

FEATURING

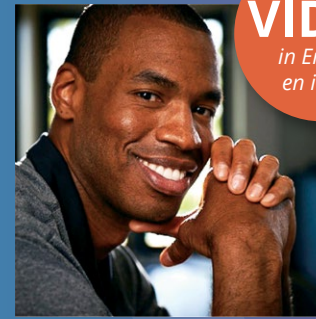
## JASON COLLINS

RETIRED PRO BASKETBALL PLAYER

*First openly gay male athlete in a major  
U.S. team sport*

JUGADOR DE BALONCESTO  
PROFESIONAL RETIRADO

*Primer atleta gay abiertamente gay en  
una carrera mayor deporte de equipo de  
los EE.UU.*



VIDEO

*in English  
en inglés*

# LIVING WITH HIV

PROTECTING YOURSELF AND YOUR PARTNERS

# VIVIENDO CON VIH

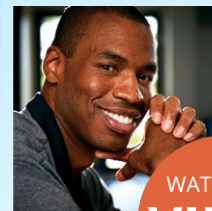
PROTEGIÉNDOSE A SÍ MISMA Y A SUS SOCIOS

# Contents

- 2 Introduction
- 4 Basic Facts about HIV
- 6 How Do I Know if I Have HIV?
- 9 Why Get Tested?
- 10 I'm HIV Positive...What Do I Do Now?!
- 12 What Treatment is Right for Me?
- 14 How Do I Know My Regimen Is Working?
- 15 Sticking to Your Treatment Plan
- 16 Lifestyle and Emotional Issues
- 17 Preventing the Spread of HIV
- 18 Pre-Exposure Prophylaxis (PrEP)
- 19 Post-Exposure Prophylaxis (PEP)
- 20 Looking Forward
- 21 Resources
- 25 Español**

## VIDEO *in English*

*Living with HIV: Protecting Yourself and Your Partners* video (14 minutes), features stories from HIV patients with expert commentary by W. David Hardy, M.D.



Jason Collins—retired pro basketball player and first openly gay male athlete in a major U.S. team sport—shares his guidance in the video.

WATCH THE  
**VIDEO**  
*in English*

View the video online at:  
[youtube.com/user/aahivmvideocommunity](https://youtube.com/user/aahivmvideocommunity)  
Or scan the QR code:



# Introduction



In recent years, the news about HIV and AIDS has been encouraging. The number of people getting infected with HIV is stable, and the death rate from AIDS has dropped. Thanks to new types of medicines, HIV infection can now be effectively managed and controlled. HIV is now considered a chronic disease, like diabetes or heart disease.

But the news *isn't* all good. About 39,500 Americans became infected with HIV in 2015. About 1.1 million people in the US are living with HIV. Roughly one in every seven of these people *don't know they are infected*, because they have no symptoms and have never been tested.

# RO

Even more alarmingly, the HIV trends for some groups have actually risen. Among gay and bisexual African American men, the diagnosis of HIV went up 22% between 2005 and 2015. Among *young* African American and Latino gay and bisexual men (ages 13-24), the rise is 87%. In addition, HIV doesn't just affect men: one of every four new HIV infections is in a woman.

That's why it's vitally important to get tested for HIV, and take steps to prevent the spread of the virus to yourself or others. Getting tested for HIV should be a regular part of everyone's health care.

Whether you've already been diagnosed with HIV, or are looking for ways to avoid becoming infected, this booklet and video will help. You'll learn about:

- HIV basics
- How HIV can be successfully managed
- How you can protect yourself and others from the virus

