

Contents

| | |
|--|----|
| Section 1: General information | 5 |
| Introduction and changes to this edition | 6 |
| General questions | 8 |
| How to talk about side effects to your doctor | 15 |
| Side effects diary | 16 |
| How side effects are graded in research studies | 17 |
| Side effects, drug levels and genetics | 19 |
| Changing HIV drugs | 20 |
| Side effects and adherence | 22 |
| You and your doctor | 24 |
| Section 2: General symptoms | 27 |
| Diarrhoea | 28 |
| Feeling sick (nausea and vomiting) | 29 |
| Feeling tired (fatigue) | 30 |
| Not sleeping well (insomnia) | 32 |
| Mental health | 34 |
| Sexual health | 36 |
| Section 3: Drug-specific side effects | 39 |
| CNS side effects: mood changes, anxiety, dizziness, dreams & bad sleep | 40 |
| Hypersensitivity reaction (abacavir) | 44 |
| Increased bilirubin, jaundice (yellow skin or eyes) | 46 |
| Kidney health and renal side effects | 48 |
| Skin problems: rash | 50 |
| Skin, hair and nails; injecting T-20 | 52 |
| Peripheral neuropathy | 54 |
| Liver-related side effects | 56 |
| Lactic acidosis and pancreatitis | 58 |
| Lipodystrophy: fat loss/accumulation, metabolic changes & diabetes | 59 |
| Section 4: HIV, ageing and quality of life | 71 |
| HIV and ageing | 72 |
| Heart disease | 74 |
| Bone health | 76 |
| HIV and cancer | 78 |
| Lifestyle factors and your health | 80 |
| Diet: a balanced diet and your health | 81 |
| Exercise and staying active | 87 |
| Non-HIV drugs | 89 |
| References & credits | 90 |
| Further information | 91 |
| Feedback | 93 |
| Other i-Base publications | 94 |

Disclaimer: Information in this booklet is not intended to replace information from your doctor. Treatment decisions should always be taken in consultation with your doctor.