

Disclaimer

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The information contained in this booklet is not intended to endorse or recommend any particular treatment and not all of the treatments and [complementary therapies](#) [1] A broad range of healing philosophies, approaches, and therapies that Western (conventional) medicine does not commonly use to promote well-being or treat health conditions. Examples include acupuncture, herbs, Traditional Chinese Medicine, etc. mentioned are suitable for everyone. This booklet is intended as a guide only and should not be used as a replacement for professional advice. It is strongly recommended that you speak to your doctor or health care provider before commencing any treatments or complementary therapies to manage side effects. Your doctor or health care provider will first need to determine the exact nature and cause of the [side effect](#) [2] Any undesired actions or effects of a drug or treatment. Negative or adverse effects may include headache, nausea, hair loss, skin irritation, or other physical problems. Experimental drugs must be evaluated for both immediate and long-term side effects. to ensure you receive proper treatment.

Many of the complementary therapies mentioned have not been proven to be effective or safe through specific and rigorous study in HIV settings, nor for the management of [antiviral](#) [3] A medication or substance which is active against one or more viruses. May include anti-HIV drugs, but these are more accurately termed antiretrovirals. -related side effects. The strength of evidence in suggesting their use varies, and use of some complementary therapies may be based on anecdotal evidence or limited studies into their benefits for side effects. Further, the efficacy of such therapies can be subject to wide patient variability, just as side effects from drugs vary among individuals. Not all complementary therapies are regulated and some may not be standardised in terms of purity, dosage, [effectiveness](#) [4] (Of a drug or treatment). The maximum ability of a drug or treatment to produce a result regardless of dosage. A drug passes efficacy trials if it is effective at the dose tested and against the illness for which it is prescribed. In the standard procedure, Phase II clinical trials gauge efficacy, and Phase III trials confirm it. or safety.

This resource is provided by the Australian Federation of AIDS Organisations ([AFAO](#) [5] Australian Federation of AIDS Organisations. AFAO is the peak non-government organisation representing Australia's community-based response to HIV/AIDS. AFAO's work includes education, policy, advocacy and international projects.) and funded by the Commonwealth Department of Health and Ageing (Commonwealth) for the purpose of disseminating health information free of charge for the benefit of the public. While AFAO and the Commonwealth take reasonable care to ensure the quality of the information, this booklet is not suitable for independent and professional advice. AFAO and the Commonwealth do not accept liability for any injury, loss or damaged incurred by use of or reliance on the information. AFAO and the Commonwealth cannot guarantee, and assume no legal liability or responsibility for, the accuracy, currency or completeness of the information.

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[Recipe for whole lemon drink](#) [7] [up](#) [8]

Links:

[1] <http://www.napwa.org.au/glossary/term/478>

[2] <http://www.napwa.org.au/glossary/term/471>

[3] <http://www.napwa.org.au/glossary/term/123>

[4] <http://www.napwa.org.au/glossary/term/486>

[5] <http://www.napwa.org.au/glossary/term/385>

[6] <http://www.napwa.org.au/glossary/term/382>

[7] <http://www.napwa.org.au/resource/managing-side-effects/recipe-for-whole-lemon-drink>

[8] <http://www.napwa.org.au/resource/managing-side-effects>