Pills Count

HIV meds treat more than the virus.

June 11, 2012 By Laura Whitehorn

Among the challenges of living with HIV, taking daily doses of drugs to keep the virus in check can seem a monumental task. Aside from the grind of a daily pill routine, there are short- and long-term drug side effects to manage and worry about. But more and more news continues to emerge saying, “Keep on keeping on—it’s worth it.”

HIV treatment does more than keep people from getting sick and dying; the meds can also improve some important physical functions. The drugs (if taken on time every time) seem to do this by preventing the virus—and its inflammation of the immune system—from damaging body organs and functions.

Two recent studies show that people whose HIV is under control have fewer of certain kinds of lung problems, as well as fewer bone fractures, than positive people whose virus remains uncontrolled and detectable.

It all points to the importance of getting into health care and sticking with HIV treatment. And right on time, specific guidelines have been created to help positive people do both. For more information, search “New IAPAC recommendations” on poz.com.

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http://beta.docker.realhealthmag.com/article/HIV-meds-daily-22493-1533