



KNOW YOUR ANTIRETROVIRALS (ARVs)

ACTION Project
IHV - Nigeria



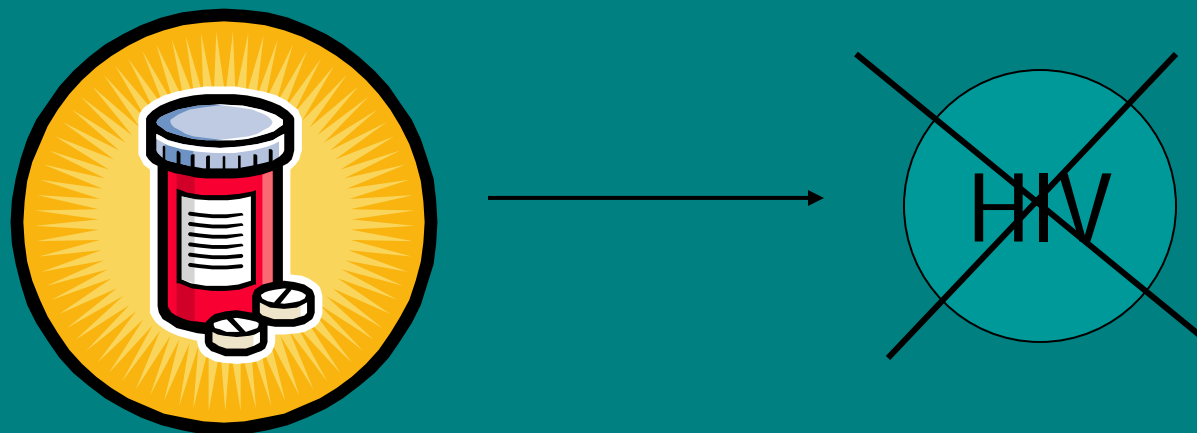
OBJECTIVES



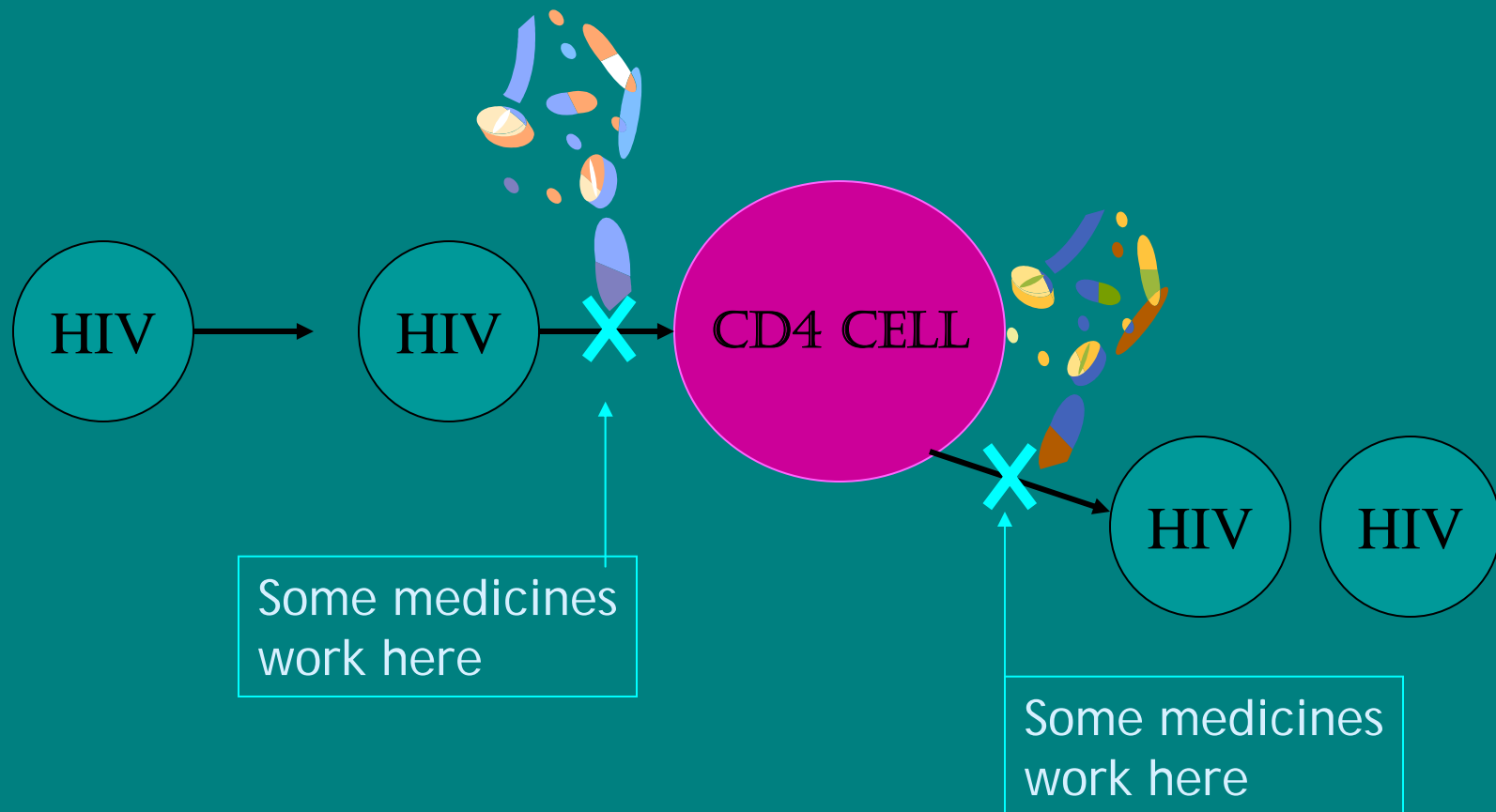
1. What are ARVs?
2. When do I start taking ARVs?
3. How do I take ARVs?
4. How do I know my ARVs are working?