## HIV diagnosis

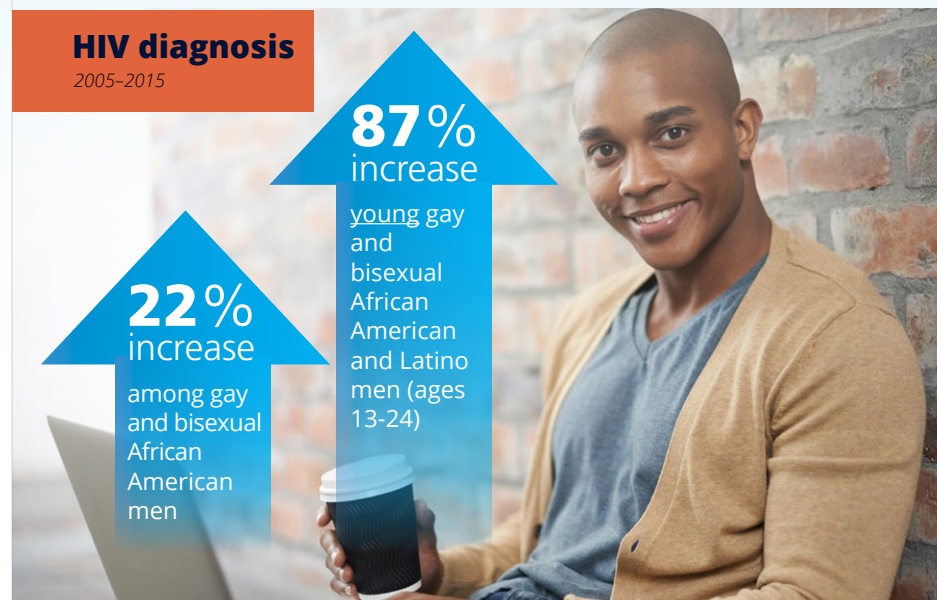
2005-2015

22%  
increase

among gay  
and bisexual  
African  
American  
men

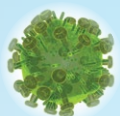
87%  
increase

young gay  
and  
bisexual  
African  
American  
and Latino  
men (ages  
13-24)

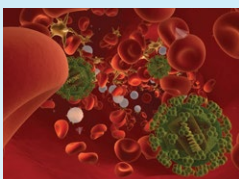


## Basic Facts About HIV

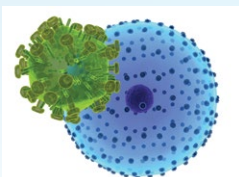
HIV stands for *human immunodeficiency virus*. It is a virus that kills cells in your body that normally fight off infection and disease. The main cells that are attacked are called *CD4 cells*. These cells are part of your immune system. When your immune system fails, you can easily become very sick.



HIV is a virus



HIV enters the blood



HIV targets, enters, and damages CD4 cells

One of the things that makes HIV dangerous is that it can “hide” in your body for many years, without causing any symptoms. That’s why many people who are infected don’t know it. If you have HIV in your body, you are said to be “HIV positive.” If you do *not* have HIV, you are “HIV negative.”

At this time there is no cure for HIV. However, medicines can keep the virus under control. If you are HIV positive, medicines can also help you avoid passing the virus to somebody else. And medicines can help people who are HIV negative avoid getting the virus in the first place.



HIV must be passed directly from one person’s body to another through blood, semen, or vaginal secretions. The virus is *not* passed through saliva or tears.

The most common way to become infected with HIV is by having unprotected anal or vaginal sex with an infected partner. HIV can also be spread through:

- Sharing needles used for injecting drugs
- Oral sex
- Breast milk passed to babies during feeding

**The most common way to become infected with HIV is by having unprotected anal or vaginal sex with an infected partner.**

## How is HIV Different from AIDS?

AIDS stands for *Acquired Immunodeficiency Syndrome*. It is the disease caused by HIV. Many people are HIV positive, but do not have AIDS. Having AIDS means that a person has much lower levels of certain types of blood cells that normally protect you from getting infections. In addition, having AIDS puts a person at higher risk for other serious illnesses, such as cancer or lung infections.

Years ago, patients who were HIV positive almost always developed AIDS. These days, however, people who are HIV positive or even have AIDS can live longer, healthier lives with the help of new medicines. HIV medicines can now treat HIV infection and keep patients from getting AIDS. These medicines can also prevent or slow the worsening of symptoms for those who already have AIDS.

