



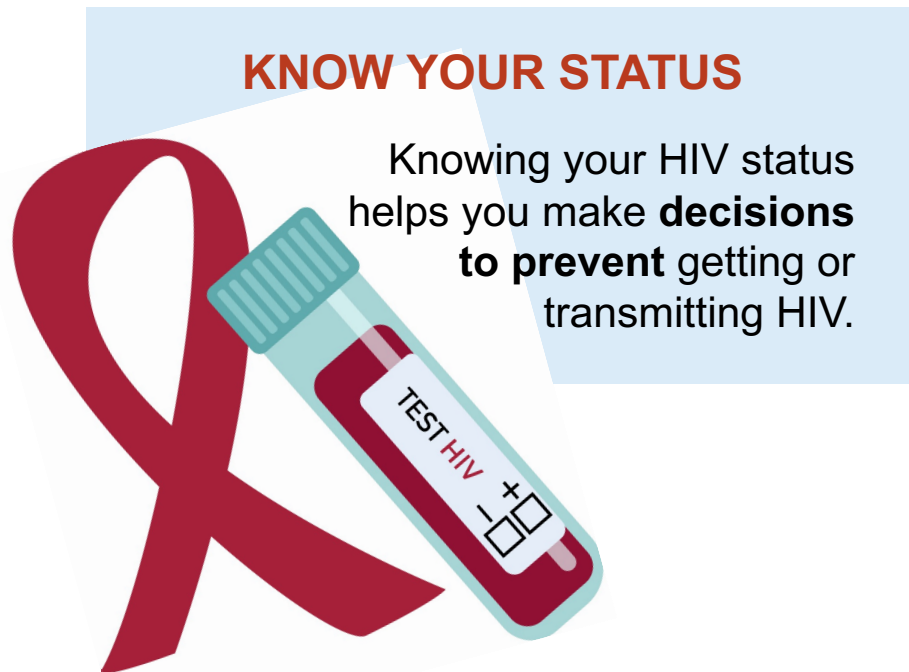
# Be in the Know about HIV Prevention and Testing

## Who, Why, When, and Where

Supported by an educational grant from Gilead Sciences, Inc.

# Why Test for HIV?

- The only way to know your HIV status is to get tested
- Knowing gives you the power to protect yourself as well as your friends and family

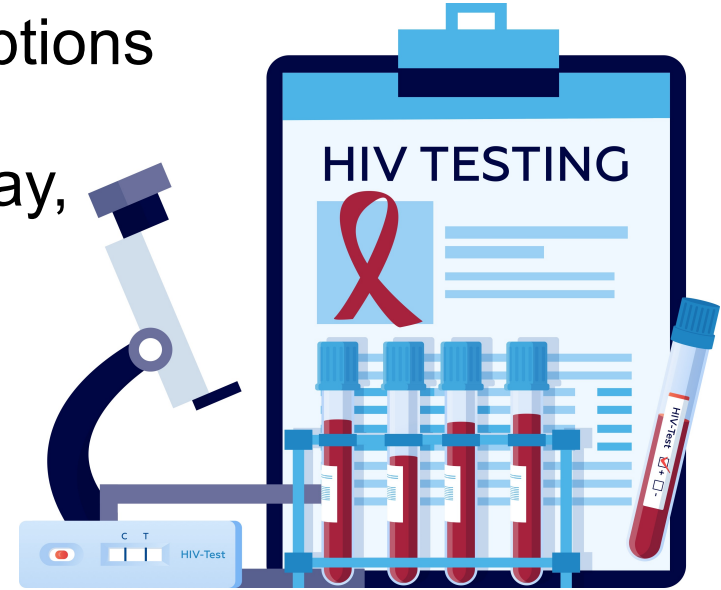


## KNOW YOUR STATUS

Knowing your HIV status helps you make **decisions to prevent** getting or transmitting HIV.

# Knowing Your HIV Status Puts YOU in Control

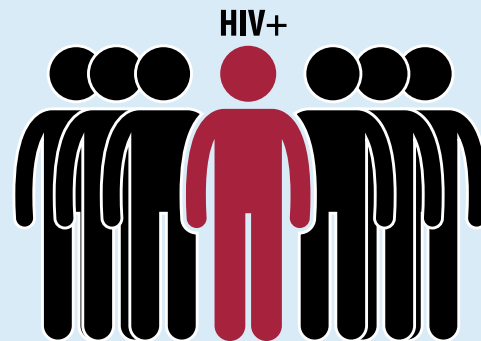
- Whatever the outcome, you have options
  - If your test is negative, there are medications that, if taken every day, can protect you from getting HIV
  - If your HIV test is positive, treatments are available that suppress the HIV virus and keep you healthy
- Knowing your HIV status gives you the power to protect yourself and your friends



# Who Should Get Tested?

- People with certain risk factors should get tested every year
- Persons who are sexually active with multiple partners may benefit from more frequent testing (every 3-6 months)
- Pregnant women

**1 in 7 people in US living with HIV are unaware of their status.**



CDC recommends that everyone aged 13 to 64 get tested for HIV at least once in their lifetime.



