# You Said It

Taking HIV meds every day can be rough. Here's how one POZ reader manages.

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After 15 years of taking HIV meds, once in a while I still forget. This happens especially when I am out of my routine—like when I'm out of town or working as an extra in a film. I used to beat myself up over it, but now I just get back on the regimen. I'm 51, so my memory needs assistance—notes, calendar and a pillbox organizer. If I don't feel like taking them, I settle my stomach with a little food and use my memories of how sick I was in the old days as incentive for staying well today. —Terrence Hewitt, New York City

Got a tip to share with other POZ readers? E-mail news@poz.com.

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