



own your treatment



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If you are HIV positive, understand your treatment options and how HIV works. Call the I-Base Treatment Information Phonenumber. Order the AIDS Treatment Update from NAM. Read their Patient Information Booklets



busy, busy, busy, HIV

HIV is constantly replicating. It is important to take your drugs at the right time, in the right dose and in the right way. If you don't, drug-resistant mutations can be produced which would make some anti-HIV drugs ineffective.



testing, testing...

CD4 cells and viral load. These are the blood tests that tell you the level of virus in your bloodstream and how strong your immune system is. These tests will help determine your treatment options.



THE SEVENTH
OF SEVEN ADVERTS

All information was accurate as of May 2004



more pills?

Anti-HIV drugs work by interfering with HIV's ability to reproduce. There are different groups of drugs, and they work when used in combination. This treatment is known as HAART.



"if these drugs are so fucking good why do I feel like shit?"

Anti-HIV drugs can cause side effects. If you do have problems, consult your doctor straight away.



complementary therapies & nutrition

Complementary therapies can help with your treatment. Find out about them before you start. Make sure you also check with your clinic before taking nutritional supplements. Eat a healthy diet, keep fit and look after yourself.

Further information:

Order the AIDS Treatment Update (ATU) and the Patient Information 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

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

www.metromate.org.uk/oym

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
Registered Charity no: 1076854

GM **A**
Action for gay men's health