I willing to put up with a particular side effect?
- Do I have family or friends inside and outside of prison that I can call on for support if my side effects are bad?
- Am I willing to take other drugs or find new ways to help control side effects?

Questions to ask your medical provider:

- What are the possible side effects of the drug?
- When will the side effects start?
- How long will they last?
- Will the side effects go away by themselves?
- Are there any side effects that will stay after I stop taking the drug?
- Can I do anything to prevent certain side effects from happening?
- What should I do if I have a certain side effect?
- Are there any dangerous side effects that I should know about? What should I do if I start having them?

Every medication has a potential for side effects, but not everyone will have them. Being able to recognize side effects will help you keep them in check. There is more than one way to treat a side effect. Work to find solutions to the side effects, so that you can reduce the physical symptoms, and *feel better*.

If you would like to see a list of side effects for a specific medication, write to us at

Prison Health News
c/o Philadelphia FIGHT
1233 Locust Street, 5th Floor
Philadelphia, PA 19107

Project TEACH (Treatment Education Activists Combating HIV) is an innovative health education program that trains people living with HIV to act as peer educators, activists and advocates in the under-served communities hardest hit by the AIDS pandemic.

MAKING SURE HIV ISN'T TREATED LIKE A CRIME

BY SUZY SUBWAYS

Did you know some laws make punishments much harsher if you are living with HIV? In Pennsylvania, if someone in prison is convicted of spitting on a guard, 10 years can be added to their sentence if they have HIV. Many states have similar laws. Do you think that's fair?

What if I told you the Centers for Disease Control has found there is negligible risk of HIV transmission through biting, spitting, or throwing body fluids? The Oxford dictionary defines "negligible" as "So small or unimportant as to be not worth considering; insignificant." Which means you can't get HIV that way.

HIV can only be transmitted when blood, semen, vaginal fluid or breast milk with a high concentration of HIV gets into the bloodstream of another person. This can only happen through sex without a barrier such as a condom, childbirth or breastfeeding, or shared drug use equipment. But if you're in prison and charged with a crime related to HIV, these facts usually don't matter to the court.

Ronda Goldfein of the AIDS Law Project is building a network of lawyers in Pennsylvania to defend people in prison in these cases, and to push for better conditions. "People who are incarcerated are not just randomly throwing bodily fluids," she says. "There's got to be something really wrong with how that person is confined that that's the best thing they can do to get some attention."

Teresa Sullivan, an educator at Philadelphia FIGHT and board member of the Positive Women's Network, suggests education for guards. "All the people who work in the prison system come from where? Our communities," she says. "They come in with stigma, fear and misinformation. We need to get in there and do education for people who work behind the walls."

Changing State Laws

People living with HIV around the country are trying to get rid of state laws that make having HIV a crime, both for people in prison and people on the outside. Most of these laws don't see a difference between using a condom or not, or having a very low level of HIV in your blood or not.

"Prosecuting people with HIV for conduct that would not be criminal if done by an HIV-negative person...discourages people from HIV testing, counseling and treatment," says Ronda Goldfein. She adds that because of racism in the criminal justice system, sentences are typically more severe for Black defendants.

"Where states have specific laws that criminalize people who are HIV positive having sex, those laws should be repealed," says Kenyon Farrow of the Treatment Action Group. "There should be laws placed on the books that prevent HIV or other disease statuses from being used in criminal cases."

He mentions a law in Iowa that reduced sentences but added hepatitis, tuberculosis and meningitis to its list of crimes. Because hepatitis and tuberculosis are more often found in prison, this can make things even worse for people who are locked up. Farrow says other states may copy this law.

The Impact on Women

Laws that make HIV a crime punish people for not telling a sex partner their HIV status. But it's not always safe to tell someone you're living with HIV. Waheedah Shabazz-El, regional organizing director for the Positive Women's Network, cites a case in which a woman was murdered by a lover because she was HIV positive. Women usually find out their HIV status first, and they're often blamed for it, even if their husband or boyfriend became HIV positive first. And women often don't have enough power in their relationship to insist that their partners use a condom. "Women have a hard time negotiating safe sex, whether you're HIV positive or negative," she explains. And violence against women is still terrifyingly common. "It's really hard to get a guy to put a condom on when he has both his hands around your throat."



