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Has this leaflet been useful to you? Please let us know what you think. Your feedback helps us to improve the services we offer.

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

If you need extra copies of this leaflet, or would like to translate, adapt or reproduce it, please get in touch.

For more information on this topic

- Read our 'Life expectancy for people living with HIV' page.
- Read our booklet 'A long life with HIV'.

Other titles in The basics series

- Taking drugs on time
- Health checks
- How treatment works

For information in other languages

www.aidsmap.com/languages

For more information about HIV

- Visit our website www.aidsmap.com
- Speak to an adviser at THT Direct **0808 802 1221**

Please support us

If you would like to support our work and help us to continue to provide resources like this one, please donate today at www.aidsmap.com/donate

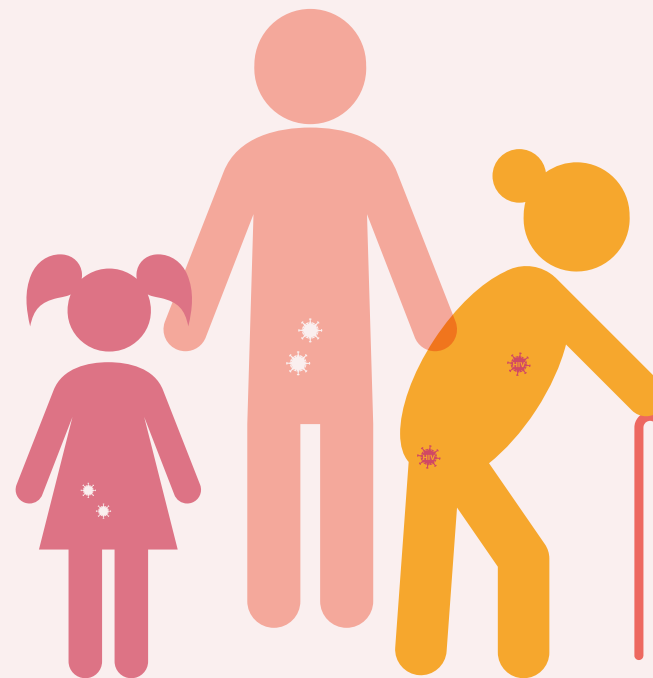
Thanks to all of the professionals and people with HIV who have helped us to develop this leaflet.

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

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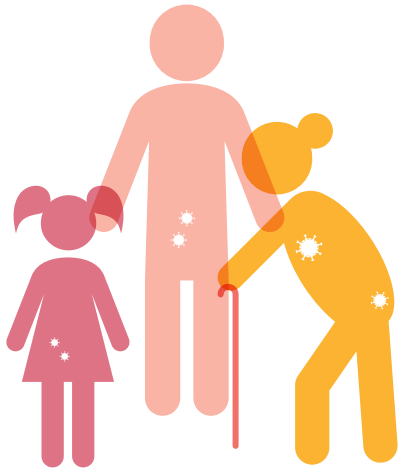
The basics

Life expectancy



Print out double sided and fold along dotted line

More and more people living with HIV are living longer lives.



If you are diagnosed in good time, have access to care and treatment, and are taking your medicines, you can expect to live as long as someone who does not have HIV.



The sooner you are on effective treatment, the better chance you have of good health and of living longer.



You should **not** expect to become ill or die as a direct result of HIV.



Many factors impact life expectancy for everyone. These include your social and economic circumstances, gender, genetics, mental and emotional wellbeing, and lifestyle.

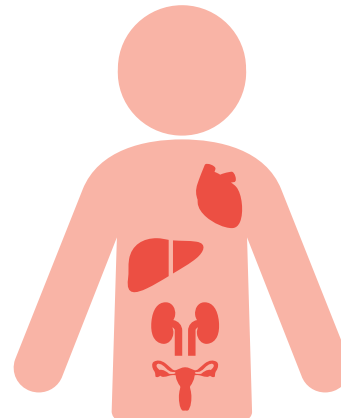


Some factors are out of your control. But living a healthy lifestyle is an important way to increase your life expectancy:

- eat a balanced diet
- be physically active
- avoid smoking.



Heart disease, lung disease, cancer and other health conditions sometimes affect people with HIV at younger ages than other people.



Because of this, people living with HIV may have fewer years in good health.



Important points

- Life expectancy is different for everyone, determined by a combination of factors.
- The length of life for people living with HIV continues to improve over time.
- HIV has changed. So people living with HIV have a better quality of life.
- You can make choices to improve your chances of living longer.