**POST CODING (Support Seeking / Provision)**

**Block 2 Post No. 4**

I am 52,been diagnosed since june 2015.I was in late stage AIDS at that point,very sick.I started meds right away and 2 months ago I had my first undetectible test.That was great news in a sea of bad news that I have been dealing with.I am married and she has tested negative and we are trying to stay together but I have lost hope that we will work this out.Her resentment is very obvious and she does not want to have a physical relationship right now and as far as I can see never.She says she supports me but I find it very hard to engage in conversation about it.I do not blame her for her anger and fears but I need to move forward.I suffer great depression,anger towards myself.She is the only person who knows about my condition.

**Block 18 Post No. 48**

I just recently found out that I have HIV. I blame my bf of 2 years even though I argue that I also have myself to blame. I told him practically immediately after the doctor broke the news to me. I thought I was in shock when I heard the news but my bf's reaction was even worse. Because I found out first, I was blaming myself for the infection. However, when he was tested and told me that he was also positive, I suspected that he contracted it awhile ago and recently gave it to me. I have had issues before knowing that my bf was on CL and other social apps searching for hookups and sex. I snooped through his iPad for evidence and found numerous emails with CL guys setting up encounters. He's given out his phone number, home address, and even hotel locations and room numbers when he was out of town. I confronted him on this issue before and told him that his behavior would put us at risk - specifically me because I didn't want to be infected with HIV. He brushed me off saying that the encounters were all flakes. I believed him but still didn't trust that he was being forthcoming. I should have trusted that instinct because I now have HIV. I don't know how long I have had it. I was on PrEP before and I discontinued using it last year because it was expensive and sometimes I felt ill on it. I regret having stopped taking PrEP now. The bf was never good about keeping tabs on his own health because he kept jumping jobs and has never had stable health insurance. He wouldn't get tested for STDs or HIV unless I confronted him on the issue. I stopped doing that a year ago. It was always a losing battle. He assured me that he loved me and that STDs can be an inconvenience but curable. He says that he doesn't bottom to anyone else but me. He assured me that "it's just sex" with everyone else but that I "had his heart." So many promises and I fell for it. And now I have HIV and a broken heart. I don't know how to forgive him. I don't want to tell anyone, especially my family, and I don't know where to go for support. There are so many issues I now have to deal with: my health, the direction of the relationship with the man who I suspect is the ultimate point of the HIV contraction, my self-esteem, my confidence, and how this changes my future. I feel like I now have the most embarrassing secret of my life that I have to keep and it haunts me to think about how others will now judge and maybe even discriminate me based on this information. I'm trying to be rational and focus on the treatment, my health, and my future. However, I am having a hard time coping with my emotions and it keeps disrupting my focus. Which emotion do I need to cope with first: the broken heart, the feeling of betrayal, the fear that people will judge me because I now have HIV, or the feeling that I should reconcile with my bf?

**Block 18 Post No. 49**

I guess you should focus on yourself first, the fact that you've been broken for so many times requires reconciliation with oneself. try repairing yourself first before thinking bout others or in this case your bf.

**Block 18 Post No. 50**

hugsss

**Block 22 Post No. 64**

Hi, so I accidentally had intercourse with an escort this weekend because I was super drunk, however I did use a condom but I had a burn mark on my finger and might have fingered her. Is there a chance I have HIV? Please help me out, I have been freaking out over this for a week, I can't focus on anything else

**Block 22 Post No. 65**

Accidently had sex with an escort, you have to hire them. So not exactly accidental and Escorts and those in the Sex Industry usually get tested regularly. Take a test every 6 months, but you should be fine.

**Block 31 Post No. 87**

Hi i have been struggling with getting tested for HIV since my ex galfriends former boyfriend passed away six ago with HIV. I am doing well in life with a good job and a great fiance. but am really in a dark place in my life and i dont know where to turn to. i am constantly falling ill, i really need someone to talk to

**Block 31 Post No. 88**

Hun, I know you are scared, but not knowing isn't a good idea, get tested, knowing is power, there are options.

