Just Dose It

Negative people have medical adherence issues too

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Positive people must take 95% of their med doses on time and as prescribed to ensure that the virus doesn't become resistant to the drugs. It's a daunting task, especially with multiple pills, side effects and hectic schedules to contend with. But you are not alone: People with other health conditions struggle too.

A German study of more than 1,200 HIV negative heart-disease patients showed that over time, less than half the group stuck to their medically prescribed dietary regimen. The subjects began with an adherence rate of 91%, but after three years, that number had sunk to 42%. So know that when you manage to swallow those HIV meds day in and day out, hard as it may be, you're way ahead of the curve. A good place to be.

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