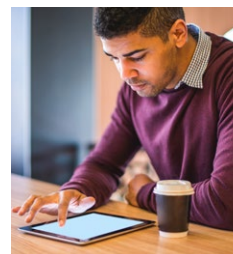
**Many people are HIV positive, but do not have AIDS.**



## How Do I Know if I Have HIV?

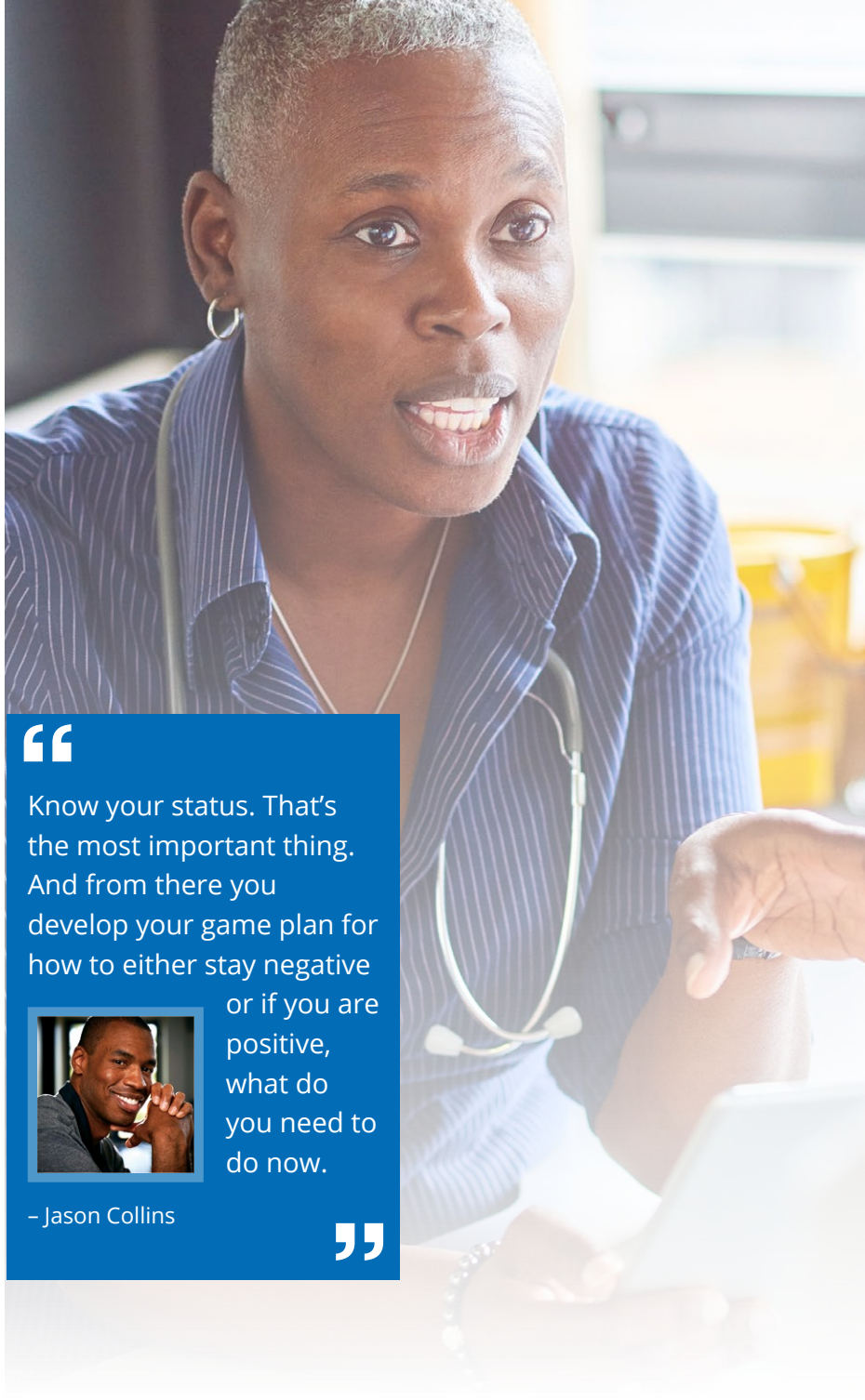
Since you might have HIV and still feel healthy, *the only way to know if you are infected is to be tested*. The Centers for Disease Control and Prevention (CDC) recommends that *all* teens and adults be tested for HIV, regardless of their risk. People who do things such as having unprotected sex (especially with different partners) or using injected drugs should get tested at least once a year, or more often if you think you need it.