**Block 39 Post No. 106**

I am a 34yr old male, 160lbs. I contracted hiv in December of 2009, and got diagnosed formally in January of 2010. Started treatment immediately, with 60,000 viral load. I forget my original cd4 count. Up until a few months ago, I was on treatment pretty much the entire time I was infected. There were a couple breaks due to insurance issues, and one break last fall when I was diagnosed with type 2 diabetes. I'm told the diabetes is from the hiv medication. Anyway, I started on complera - again, I'd taken it a few years ago and like it - but I decided to stop taking it after a month or so. I stopped in April of this year. My main concerns are the obvious - what's going to happen? Mainly, will my viral shoot back up to 60,000? I was tested 2 months after stopping, and my cd4 was 589, and I had a viral load, although I wasn't told the exact number. I thought maybe I'd experience seroconversion symptoms, but I did not. It's been almost 4 months since stopping treatment now, and other than being fatigued and swollen lymph nodes, I think I'm doing alright. How quick does cd4 drop if my viral loadis around 60,000? In the past when I was off meds for a month or two, I'd get bad cold sores on my nose, canker sores in my mouth, and bad athletes foot. But none of that is happening this time. At what cd4 level do herpes outbreaks and athletes foot happen more frequently? Why did I stop treatment? I'm depressed, to be honest. I felt like taking a break from it all. With insulin shots and pills and tests and appointments, etc, it just became so much and I felt like I was going to break. I just wanted to collapse. Basic questions I have are 1. Is my fatigue caused by viral load? I feel like my body is spending energy fighting the virus. 2. What cd4 level do fungal infections and herpes outbreaks happen more frequently? 3. Will my viral load increase, and then decrease to its set point like a newly diagnosed HIV patient, or will it just go up and up (that is my main concern)?

**Block 39 Post No. 107**

Hey. Straight to the point. Your viral load will continue to climb up, everyday. When you stop taking your meds, it gives the HIV in your body a chance to multiply and it wont ever stop multiplying when you are off of your meds. It multiplies in your blood, in your organs and in your brain. They cant measure the amount of HIV in your organs because it hides there. But your viral load is continuing to go up all the time. Being off of your meds I recommend that you go for a blood draw once a month to keep a close eye on your CD4 and your VL. Anytime a CD4 count starts dropping below 200 you open yourself up to opportunistic infections. Im sure you have read about that. As far as the athletes food and the other medical illnesses you asked about, every body is different. What happens to you when your CD4 count drops is NOT going to be the same for the next person. There is no medical way to tell what your body will do once your CD4 count gets to and below 200. Your best bet is to go back on your HIV meds once your CD4 count is below 400, if you are trying to take a break. But your viral load will NEVER decrease, NEVER, while being off of the HIV meds. It might level detected from a blood draw might fluctuate but that is only because HIV can be a little difficult to measure at times but it will not EVER decrease on its own. So just be aware that when you are off your HIV meds, your viral load is constantly increasing. Make sure to use protection with sex to protect not only your partner but to protect yourself from contracting anything else such as Hepatitis C, HPV, or a different strain of HIV. Good lucl and make sure you get your blood drawn once a month while you are off of your meds. If your doctor tells you that its not needed and you can go a little longer, stand your ground and insist that you have it drawn once a month to closely monitor your situation. Good luck and I hope this helped. Oh, a website that I found that is very informative is "The body". It is a HIV website. It has all the latest world news about HIV. Drugs, studies ,side effects. You name it, you think of it, you will find your answer there. There is a search box that you can type in your question and I guarantee you will find numerous answers to your question.

**Block 51 Post No. 128**

So I recently just tested positive last week and today had the results of my blood work. Found out I have a viral load of 37000 and cd4 count of 288 with no symptoms. My doctor said these numbers were not too bad but I was just wondering how long would the virus be in my system with numbers like this?

**Block 51 Post No. 129**

You really can't tell how long you've been infected just from numbers. If I had to guess, I would say between 3-6 years, but I could be completely wrong. Just begin your treatment and you'll live a long, healthy life.

