



Living a Healthy Life with HIV

Allison Webel, Kate Lorig, Diana Laurent, Virginia González, Allen L. Gifford, David Sobel, Marian Minor

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Completely updated to the current care guidelines from the Centers for Disease Control and elsewhere, this book addresses the current emphasis on managing medications for HIV treatment and many of the illnesses that commonly occur along with HIV. Combining the latest medical advice with the ideas of hundreds of people living with HIV/AIDS, the book is helpful for adults living with HIV, and for friends, family members, and others who support anyone struggling with HIV/AIDS. New additions to this edition include topics such as aging with HIV and coping with the emotions brought about by being a long-term survivor.

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