

## **The advantages of finding you have HIV / CHAPS, Terrence Higgins Trust.**

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# THE ADVANTAGES OF FINDING OUT YOU HAVE HIV

The sooner you find out you have HIV, the sooner you have the chance to benefit from the new treatments that have cut AIDS deaths in the UK by 70%. They aren't cures, and they don't work for everyone, but for many people they're a new lease of life.

There are tests which monitor how your body is coping with the virus so you will be in a position to make informed decisions about 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](http://www.tht.org.uk)

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