

Antiretroviral treatment has enabled people with HIV to live longer and healthier lives. However, some complications associated with aging may occur earlier in people with HIV. These include high cholesterol, blood fat and sugar levels, high blood pressure and being overweight. Observing certain healthy habits helps to prevent or counteract these complications and to improve quality of life.

Not smoking

- Smoking for people in general is not a very healthy habit and it is particularly detrimental for people with HIV.
- In people with HIV tobacco addiction increases the chance of death by five and the chance of dying from cancer by three.
- People with HIV are more likely to suffer cardiovascular problems. Smoking may increase this risk even further.
- Many resources to stop smoking are available. The use of nicotine patches and/or relaxation therapies has helped many people to give up smoking. Ask your doctor or your HIV organisation about how to obtain them.

Diet

- Following a healthy varied diet helps to keep you in a good state of health.
- Vegetables are rich in antioxidants, substances that can reduce the chances of suffering cardiovascular problems.
- Crude olive oil reduces cholesterol levels and prevents blockage of the arteries and therefore cardiovascular risk. This oil should be the main fat in our diet.
- Reducing salt intake as far as possible helps to control blood pressure and prevents or reduces hypertension.
- Fried foods contain high levels of fat, which

Doing physical exercise

- Physical exercise has proven to be very useful in reducing the side effects of antiretroviral treatment and/or certain complications associated with HIV infection.
 - Walking, running, cycling and swimming improve cardiovascular health and help maintain normal blood cholesterol and sugar levels.
 - Exercising with weights and machines increases your physical strength. This type of exercise has been observed to reduce the hormonal changes associated with aging and with HIV. It also improves your figure and state of mind and helps replace fat with muscle, which assists in reducing blood fat and cholesterol levels.
- increases abdominal obesity and leads to high blood cholesterol and fat levels. Consumption of them should be reduced as much as possible.
- Red meats (pork, beef) tend to be rich in cholesterol and saturated fats. They should be consumed in moderation.
 - Fish, particularly oily fish (sardines and salmon, etc.) are rich in omega 3 unsaturated fats which, like the fats in olive oil, are very beneficial in reducing cardiovascular risk.
 - Although some vitamin and/or herbal supplements may be beneficial, you should consult your specialist HIV doctor before taking them as they may interact with the antiretroviral medication.



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POR FAVOR, FOTOCÓPIALO Y HAZLO CIRCULAR

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Colaboran:

