

# HIV Tests and Treatments

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This resource describes the currently available [antiviral](#) [1] A medication or substance which is active against one or more viruses. May include anti-HIV drugs, but these are more accurately termed antiretrovirals. drugs for the treatment and management of HIV infection. It also describes some common tests used to monitor the health of people with HIV, and how these tests can be used to help you look after your health, or make decisions about starting, stopping or changing antiviral treatments.

## Who this resource is for

This resource is for anyone with HIV who may be considering starting, stopping or changing treatment. It is designed for all people with HIV, whether you have been recently diagnosed, or have known about your HIV positive status for some time.

### The information in this resource is designed to help you:

- understand how HIV antiviral treatments work, and what drugs are currently available;
- understand the different tests which might be suggested by your doctor to help monitor your health; and
- work with your doctor to come up with the most appropriate HIV treatment and management strategy for you – whether with or without antiviral drugs.

### It also contains some information about:

- drug side effects and how they might be managed; and
- tips and tricks for getting the most out of your drugs.


### Regular treatments information

As our understanding of HIV tests and treatments continues to expand, it can be useful to stay abreast of developments. A good way to keep up to date is by reading regular treatments publications like [Positive Living](#) [2].

Up to date information on treatments is also available in [NAPWA's Treatments Database](#) [3].

### The following websites may also be useful:

- [The Body](#) [4] (US)
- [National AIDS Manual](#) [5] (UK)
- [Canadian AIDS Treatment Information Exchange](#) [6]
- [Project Inform](#) [7]
- [Medscape](#) [8] has a very good HIV/AIDS section & posts out updates
- [AIDS Treatments News](#) [9] has a useful list of links to other treatments sites

Attachment	Size	Type
<a href="#">HIV Tests and Treatments 2009 Edition</a> [10]	2.15 MB	 PDF

- [What this resource does not do](#) [11]
- [Changes in managing HIV](#) [12]
- [How HIV works](#) [13]
- [Viral Load](#) [14]
- [Antiviral treatments](#) [15]

- [Understanding HIV treatments](#) from the NAPWA website at <http://www.napwa.org.au/resource/hiv-tests-and-treatments>
  - [ANET resources](#)
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**Links:**

- [1] <http://www.napwa.org.au/glossary/term/123>
- [2] <http://www.napwa.org.au/pl>
- [3] <http://www.napwa.org.au/rx>
- [4] <http://www.thebody.com>
- [5] <http://www.aidsmap.com>
- [6] <http://www.catie.ca>
- [7] <http://www.projectinform.org>
- [8] <http://www.medscape.com>
- [9] <http://www.aidsnews.org>
- [10] [http://www.napwa.org.au/files/HIV Tests and Treatments 2009 4th Edition\\_0.pdf](http://www.napwa.org.au/files/HIV%20Tests%20and%20Treatments%202009%204th%20Edition_0.pdf)
- [11] <http://www.napwa.org.au/resource/hiv-tests-and-treatments/what-this-resource-does-not-do>
- [12] <http://www.napwa.org.au/resource/hiv-tests-and-treatments/changes-in-managing-hiv>
- [13] <http://www.napwa.org.au/resource/hiv-tests-and-treatments/how-hiv-works>
- [14] <http://www.napwa.org.au/resource/hiv-tests-and-treatments/viral-load>
- [15] <http://www.napwa.org.au/resource/hiv-tests-and-treatments/antiviral-treatments>