Artwork by James Hough

How to Make Change

California Representative Barbara Lee has introduced a federal bill to reform HIV criminalization. Hillary Clinton has also spoken out against HIV criminalization laws. But most criminal laws are written at the state level, so changes have to be made in each state.

Teresa Sullivan and other activists in Pennsylvania are working on a campaign, educating people living with HIV about the laws, so they can work for change. They are meeting with city and state officials to reform laws in Pennsylvania that prosecute sex workers and change the laws that affect people in prison. "We have to eradicate HIV criminalization laws altogether," she says. "They need to go away completely."

If you're facing charges related to HIV, write to the Sero Project to ask if there are lawyers in your area who could help you.

The Sero Project
P.O. Box 1233
Milford, PA 18337

FINDING SOLACE

BY THOMAS MICHAEL SIMMONS, IPE

Grief is a normal and natural experience that often involves powerful feelings—a reaction to significant emotional loss. Traumas such as catastrophic illness, job loss, divorce, abuse, harassment, amputation, injury, rape, and death of a loved one can trigger a process that brings intense anguish. Despite its inevitability, most are unprepared for its roller coaster ride of shock, anxiety, isolation, numbness, confusion, depression, anger, sadness, irritability, and sense of emptiness. Concentration is lost, eating and sleeping patterns shot. A world once familiar is now foreign and hostile to us. Yet, tomorrow still comes.

We try to mask it, deny its existence, maybe through a haze of addiction and abuse. Many of us are raised to “bottle up” such emotions, told that our suffering must be ours. Grief is not eased by hiding these powerful emotions. Such avoidance is denial, which leads to despair, and ultimately, profound depression.

Many find themselves in prison or jail after poor choices made as a result of unresolved grief. People often see going through the grief process in such surroundings as being weak, which almost guarantees unresolved grief issues to develop.

Prison itself can cause grief. It is a test of real courage and strength of human spirit to go on, especially in prison. We are brutally reminded of the fragility of life, and the need to treat every moment as precious.

Life is about change. No matter what we think or do, our world has changed. There is no going back to recapture and somehow change something in the past. One thing that can cause unresolved grief after the loss of a loved one is the fear that if you were to end the process, to move on, that you'd be dishonoring your loved one. Or that you'll forget them, or stop loving them. These are all very real concerns.

People trying to help may say that time heals. **Time doesn't heal—the actions within time do.** To witness progress in grieving, you must look back, not forward. Grieving isn't linear; it's circular, as we move forward, then backtrack, retracing our steps. It's not continuous, but recurring as any number of situations. Sights, sounds, smells may trigger memories of loss we suffered.

Here's something to think about: **Grieving is not something done to us, it is something we do.** Grief is a process unique to each of us—ours and ours alone. It can't be rushed. There is no magic formula, no template that predicts how the process will go. But there are some guidelines that might light one's way through this dark and narrow path.

The 7 Stages of Grief

Shock & Denial: Shock helps provide emotional protection from being overwhelmed by the totality of the loss. This can last days, or even weeks, after the event. Trying to replace the loss often is a form of denial and delays the process. The same applies to “keeping busy” at work, etc. You are just throwing up walls that keep you from going through the process.

Pain & Guilt: Shock subsides, often replaced by pain that seems unbearable. Why ME? WHY Them? WHY NOT ME? It is crucial that you let this manifest itself fully—try not to mask, hide or avoid it. Guilt may arise over what you did or did not do, or what you think you should have done. It all seems chaotic and fearful, as we cannot accept the fact that maybe there was absolutely nothing anyone could have done.

Anger & Bargaining: We may lash out at others or seek blame as we look for answers to the frustration and pain. This is critical to keep under control, as damage to others and relationships can result. Yet this is the time for bottled-up emotions to be released—but carefully, and as constructively as possible. We may find ourselves railing against “fate,” or whatever we think caused such pain, and attempting to strike a bargain with whatever “powers that be” for some way out of such despair (“I’ll change, if you just bring them back.”)

