



## TREATMENT BASICS

### 1. Overview of HIV treatment

- **A Practical Guide to HAART (Highly Active Anti-retroviral Therapy).** (CATIE). 2006. [http://www.catie.ca/pdf/PG\\_HAART/Practical\\_Guide\\_to\\_HAART\\_EN.pdf](http://www.catie.ca/pdf/PG_HAART/Practical_Guide_to_HAART_EN.pdf)
- **Introduction to combination therapy.** (i-base). 2009. <http://www.i-base.info/pdf/guides/2009/starting-may09.pdf>  
*How treatment works, when to start, drugs and doses.*
- **HIV therapy.** (NAM). 2008. <http://www.aidsmap.com/files/file1000889.pdf>
- **Treatment options.** Pages 19-27 in: Healthy living manual. (BCPWA). 2008. [http://www.bcpwa.org/articles/Manual08\\_Webversion.pdf](http://www.bcpwa.org/articles/Manual08_Webversion.pdf)
- **Your treatment.** (Terrence Higgins Trust). 2007. <http://www.tht.org.uk/informationresources/publications/livingwithhivtreatments/yourtreatment138.pdf>  
*This booklet gives a basic, but comprehensive introduction to HIV treatments. Written in plain English, it describes what HIV is, CD4 counts and viral load tests, starting combination therapy, why it's important to take the pills exactly as prescribed, practical tips to help you take pills on time, the most common side effects, and how to deal with them, issues for pregnant women, treatment if you also have hepatitis or tuberculosis, getting the most from the HIV clinic.*
- **Treatments.** Pages 124-143 in: Managing your health: a guide for living with HIV. (CATIE). 2009. <http://www.catie.ca/pdf/myh/myh2009.pdf>  
*Treatment decisions. Before you start. When to start?. Anti-HIV drugs. Choosing treatment. Starting treatment. Making it work. Changing treatment. Taking breaks and stopping treatment.*
- **General Approaches to Treating HIV.** (CATIE). 2001. <http://www.catie.ca/pdf/ACASfs/General%20approac.pdf>
- **What is antiretroviral therapy (ART)?** (AIDS InfoNet). 2009. [http://www.aidsinfonet.org/uploaded/factsheets/40\\_eng\\_403.pdf](http://www.aidsinfonet.org/uploaded/factsheets/40_eng_403.pdf)
- **Recommended HIV treatment regimens.** (AIDS Info). 2008. [http://aidsinfo.nih.gov/contentfiles/HIVandItsTreatment\\_cbrochure\\_en.pdf](http://aidsinfo.nih.gov/contentfiles/HIVandItsTreatment_cbrochure_en.pdf)
- **Combination medications.** (AIDS InfoNet). 2009. [http://www.aidsinfonet.org/uploaded/factsheets/179\\_eng\\_409.pdf](http://www.aidsinfonet.org/uploaded/factsheets/179_eng_409.pdf)
- **The AIDS Cocktail (Combination Therapy).** (CATIE). 2001. [http://www.catie.ca/pdf/ACASfs/A\\_cocktail1.pdf](http://www.catie.ca/pdf/ACASfs/A_cocktail1.pdf)
- **Antiretroviral therapy update: everything you need to know in a nutshell.** Pages 10-13 from: The 12<sup>th</sup> Annual HIV Drug Guide. (Positively Aware). 2008. [http://positivelyaware.com/2008/08\\_01/positively\\_aware\\_2008\\_01.pdf](http://positivelyaware.com/2008/08_01/positively_aware_2008_01.pdf)
- (video) **Still undetectable? Parts 1 and 2.** (POZ). 2007. <http://www.podcasthealth.com/pchTV.aspx?movieVar=0>  
*Explains why a low viral load is important and feasible.*  
*INSTRUCTIONS: Click on "Treating HIV" tab at top of screen, press play.*

