



# Talk To Your Provider

Women of Childbearing Age (~18–45 years)



Women living with HIV have unique needs that evolve throughout the stages of life. Your needs are important and require appropriate consideration. Build a good relationship with your provider by talking about your HIV and overall care.

**Talk to your provider about your needs. The following resource can help guide the discussion.**

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.

## LIVING WITH HIV: WHAT YOU SHOULD KNOW

Living with HIV can, at times, be overwhelming. You may be focused on your day-to-day management of HIV, but do not forget to bring up broader discussion topics with your provider – transmission, protecting yourself, treatment and care options:

- ❑ The science of HIV (i.e., CD4 count, viral load, replication, potential complications)
- ❑ Contraception, prevention of HIV and protection of others
- ❑ 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

Your emotional well-being and the daily challenges you may face can significantly impact your ability to manage HIV. Feel comfortable discussing the feelings and struggles you may have:

- ❑ 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

## PREGNANCY AND HIV

If you are seeking to get pregnant, there are additional factors to think about:

- ❑ Pre-pregnancy considerations (i.e., family planning)
- ❑ Preventing mother-to-child transmission of HIV
- ❑ Care during and after pregnancy
- ❑ Care considerations after having your baby (i.e., breastfeeding)

## SUPPORT

Additional support and resources are available. Talk to your provider about what you need and where to go for help:

- ❑ Where can I go for help and/or support?
- ❑ What can I do to learn more?
- ❑ How can I get involved to help other women living with HIV?

Remember, visits with your 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.

*See Us* was made possible through funding provided by AbbVie.

For more information: [SeeUs@IAPAC.org](mailto:SeeUs@IAPAC.org)