There are two types of HIV tests: one uses blood, the other a sample of saliva or cells from the mouth. A test kit that allows you to be tested without visiting a doctor has been approved by the FDA, and can be bought at a drug store or ordered online. If a test is positive, a second, more accurate blood test must be performed to confirm the first result.



Aside from your health care professional, nobody will know you have gotten tested. All test results are private, unless you give permission for the information to be shared. If you don't know where to get tested, you can find an HIV testing site using the CDC's online locator (see the Resources section of this booklet).

**The only way to know if you are infected is to be tested.**



“

Know your status. That's the most important thing. And from there you develop your game plan for how to either stay negative or if you are positive, what do you need to do now.



– Jason Collins

”



## Why Get Tested?

Getting tested for HIV gives you the following benefits:



If the test is negative, you have some peace of mind for both yourself and your partner (though you still need to follow safe sex practices, and you may need to be tested again in the future).



If the test is positive, you can get medical care right away to help you stay healthy longer. Treating HIV at an early stage is the most effective. You can also take steps to avoid passing the virus to anybody else.



# I'm HIV Positive... What Do I Do Now?!

It's normal to be very worried or uncertain upon learning you are HIV positive, but it's important to keep this news in perspective. Being HIV positive means you have a serious medical condition, but one that can be managed with the right treatments.

Take a deep breath, and consider the following steps:

## Step 1: Ask for Help



Ask your health care professional if he or she has experience treating patients

with HIV. If so, she or he may be able to answer your questions and provide support. If he or she does not have experience with HIV, or if you don't have a health care professional, call the National HIV/AIDS Hotline for help. This line, run by the CDC, is open every day of the year, 24 hours a day in English and Spanish: 1-800-232-4636.



## Step 2: Talk About It

Find someone you can talk to openly about your HIV status. This may, or may not, be a partner. There are many groups and organizations devoted to HIV and AIDS. Talking with others who are also HIV positive can really help. You are definitely not alone!

## Step 3: Be Safe with Your Sexual Partners



If you have HIV, being safe means using latex condoms every time you have sex, and

never sharing needles used for drugs or any other purposes. As you will learn later in this booklet, there are medicines that can lower your chances of passing the virus to someone else.

## Step 4: Take Care of Yourself



Being HIV positive means it's

more important than ever to take good care of yourself. That means eating a healthy diet, getting enough sleep, exercising regularly and, if you smoke, quitting. Keeping your body healthy is the best thing you can do to keep your mind healthy as well!



## Step 5: Get Educated

This booklet and video are a great start to learning about HIV and testing. But if you find you are HIV positive, you should learn more. Talk to your doctor or other health care professional. There are many sources of reliable information on the Internet.

See the Resources section at the back of this booklet.

## What Treatment is Right for Me?

Today, many drugs have been developed to directly fight HIV infection. These medicines are called *antiretrovirals*. When these drugs are used in combination, it is called antiretroviral therapy, or ART. Some anti-HIV drugs are combined into a single pill that is taken once a day; others are taken individually. ART can keep you healthy for many years, and reduces your chance of passing the virus to someone else.

When taken as directed, ART can:

- Reduce the amount of virus in your body (called your *viral load*)
- Keep your immune system healthy by raising the number of CD4 cells in your body
- Help prevent HIV-related infections and other illnesses
- Reduce (though not eliminate) the chance you will pass the virus to others
- Reduce (though not eliminate) the chance you will pass the virus to your baby if you are pregnant, or planning to become pregnant

