

# YOUR CARE POLMED

September 2023



## MANAGING HIV WITH OTHER CHRONIC CONDITIONS

STATISTICS INDICATE THAT

**19.6%**

of South African adults are HIV-positive.



But because almost 30% of these individuals have at least one other condition, **HIV can't be managed in isolation.**

Other chronic medical conditions may impact your HIV and your medication for HIV or HIV itself may affect your other chronic conditions.

Essentially, all your conditions need to be managed equally well for the best outcome.

### 1. HIV AND DEPRESSION

**Those living with HIV are reportedly three times more likely to develop depression. This can make it difficult to seek treatment and follow treatment guidelines.**

If you're experiencing depression, getting professional help is important. Also, let your doctor know if you've been prescribed antidepressants as these can interfere with your HIV medication.

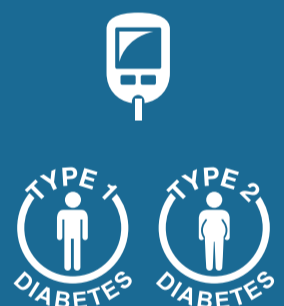


### 2. HIV AND DIABETES

There are certain HIV medications that those with diabetes will need to avoid.

**So, the estimated 9% of HIV-positive individuals who also have diabetes will need to go for regular check-ups.**

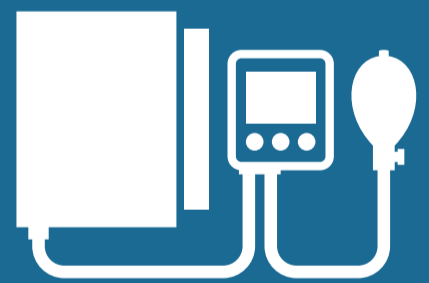
This way, their doctor can test their blood sugar and prescribe the correct treatment.



### 3. HIV AND HYPERTENSION

**Almost 38.6% of those living with HIV also have hypertension (high blood pressure).**

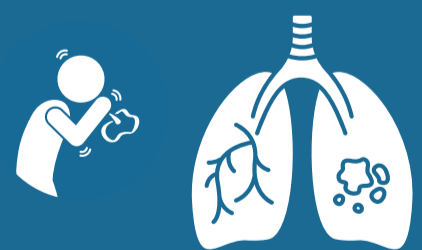
HIV and some HIV medications may trigger inflammation that raises blood pressure. Individuals with both conditions should check their blood pressure regularly to manage hypertension and avoid complications like heart disease.



### 4. HIV AND TUBERCULOSIS

**Nearly 60% of those with tuberculosis (TB) have also been diagnosed with HIV.**

While TB can be effectively treated in individuals living with HIV, they need to get tested for it to begin the appropriate treatment.



**Managing all your chronic conditions well will help ensure you live a long and healthy life if you're HIV-positive.**

#### REFERENCES

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