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- **Which are the easiest drug combos?** (POZ). 2006.  
<http://www.podcasthealth.com/pchTV.aspx?movieVar=0>  
*Takes a look at few pills and once-a-day dosing.*  
*INSTRUCTIONS: Click on "Treating HIV" tab at top of screen, press play.*
- **Treatment of HIV infection.** (National Institute of Allergy and Infectious Diseases). 2007.  
<http://www.niaid.nih.gov/factsheets/treat-hiv.htm>
- **Ten ways to mess up your meds.** (Positively Aware). 2002.  
[http://www.tpan.com/publications/positively\\_aware/may\\_june\\_02/medicine\\_chest.html](http://www.tpan.com/publications/positively_aware/may_june_02/medicine_chest.html)
- **How to identify AIDS fraud: things to consider when dealing with questionable treatments and "cures".** (Project Inform). 2007.  
<http://www.projectinform.org/info/fraud/fraud.pdf>
- **Access to treatment.** Pages 262-271 in: *Managing your health: a guide for living with HIV.* (CATIE). 2009. <http://www.catie.ca/pdf/myh/myh2009.pdf>  
*How drugs are approved for sale in Canada. How to access approved prescription drugs. How to access unapproved drugs. How to access non-prescription medications and other kinds of treatment.*
- **Anti-HIV medications (Anti-retroviral therapy).** (CATIE).  
<http://www.catie.ca/pdf/ACASfs/Anti-HIV%20Med.pdf>

## 2. Making treatment decisions

- **Walking your way through making a treatment decision.** p. 4-5 from: *Personal tracking charts.* (Project Inform). 2007. <http://www.projectinform.org/info/tracking.pdf>
- **Making decisions about therapies: issues to consider when developing your personal treatment plan.** (Project Inform). 2007.  
<http://www.projectinform.org/info/decisions/decisions.pdf>
- **Strategies for HIV therapy: information to consider when deciding to use therapy.** (Project Inform). 2008. <http://www.projectinform.org/info/avs/avs.pdf>

## 3. Starting treatment

- **Starting Anti-HIV medications.** (AIDS Info). 2008.  
[http://aidsinfo.nih.gov/contentfiles/HIVandItsTreatment\\_cbrochure\\_en.pdf](http://aidsinfo.nih.gov/contentfiles/HIVandItsTreatment_cbrochure_en.pdf)
- **Starting anti-HIV medications.** (CATIE). 2001.  
<http://www.catie.ca/pdf/ACASfs/StartingAnti-H.pdf>
- **Starting Combination Therapy (the AIDS cocktail).** (CATIE). 2001.  
[http://www.catie.ca/pdf/ACASfs/B\\_starting\\_2.pdf](http://www.catie.ca/pdf/ACASfs/B_starting_2.pdf)
- **Starting HIV drugs.** (BCPWA). 2000. Pages 1-2 from:  
<http://library.catie.ca/PDF/P12/18232.pdf>
- **When to start treatment: the evidence behind new guidelines.** (Relay, vol. 5, no. 1). 2009. [http://www.relaymagazine.com/gifs/pdf/2009/vol5\\_no1/5\\_meds\\_you\\_1.pdf](http://www.relaymagazine.com/gifs/pdf/2009/vol5_no1/5_meds_you_1.pdf)
- **Antiretroviral options for beginners.** (Relay, vol. 5, no. 2). 2009.  
[http://www.relaymagazine.com/gifs/pdf/2009/vol5\\_no2/5\\_meds\\_you\\_2.pdf](http://www.relaymagazine.com/gifs/pdf/2009/vol5_no2/5_meds_you_2.pdf)

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Please note that this information was current as of August 2009, but has not been updated.

