



HIV AND AIDS

WORLD AIDS DAY

The 1st of December 2018 marks an important day on the global health calendar as World Aids Day. This is an opportunity for us all to stand together, show each other support, and raise awareness around HIV/AIDS.

Living with HIV requires taking care of yourself. You can manage the disease by practicing a healthy lifestyle. Here's how:

1. Diet and nutrition

Eating right when you have HIV can help boost your energy, keep you strong and help your body fight infections and better absorb your treatment.

A well-balanced diet includes plenty of fruits and vegetables, lean protein such as fish, lean meat, poultry, eggs and beans, wholegrain carbohydrates such as brown rice, whole wheat bread, healthy fats such as olive oil, avocados and nuts.

2. Physical activity

For those living with HIV, exercise becomes extremely important. Staying fit helps to preserve muscle mass, keep bones strong, reduce stress and boost energy levels.

3. Lifestyle changes

It is important to make healthy lifestyle choices a habit in order to keep the virus under control.

This includes practicing safe sex, getting regularly tested for sexually transmitted diseases, stopping smoking and drinking and taking care of your emotional and mental wellbeing.

4. Treatment

A person can be infected with the HIV virus for many years before AIDS develops. Early diagnosis, access to quality care and effective treatment are, therefore, key to successfully managing the disease.

Like many other medications, there are side effects to antiretroviral treatment. Once you start treatment, it is important to take it exactly as prescribed, at the same time, every day.

Being diagnosed with HIV is no longer a death sentence and you can live a long, healthy and full life. It is, however, important to consult with your doctor before making any drastic changes to your lifestyle.