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Thanks to all of the professionals and people with HIV who have helped with the development of this resource.

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NHS Pan-London HIV Prevention Programme and NHS South West Essex

The basics

An HIV treatment journey



This leaflet can be viewed in large format as a PDF.
Call NAM on 020 3242 0820.



This organisation has been certified as a producer of reliable health and social care information.
www.theinformationstandard.org



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Notes

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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: 0808 802 1221).

For more information about HIV

You can get free fact sheets, booklets, email bulletins and a newsletter from our website at www.aidsmap.com/resources. You can get answers to common questions at www.aidsmap.com/hiv-basics and find local services at www.aidsmap.com/e-atlas.

Contact us by calling 020 3242 0820 or by sending an email to info@nam.org.uk

Has this resource been useful to you?

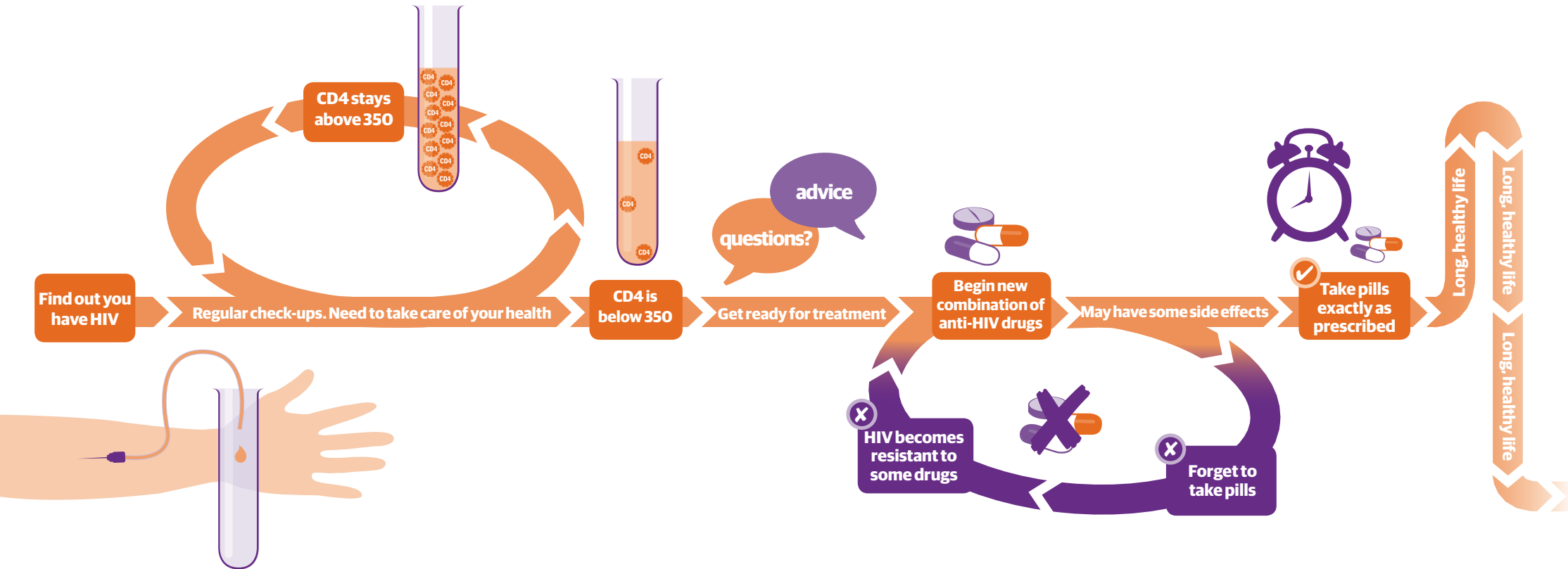
Please let us know what you think by visiting our website at www.aidsmap.com/feedback, phoning us or sending an email to info@nam.org.uk. Your feedback helps us to improve the services we offer you.

You can contact us to find out more about the scientific research and information we have used to produce this leaflet.

We recommend that you discuss the information in this leaflet with a doctor or other health worker.

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.