- **The basics: when should I start treatment?** (NAM). 2009.  
<http://www.aidsmap.com/files/file1050020.pdf>
- **The more people take anti-HIV treatment, and the sooner they start, the more new infections are averted.** (NAM). 2008.  
<http://www.aidsmap.com/en/news/E1F730E7-EC4F-49AF-A07E-8AD47AB9974B.asp>
- **When to start antiretroviral treatment: a changing equation.** (BETA). Summer 2008.  
[http://sfaf.org/files/site1/asset/beta\\_2008\\_sum\\_whentostart.pdf](http://sfaf.org/files/site1/asset/beta_2008_sum_whentostart.pdf)
- **Ask the doctor: I seroconverted to HIV two years ago. When is the best time to start treatment?** (Living +, issue 9). Nov./Dec. 2000.  
[http://www.bcpwa.org/articles/issue\\_9\\_14\\_ask\\_the\\_dr.pdf](http://www.bcpwa.org/articles/issue_9_14_ask_the_dr.pdf)
- **Starting treatment: plan ahead to reduce the risk of non-adherence.** (Relay, vol. 3, no 2). Summer 2007.  
[http://relaymagazine.com/gifs/pdf/2007/vol3\\_no2\\_e/3\\_starting\\_treatment\\_2.pdf](http://relaymagazine.com/gifs/pdf/2007/vol3_no2_e/3_starting_treatment_2.pdf)
- **Starting treatment, staying on therapy.** (Positively Aware). Jan./Feb. 2005.  
[http://www.tpan.com/publications/drug\\_guide/PAJanFeb2005FINAL1.pdf](http://www.tpan.com/publications/drug_guide/PAJanFeb2005FINAL1.pdf)
- **Strategies for first line HIV therapy: issues to think about when going on therapy for the first time.** (Project Inform). 2008. <http://www.projectinform.org/info/start/start.pdf>
- **What Have You Heard About Starting HIV Therapy?** (A Positive Life). 2003.  
[http://www.apositivelife.com/pdf/What\\_Have\\_You\\_Heard.pdf](http://www.apositivelife.com/pdf/What_Have_You_Heard.pdf)

#### 4. Adherence

- **HIV drug adherence and resistance.** (BCPWA).  
[http://www.bcpwa.org/section.php?section=empower\\_yourself&page=pamphlets](http://www.bcpwa.org/section.php?section=empower_yourself&page=pamphlets)
- **What is Treatment Adherence?** (AIDSinfo). 2008.  
[http://aidsinfo.nih.gov/contentfiles/WhatIsTreatmentAdherence\\_FS\\_en.pdf](http://aidsinfo.nih.gov/contentfiles/WhatIsTreatmentAdherence_FS_en.pdf)
- **Adherence.** (AIDS InfoNet). 2009. [http://www.aidsinfonet.org/fact\\_sheets/view/405](http://www.aidsinfonet.org/fact_sheets/view/405)
- **The Importance of Being Adherent.** (The Positive Side). 2004.  
[http://www.positiveside.ca/e/V6I5/Adherence\\_e.htm](http://www.positiveside.ca/e/V6I5/Adherence_e.htm)
- **Adherence.** (NAM). 2007. <http://www.aidsmap.com/files/file1000882.pdf>
- **Adhering To My HIV Treatment Regimen.** (AIDSinfo). 2008.  
[http://aidsinfo.nih.gov/contentfiles/AdheringtoMyHIVTreatmentRegimen\\_FS\\_en.pdf](http://aidsinfo.nih.gov/contentfiles/AdheringtoMyHIVTreatmentRegimen_FS_en.pdf)
- **Staying on Schedule** (State of New York). 2007.  
<http://www.health.state.ny.us/publications/9236.pdf>
- **Adherence: keeping up with your meds: ideas on how to keep up with taking your medications.** (Project Inform). 2008.  
<http://www.projectinform.org/info/adherence/adherence.pdf>
- (video) **Treatment adherence (for women).** (POZ).  
<http://www.podcasthealth.com/pchTV.aspx?movieVar=0>  
*INSTRUCTIONS: Click on "Women & HIV" tab at top of screen, press play.*

## 5. Drug interactions

- **Drug interactions.** (AIDS InfoNet). 2008.  
[http://www.aidsinfonet.org/uploaded/factsheets/44\\_eng\\_407.pdf](http://www.aidsinfonet.org/uploaded/factsheets/44_eng_407.pdf)

## 6. Drug resistance

- **HIV drug resistance.** (BCPWA). 2000. Pages 7-8 from:  
<http://library.catie.ca/PDF/P12/18232.pdf>
- **Understanding Resistance.** (HIV Treatment Update). 2008.  
<http://www.aidsmap.com/files/file1003225.pdf>
- **HIV drug resistance.** (NAM). <http://www.aidsmap.com/files/file1000894.pdf>
- **HIV treatment resistance map.** (Visionary Health Concepts).  
[http://www.freehivinfo.com/vhc\\_pdfs/vhc\\_resistancemap.pdf](http://www.freehivinfo.com/vhc_pdfs/vhc_resistancemap.pdf)

