

Treat Yourself Right

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This educational resource developed by [AFAO](#) [1] 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 NAPWA outlines the treatment options for women living with HIV.

Treat Yourself Right includes information for women newly diagnosed with HIV as well as those living with HIV long-term. It combines comprehensive health and treatments information with discussion about sex, contraception, pregnancy, menopause and other women's health topics.


You can read the resource on this website or use the link below to download a PDF version of the printed booklet. If you wish to obtain a paper copy, contact your local AIDS Council or PLWHA organisation, or [contact us](#) [2] to have a copy mailed to you.

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First edition, March 2000.

Second edition, March 2001.

Third edition, October 2007.

Attachment	Size	Type
PDF version of this resource [3]	1.59 MB	 PDF

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Links:

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

[2] <http://www.napwa.org.au/contact>

[3] http://www.napwa.org.au/files/TYR_07.pdf

[4] <http://www.napwa.org.au/resource/treat-yourself-right/just-diagnosed>

[5] <http://www.napwa.org.au/resource/treat-yourself-right/telling-people-you-are-hiv-positive>

[6] <http://www.napwa.org.au/resource/treat-yourself-right/living-with-hiv-your-health>

[7] <http://www.napwa.org.au/resource/treat-yourself-right/making-decisions-about-treatment>

[8] <http://www.napwa.org.au/resource/treat-yourself-right/sex>

[9] <http://www.napwa.org.au/resource/treat-yourself-right/contraception-and-arv>

[10] <http://www.napwa.org.au/resource/treat-yourself-right/pregnancy>

[11] <http://www.napwa.org.au/resource/treat-yourself-right/menopause>

[12] <http://www.napwa.org.au/resource/treat-yourself-right/female-parts>

[13] <http://www.napwa.org.au/resource/treat-yourself-right/co-infection-with-hepatitis-c>

[14] <http://www.napwa.org.au/resource/treat-yourself-right/opportunistic-infections>

[15] <http://www.napwa.org.au/resource/treat-yourself-right/complementary-therapies>