



busy, busy, busy HIV

If you are HIV positive, the virus in your body is constantly replicating (reproducing) itself – millions of new HIV particles can be produced each day.

HIV does not always make perfect copies of itself; there can be lots of small, random changes. We call these **'mutations'**.

Some of these mutations result in the virus producing new versions of the enzymes (special proteins) that HIV uses to reproduce itself. Anti-HIV drugs are designed to attack 'normal' HIV enzymes, and so the drugs won't be effective against some of the mutated enzymes. This is called **'drug resistance'**.

Even though you already have HIV, if you fuck without condoms it is possible that you could pick up, or transmit, a drug-resistant strain. This would make some HIV drugs ineffective.



**THE SECOND
OF SEVEN ADVERTS**

All information was accurate as of May 2004

If you take your drugs at the wrong time, in the wrong dose, or in the wrong way, viral replication can increase. When this happens there's more chance that drug-resistant mutations will be produced.

If you're taking anti-HIV drugs, to help ensure that they work effectively, try to follow the drug regimen and dietary guidelines discussed with your doctor.

Sticking to such a regimen can be difficult and may alter the way you organise your life. Find out the facts before you start therapy.

Make your own decisions, then stick to them.
Own your treatment

Further information:

Order the AIDS Treatment Update (ATU) and the Adherence and Resistance booklets from NAM
020 7840 0050
www.aidsmap.com

The Information Exchange:
020 8746 5929
www.hivgum.demon.co.uk

i-Base Treatment Information Phonenumber:
0808 800 6013 Mon-Wed 12-4pm
www.i-base.info

THT Direct Helpline:
0845 1221 200
www.tht.org.uk

To see all seven ads in the series, visit our website:

www.metromate.org.uk/oyt

GMFA's campaigns are designed, planned and executed by HIV positive, negative and untested volunteers. To volunteer for GMFA, phone, write or e-mail: 020 7738 6872. Unit 43, The Eurolink Centre, 49 Effra Road, London SW2 1BZ. newvol@gmfa.org.uk
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