Surviving HIV in Prison

Diagnosed with HIV in 2006 while in prison, Stephanie Walters adopted healthier habits: She takes her meds, exercises daily and has shed 100 pounds in two years. She also began speaking up. Even though disclosure can be risky at prisons where HIV information is lacking, Walters, now 29, says communication keeps her strong and healthy. In her words:

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It hasn't always been easy to be open about my positive status. Ultimately, though, it was right for me. Being up-front allowed me to avoid shame and the stereotypes that follow a person who has HIV. My openness also helps other positive people be honest and unashamed. Being able to listen and understand their fears keeps me going.

I tell others with HIV, 'Take your health seriously. But most important, make a lasting impression on everyone you meet, because you might be the one to save their life.'"

Walters expects to be released from Michigan's Scott prison in 2016.

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http://beta.docker.poz.com/article/prison-health-excercise-hiv-16117-3358