



Adherence

We now know that African HIVers do better at taking HAART than their U.S. counterparts (see "[Africa](#)"). Here are some tips to help statesiders catch up:

December 1, 2003 By Laura Whitehorn

- 1.** Be mercilessly honest with your doctor about adherence problems—the first step in tailoring your combo to your lifestyle and working out kinks (psychological as well as physical). Find a simpler combo if necessary.
 - 2.** Come out as HIV positive to those most involved in your life—housemates, family, spouse, friends, clergy—and enlist their aid in your pill-popping.
 - 3.** Get help quitting or cutting down on booze and party drugs. It's tough to kick them, but there's no doubt that those habits mess up med-taking in a major way.
 - 4.** Let memory motivate you. In Africa, many HIVers have witnessed the deaths of friends and family, and many long-term U.S. HIVers say they choke down handfuls of pills remembering those who didn't live long enough to get them.
-

© 2026 Smart + Strong All Rights Reserved.

<http://beta.docker.poz.com/article/Adherence-748-9672>