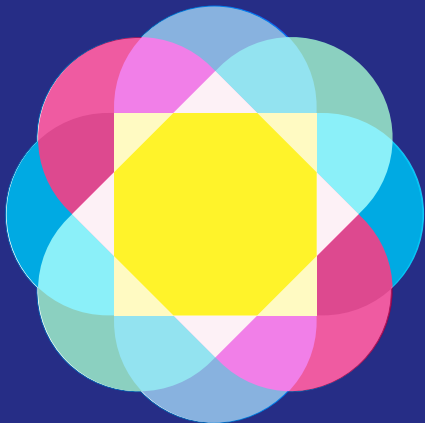


i-base

Pocket size

ART



September 2015

This leaflet
is about HIV
treatment
(ART).

It is for
anyone who
wants to
know more.

“I know I was really
unlucky to catch HIV.
I was diagnosed in
2014 after one low-risk
experience.

But I knew immediately
that I wanted to start
treatment.

Learning and
understanding how
ART works and then
deciding to use it was
an important part of
how I chose to move
forward.”

- Lenny

Does ART really work?

Yes.

- It is better for your health.
- Life expectancy will be similar to before you were positive.
- It also reduces risk to your partners.

i-base.info/PARTNER-study

More than 15 million people are now on treatment globally.

ART works for adults and children, for women, men and transgender people.

It works no matter how you were infected. Whether this was sexually, by injecting drugs, at birth, by using blood or blood products.

Taking ART exactly as prescribed reduces the virus in your body to tiny amounts (called “undetectable”).

Even though you will still be HIV positive you can live a long and healthy life.

**Do all HIV
positive people
need ART?**



Mostly, yes.

This is new in 2015.

ART is now routinely recommended in UK and WHO guidelines.

Treatment works and it is easy to take. ART often involves only one or two pills a day.

When not on ART, the virus can damage your health even when you feel well.

You can
choose when
to begin ART.

You can choose
which meds are
likely to best
fit your life.

You can also
change meds later
if you need to,
to get ART right.

i-base.info/ART-choice

Which ART?

You and your doctor can decide which meds are likely to be best.

Most people get this right first time. But it is easy to change meds if you get side effects from one of the drugs.

i-base.info/side-effects

“Get involved in choosing your treatment.

It needs to fit to your life, schedules and routines as much as possible.”

- Xavi

adherence

Adherence is the most important thing you have to think about when you start ART.

If you are worried, there are lots of ways to help.

Getting into a routine makes it easier.

Often this might be just one pill a day.

i-base.info/adherence-tips

98%

... of people starting ART in a large international study had an undetectable viral load after a year of treatment.

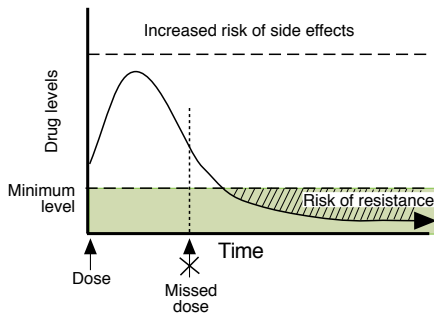
The results showed that early ART is safe and effective.

They showed that daily ART worked for thousands of people from very different backgrounds.

It is easy for your meds to just become a regular part of life.

i-base.info/START-study

Adherence is important because a missed or late dose increases the risk of drug resistance



Being late with your meds lets the drug levels fall to where resistance can develop. The more often you are late, the greater the chance of resistance. *Never double-dose if you miss a dose though.*

What else...?

This leaflet only answers a few questions about ART.

The full version of this booklet has more info about choice of meds, adherence, getting on with your doctor, side effects, changes in the NHS, getting support and learning about your health.

i-base.info/ART

i-Base can send you this booklet or you can read everything online.

We also answer questions by phone, email and online.

i-base.info/qa



Tests to monitor your health

CD4 count

- Your CD4 count tells you about your immune system.
- The range for HIV negative adults is from about 400 to 1600. Getting above 500 is considered normal.
- Even with a very low CD4 count, ART can help your immune system recover.

Viral load (VL)

- This test shows how much virus is in a sample of blood.
- On ART, viral load is reduced to less than 50 copies/mL.
- This is called undetectable and it reduces the risk to your partners.

more info

i-base.info

0808 800 6013

i-base.info/ART-references

Feedback

[surveymonkey.com/r/
BBZPMFH](https://surveymonkey.com/r/BBZPMFH)

i-Base, 57 Great Suffolk St, SE1 0BB.

[More pages >>>](#)

“2015 is an exciting time for HIV care...

ART is now the routine next step after finding out you are HIV positive.

Taking control over this aspect of your health can be one of the easiest ways to deal with HIV.

You can then carry on with your life.”

– Simon