

GOOD NEWS

for people with HIV



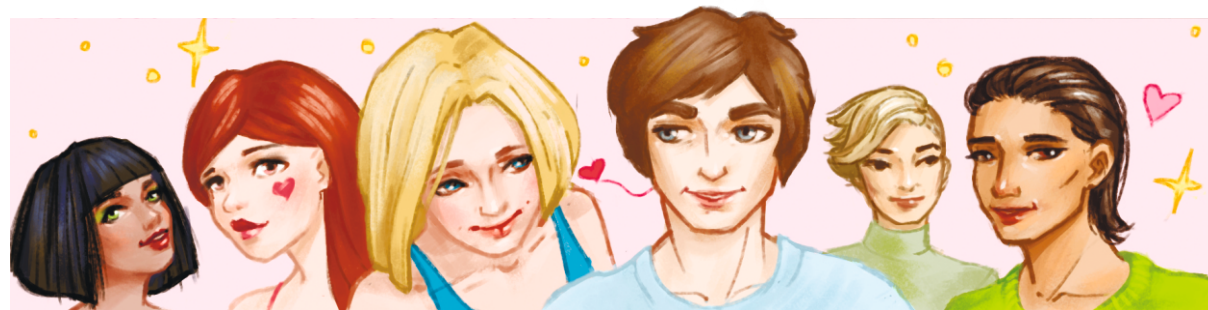
PEOPLE DO NOT DIE OF HIV ANYMORE!

Scientists have studied the virus thoroughly and have developed effective medicines. Nowadays HIV belongs to the category of chronic, manageable diseases¹, like diabetes or high blood pressure, for example.

¹World Health Organization <http://www.who.int/publications/10-year-review/hiv/en/>

THERE IS A TREATMENT! IT WORKS!

Taking the effective medicines daily helps to suppress the virus to an undetectable level. This means that the amount of virus in the blood is so low that it cannot harm your health anymore. Like with any medicine (for example, paracetamol), HIV drugs can cause side effects in some people but majority cope with them easily. If you experience any side effects, contact your doctor for advice. If it is necessary, your treatment will be changed.



UNDETECTABLE=UNTRANSMITTABLE!

Studies show that if the treatment works and the viral load is undetectable, then HIV cannot be transmitted sexually. This does not mean that it is not necessary to use a condom anymore; there are other infections of concern. However, this means that if the treatment is successful, then you do not risk the health of your partner! You should read about these studies: <http://i-base.info/htb/32308>



YOU CAN LIVE A NORMAL LIFE!

In majority of people treating HIV is simple. The effective treatment allows people with HIV to live a regular life without a loss of its quality. You can do sports and achieve high results! Greg Louganis, one of the best divers, won two Olympic medals already knowing about his diagnosis!

YOU CAN LIVE HAPPILY EVER AFTER!

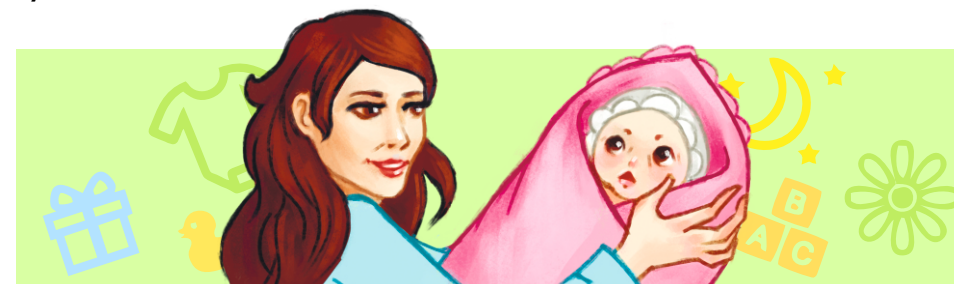
If an effective treatment is taken, the lifespan is not limited by HIV, but depends on natural processes of aging and other factors (smoking, sedentary lifestyle, poor nutrition, etc.). In many cases the diagnosis helps to live even longer, because a person with HIV receives a lifelong and regular access to medical care.

YOU CAN TRAVEL!

You can plan your holiday, go on a business trip or visit friends practically everywhere: in most countries of the world there are no limitations for a short stay. In many countries you can also study or work! A list of the countries and information about their regulations is published at: <http://www.hivtravel.org>

HEALTHY CHILDREN ARE BORN!

Effective treatment of pregnant women with HIV, compliance with doctor's recommendations and undetectable viral load – this is 99-99,5% guarantee for a birth of healthy children! Learn more about planning of the pregnancy from your doctor.



<https://www.cdc.gov/hiv/pdf/group/gender/pregnantwomen/cdc-hiv-pregnant-women.pdf>

YOU CAN WORK IN DIFFERENT SPHERES!

HIV is not a contraindication for working with people, for instance, in a restaurant, hairdresser's, shop, school or kindergarten. Mandatory testing for HIV and restrictions exist only for professions that are linked to a direct contact with blood (e.g. surgeons).