1. WHAT ARE ARVs?

- ARVs are the drugs that fight HIV, the virus that causes AIDS.
- ARVs attack the virus so that the immune system can recover.
- ARVs do not cure HIV



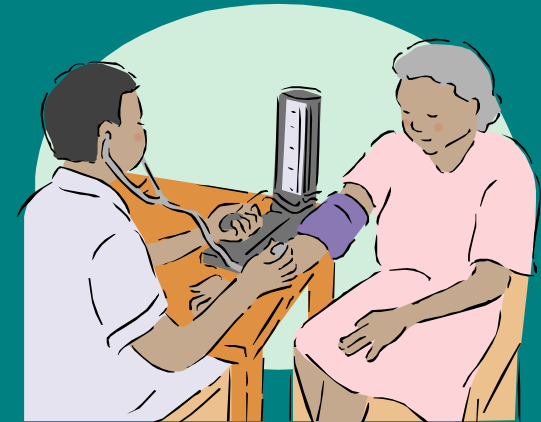
HOW ARV MEDICATION WORKS



2. WHEN DO I START TAKING ARVs?

Your ACTION doctor will take blood tests and perform a physical examination to determine whether you qualify to go on ARVs.

If you qualify for treatment, you will then meet with the counselor for treatment preparation and to create a treatment plan.





2. WHEN DO I START TAKING ARVs?



You will qualify for ARV treatment if

- Your CD4 cell count is <250
- You have or have had an AIDS-defining illness, e.g.
 - TB
 - Kaposi's Sarcoma
 - PCP pneumonia
- You are on the FGN treatment program

Your doctor or nurse will work with you to choose the medicine that is **BEST** for you



3. HOW DO I TAKE ARVs?



HIV medicine must be taken every single day, just as the directions say

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



Once you start HIV medicines, you should not stop taking them unless your doctor advises you to.

You must come to all of your clinic appointments to ensure that your medicines are working.

