

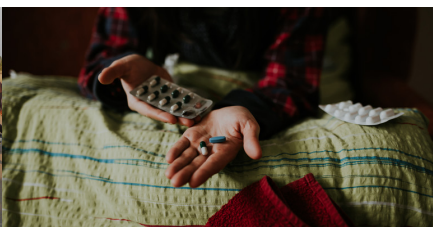
Health & wellbeing when living with HIV

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.

Next full review:
01 May 2018



Taking care of yourself when living with HIV

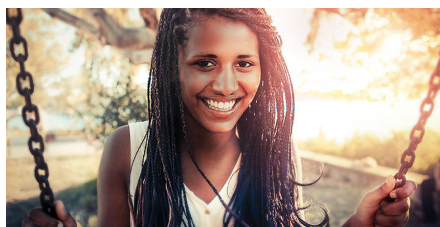
It is important to eat healthily and exercise for HIV treatment to be effective.

HIV and other health conditions

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

Tuberculosis and HIV co-infection

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



HIV AND YOUR MENTAL HEALTH

Staying healthy and happy with HIV You can still enjoy the same

Being young and HIV positive

Growing older and ageing with HIV

With effective treatment, many

HIV means looking after your mental health too.

things as other young people even if you're living with HIV.

people living with HIV are living long and healthy lives.

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