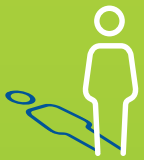


# **Understanding** *HIV* and **RESISTANCE**



*A Practical Guide to What HIV  
Resistance Means to You*

## **U=U**

**UNDETECTABLE = UNTRANSMITTABLE**

***Why is this so important?***



**The goal of  
treatment is  
undetectable.**







**People do not transmit  
HIV to partners when  
they are undetectable.**






**If you can't transmit  
HIV, stigma goes down  
and your quality of life  
goes up.**

**If you're detectable, talk to your provider about how you get to UNDETECTABLE.**

### WHAT HAPPENS IF HIV IS NOT WELL CONTROLLED?

-  The virus can become **resistant**
-  The body's ability to fight infection can be **reduced**
-  The immune system can be **damaged** and CD4 cell counts can become very low
-  HIV can lead to **AIDS (Acquired ImmunoDeficiency Syndrome)**

### WHY DO MY HIV MEDICATIONS CHANGE?

-  **Detectable viral load** caused by:
  - Resistance
  - Difficulty taking the medication
-  **Side effects** that do not go away
-  **Convenience**
  - Easier ways to take HIV medication
  - Taking fewer pills
  - Other ways to take HIV drugs including infusion or injection

### WHAT IS HIV RESISTANCE?

-  Resistance means a drug **does not work anymore**
-  Resistance testing shows us which medication works and doesn't work
-  When your virus is resistant, your viral load **goes up**
-  Your doctor should test for resistance when your viral load goes up
-  Some people's HIV is resistant to **most or all available medication**
-  Resistance **does not go away**, even if you stop taking medication

**If you changed medication multiple times, that might be because of RESISTANCE.**



**At your next appointment, ask your doctor if RESISTANCE TESTS are needed.**

# Some Questions **TO ASK YOUR DOCTOR**



What is my viral load?  
What is my CD4 count?



Is my virus resistant to any medication?



What are my treatment options?



How should I take my medication?



Do my medications interact with any other drugs I am currently taking?  
What should I expect?

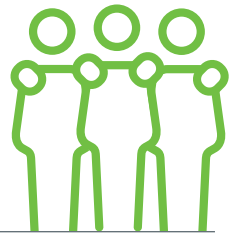
It is especially important to **TAKE YOUR MEDICATION EXACTLY AS PRESCRIBED** and **GO TO YOUR MEDICAL APPOINTMENTS.**

**Ask your doctor about your treatment.**

**If you are taking your medication and your virus IS DETECTABLE, ask your doctor why.**



## **Understanding HIV and RESISTANCE**



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