



European
AIDS Treatment
Group



My personal journey as a YPLWHIV

‘Ana’

ARAS – Romanian Association Against-AIDS

Finding out I'm HIV positive

- 2007, at 17 y.o;
- TB, Herpes Simplex I, Candida, HIV
- Nosocomial infection
- Lots of questions
- Ups and downs



Coping with HIV

- Family and friends support
- Lack of peer-support
- Finding the strength to go on and not giving up
- Level of Education



Strategies

- Learning about HIV/AIDS
- Starting ART
- Side-effects



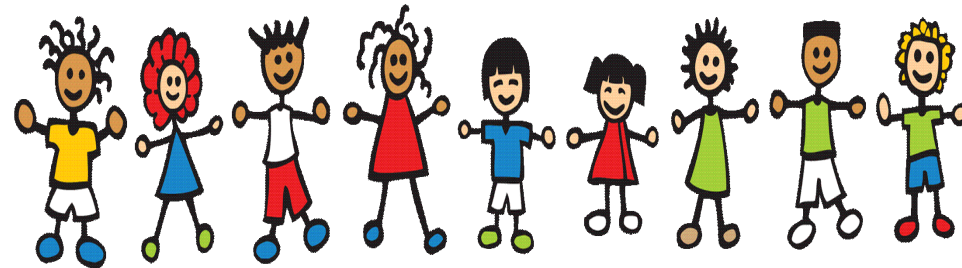
Stigma and Discrimination

- Jobs
- Stereotypes
- Healthcare system and discrimination



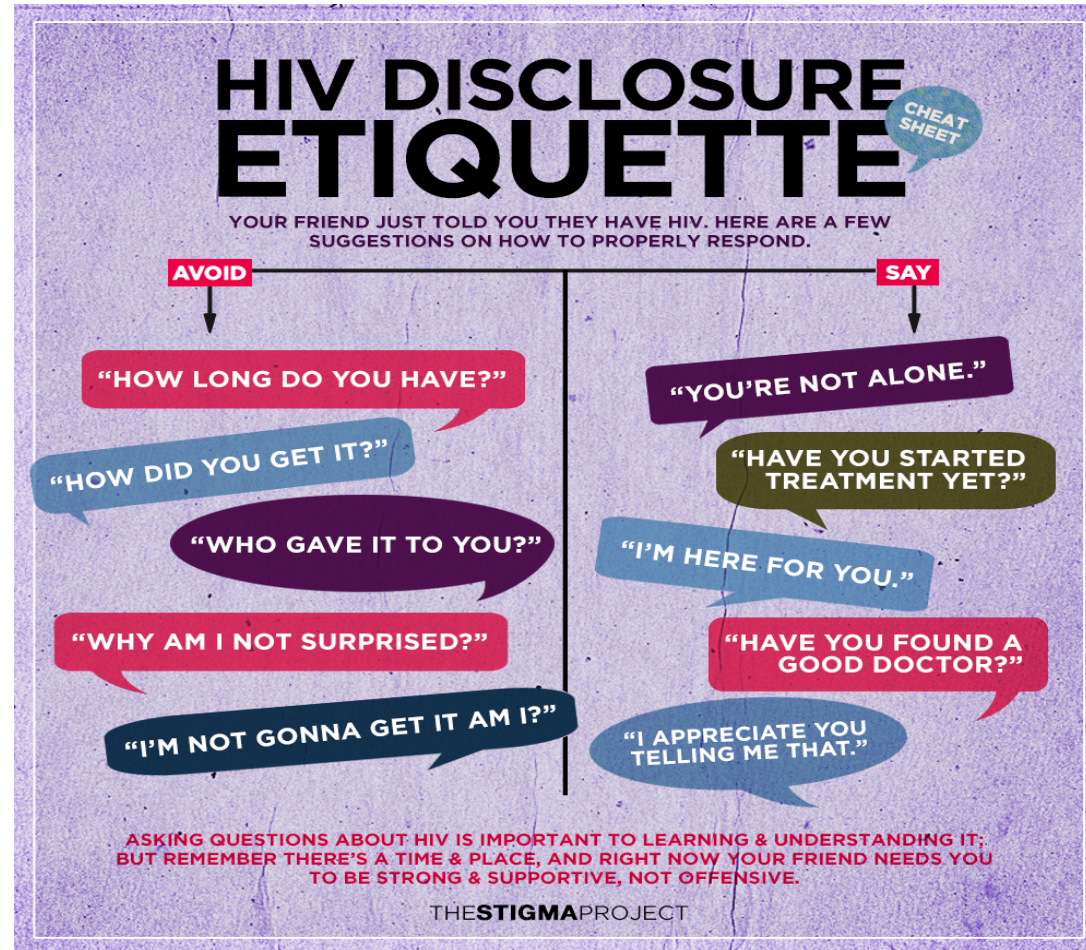
Sex and HIV

- Dating
- Dropping the H-bomb 😊
- Relationship
- Children



How to talk to a PLWH?

- No universal definition
- Empathy
- Access to Information



Living in the present

- What being “undetectable” means?
- Not worrying about dying
- Focusing on my body’s well-being
- Positive thinking

HIV STATUS?
UNDETECTABLE

