## Finding out you have HIV can add years to your life / CHAPS, Terrence Higgins Trust.

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# FINDING OUT YOU HAVE HIV CAN ADD YEARS TO YOUR LIFE

Deaths from AIDS in the UK have dropped by 70% since new HIV treatments became available. They aren't cures, and they don't work for everyone. But they can prolong life, and the sooner you find out the sooner you have the chance to benefit.

As well as adding years to your life, knowing you're HIV positive can also add life to your years. There are tests which monitor how your body is coping with the virus so you can start to make informed decisions on your lifestyle and the way you look after your health. There's also information available to help you weigh up the options, and take your life forward as healthily and happily as you can.

### Better off knowing?

To talk this through, ring the THT Helpline (12noon-10pm) on 020 7242 1010, or make an appointment at THT's London Face2Face service on 020 7816 4566. There's also a booklet "Better off knowing?" available from many gay venues, by calling the Helpline or at www.tht.org.uk

CHAPS COMMUNITY HIV AND AIDS PREVENTION Terrence Higgins Trust