

10 things it's good to know about hiv treatment



1 Taking HIV treatment can mean a longer, healthier life

Even though there's no cure for HIV, doctors are now hopeful that you can live a normal length of time if you take a combination of anti-HIV drugs.



3 The goal of HIV treatment is an 'undetectable viral load' – extremely low levels of HIV in the blood

This means that your immune system can stay strong and fight infections and HIV can't become resistant to your drugs.



5 The best time to start HIV treatment isn't known

However, you should have treatment if:

- you are ill because of HIV or
- your immune system is weakened because of HIV.



7 You need to take all your anti-HIV drugs as instructed

This means:

- taking all your doses of medicine at the right time
- taking your medicine in the right way (for example, with or without food) and
- making sure that you don't take other medicines or drugs that affect your treatment.

If you don't take your medicine properly, there's a risk that the drugs you are taking won't work and similar drugs you take in future might not work.



9 HIV treatment is there to protect and improve your health

However, anti-HIV drugs can cause side effects. If you have side effects, make sure that you tell your doctor as there's a good chance you'll be able to do something about them.



2 You will get the best HIV care at a specialist HIV clinic

HIV doctors at specialist clinics will regularly check your health to:

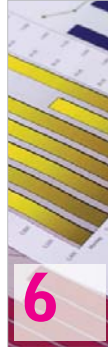
- see how HIV is affecting your immune system and
- explain what treatment you need to take.

Don't be afraid to ask your doctor questions if you are not sure of things. Writing questions down before your visit can often help you get the most out of it.



4 HIV treatment includes three (and sometimes more) different drugs

This helps reduce the risk of HIV becoming resistant to the drugs you are taking.



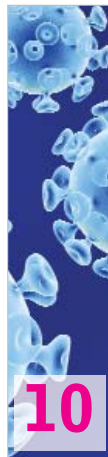
6 Guidelines set out the type of HIV treatment you should receive

There are special guidelines for treating certain groups of people, for example, pregnant women and people who have taken a lot of HIV drugs before.



8 HIV treatment can help prevent a mother passing on HIV to her baby

Using HIV treatment during pregnancy can help to dramatically reduce the risk of a pregnant women passing HIV on to her unborn child.



10 You can still pass on HIV to somebody else, even if you are taking anti-HIV treatment

Condoms effectively prevent you from passing on HIV and other sexually transmitted infections. And you can get clean needles if you inject drugs – never share needles or other injecting equipment.

you can get more information from:

NAM

tel 020 7840 0050
web www.aidsmap.com
email info@nam.org.uk

Free factsheets, information booklets, a monthly newsletter and a website with the latest HIV treatment information.

Esta organización ofrece de forma gratuita fichas y folletos informativos, así como un boletín mensual de noticias. También cuenta con un sitio web donde puedes encontrar las últimas novedades sobre el tratamiento del VIH.

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