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## Looking after your health: Viral load and CD4 count

Created 1 Dec 2008 - 1:00am

People with HIV can benefit from regular tests designed to monitor how their immune system is coping. Most people feel well until their immune system is so low they get a severe infection.

Two ongoing and regular tests are recommended for positive people – [viral load](#) [1]A measurement of the quantity of HIV RNA in the blood. Viral load blood test results are expressed as the number of copies (of HIV) per milliliter of blood plasma. and CD4 count. The results of these two tests looked at over time can help predict when your immune system needs help, before you get a severe infection. This allows you and the doctor to discuss preventive medicine and start this so you do not become ill unexpectedly.

Ken: "I play a very active role in monitoring my health and also my treatment decision making. I have an excellent doctor who encourages me to be informed and participate in the process."

- [Viral load](#) [2]
- [CD4 Count](#) [3]

[◀ Coping Strategies: A little while on](#) [4][up](#) [5][Viral load](#) [▶](#) [2]

- [CD4 counts](#)
- [viral load](#)

### Links:

[1] <http://www.napwa.org.au/glossary/term/416>

[2] <http://www.napwa.org.au/resource/next-steps/viral-load>

[3] <http://www.napwa.org.au/resource/next-steps/cd4-count>

[4] <http://www.napwa.org.au/resource/next-steps/coping-strategies-a-little-while-on>

[5] <http://www.napwa.org.au/resource/next-steps>