Depression, Reflection, Loneliness: Just when others think you should be

moving on with your life, a long period of sad reflection will likely overtake you. **This is normal.** “Encouragements” from others are of no help during this time, when the true magnitude of the loss is realized and strikes hardest. You may feel despair and emptiness.

The Upward Turn: Thoughts clear, and a path through the darkness appears. You make adjustments for a new life that seems calmer and more organized. The physical symptoms wane, and depression lifts.

Reconstruction & Working Through: Recovery involves seeking realistic solutions to problems raised by the loss. Most of us haven’t had the knowledge needed to do this: what options exist and how one can explore them, and how to enjoy fond memories without them turning painful.

Acceptance & Hope: You learn to accept and deal with the situation, acknowledging that it’s okay to feel sad from time to time. You learn to talk about those feelings, no matter how others react. This does not mean instant happiness. It could take a lifetime. You’ve gone through a lot. The world you once knew is changed—gone. **But you will find a way forward.**



Artwork by Mrs. GeGe

WRITING TO HEAL

BY LUCY GLEYSTEN

Painful emotions can sometimes feel unmanageable. If you are feeling an emotional crisis and don't have someone to reach out to, you may want to shift your emotional state to something that feels more tolerable. Writing can act as one of the building blocks towards creating a degree of emotional safety for yourself.

Most adults have experienced trauma. I use the word **trauma** to describe the impact of physical, sexual, emotional, or psychological harm. Trauma can have long term impacts on an individual's physical and emotional wellbeing. Sometimes unmanageable emotional reactions can be a result of past traumas. For instance, if a person grew up in an environment where they were reprimanded for displaying emotions such as sadness, anger, or frustration, it might be confusing and difficult for that person as an adult to navigate emotions that feel overwhelming.

In the Spring 2016 Prison Health News, there was an article about how to start a mental health journal. This article is about how to use your journal as a tool to heal from trauma. Writing may be useful if you are looking for an outlet for emotional distress. It may also be helpful if you are living with anxiety, depression, and/or post-traumatic stress disorder (PTSD).

Emotional Crisis Management

Your journal is a space where you can express strong emotions without the fear of being judged. This process can often bring relief and insight. Usually this type of writing helps you see a situation from a new perspective; it may also help you find ways to feel better now. Sometimes writing does not make you feel better. However, it can be an alternative to taking out your emotions through self-harm. At the very least, it can be a way of having control over the impact of your emotions.

Prompts to help you start writing:

- Where am I at right now? (*What are you feeling? What is going on in your mind? How does your body feel? What is the emotion that feels unmanageable?*)
- What led me here? (*What was the event that triggered this emotional response? Why did it have such an enormous impact?*)
- How have I coped with this feeling in the past? (*What have you done to get out of this headspace before? Who are all the people in your life that care about you and can support you? What are your best distractions?*)

Writing to Understand Your Emotional Landscape

If you are trying to mend the wounds of past trauma, writing can help you take healing into your own hands. It can provide clarity around confusing emotional responses to incidents. Writing can also help you remember things. This can be scary sometimes, especially if the memories are painful. It can be hard to get started, so do what feels easiest to you at the time and focus on what you feel is the most important thing to deal with.

If you are at a loss for where to begin, you can write down the 20 most important things that have ever happened to you. By jotting down the details of an event, you can unravel some of the key moments that led you to the place you are now. This type of writing gives you an opportunity to step back and evaluate what you have been through, the ways you have survived, and how all of this impacts the person you are today.

- What is the event you want to focus on?
- What was the environment leading up to the traumatic event?
- What was going on in your life, in your family, in your community?
- What happened—what were the details?
- What did this event teach you?
- How did it shape who you are today?

Taking Care of Yourself After Writing

Sometimes writing can bring up anxiety and painful emotions and memories. If this happens, it is good to take a break and either write about something different or do an activity that brings you joy and lets you relax. If what you're feeling is too much to manage on your own, you can try calling a friend or family member on the outside. If you don't have that support system, you can see if your prison has a peer support group with people you can talk to.



