Adherence Counts

When it comes to taking HIV meds, POZ readers are a disciplined bunch. That’s good: Missing doses can lead to drug resistance.

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You have to take a whopping 95 percent of your med doses to keep HIV in check. If you’re on a once-daily regimen, you can’t miss more than one dose a month; on a twice-a-day regimen, the monthly limit is three missed doses. This past September, we asked you how your pill-taking stacks up. Here are the results:

62% never miss a dose
30% miss one or two doses a month
8% miss three or more doses a month

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