**Block 51 Post No. 129**

Hi, could someone please explain where the HIV reservoirs are and is there any possibility that the appendix might play a role as one of them....?

**Block 51 Post No. 130**

Do you mean CD4 cells? I am confused by what you are asking.

**Block 59 Post No. 152**

I have been diagnosed with HIV/AIDS 8 years ago after experiencing soaking sweat nights. I have been taking medication (Truvada and Raltegravir) regularly since then. Everythng is fine so far. However, this week I came down with a terrible itch at the roof of my mouth which slowing descended down my throat and then to my upper respiratory tract. Fealt very nauseous and had bad headaches without any fever. I think I have just came out of it and am feeling much better after three days and a lot of rest and liquids. I do experience a light nose discharge (clear liquid not mucus) that seems to be slowly wearing off. No loss of weight However, I experience sweating twice in this week week since (not consecutive nites) and no fever. The sweating is not heavy but as I had it once before I am wondering what this means I am Diabetic Type 2 (the one that does not require insulin injections). When I discovered by condition, my CD count was below 20. Since then, it has steadily increased and never regressed. My last CD count was 400+ (May 2014) and viral load was undetectable. I have a positive personality and have never experienced anxiety or depression of any sort. I am a cheerful person for the most part. Your insights would be very helpful please.

**Block 59 Post No. 153**

ATC from Avexa could be an alternative option as this on early access program. Contact address is \*\*\*@\*\*\*\*

**Block 60 Post No. 154**

Hi, everybody. I am a HIV+ patient since may last year and I have started my treatment around july with the prescription of endurant (rilpivirine) and Truvada till now. Short-term side effects like headace were disappeared long ago. However, 4 months after the commence of treatment, there are noticeably green color veins appeared on my thigh and calf as well as the inner side of my arm. The physician in charge of my case has no idea what it happens, but it really worries me a lot. The color deepens day by day. Recently, these veins no longer be smooth but protrudes out the skin Also, the color of my skin becomes dull and extremely dry no matter how much lotion applied. I was wondering would that be the side effect of the medication I have or any implications associated with. To further add on this, I have asked a private clinic to test the biochemicals in my blood and turned out the total bilirubin is higher than the referencing normal level while the direct bilirubin falls within the normal range. While the IgE level falls in normal range as well. My physician can't really help me at all but that is my assigned doctor for the public and so I have to rely on myself. I am really in despair now. Can anybody give some advices to me. I would deeply appreciate that. Oh. One thing that is so confusing is that I have such a huge emotional change and suffer from constant depression and exhaustion feeling. I even has the thought of self-mutilation though just for once. I have told my physician about my case but he insists I should stick with the regime as this combination is with the lowest side effects as he claimed.

**Block 60 Post No. 155**

I am taking Truvada also and Raltagravir. I asked my doctor whether I should change to Atripla but he said Raltagravir has the least side effects. However after 8 years i had two bouts of slight night sweats and am wondering what this means. What is ur CD like? Perhaps checking that may help clarify you anxieties or changing your boosters to Raltagrair might make a difference.

**Block 61 Post No. 156**

I'm 9 weeks post exposure and have since been diagnosed as positive. I still have a sore throat and swollen lymph nodes in my neck. When will this go away if ever? Will starting treatment solve this problem or cause more symptoms? I'm scared of what's to come as it all just sounds like treatment leads from one side effect to the next and you never really feel okay. Sweet forum thanks for answering no one. My symptoms are still there with no relief and I wish someone would give me insight

**Block 68 Post No. 169**

I was diagnosed with hiv a year ago and now am in advance stages of hiv..a week ago my dr told me i have lactic acidosis and a few days ago I developed a very bad cough that has still not gone away, fevers off n on and congestion..constantly extremely tired, no energy..is this the beginning stages of a respiratory infection?

**Block 68 Post No. 170**

everybody get sick,maybe just simple common cold so you have to see your doctor,upper respiratory tract infection not so serious usually,but the lower is problem which usually start. by dyspenia and high fever .

