This New Podcast Explores Living a Long Life With HIV

It's just one episode of "HIV Matters," a (free!) podcast series from the University of North Carolina's Department of Medicine.

May 30, 2018 By Trent Straube

Aside from taking your HIV meds, what's the key to living a long life with the virus? For expert advice and insight, tune in to the six-part podcast series HIV Matters, which is part of a larger series called Chair's Corner With Dr. Ron Falk at the University of North Carolina School of Medicine.

The podcasts are available for free on iTunes and SoundCloud as well as on the Department of Medicine's website, where you can also read transcripts of each podcast if you prefer the written word to the spoken.

For the episode titled "Living a Long Life With HIV," Falk speaks with HIV specialist David Wohl, MD, about topics such as mental health, cancer risk and smoking, and the importance of monitoring one's health and making better choices.

In each episode of the series, Falk speaks with a different specialist (or specialists) about various HIV-related issues. All six episodes include:

- Preventing HIV with PrEP—with Christopher Hurt, MD
- Getting Care for HIV—with Claire Farel, MD, MPH
- HIV Treatment—with Joe Eron, MD
- Living a Long Life with HIV—with David Wohl, MD
- HIV-Related Challenges Facing Women & Minorities—with Adaora Adimora, MD, MPH

- Participating in HIV Cure Research—with a UNC study participant and David Margolis, MD

The Department of Medicine at UNC is led by chair Ronald Falk, MD, who hosts the podcast series The Chair's Corner. Many other episodes in the series will be of interest to anyone living with HIV—or interested in general health and wellness. Other topics have included kidney and liver transplants, the microbiome (and how it affects disease), food allergies, autoimmune diseases and more.

To learn about another HIV-related podcast, read the POZ article "Hear Ye, Hear Ye! The 'Red Ribbon Revolution' Offers Love, Support and Education."

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http://beta.docker.poz.com/article/podcast-explores-living-long-life-hiv