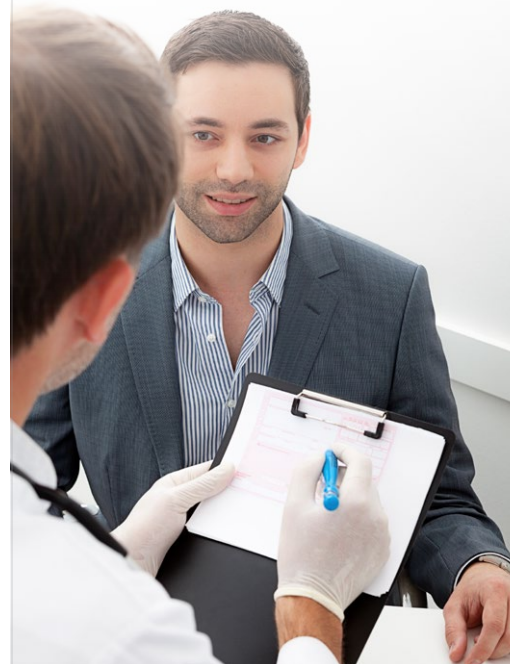
**When drugs are used in combination, it is called antiretroviral therapy, or ART.**



# ART

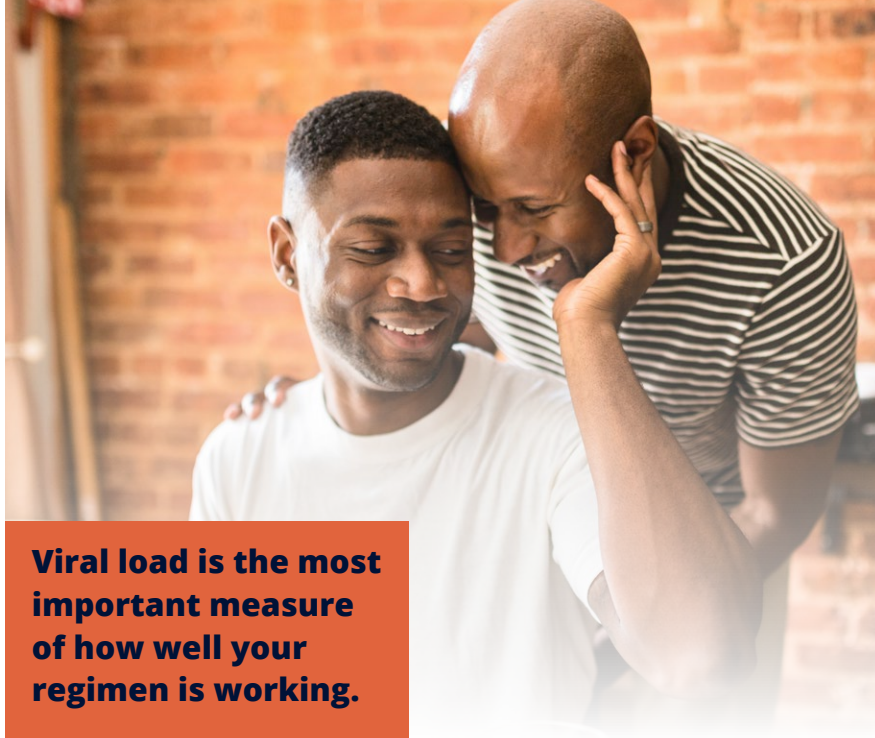
A specific plan for using ART is called a *regimen*. Medical guidelines may list “preferred” ART regimens, but *your* regimen should be tailored to your needs. Factors that you and your doctor will consider when picking an ART regimen could include:

- Results from tests that measure how sensitive you are to specific medicines (called *drug resistance testing*)
- Whether you can tolerate the recommended drugs
- Number of pills required, and how often they must be taken
- Whether pills must be taken with, or without, food
- Other medicines you take, and how those medicines may interact with one another
- Other diseases or medical conditions you may have
- Pregnancy



Like many medicines, ART regimens can cause side effects, although not everyone has the same side effects. Common side effects include:

- Upset stomach (nausea) or vomiting
- Diarrhea (loose stools)
- Difficulty sleeping
- Dry mouth
- Headache
- Rash
- Dizziness
- Tiredness



**Viral load is the most important measure of how well your regimen is working.**

## How Do I Know My Treatment is Working?

Viral load—how much HIV virus is in your body—is the most important measure of how well your regimen is working. Your viral load should drop if your anti-HIV medications are effective. Ideally, your viral load should be “undetectable” in your blood after a few months of treatment with ART. Remember, though, you still must continue taking your medicine even if a test shows an “undetectable” viral load.

