



Next Week

August 29, 2006 By [Shawn Decker](#)

Next week I meet with my doctor and get labwork done. I'm feeling pretty good, and am still not worried about the results. Plus, I'm over the summer cold, recovering quicker than some of my negatoid pals who had the same thing.

I haven't been able to gauge any discernable difference in energy levels and mood. One thing I've noticed in general has been fewer headaches and fewer naps when I'm off the meds. So that's good. I've also been a little distracted? a good thing?, because in three weeks my memoir, MY PET VIRUS, is released.

This has been many years in the making, and I'm really happy with how everything has turned out. I hope others with HIV can get a laugh out of the read, even though I know the humor might not be everyone's cup of tea. For me, survival and quality of life are dependant on the ability to laugh at myself, including my virus.

I guess I'll find out soon enough what people think. Right now, I'm about to test these new flight restrictions with a cross country jaunt, which I plan to sleep through since I can't bear the thought of relying on flight attendants for water.

Then when I get back, I'll chew on some T Cell counts and VL results. I hope it's an appetizing treat.
Shawn

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