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Adherence

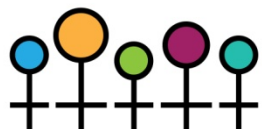
Last updated: March 23, 2022

Together, we can change the course of the HIV epidemic...one woman at a time.

#onewomanatatime

www.thewellproject.org

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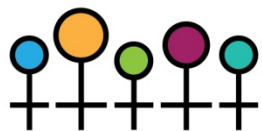


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Strong Drugs to Fight HIV

***Advances in HIV treatment since 1987 approval of first HIV drug have led to development of many HIV meds –
a remarkable accomplishment!***

- Using drugs in effective combinations helps many people control their HIV, live longer and healthier lives
- Despite improvements in HIV drug treatment, taking HIV drugs is still a ***daily, lifelong commitment***



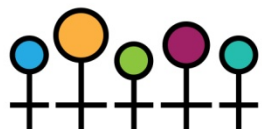
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What Is Adherence?

Adherence: Taking your drugs exactly as they are prescribed

- In order for HIV drugs to do their job properly, you need to do yours!
 - Take correct amount at right times
 - Take drugs as directed

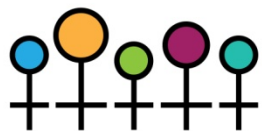




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Importance of Adherence

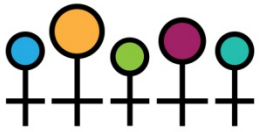
- Drugs get processed by your body, enter your blood stream
 - A certain amount of HIV drugs needs to stay in your blood to fight HIV
 - Taking pills on schedule keeps the right amount of drug in your body
 - If drug level falls too low, there's not enough drug to fight HIV



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Adherence and Resistance

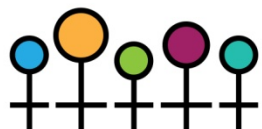
- If you do not take your HIV drugs on schedule
 - Drug levels in your blood will drop
 - HIV will be able to make copies of itself
- When HIV multiplies, viral load increases, CD4 cell count goes down, virus may mutate (change)
- **Resistance:** When HIV mutates, it can survive, even if you're taking your HIV medication



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Adherence and Resistance

- Cross-resistance: resistance to one drug can cause resistance to others you have not taken
- Resistance can affect your treatment choices in the future
- Some studies suggest you need to take your HIV drugs exactly as prescribed about 95% of the time to get the most benefit
 - That means *missing very few doses*

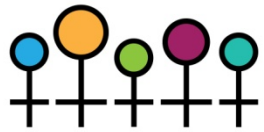


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Barriers to Adherence for Women

Women living with HIV may face challenges to adherence

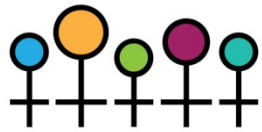
- Women often put others' needs before their own
- Other challenges may include:
 - Depression
 - Active substance use or problems with alcohol use
 - Lack of health insurance (in the US)
 - Lack of safe and stable housing
 - Past or current experience of violence or trauma
 - Other life stressors, such as childcare or parenting issues
 - Not having disclosed their HIV status
 - Difficulty swallowing pills



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Overcoming Barriers

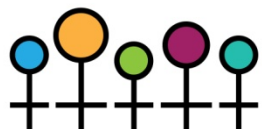
- Despite demands in women's lives, studies show they are just as likely as men to adhere to HIV regimens
- Important to tell health care provider when you miss doses or don't take HIV drugs correctly
- (S)he may suggest a change in dosing schedule or drug regimen
 - Newer HIV drugs and combination drugs require fewer pills per day, have fewer food restrictions, are smaller than older drugs



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Adherence Tips

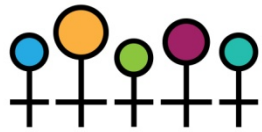
- Understand that the drugs will help you fight virus, stay well
 - If you don't think they will, you won't take your pills correctly
 - If you have doubts, speak to your provider or staff at ASO
- Some women find it helpful to connect their pill-taking with a higher purpose or good intention
- Use a daily activity to remind you to take your pills
 - When it's time for the activity, it's also time to take your pills
 - If you have children who take medications or vitamins, take your pills when they take theirs



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Adherence Tips

- If you don't want others to know, slip away to a bathroom. If you can't, say the pills are for something else or are vitamins.
- If substance or alcohol use, or depression keep you from taking your drugs correctly, talk to your provider, case manager
- Use tools from your clinic or pharmacy: pillboxes, calendars, diaries, beepers to help you remember to take your medication
- Try a smartphone app that sends medication reminders
- If you remove labels on pill bottles, develop a system to help you remember which HIV drugs to take and when
- Plan ahead for refills or trips so you do not run out

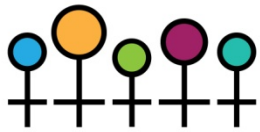


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Finding Support

- Adherence is hard work
 - *It helps to understand why it is important and to have a support network*
- There are many resources for helping you take your HIV drugs

Adherence is key to ensuring that HIV drugs work, maintaining one's health, keeping one's viral load undetectable, and preventing transmission



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Learn More!

- To learn more about this topic, please read the full fact sheet:
 - [Adherence](#)
- For more fact sheets and to connect to our community of women living with HIV, visit:
 - www.thewellproject.org
 - www.facebook.com/thewellproject
 - www.twitter.com/thewellproject