Other signs that your regimen is working:

- Your CD4 count should remain the same or go up as a result of ART
- The results of your physical exams should improve
- Your HIV treatment regimen should help you feel better and keep you healthy!

## Sticking to Your Treatment Plan

Your success in fighting HIV and staying healthy depends on how closely you follow your treatment plan. Take your medicines exactly as your doctor tells you. Be sure to get all of the recommended tests.

Here are some tips that may help you stick to your plan:

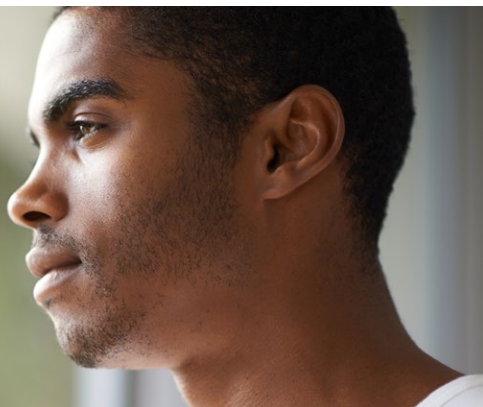
- Try to take your medicines at the same time each day
- Take your medicines when you are already doing something regular, like eating a meal or brushing your teeth
- Try a weekly or monthly pill tray, to help you remember whether or not you took your medicines that day
- Set an alarm on your clock, watch, or phone for the time you take your medicines
- Use a calendar to check off the days you have taken your medicines
- Download a free app from the Internet to your computer, or on your smartphone, that can help remind you when it's time to take your medicines (search for “reminder apps”)
- Ask a family member or friend to help you remember to take your medicines
- Plan ahead for weekends, holidays, and changes in your work or life routine



**Contact your doctor if you think you are having side effects from your medicines.**

# TIPS

**Be thoughtful  
about who  
you tell!**



## Lifestyle and Emotional Issues

It takes time to adjust to learning you are HIV positive. Finding one or more people with whom you can be completely open and confiding can provide important support.

“

When it comes to your sexual health, it's a matter of respect and a matter of safety. Respect and safety for your own personal well-being, but also respect



– Jason Collins

and safety for the people, the partners that you have.

”

However, be thoughtful about who you tell! Aside from sexual partners, there is no rush or specific need to disclose your HIV status to others. If you fear telling somebody close to you, find a support group, therapist, or domestic violence assistance group to help you work through the issue.

Watch out for signs of depression! This is very common. If you or somebody else thinks you may be depressed, talk to your doctor or health care professional as soon as possible. There are many effective treatments for depression.

## Preventing the Spread of HIV

Today, people have more tools than ever to help prevent the spread of HIV. Limiting the number of sexual partners you have, never sharing needles, choosing less risky ways to have sex, and using condoms the right way *every* time you have sex are some of the basic ways to prevent HIV. You should also get tested for other kinds of sexually-transmitted diseases, and encourage your partner(s) to do the same.



Reducing the amount of HIV in the body by taking ART helps prevent passing the virus to others through sex, needle sharing, and from mother-to-child during pregnancy and birth. This is called “treatment as prevention.”



If one person in a relationship is HIV positive and the other isn't (called *HIV-discordant*, or *serodiscordant*), find out about medicines that can be used before someone is exposed to the virus (see the section on PrEP, page 18).

If you or your partner think you may have been exposed to HIV, talk to a health care professional as soon as possible about medicines that can lower your risk of getting HIV (see the PEP section, page 19).

## Pre-Exposure prophylaxis (PrEP)

“PrEP” stands for *pre-exposure prophylaxis*. The word “prophylaxis” (pronounced pro fil AK sis) means to prevent or control the spread of an infection or disease. PrEP is a way for people who do not have HIV, but who are at high risk of getting it, to prevent HIV infection by taking a pill every day. Currently, PrEP consists of a single pill (Truvada®), which contains two drugs typically used in combination with other medicines to treat HIV.



When taken as directed, PrEP can reduce the risk of HIV infection by up to 92%.

However, PrEP is much less effective if it is not taken every day. People who use PrEP must commit to taking the drug every day, and seeing their health care professional for follow-up every 3 months.