# If You Answer “Yes” to Any of These Questions, Say “Yes” to Testing



Are you a man who has had sex with another man? Are you a transgender woman?

Have you had sex—anal or vaginal—with a partner who has HIV?

Have you had more than one sex partner since your last HIV test?

Have you exchanged sex for drugs or money?

# If You Answer “Yes” to Any of These Questions, Say “Yes” to Testing



Have you injected drugs and shared needles, syringes, or other injection equipment (cookers, water, cotton) with others?

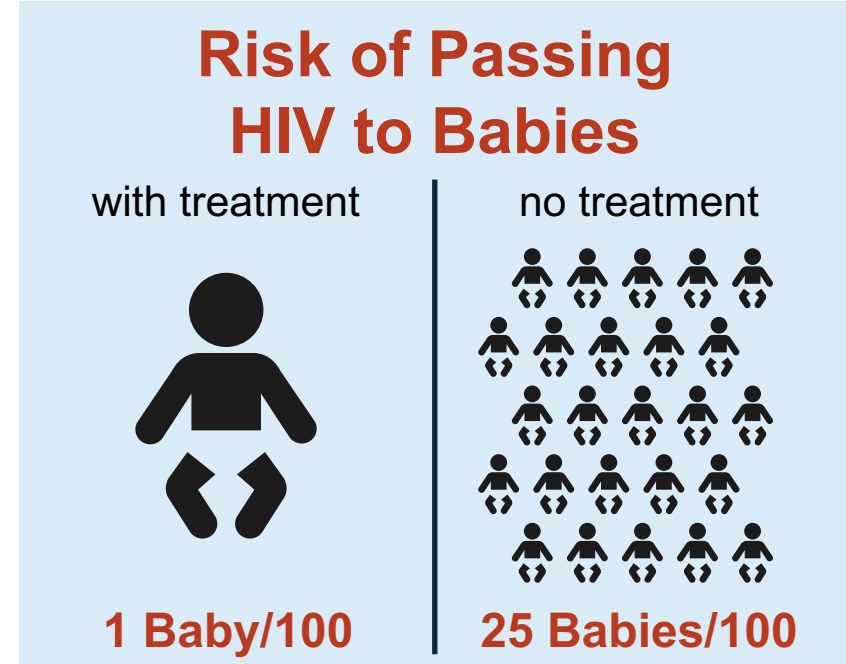
Do you have another sexually transmitted disease (STD)?

Do you have hepatitis or tuberculosis (TB)?

Have you had sex with someone who could answer “yes” to any of these questions or someone whose sexual history is unknown?

# HIV Testing in Pregnant Women

- If you are pregnant, you should be tested for HIV
- If a woman with HIV is treated early in her pregnancy, the risk of transmitting HIV to her baby is extremely low (1% or less)
- Prevention is beneficial even during labor or shortly after the baby is born



# Where to Get Tested

- Ask your health care provider about being tested
- Go to a local health clinic or community health center
- STD or sexual health clinics
- Family planning or Planned Parenthood clinics
- Your local health department
- Veterans Affairs (VA) medical centers
- Substance abuse prevention or treatment programs
- A home testing kit can be bought at the pharmacy or online

- Call 1-800-CDC-INFO
- <https://gettested.cdc.gov>
- Text your zip code to KNOWIT (566948)

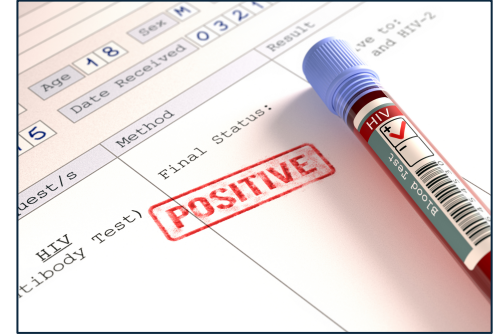
# If Your Test Is Negative, There are Ways to Prevent HIV Infection

- Pre-exposure prophylaxis (PrEP) is a pill that your health care provider can prescribe for you
- PrEP is taken once a day to prevent HIV infection
- PrEP is **99%** protective against HIV in people who take it every day
- Condoms should be used in conjunction with PrEP to protect against other STDs such as syphilis or gonorrhea
- You should see your health care provider every 3 months for prescription refills and follow-up



# Knowledge Is Power: What to Do if Your HIV Test Is Positive

- Talk to your health care provider about the next step(s)
- HIV treatments are available to keep you healthy for many years and, when taken as prescribed, keep you from spreading the virus to others
- Early treatment keeps people with HIV alive and healthy
- Treatment is prevention: U = U
  - Undetectable = Untransmittable



