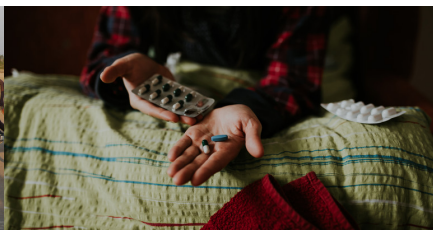


Health & wellbeing when living with HIV

Taking HIV treatment keeps your immune system healthy, but there are other things you can do to stay fitter and happier like eating healthily and exercising.

HIV does increase your chances of developing other health conditions like TB, but there are ways you can reduce this risk.

If you are young and HIV-positive or are growing older with HIV, you may have questions. Here we address the many ways you can take care of your health and wellbeing, whatever your situation.



Taking care of yourself when living with HIV

HIV and other health conditions

Tuberculosis and HIV co-infection

It is important to eat healthily and exercise for HIV treatment to be effective.

It's important to learn how to manage HIV and other health conditions together.

TB is more common among people living with HIV so make sure you test regularly.



Looking after your mental health when living with HIV

Being young and HIV positive

Growing older and ageing with HIV

Staying healthy and happy with HIV means looking after your mental health too.

You can still enjoy the same things as other young people even if you're living with HIV.

4.2 million people over 50 are living with HIV and manage it well - you can too.

Next full review: 01 May 2018

Last updated: 15 February 2017