Med Breaks-Broken

May 2, 2011 By Laura Whitehorn

Many studies have shown that taking a break from your HIV meds can harm your health. The latest evidence arrived in February 2011. The results of a seven-year Swiss study showed again that people who went on and off their meds had more illnesses and a greater chance of dying than those who stayed on their combo.

If the daily grind of taking meds is wearing you down, ask your clinic or doctor to help, maybe by introducing you to an adherence counselor—or a regimen you can stick with.

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http://beta.docker.poz.com/article/adherence-regimen-HIV-20344-1666