

Living a Healthy Life with HIV

People with HIV are now living 30, 40 even 50 years after diagnosis. The latest edition of a bestselling book shows how they CAN live healthy lives by following up-to-date self-management guidelines.

More than 1.2 million people in the United States are living with HIV. Over half of them are over age 50 and, with proper self-management of their disease, can expect to have a normal lifespan of 70 years or more.

Most of us are aware that HIV is now “manageable,” i.e. it’s become a chronic disease like diabetes, heart disease, or asthma. While there is no “cure,” the anti-retroviral medications keep HIV infection from developing into full-blown AIDS. What we’re not aware of is how difficult HIV is to manage over an entire lifespan. Unlike elderly diabetics or people with heart disease, not only do HIV patients have to deal with complicated medication regimens and other co-morbid illnesses, but also the lingering stigma of AIDS, a sexually transmitted disease that was fatal only a short time ago. In an era where we have seen so much progress in the areas of sexuality and identity, being HIV positive is the last taboo. Charlie Sheen’s announcement that he paid millions in blackmail threats illustrates how powerfully this stigma remains.

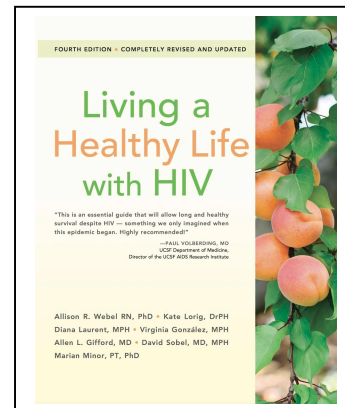
The first edition of ***Living a Healthy Life with HIV*** in 1996 pioneered the concept that people living with HIV have to take responsibility for their own treatment, and it became the “bible” of HIV self-management. After selling 60,000 copies, it is still the most informative, up-to-date and easy-to-use manual for people living with HIV. The release of ***Living a Healthy Life with HIV 4th edition*** (Bull Publishing 2015) includes the latest medical advice on how to grow old with HIV. Based on research from the Stanford University School of Medicine, it is completely redesigned and updated to include current care guidelines from the U.S. Dept. of Health and Human Services.

This book stresses that to succeed in living to a ripe old age with HIV the most important skill is learning to respond to your illness on an ongoing basis to solve day-to-day problems as they arise. The approach the authors of this book take—simple, concrete steps to help people find their own answers—has proven to be the approach that works best.

Readers Learn:

- How and when to break the news to new friends and lovers;
- How to safely get pregnant and have a healthy pregnancy/baby while living with HIV;
- Which other diseases someone with HIV might become more susceptible to;
- How to juggle multiple chronic health conditions and HIV medications;
- Whether it’s safe to exercise at the same level as someone without HIV;
- What about sex? How to explain HIV status to potential sexual partners;
- What kind of plans those with HIV should make as they grow older;
- The importance of exercise, healthy eating, not smoking, reducing stress, and having a strong support system in place.

The practical, easy-to-understand content will help not only patients, but also friends and family members who support anyone dealing with HIV.



Do a F.A.S.T. check on new or worsening symptoms:

Fever of 101°F or more

Altered mental status

Severity compared to previous symptoms

Typical or unusual?

For more info, contact:
CATHY S. LEWIS
CSLEWISPUBLICITY@GMAIL.COM
(845) 679-2188
CSLEWISPUBLICITY.COM

About the Authors

The seven authors of ***Living a Healthy Life with HIV*** were part of a team at the Stanford Patient Education Research Center, part of the Department of Medicine at the Stanford University School of Medicine in Palo Alto, California. For more than three decades they have developed, evaluated, and translated into practice self-management programs for English and Spanish-speakers with chronic health problems. Their programs are designed to help people gain self-confidence in their ability to control their symptoms, better manage their health problems, and lead fuller lives.

The lead author and spokesperson for the book is Allison Webel, RN, PhD, Assistant Professor of Nursing at Case Western Reserve University in Cleveland, Ohio. She is a prominent researcher, educator, writer, and speaker in the field of HIV/AIDS self-management, global health, and behavior change. ***Living a Healthy Life with HIV*** is forthcoming in December 2015 from Bull Publishing. For more information, visit: <https://www.bullpub.com/catalog/Living-a-Healthy-Life-with-HIV>.

Overcoming Your Exercise Barriers

Tip: It is *not* dangerous for you to use public pools or exercise equipment or to play group sports. Just use common sense: If you're bleeding, stop your exercise and clean up after yourself.