Artwork by David Pease

If your mental state still feels like too much, you can do a few relaxation exercises to help you calm down. If relaxing is not something you like to do, you can also try doing something else to release the negative energy. This can include making noise, hitting your pillow, splashing cold water on your face, or stretching. Here's an exercise that might help:

5-Sense Distraction Exercise

This activity is about focusing on all your senses as a way of distracting yourself from distressing emotions. Focus on:

- 5 things you can see and what they look like,
- 4 things you can touch and how they feel,
- 3 things you can hear,
- 2 things you can smell,
- 1 thing you can taste.



SOME OF THE WORLD'S GREATEST MINDS ARE IN PRISON

BY BOBBY BOSTIC

Prison is a place where you can find scholars of every kind. The system can lock up a person's body, but they can't incarcerate our minds. Right here, we have some of the world's greatest minds. We have scientists, mathematicians, and preachers. In fact, many of you have excelled in the most difficult of all politics—prison politics. These politics can get really messy. But people in here network to make things happen on scales great and small. We must continue to apply ourselves and not settle for a label that society has placed on us.

The mind can accomplish what it will. It is stronger than concrete, razor wire and steel. The mind is an architect that constructs the plans that build the structures that house the institutions that change the world.

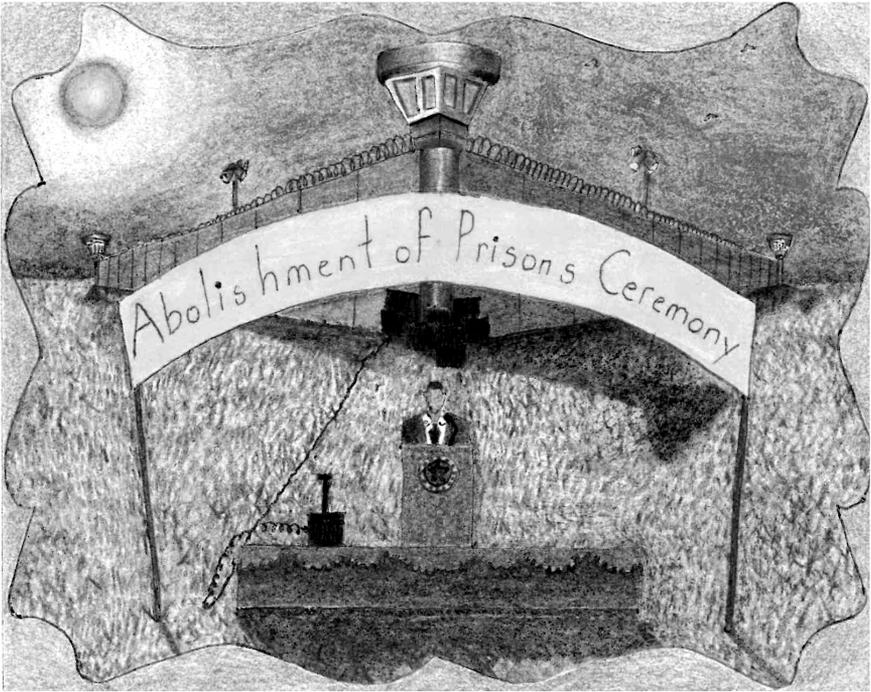
Throughout history, it has been right here in these prisons where scholars have used their minds to change the world. For documented evidence of this, we have the example of Nelson Mandela and how his words from his jail cell shook the world. It has been from these dungeons that some of the greatest words ever written have originated. These works came from the ink of a scholar's pen.

Look at how the famous letter that Dr. Martin Luther King Jr. wrote from the Birmingham jail cell changed the course of the Civil Rights movement and helped change the course of Kennedy's presidency. Angela Davis was interviewed in a California jail, inspiring a generation of Americans who wanted freedom for their communities.

I declare today that some of the world's greatest minds are in prison. We can do what we put our minds to, and even these walls can't stop us. We can advocate to get the health care that we need. We can train ourselves to be legal scholars in order to obtain our freedom. We can get laws changed to benefit us. We can change this prison culture. All we have to do is put our minds and energy into it.

Through self-rehabilitation, we can transform ourselves. I am not a model prisoner, because prison doesn't model me. Still, I am determined to be the best that I can be.

We have an excellent example right here in the facility where I am housed. Jon Marc Taylor has gotten his doctorate degree while in prison. Just think of the fortitude that it took to get a doctorate degree in a violent, chaotic place like this. Imagine the hurdles he had to overcome with the administration to get this done. Imagine the obstacles that petty guards and other people imprisoned here put in his way along the course he was traveling.