You should consider PrEP if you are a man or woman who sometimes has sex without using a condom, especially if you have a sex partner who is HIV positive. You should also consider PrEP if you don't know whether your partner has HIV, but you know your partner is at risk (for example, your partner injects drugs or is having sex with other people), or if you have recently been told by a health care professional that you have a sexually-transmitted infection.

If your partner has HIV, PrEP may be an option to help protect you from getting HIV while you try to get pregnant, during pregnancy, or while breastfeeding. **Do not stop using condoms because you are taking PrEP!**

## Post-Exposure Prophylaxis (PEP)

If you think you have been exposed to HIV recently (for example, if a condom breaks), contact a health care professional immediately. Medicines given within 72 hours (3 days) of exposure can greatly reduce the risk of getting HIV. This is called *post-exposure prophylaxis*, or PEP. **The sooner you start taking PEP, the better—every hour counts!**

If you are prescribed PEP medicines, you need to take them once or twice a day for 28 days. You should continue to use condoms with sex partners, and use safe injection techniques, while you're on PEP.

**The sooner you start taking PEP, the better—every hour counts!**



## Looking Forward

Living with HIV today is very different from what it was like in the 1980s and 90s, when the epidemic was growing and few medicines existed to treat HIV or AIDS. Great progress has been made in fighting this virus (once an automatic death sentence for most people), and HIV can now be effectively managed like many other chronic diseases.

Ironically, however, this very success can lead people to lower their guard, take chances, and increase their risk of getting HIV. Thousands of people still get infected every year, and some people still get AIDS and die.

This booklet and video can help you avoid becoming another grim statistic. You've learned why getting tested for HIV should be a routine part of your health care, and about ways to protect yourself and others if you are HIV positive. Today, people can live long and well with HIV. It just takes knowledge, commitment, and a strong working relationship with your health care team!

**Thousands of people still get infected with HIV every year.**

# RESOURCES

## Helpful Resources

### AAHIVM ReferralLink

[www.aahivm.org/ReferralLink/exec/default.aspx](http://www.aahivm.org/ReferralLink/exec/default.aspx)

### AIDSinfo

1-800-448-0440

[www.aidsinfo.nih.gov](http://www.aidsinfo.nih.gov)

### American Academy of HIV Medicine

[www.aahivm.org](http://www.aahivm.org)

### Centers for Disease Control & Prevention

[www.cdc.gov/hiv](http://www.cdc.gov/hiv)

### Just Diagnosed Resource Center

[www.thebody.com/content/art49985.html](http://www.thebody.com/content/art49985.html)

### National HIV/AIDS Hotline

800-CDC-INFO (800-232-4636) (In English, en Español)

Hours: 24 hours a day, 7 days a week

### Project Inform

[www.projectinform.org](http://www.projectinform.org)

### The Gay and Lesbian National Hotline

888-843-4564

E-mail: [glnh@glnh.org](mailto:glnh@glnh.org)



## PRESENTED BY

### American Academy of HIV Medicine

The Academy supports HIV care providers and the profession by:

- Providing continuing medical education
- Credentialing HIV Specialists,<sup>™</sup> HIV Experts,<sup>™</sup> and HIV Pharmacists<sup>™</sup>
- Providing practice management information
- Advocating on behalf of HIV care providers at the federal and state levels for issues relevant to clinical and professional support
- Advancing health care resources for HIV-infected patients

For more information visit: [www.aahivm.org](http://www.aahivm.org)



## PROGRAM DISTRIBUTION PARTNER

### African Methodist Episcopal (AME) Church

The African Methodist Episcopal (AME) Church is the first major religious denomination in the Western world that originated from sociological rather than theological beliefs. It developed from a congregation formed by a group of Philadelphia-area slaves and former slaves who withdrew in 1787 from St. George's Methodist Episcopal Church in Philadelphia because of discrimination. The AME Church has grown to include 20 Episcopal Districts, and more than five million members in 30 nations. The AME Church strives to minister to the spiritual, intellectual, physical, emotional, and environmental needs of all people.