TYPICAL NIGERIAN HIV TREATMENT REGIMEN

For more than 60 kg patient (d4T) and after first 14 days of therapy (NVP)

Medicine	AM	PM
d4T		
3TC		
NVP		

TOTAL

3

+

3

=

6

TYPICAL NIGERIAN HIV TREATMENT REGIMEN

After first 14 days of therapy (NVP)

Medicine	AM	PM
AZT		
3TC		
NVP		

TOTAL 3 + 3 = 6

TYPICAL NIGERIAN HIV TREATMENT REGIMEN

After first 14 days of therapy (NVP)

Medicine	AM	PM
TDF		
3TC		
NVP		

TOTAL

3

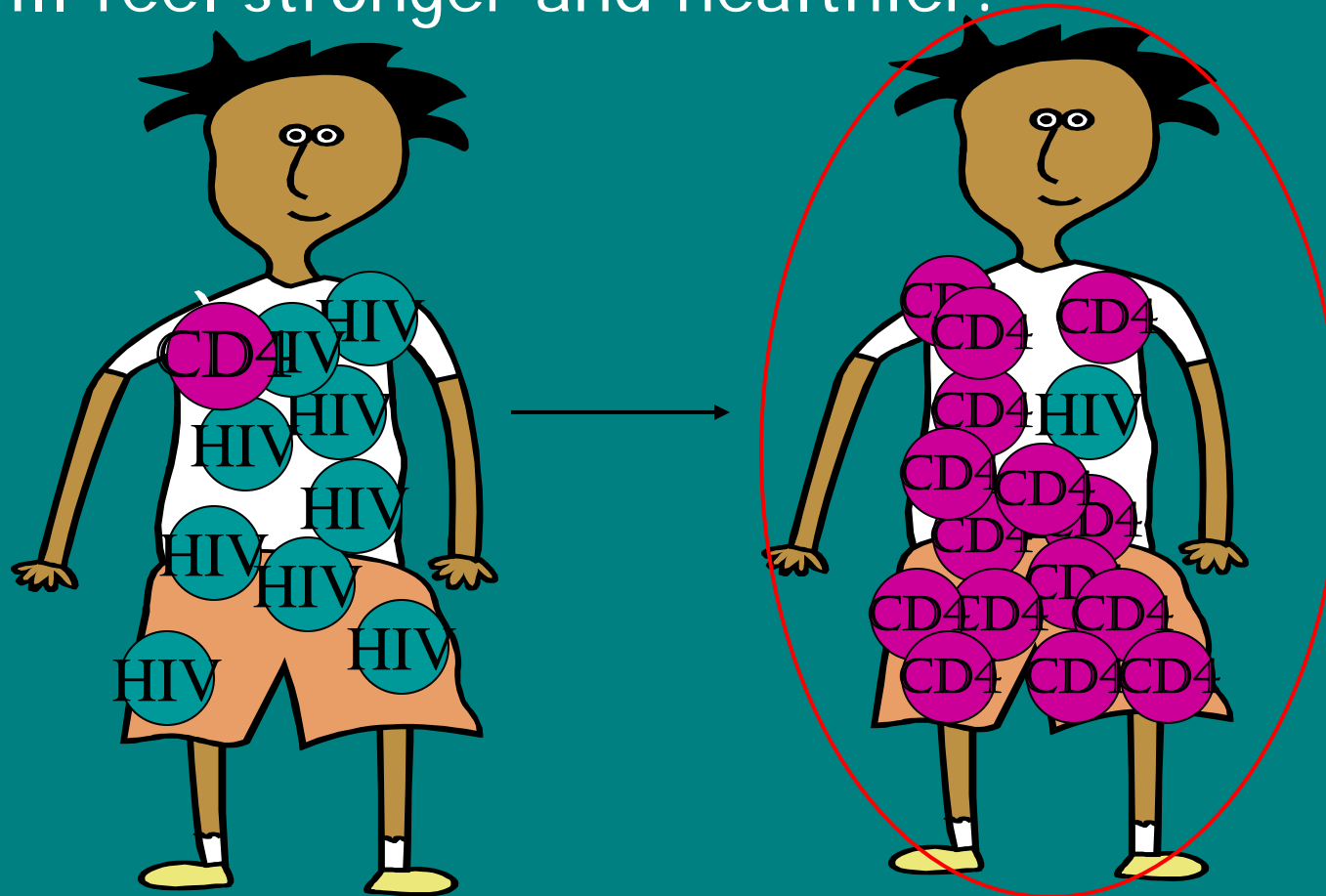
+

2

= 5

4. HOW DO YOU I KNOW MY MEDICATIONS ARE WORKING?

When your medicines are working, your CD4 count will be high and there will be very little virus in your body. You will feel stronger and healthier.





With treatment, an HIV-positive person can live a long, healthy, productive life.



QUESTIONS?



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