



Ask Your Doctor

Talk to your health care provider about how best to manage your HIV treatment and maintain your overall health while living with HIV.

July 6, 2021 By [Liz Highleyman](#)

Here are some questions to ask your health care provider about how best to manage your HIV treatment and maintain your overall health while living with HIV.

- How often should my viral load and CD4 count be monitored?
 - What side effects can I expect from my HIV medications?
 - Do different HIV medications have different side effects?
 - What happens if I miss a dose of my HIV medications?
 - What are some common health concerns for people my age living with HIV?
 - Which tests do I need for conditions besides HIV?
 - Are my blood sugar, cholesterol and blood pressure normal?
 - Are my heart, liver and kidneys working properly?
 - If not, what medications or other measures should I take?
 - What is a healthy weight range for someone like me?
 - What is your advice for a healthy diet?
 - How much exercise should I get?
 - What else can I do to maintain a healthy weight?
 - Can switching HIV medications help me maintain or even lose weight?
 - What is your advice for managing stress, depression and anxiety?
 - Which vaccines should a person my age get?
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