

## HIV/AIDS - Treatment



### Medicines AND a Healthy Lifestyle

We all know that a healthy lifestyle is important. For those living with HIV/AIDS, it's very **very** important. HIV *can* be a manageable disease, but living a long healthy life with HIV means making healthy choices every day. If you take your HIV medicines the way that you are supposed to, visit your healthcare provider regularly, and take care of your body, you can help to protect your immune system from damage from HIV.

### Medications and Therapies

The main HIV/AIDS treatment is medicine called *antiretroviral therapy*



(ART). There are a number of ART medicines that work to stop the virus from *reproducing* itself in your body. Some of the most common ART medicines are called *NRTIs* and *protease inhibitors*. If the medicines work, the amount of HIV in your body goes down to a very low level, and your immune system stays healthy.

## Healthy Living

Treatment for HIV/AIDS means more than just taking pills every day. While medicines are a must for treating HIV, they are only one part of living a healthy life. A good diet, daily exercise, plenty of rest, and going to all of your medical appointments are all part of a healthy life.



Doing all of the things helps to boost your immune system and prevent other diseases, such as heart disease, diabetes, or high blood pressure.



Be sure to get answers to any questions you have about HIV/AIDS. Your public health department and health care provider can help.

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