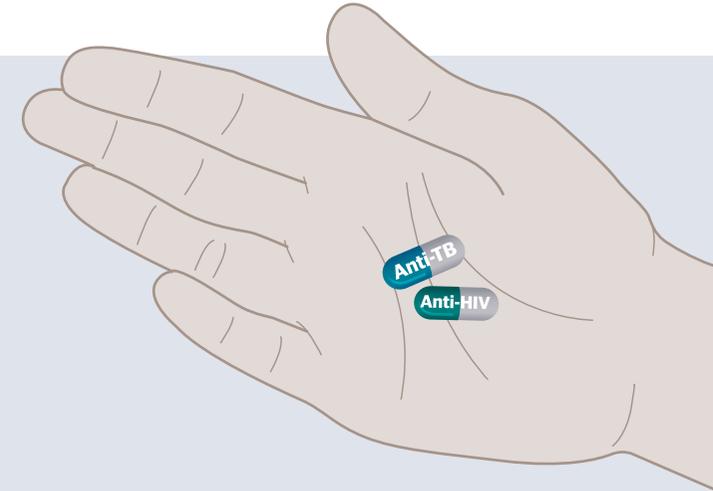


The basics

Treatment for TB and HIV



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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.

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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

For both TB and HIV treatment, it's very important to **take all doses of your drugs, as prescribed**. After several weeks of treatment, you may feel better, but there will still be TB and HIV in your body. If you stop taking your treatment, you may become ill again.

These drugs can cause **side effects**, particularly when they are taken together. Read our 'HIV & TB' booklet to find out more.

Want to find out more?

For more information on this topic:

- read our 'TB and HIV', 'How TB is passed on' and 'Taking drugs on time' leaflets;
- read our 'HIV & TB' booklet;
- visit the Truth About TB website at www.thetruthabouttb.org; 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.

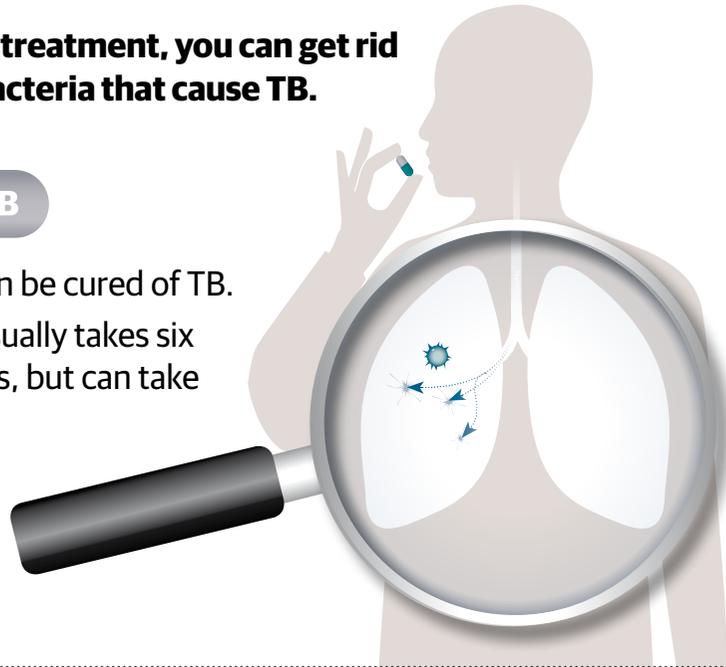
We recommend that you discuss the information in this leaflet with a doctor or other health worker.

If tuberculosis (TB) is making you ill and you also have HIV, then you usually need to take treatment for both TB and HIV.

1 With TB treatment, you can get rid of the bacteria that cause TB.

Anti-TB

- You can be cured of TB.
- This usually takes six months, but can take longer.



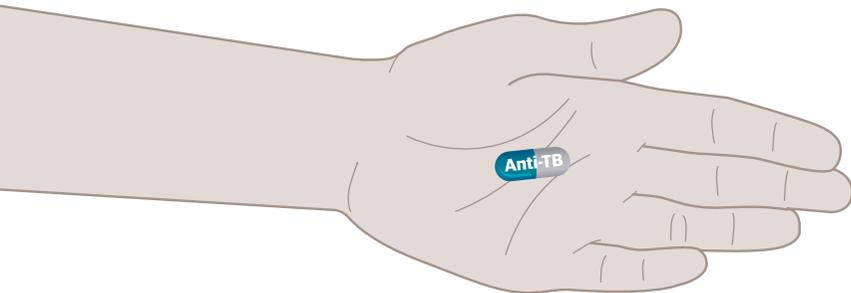
2 With HIV treatment, you reduce the risk of being infected with TB again in the future.

Anti-HIV

- Anti-HIV drugs help prevent HIV from damaging the immune system.
- A strong immune system defends the body against infections, including TB.

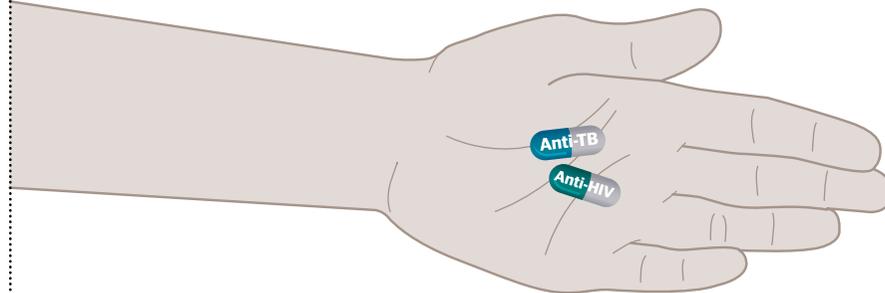


3 Some people start TB treatment first, then start taking anti-HIV drugs a few weeks or months later.



4 Some people need to start both treatments at the same time.

- It depends on how urgently you need HIV treatment.



Important points

● You can kill the TB bacteria with TB drugs.

● You can make your immune system stronger with HIV drugs. This will help prevent you catching TB again in the future.