## 7. Drug resistance testing

- **HIV Resistance Testing.** (AIDS InfoNet). 2009.  
[http://www.aidsinfonet.org/fact\\_sheets/view/126](http://www.aidsinfonet.org/fact_sheets/view/126)
- **HIV Resistance Testing.** (CATIE). 2001.  
<http://www.catie.ca/pdf/ACASfs/HIV%20Resistance.pdf>
- **Understanding resistance and cross-resistance.** (ACRIA). 2009.  
<http://www.acria.org/files/Resistance.pdf>

*Addresses some common questions about HIV drug resistance and the genotypic and phenotypic tests that measure resistance.*

## 8. Treatment failure and changing treatment

- **Is my treatment regimen working?** (AIDS Info). 2008.  
[http://aidsinfo.nih.gov/contentfiles/HIVandItsTreatment\\_cbrochure\\_en.pdf](http://aidsinfo.nih.gov/contentfiles/HIVandItsTreatment_cbrochure_en.pdf)
- **HIV treatment regimen failure.** (AIDS Info). 2008.  
[http://aidsinfo.nih.gov/contentfiles/HIVandItsTreatment\\_cbrochure\\_en.pdf](http://aidsinfo.nih.gov/contentfiles/HIVandItsTreatment_cbrochure_en.pdf)
- **Changing my HIV treatment regimen.** (AIDS Info). 2008.  
[http://aidsinfo.nih.gov/contentfiles/HIVandItsTreatment\\_cbrochure\\_en.pdf](http://aidsinfo.nih.gov/contentfiles/HIVandItsTreatment_cbrochure_en.pdf)
- **Changing HIV Treatment Regimens.** (CATIE). 2005.  
<http://www.catie.ca/pdf/ACASfs/Changing%20HIV%20Tr.pdf>
- **Strategies for third line HIV therapy: issues to consider when faced with few drug options.** (Project Inform). 2008. <http://www.projectinform.org/info/third/third.pdf>
- **Changing treatment and drug resistance.** (i-base). 2008.  
<http://www.i-base.info/pdf/guides/2008/changing-sep08.pdf>  
*What to do if you viral load rebounds; resistance testing and other tests; switching for side-effects; experimental and new drugs.*

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## 9. Structured drug interruptions (“Drug holidays”)

- **Structured Treatment Interruptions.** (CATIE). 2001.  
<http://www.catie.ca/pdf/ACASfs/StructuredTrea.pdf>
- **Treatment interruptions.** (AIDS InfoNet). 2008.  
[http://www.aidsinfonet.org/uploaded/factsheets/43\\_eng\\_406.pdf](http://www.aidsinfonet.org/uploaded/factsheets/43_eng_406.pdf)
- **Stopping medications in an emergency: A guide for HIV+ people.** (The Center for AIDS). 2005. <http://www.centerforaids.org/pdfs/emergency.pdf>
- **Drug holidays: one vacation you don’t want to take!** (A Positive Life). 2005.  
<http://www.apositivelife.com/pdf/DrugHolidays.pdf>

## 10. Clinical trials

- **Participating in a clinical trial.** (AIDS InfoNet). 2009.  
[http://www.aidsinfonet.org/uploaded/factsheets/33\\_eng\\_205.pdf](http://www.aidsinfonet.org/uploaded/factsheets/33_eng_205.pdf)
- **Participating in Clinical Trials.** (CATIE). 2001.  
<http://www.catie.ca/pdf/ACASfs/Participating.pdf>
- **Taking part in research studies: what questions should you ask?** (Centers for Disease Control and Prevention). 2007.  
<http://www.cdc.gov/hiv/resources/brochures/unC3bro.htm>
- (online) **About clinical trials: Canadian HIV Trials Network.** (CIHR). 2009.  
<http://www.hivnet.ubc.ca/e/clinicaltrials/index.html>