Picture the tens of thousands of dollars that he had to pay for such a degree. Reflect a minute on the violence and ignorance that he was surrounded by in several different prisons while he pursued his degree and studied for his lessons. The challenges that he faced are strong enough to break ten people. Yet he was born to be a scholar, even if he had to become one inside of a prison cell. His efforts and accomplishments prove that some of the world's greatest minds are in prison.

We must not allow our talents to go to waste. We have to organize our creative energy with haste. The library is full of hundreds of books that we must start reading. Right there in that library, we can train ourselves to be scholars. We were not meant to be crooks. We are sitting in prison because we are not great criminals. But we are psychologists, accountants, and professionals of all kinds. The world has locked up some of its greatest minds. Once we tap into our own greatness, we can free ourselves from prison.

The smartest people do some of the dumbest things. That's how so many great minds end up in these prison wings. We came into prison as a threat to society. We were the problem, but now we can become the solution and help to heal the world. We have to succeed against the odds and claim the greatness that each of us possesses. It is from the lowest depths that the greatest of people have risen. Some of the world's greatest minds are in prison.

Information and Support Resources

AIDS Library

Philadelphia FIGHT
1233 Locust Street, 2nd Floor
Philadelphia, PA 19107

The library will answer questions about any health condition, not just HIV/AIDS. If you're in Pennsylvania, you can also request info for re-entry planning.

Center for Health Justice

900 Avila Street #301
Los Angeles, CA 90012
Prison Hotline: 213-229-0979

Free HIV prevention and treatment hotline Monday to Friday, 8 a.m. to 3 p.m. Those being released to Los Angeles County can get help with health care and insurance.

New Mexico AIDS InfoNet

P.O. Box 810
Arroyo Seco, NM 87514

Free factsheets on HIV prevention and treatment in English and 10 other languages. Please ask for "Factsheet 1000," which lists all 802 factsheets. You can also request summaries of HIV and hepatitis C treatment guidelines, which tell doctors what care to provide in different medical situations.

POZ Magazine

462 Seventh Ave, 19th Floor
New York, NY 10018-7424

A lifestyle, treatment and advocacy magazine for people living with HIV/AIDS. Published 8 times a year. Free subscriptions to HIV-positive people in prison.

Hepatitis Education Project

911 Western Ave #302
Seattle, WA 98104

Write to request info about viral hepatitis and how you can advocate for yourself to get the treatment you need.

Jailhouse Lawyers' Handbook

c/o Center for Constitutional Rights
666 Broadway, 7th Floor
New York, NY 10012

Write for a free copy of *The Jailhouse Lawyer's Handbook: How to Bring a Federal Lawsuit to Challenge Violations of Your Rights in Prison.*

Inside Books Project

c/o 12th Street Books
827 West 12th Street
Austin, Texas 78701

Free national resource guide for people in prison, with listings of organizations that can send free books or info on finding legal help, pen pals, release planning, publications, and more.

SERO Project

P.O. Box 1233
Milford, PA 18337

A network of people with HIV and allies fighting inappropriate criminal prosecutions of people with HIV for nondisclosure of their HIV status, potential or perceived HIV exposure, or HIV transmission.

Just Detention International

3325 Wilshire Blvd, #340
Los Angeles, CA 90010

If you have experienced sexual harm in custody, write for their packet of info about rape and other sexual abuse, prisoners' rights, and how to get help via mail and phone. Survivors can write via **confidential, legal mail** to Cynthia Totten, Attorney at Law, CA Attorney Reg. #199266 at the above address.

Black and Pink

614 Columbia Rd.
Dorchester, MA 02125
An open family of LGBTQ prisoners and “free world” allies who support each other. Free monthly newsletter and pen pal program for incarcerated LGBTQ people.

Men and Women in Prison Ministries

10 W. 35th Street # 9C5-2
Chicago, IL 60616
For those returning home to the Chicago area, they can answer questions about re-entry, faith, health, and other organizations that can help.

