

CD4 and viral load results

These are the main blood tests used to monitor your health and your response to treatment.

CD4 count - This blood test checks your immune system

CD4% - This is similar to the CD4 count but is often more stable

Viral load - This test measures the amount of HIV in a sample of blood. It is used to decide when you need to start treatment, and whether the treatment is working effectively.

In your previous history, even rough figures are useful and your doctor can provide you with these. The lowest ever CD4 count and highest viral load and results when you were first diagnosed and before you start, stop or changed treatment are the most important.

Date*	CD4**	CD4%	Viral load	Date*	CD4**	CD4%	Viral load
<i>e.g july 10</i>	<i>234</i>	<i>14</i>	<i>180,000</i>				

*month/year **cells/mm3