# HIV Treatment 101

- The goal of treatment is to reduce the amount of HIV virus in your body
- The treatment for HIV is called antiretroviral therapy (ART)
- It is important to make it a daily habit to allow the medication to reduce the amount of HIV in your body





# Early Treatment of HIV Can Prevent Long-Term Complications

- Untreated HIV or late treatment of HIV may lead to cardiovascular, renal, or liver diseases

## Cardiovascular Disease

Increased risk of myocardial infarction and early carotid atherosclerosis

## Renal Disease

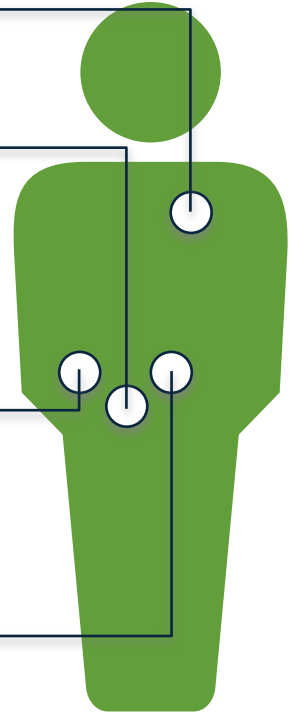
Increased risk of HIV-associated nephropathy, especially among African Americans and older patients and those with diabetes, hypertension, or a low CD4 count

## Hepatic Disease

Faster progression of fibrosis and increased risk of cirrhosis, end-stage liver disease, and hepatocellular cancer in patients with hepatitis B or C coinfection

## Cancer

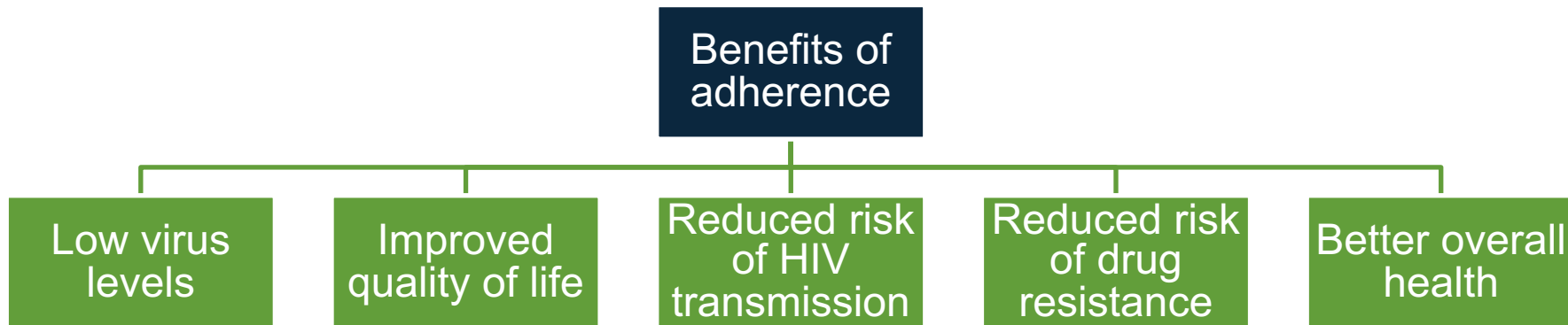
Direct inflammatory effects of HIV infection can raise risk of some cancers





# Importance of Medication Adherence

- HIV medications help people with HIV live longer, healthier lives
- Adherence to an HIV regimen reduces the risk of drug resistance and HIV transmission



# What Should I Do if I Miss a Dose?



- If you realize you have missed your dose, take it as soon as you can and take the next dose at the regular time
- Missing multiple doses of your medication over time can cause the HIV virus to begin to multiply quickly, weakening your immune system and eventually making you sick
- If you miss a lot of doses or experience side effects, be sure to let your health care provider know
- Your medication can be changed (if necessary) – you have options!

# Is ART Safe?

- Like most medications, side effects are possible
- Common side effects you might experience include:
  - Nausea and vomiting
  - Diarrhea
  - Difficulty sleeping
  - Dry mouth
  - Headache
  - Rash
  - Dizziness
  - Fatigue
  - Pain
- Side effects often go away within the first 2 weeks after starting treatment
- Let your health care provider know if side effects keep you from being able to take your medication every day

# Important Takeaways

- Everyone should be tested for HIV
- If your HIV test is negative, daily PrEP is 99% effective for preventing HIV
- If your HIV test is positive, treatments are available to keep you healthy
- Ask questions and discuss your concerns with your health care provider



# Learn More About HIV

- HIV Patient Education Hub  
**<https://cmeoutfitters.com/HIVpatientED>**
  - In this Hub you will find education and resources to keep you informed about HIV, including the importance of prevention, testing, and treatment of HIV
- Centers for Disease Control and Prevention  
**<https://www.cdc.gov/hiv/default.html>**
- HIV.gov