Reproductive Health, Living and Wellness Project

Justice Now
1322 Webster St #210
Oakland, CA 94612
A free 50+ page manual about incarcerated women’s reproductive health. Another manual, *Navigating the Medical System*, is for women in California prisons.

PEN Writing Program for Prisoners

PEN American Center
588 Broadway, Suite 303
New York, NY 10012
Provides incarcerated people with skilled writing mentors and audiences for their work. Write for a free *Handbook for Writers in Prison*.

HCV Advocate

P.O. Box 15144
Sacramento, CA 95813
Write to ask for their frequently updated, free factsheets: *HCV Basics* (available in English and Spanish), *Hepatitis C Treatments, Exposure, Prevention, and/or Side Effects*. They can also send one free sample copy of their monthly newsletter.

If you need resources that are not listed here, **write to us!** We will help you track down answers to your specific questions.

Write to us if you know about a great organization that is not yet listed here.

Write to this address for the 3 resources on the right:

**PLN
P.O. Box 1151
Lake Worth, FL
33460**

Prison Legal News

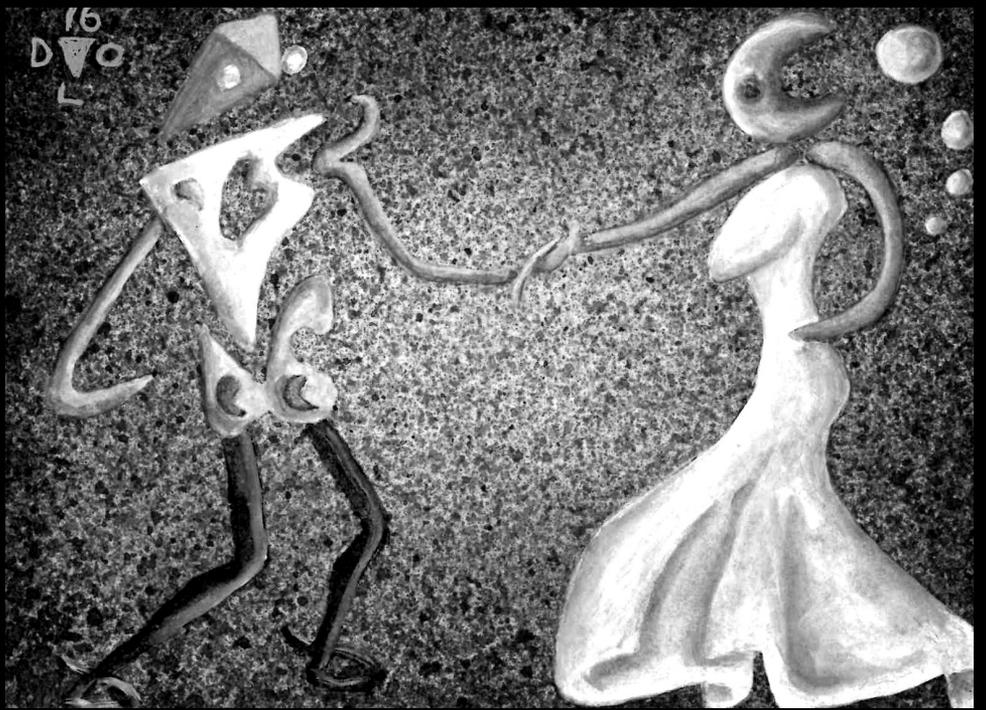
Monthly 72-page magazine on the rights of people in prison and recent court rulings. Sample issue: \$3.50, unused stamps are OK. Subscription: \$30/year.

Protecting Your Health & Safety: A Litigation Guide for Inmates

325-page manual explains legal rights to health and safety in prison, and how to advocate for those rights when they are violated. A publication of the Southern Poverty Law Center. Make a \$16 check or money order out to *Prison Legal News*.

Prisoner Diabetes Handbook

A 37-page handbook written by and for people in prison. Free for one copy.



PRISON HEALTH NEWS

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For subscriptions, resources and all other inquiries write to us at:

Prison Health News
c/o Philadelphia FIGHT
1233 Locust Street,
5th Floor
Philadelphia PA 19107

Please write to this address if you would like a Spanish edition of PHN.

All subscriptions are
FREE!