

Combination therapy is no picnic / GMFA.

Contributors

Gay Men Fighting AIDS (Organization)

Publication/Creation

[approximately 1998?]

Persistent URL

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Combination **therapy** is no **picnic**

Have you heard about combination therapy drugs, how they've brought people back from the dying, the Lazarus syndrome? Do you catch yourself thinking that perhaps getting HIV won't be such a big deal? Does taking a few pills seem easier than using a condom every time you fuck? After years of looking after yourself, is your guard slipping?

No-one can decide what options you take in life other than you, but before you make decisions that will affect the rest of your life, find out all the facts - talk to guys on the therapies, talk to doctors.

Combination therapy works for many guys. They have stopped needing hospital treatment as frequently as before, and for that alone we should be thankful. Others have renewed energy, higher T-cell (CD4) counts and less HIV in their blood. Some are considering re-entering work after years in retirement. Positive guys are living for longer than was once expected. But they are still HIV positive. They still have to deal with the medical, social and psychological issues that come with that.

For up to 40% of people, combination therapy doesn't work. Some people for whom the therapy is effective have to cope with side effects which may be sickness, headaches, incessant shits, and fatty deposits around their stomach and neck. New research suggests that the therapy may lead to diabetes and heart disease.

You may have to reorganise the way you live your life, and your days can revolve around a strict regime of meal times and taking pills. The therapy may restrict when and where you socialise, your ability to drink alcohol or take recreational drugs.

Combination therapy may be preferable to a premature death,
but can't compare to staying HIV negative.

For more information about safer sex visit our website at www.demon.co.uk/gmfa

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