#### Some Questions TO ASK YOUR DOCTOR



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



ls 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.



Understanding HIV and RESISTANCE

#### REFERENCES

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# Understanding HIV and RESISTANCE

A Practical Guide to What HIV Resistance Means to You

## **U**=**U** UNDETECTABLE = UNTRANSMITTABLE

Why is this so important?



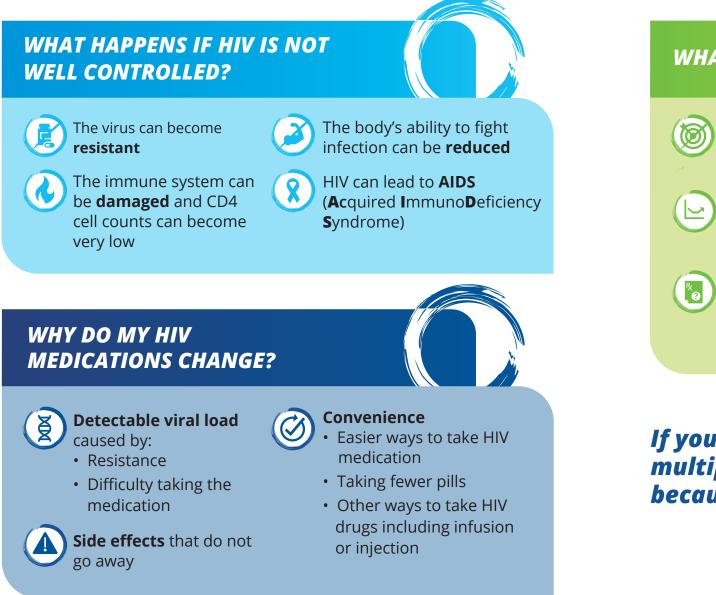
The goal of treatment is undetectable. People do not transmit HIV to partners when they are undetectable.



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

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



#### WHAT IS HIV RESISTANCE?

Resistance means a drug **does not work anymore** 

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When your virus is resistant, your viral load **goes up** 

Some people's HIV is resistant to **most or all** available medication

Resistance testing shows us which medication works and doesn't work



Your doctor should test for resistance when your viral load goes up

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.