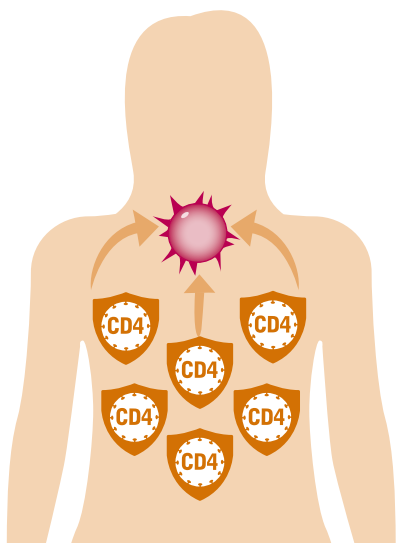
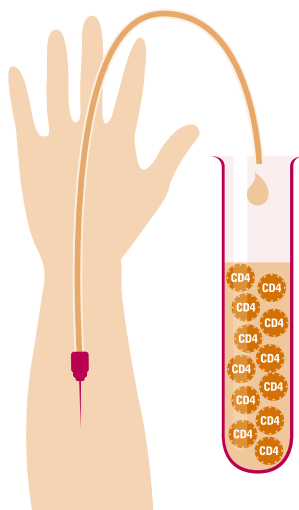


You may not need to take HIV treatment straight away. It depends on the effect HIV has had on your immune system.

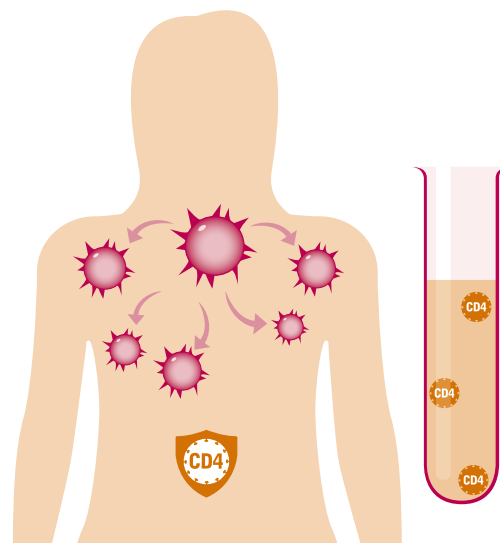
1 The immune system is the body's natural defence system. When it is strong, it can fight off infections and illnesses on its own.



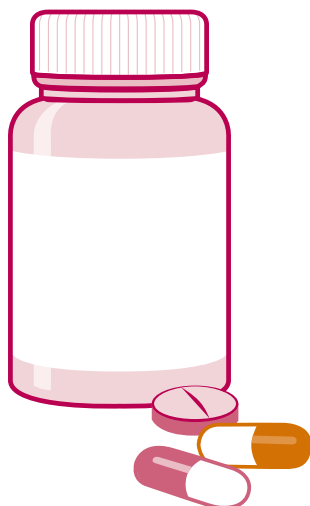
2 The CD4 count is a blood test that gives information about your immune system. A high CD4 count means your immune system is strong.



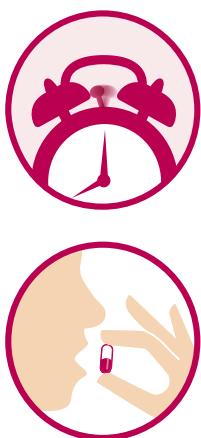
3 If your CD4 count is low, this means HIV has weakened your immune system.



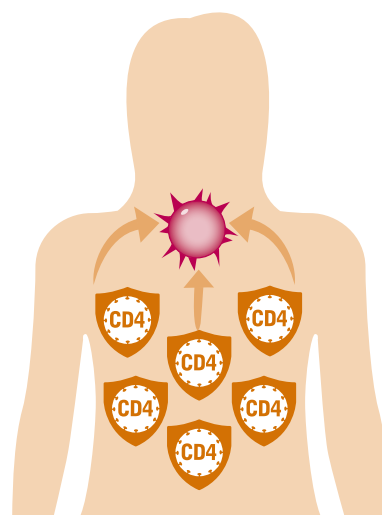
4 If your CD4 count goes below 350, starting treatment is recommended.



5 HIV treatment involves taking pills at the same time every single day. You need to feel ready for this commitment.



6 HIV treatment will strengthen your immune system. It will be able to fight off infections and illnesses again.



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POR FAVOR, FOTOCÓPIALO Y HAZLO CIRCULAR

Subvencionado por:
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Secretaría del Plan Nacional sobre el Sida

Generalitat de Catalunya
Departament de Salut
Programa de Prevenció i Assistència de la Sida

Ajuntament de Barcelona
Àrea d'Acció Social y Ciutadania

Diputació Barcelona
Àrea de Benestar Social

Colaboran:



Important points

- British medical guidelines recommend starting treatment when the CD4 count goes below 350.
- Taking treatment will prevent further damage to your immune system, and will mean there is less risk of getting ill in the future.

Notas

Starting HIV treatment is recommended for everyone who has a CD4 count below 350 and who feels ready to start. It's particularly recommended if your CD4 count is below 200.

Your doctor or another health-care worker will be able to answer any questions you have about HIV treatment and help you work out whether you're ready to start.

Sometimes people start treatment when the CD4 count is above 350. Your doctor may recommend this if:

- HIV is making you ill
- you have another health problem like hepatitis or diabetes
- you are at high risk of heart disease
- you are aged over 50, or
- you are in a relationship with someone who does not have HIV (treatment reduces the risk of HIV being passed on).



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