



Coming Out Again and Again

October 11, 2012 By [Oriol R. Gutierrez Jr.](#)

October 11 is National Coming Out Day. The first person I ever told I was gay was my best friend in high school in 1987. I didn't tell my parents I was gay until 1996. That same friend was the first person I told I was HIV positive in 1992. I didn't tell my parents I had HIV until 2008.

For those of you who may not have seen this before, I shared the details of that journey coming out about being gay and again about having HIV in the [October 2008 issue of POZ](#).

 I'm certainly much more comfortable than ever about disclosing I'm gay or that I have HIV, but no matter how "out" I may think I am, there's always someone new I meet who doesn't know. When it comes to this reality, I know that I'm far from alone.

As American society becomes increasingly accepting of LGBT people, it becomes easier every year for LGBT people to come out. Sadly, I do not see the same trend to the same extent for people with HIV/AIDS.

Although countless people with HIV have openly disclosed their status, stigma still rules the day. That said, I believe stigma can be overcome as long as those of us who can disclose we have HIV continue to do so.

On this National Coming Out Day, I do have one more "coming out" story to share with you all: I've [been named](#) editor-in-chief of POZ. My friend and colleague Regan Hofmann has started an exciting [new chapter](#) in her life as a global health consultant. I wish her all the best.

I look forward to the challenge and privilege of sharing your stories!

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<http://beta.docker.poz.com/blog/coming-out-again-again>