**Block 69 Post No. 171**

i have dignosed recently with HIV,iam suffering from recurrent mouth ulcer, I got 4 times in last three months,made me crazy,also i have itching all over my body?any one has the same condition?any suggestion?

**Block 69 Post No. 172**

have you start your HAART medication? it might be Kaposi.. u better check with doctor

**Block 70 Post No. 173**

My mother (41 years old) was on Atripla. They switched her to Truvada, Prezista, and Norvir about two months ago. She has been having weird side effects. She feels off. It's kind of like she is drunk and she sleeps a lot now. Is this normal? I'm beginning to get worried. Thank you in advance!

**Block 70 Post No. 173**

Hey I'm on those and they get me sick. I throw up a lot. These meds can get u low because they are so strong. The norvir is the one that does it to me the worst. Ugh.!! Wish there was a cure already. Been living with it for 28 yrs. I was born with HIV

**Block 90 Post No. 233**

Hi all, Coming up on 2 years since my hiv dx and I guess everything was going a little too well. Good labs and no side effects. Well... Colonoscopy 2 weeks ago revealed squamous cell rectal tumor. HPV related cancer and apparently not uncommon among hiv+ people. Further scans have not found any spreading to distant organs, although there may be some involvement of local lymph nodes. Fuck. Now I'm preparing for 5-6 weeks of radiation and 2 rounds of chemo. Mitomycin and 5FU (as in fuck you cancer). Got a nice little port in my chest which kinda freaks me out. I'm scared. Has anyone else been through anything like this? Any words of wisdom?

**Block 90 Post No. 234**

I'm sorry to hear of your temporary health set back. Thank goodness you had a colonoscopy and the cancer was caught early and has not metastasized. It sounds like your medical team is on top of things and that you have an aggressive treatment plan in place. Rest assured, oncology today is better than ever. The odds are tremendously in your favor. My thoughts are with you. You will be fine.

**Block 90 Post No. 234**

Thanks... Yes the oncologists are extremely optimistic. They say this type of cancer responds very well to treatment so I guess I have every reason to be hopeful. Still it's a tough thing to face. Really not looking forward to the treatment... But the cancer clinic was full of patients in their 70s and 80s so I figure if they can take it I should have no problem. It's just that I'm such a wuss…

**Block 121 Post No. 324**

I'm 41 years of age woman and I never had any exposure for HIV but in the last couple of years I have been sick for a long especially cough and in 2011 I got pneumonia and hospitalized for two months and after that not sever illness but in June 2015 again I was so sick and I went hospital and the doctor told me to check for HIV and everything and they told me I am positive for HIV and Tuberculosis and something related to meningitis I had severe head ache I did MRI and they told me there is small tumors in my brain. I never did something which exposed me for HIV and I have a son living alone. They told me my CD4 was 47 in June 2015 they didn’t tell me the viral load and others since I am not that much good enough to understand those numbers and to make it short. The doctors told me to start medication but I rejected and I started TB medication and Bactrim and some medication for my headache since June 2015. After 6 month I checked up they told me my CD4 in November 2015 is 96 and the doctors asked me to start HIV medication but I rejected because right now I am taking TB medication, Bactrim and medication for my headache/meningitis thing/ I don’t know the name there is another medication and I am taking 5 tablets per day. If I add another tablet that could make so complicated/in my understanding/ I am living in a developing country there is no different kinds of HIV medications. My problem right now is I cannot see properly especially my right eye unless I inclined my head to the right my left eye is good with heavy head sometimes spinning head. Therefore I cannot go out for seven months because when someone called me I cannot focus and see instantly unless I inclined my head to the right. I am living a country where there is very few HIV specialist people. Even I didn’t confirm my HIV test.

**Block 121 Post No. 325**

the one best thing to do for yourself is listen to the doctor and take the meds for HIV. those cd4 numbers are pretty low and if you ignore it for much longer you will not have a good outcome.good luck

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