Under New Management

June 1, 2009 By Laura Whitehorn

You might be sick of hearing that HIV is now “manageable,” but it’s good to know that you can control some other aspects of your health. Of course, some elements will remain unmanageable. Let’s take stock:

You can’t control:

- Your age
- Your sex
- Your HIV status (Once you’re positive)
- Your family history

You can control (with meds, behavior changes, diet and exercise, or all three):

- Diabetes
- High blood pressure
- Hepatitis C and B
- Smoking
- Your CD4 count and HIV viral load

Get the picture? Get help changing the things you can. (Start at poz.com.)

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http://beta.docker.poz.com/article/control-your-health-16608-1773