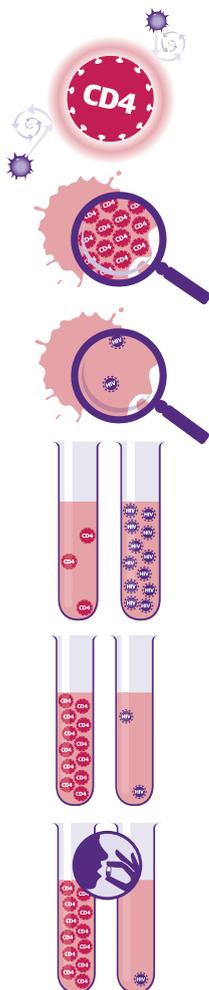
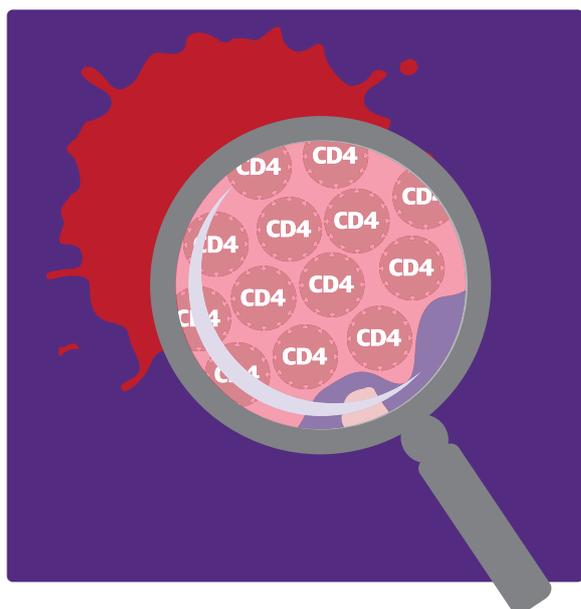


It's important for all people with HIV to have regular blood tests. The two most important blood tests are for CD4 and viral load.

CD4 AND VIRAL LOAD



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CD4 cells are the most important cells in the immune system. Our immune system protects us against infections and illness.

The CD4 count tells you how many CD4 cells there are in a drop of blood. The more there are, the better.

Viral load measures how much HIV there is in a drop of blood. You want to have as little HIV as possible.

When the CD4 count is low, the viral load is usually high. This situation is not good.

When the CD4 count is high, the viral load is usually low. This is much better.

The result of treatment should be the CD4 going up, and the viral load going right down.

IMPORTANT POINTS

- CD4 and viral load test results give essential information about the effect HIV is having on your body.
- The aim of HIV treatment is to have a very low (or 'undetectable') viral load and a high CD4 count.

QUICK GUIDE TO TEST RESULTS

CD4 COUNTS

Between 500 and 1200 = usual for people who don't have HIV
Below 200 = there is a higher risk of illnesses and infections

YOUR DOCTOR MAY GIVE YOUR CD4 RESULTS AS A PERCENTAGE

Above 29% = similar to a CD4 count of above 500
Below 14% = similar to a CD4 count of below 200

VIRAL LOAD

Between 100,000 and 1 million = high
Below 10.000 = for people with HIV not on treatment, this is low
Below 50 = known as an 'undetectable' viral load. The aim of HIV treatment is to have an undetectable viral load

gt grupo de trabajo sobre tratamientos del VIH
ENTIDAD DECLARADA DE UTILIDAD PÚBLICA
ONG DE DESARROLLO

SUBVENCIÓN



POR SOLIDARIDAD
OTROS FINES DE INTERÉS SOCIAL



Secretaría del Plan Nacional sobre el Sida



Generalitat de Catalunya
Agència de Salut Pública
de Catalunya



Generalitat de Catalunya
Departament de Justícia



Ajuntament de Barcelona
ÀREA DE QUALITAT DE VIDA,
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ETIS
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TROPICAL
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¿TIENES DUDAS
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PREGÚNTANOS

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