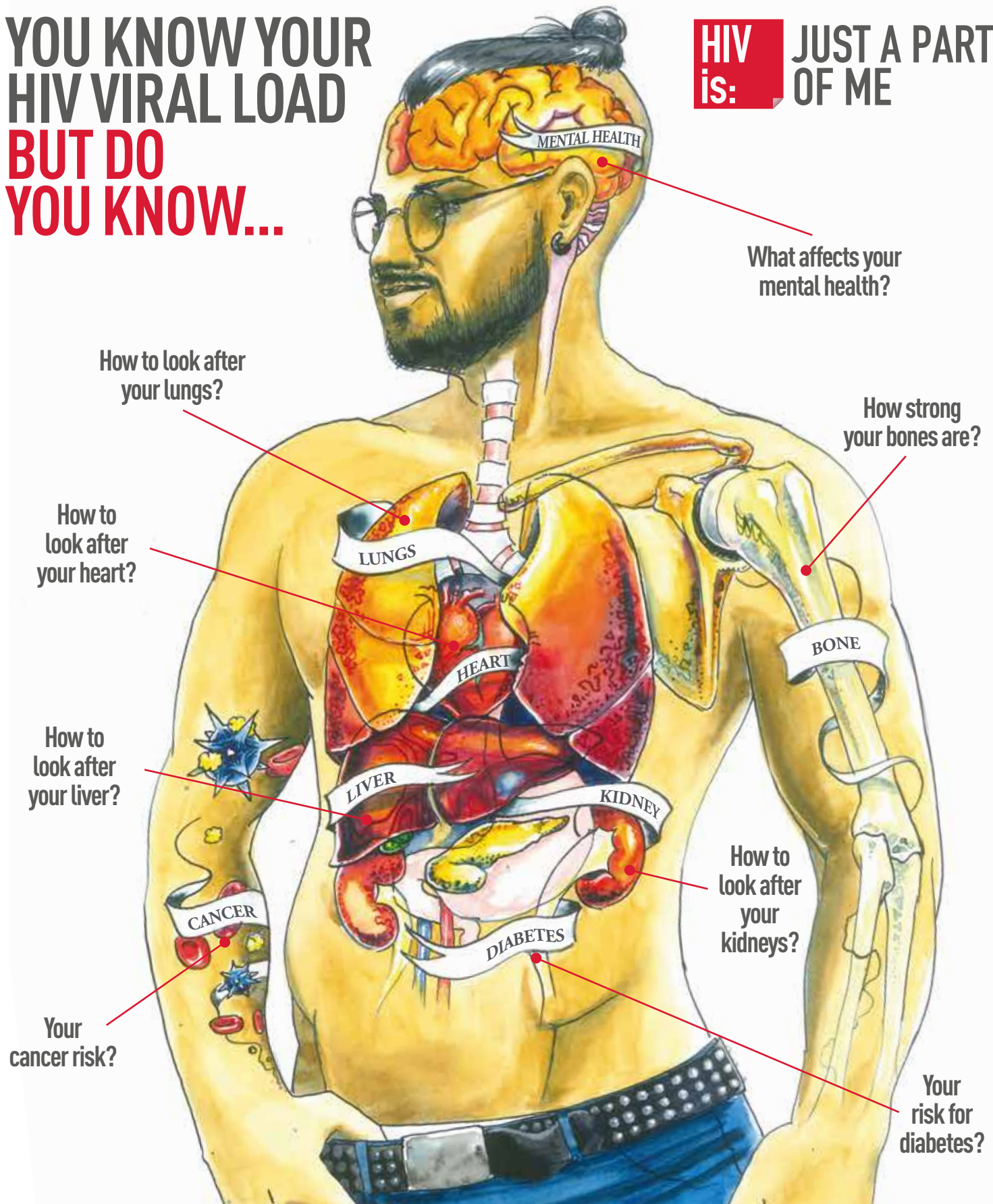


# YOU KNOW YOUR HIV VIRAL LOAD BUT DO YOU KNOW...

**HIV**  
is: **JUST A PART  
OF ME**



How to look after your lungs?

What affects your mental health?

How to look after your heart?

How strong your bones are?

How to look after your liver?

How to look after your kidneys?

Your cancer risk?

Your risk for diabetes?

**To stay healthy, think about your:**

- 1. Risk factors**
- 2. Test results**
- 3. Lifestyle choices**
- 4. Treatment choices**

HIV is just a part of you.  
Don't let it take over your life.

Visit [www.HIVisJustapartofme.eu](http://www.HIVisJustapartofme.eu)  
for more information