

Notes

Want to find out more?

For more information on this topic:

- read Terrence Higgins Trust's booklet 'Your Treatment', or
- speak to an adviser at THT Direct (phone: 0845 12 21200).

For more information about HIV, NAM provides free fact sheets, information booklets, e-mail bulletins, a monthly newsletter, a comprehensive website (aidsmap.com) and a website specifically for people living with HIV (namlife.org).

Contact us by calling 020 7840 0050 or by sending an e-mail to info@nam.org.uk

Has this resource been useful to you? Please let us know what you think by visiting www.aidsmap.com/feedback, by phoning us or by sending an e-mail. Your feedback helps us to improve the services we offer you.

The basics

An HIV treatment journey



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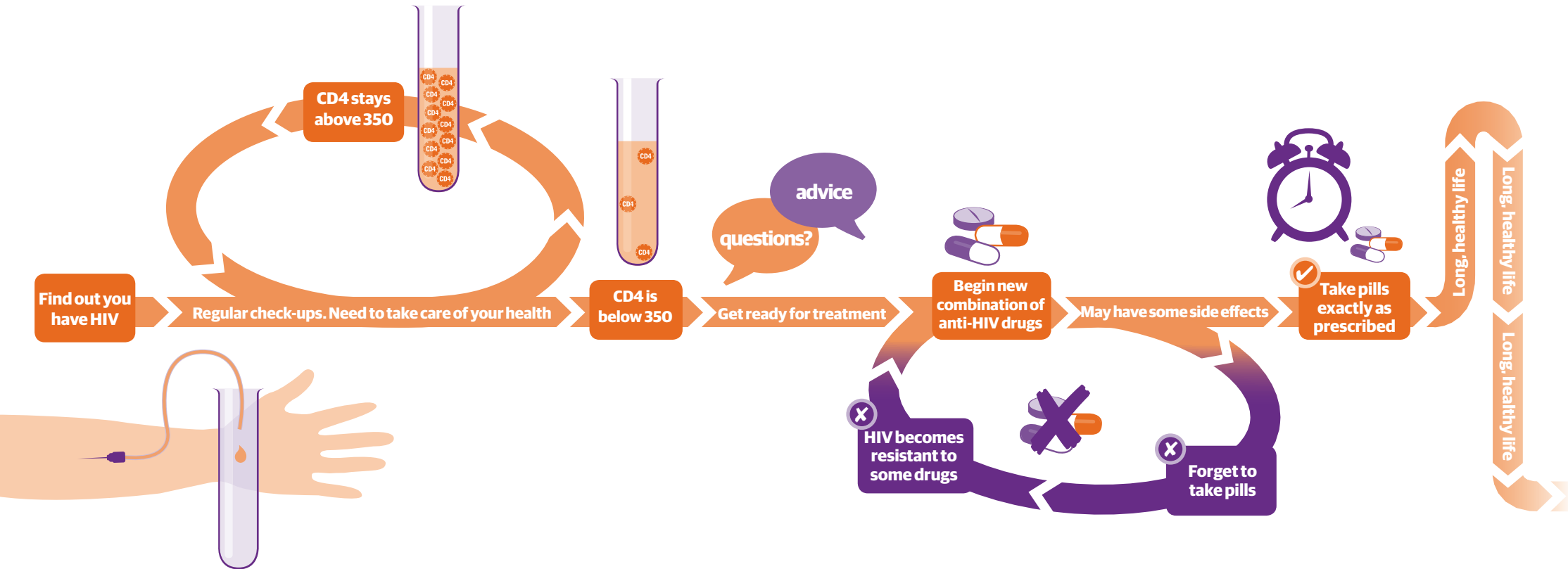
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This is a diagram that shows the journey a lot of people go on with HIV treatment.

However each person's situation is different. Your own circumstances may mean that the journey you take is slightly different.



Important points

- Just as for anybody else, changes to your lifestyle can be good for your general health.

- Regular blood tests will show you how healthy your immune system is, if you need to take treatment, and if the treatment is working.