Starting HIV meds

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If you haven't started HIV meds, the flurry of recent news about the best time to begin could be confusing. But there's no need to panic. "You don't have to rush into taking meds the minute you learn you have HIV," says Barbara Zeller, MD, medical director of New York City's HELP/PSI, a comprehensive HIV care program. "There's time to understand how the virus works and how treatment works, and to make sure you have a social network of people to help you." There is one thing Zeller calls urgent, though: "The single most important thing is to come through the door and get medical care—and to keep coming back."

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