

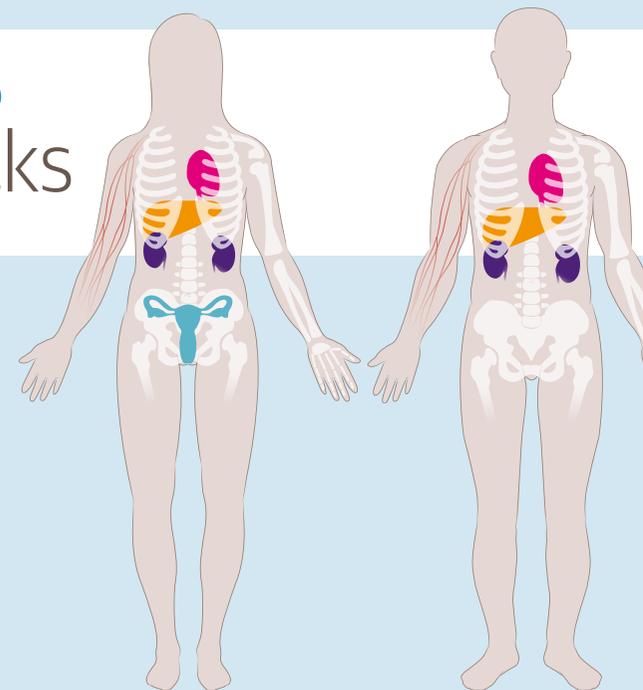
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Charity number 1011220

With thanks to the staff and service users at the following organisations, for the feedback that shaped these resources: Africa Advocacy Foundation, African Culture Promotions, Community Health Action Trust, Ernest Foundation, Ffena (African Health Policy Network), HIV Health Trainers (Terrence Higgins Trust), First Point (Metro Centre), Positive Care Link, Salem Health Project, Widows and Orphans International.

Thanks to the MAC AIDS Fund for funding this leaflet.

The basics

Health checks



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

Certified member



First edition 2012
Due for review in 2014
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Notes

Want to find out more?

For more information on this topic:

- read our 'CD4, viral load & other tests' booklet;
- read our 'CD4 and viral load' and 'Undetectable viral load' leaflets;
- read our 'Visiting your HIV clinic for check-ups' fact sheet; 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.

Staff at your HIV clinic use various tests to keep an eye on your health. Many of these tests are done on samples of your blood or urine. Some will be done at every check-up, others less often.

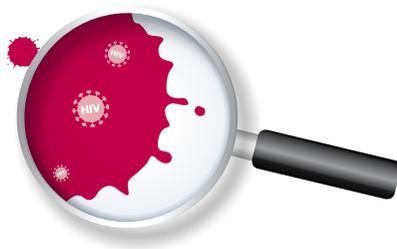
Asking how you are

Giving you a chance to talk about any symptoms, side-effects or worries you have.



Viral load

To find out how much HIV there is in your blood.



CD4 count

To see how strong your immune system is.



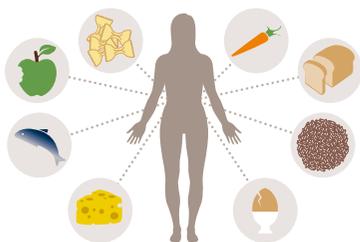
Full blood count

Details of your red and white blood cells. This gives lots of information about your health.



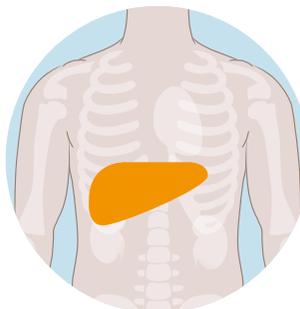
Glucose

To check that your body can get energy from food.



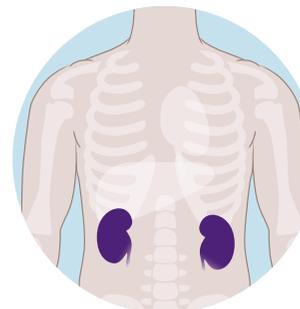
Liver

Making sure that your liver can process food and medicines correctly.



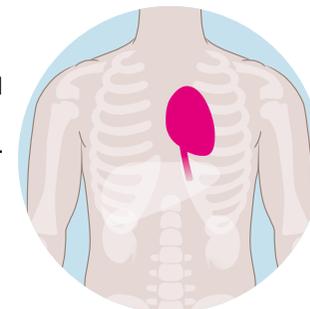
Kidneys

Checking that your kidneys can remove waste from your body.



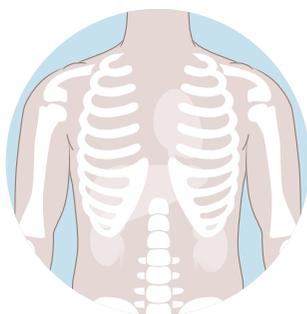
Lipids

Making sure that fats in your blood aren't putting your heart at risk.



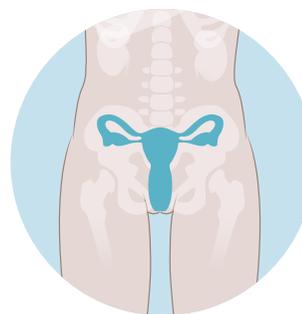
Bone density

To see how strong your bones are.



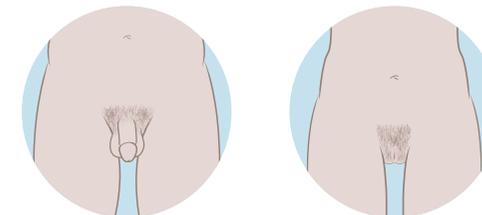
For women - cervical screening (smear test)

To reduce the risk of cervical cancer. This involves taking a sample of cells from the cervix (the opening of the womb) to check for abnormalities.



Sexual health

Checking for sexually transmitted infections. This may involve taking swabs from your genitals.



Important points

- It's important to go to your HIV clinic for regular check-ups.
- If everything is OK, your doctor won't always discuss the test results with you. But you can ask for more information.
- If you have particular symptoms or are unwell, other tests may be carried out.