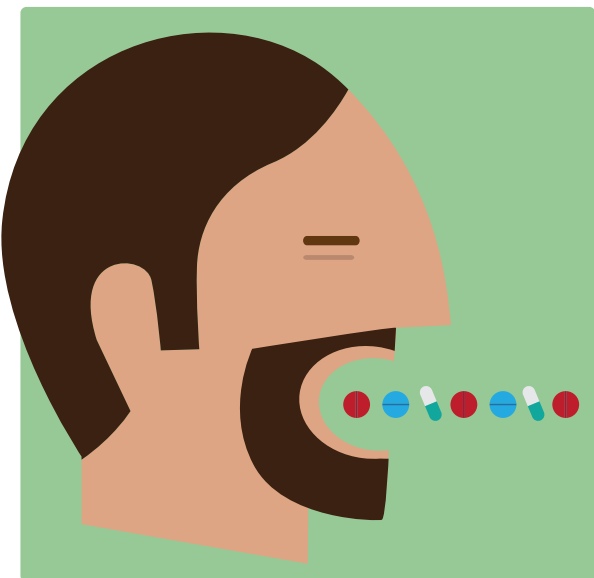


## ADHERENCE TO ANTIRETROVIRAL TREATMENT

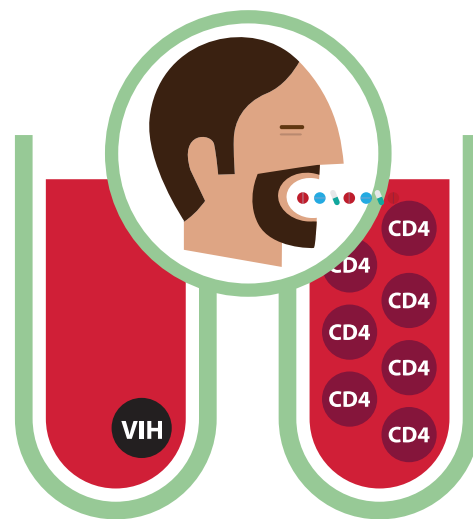


This term refers to following the treatment as specified by the doctor or, in other words, taking the exact amount of medicine, at the indicated time while respecting all other indications (taking it with or without food for example).

### 01

#### WHY DOES IT MATTER?

A good level of adherence is the main way of guaranteeing that antiretroviral treatment can control HIV infection and fully protect your health. If your treatment works properly and you tolerate it well, you will be able to carry on with it for a long time, so long as you do so correctly.



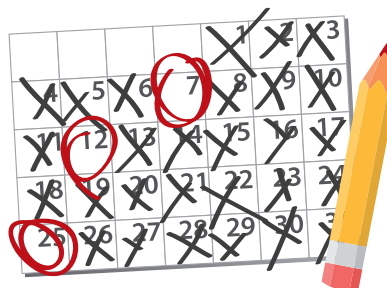
### 02

#### WHAT IS THE MINIMUM ADHERENCE LEVEL NECESSARY?

Ideally, the maximum possible. Although it is true that missing a dose will not prevent treatment from working, the more often that happens, the greater the risk that the virus will stop responding to the drugs.

Not all anti-HIV drugs work in the same way in the body and while some are eliminated quickly, others last longer. This means that in some cases, missing a dose may have a greater impact than in others. As this is difficult to determine, however, the least risky thing is to try and keep to the maximum adherence possible.

If you are finding it hard to keep to the treatment, you should talk to the team of health professionals who are attending you, as they may advise you on improvements or change you to other drugs that you find easier to take.



#### IMPORTANT:

- Adherence is the best tool for making sure that treatment works.
- Missing a dose increases the chance of the virus running out of control.
- If you take more doses than required, the treatment does not work better, but the risk of developing side effects is greater.
- You should talk to your doctor if you are finding it hard to keep to the treatment.



**GTT-VIH**  
GRUPO DE TRABAJO SOBRE  
TRATAMIENTOS DEL VIH  
ENTIDAD DECLARADA DE UTILIDAD PÚBLICA  
ONG DE DESARROLLO

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Secretaría del Plan Nacional sobre el Sida



Generalitat de Catalunya  
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