



Talk To Your Provider

Adolescence (10–18 years)



Adolescent girls living with HIV have unique care considerations and needs that will continue to evolve throughout the stages of life.

As an adolescent girl living with HIV, or the loved one of an HIV positive adolescent, you probably have many questions for your care provider. The following resource was developed to help guide your conversations about these needs and to help you focus on key areas of concern.

This resource is not intended to cover all topics that should be discussed, and not all of these topics may apply to you. Be sure to discuss any questions you have with your healthcare team.

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LIVING WITH HIV: WHAT YOU SHOULD KNOW

There is a lot of information to keep track of, including protection, treatment and care options. You should consider talking about these topics:

- ❑ The science of HIV (i.e., CD4 count, viral load, replication, potential complications)
- ❑ Contraception, prevention of HIV and protection of others
- ❑ Considerations around pregnancy
- ❑ Antiretroviral treatment (i.e., dosing schedule, side effects, taking medication as prescribed)
- ❑ Sexually transmitted infections (i.e., chlamydia, human papillomavirus, syphilis, gonorrhea)
- ❑ Other medical conditions (i.e., tuberculosis, hepatitis B and C)
- ❑ Alcohol and drug use

CARE CONSIDERATIONS

You have other important care considerations, which include emotional well-being and daily challenges that affect the way HIV is managed. Your provider can help address these feelings and challenges:

- ❑ Mental/emotional health
- ❑ Daily challenges/struggles, such as disclosure of your HIV status to others, fear and discrimination by others
- ❑ Health rights and legal considerations for women living with HIV
- ❑ Routine health check-ups (i.e., primary care, dental exam, eye exam, pap smear)
- ❑ Abuse and violence

Remember, visits with your or your loved one's care provider are your opportunity to address any questions and concerns you may have. To make the most out of your discussions, think about bringing a notebook, where you can record points from the visit. Do not hesitate to ask questions as the care provider is there to help. Book the follow-up appointment before leaving the provider's office to help simplify the care routine. Ensure you take a phone number in case you need to change your appointment or have urgent questions.

See Us: Women Take a Stand on HIV is a global awareness campaign focused on helping to address the unique challenges faced by women living with HIV. It seeks to encourage women living with HIV to get out of the shadows, build a sense of community and, ultimately, have a voice.

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For more information: SeeUs@IAPAC.org