For more information visit: [www.ame-church.com](http://www.ame-church.com)



*Funding for this program was provided by a grant to AAHIVM from ViiV Healthcare.*

**DISCLAIMER:** This booklet and video are intended for informational purposes only, with the understanding that no one should rely upon this information as the basis for medical decisions. Anyone requiring medical or other health care should consult a medical or health care professional. Any actions based on the information provided are entirely the responsibility of the user, and of any medical or other health care professionals who are involved in such actions.

The American Academy of HIV Medicine (AAHIVM), producers Conrad & Associates, LLC and Alan Weiss Productions, booklet author Stephen Braun, and video scriptwriter Deborah Gobble, have used reasonable efforts to include timely and accurate information in this booklet and video. The AAHIVM, the producers, and the writers make no representations or warranties, express or implied, regarding the accuracy or completeness of the information provided herein and specifically disclaim any liability, express or implied, in connection therewith.

## CREDITS

*Living with HIV: Protecting Yourself and Your Partners* was made possible through the expertise, time, and efforts of many contributors. Special gratitude to:

## CONTRIBUTORS TO THE VIDEO

### W. David Hardy, M.D.

Senior Director, Evidence-based Practices  
Whitman-Walker Health, Washington DC  
Adjunct Professor of Medicine  
Division of Infectious Diseases  
Johns Hopkins University School of Medicine  
Baltimore, Maryland

### Jason Collins

*Retired Pro Basketball Player  
First openly gay male athlete in a  
major U.S. team sport*

...and the people who generously  
share their personal stories.

“

Know that you're not  
alone. There's a  
community with  
resources able to help  
you, love you, support  
you for  
the rest of  
your life!



– Jason Collins

”

*Photos in this booklet are used for illustrative purposes only. Any person depicted in the licensed material is a model, not an actual patient or health care professional unless otherwise identified.*

*Project Manager*  
Carol Brandenburg  
Executive Producer  
Conrad & Associates

*Guidebook Author*  
Stephen R. Braun  
Medical Writer  
[www.braunmedicalmedia.com](http://www.braunmedicalmedia.com)

*Guidebook Design*  
Cinda Debbink  
Design Partners  
[www.dgdesignpartners.com](http://www.dgdesignpartners.com)

# VIVIENDO CON VIH

PROTEGIÉNDOSE A SÍ MISMA Y A SUS SOCIOS



# LIVING WITH HIV

## PROTECTING YOURSELF AND YOUR PARTNERS

The news about HIV and AIDS has been encouraging. Overall, the number of people getting infected with HIV is stable, and the death rate from AIDS has dropped. Thanks to new types of medicines, HIV can now be managed like other chronic diseases such as diabetes. But thousands of people still become infected with HIV every year.

Whether you've already been diagnosed with HIV, or are looking for ways to avoiding becoming infected, this booklet and video will help. You'll learn about:

- *HIV basics*
- *How HIV can be successfully managed*
- *How you can protect yourself and others from the virus*

**VIDEO**

*in English  
en inglés*



FEATURING

**JASON COLLINS**

RETIRED PRO BASKETBALL PLAYER

*First openly gay male athlete in a major U.S. team sport*

JUGADOR DE BALONCESTO PROFESIONAL RETIRADO

*Primer atleta gay abiertamente gay en una carrera mayor deporte de equipo de los EE.UU.*

View the video

[youtube.com/user/aahivmvideocommunity](https://youtube.com/user/aahivmvideocommunity)

Or scan the QR code

Vea el video

O escanee el código QR que aparece abajo



# VIVIENDO CON VIH

## PROTEGIÉNDOSE A SÍ MISMA Y A SUS SOCIOS

Las noticias sobre el VIH y SIDA ha sido muy alentadoras. En general, el número de personas que se infecte con el VIH es estable, y la tasa de mortalidad por SIDA ha bajado. Gracias a nuevos tipos de medicamentos, ahora puede manejar VIH como otras enfermedades crónicas como la diabetes. Pero miles de personas todavía se infectan con VIH cada año.

Si ya has sido diagnosticado con el VIH, o están buscando maneras para evitar contraer este folleto y vídeo ayudará. Usted aprenderá sobre:

- *Conceptos básicos de VIH*
- *Cómo el VIH puede ser manejado con éxito*
- *Cómo puede proteger usted mismo y otros virus de la*

