



### Resources: Disease State Information for Patients

We will support you through your journey. We would like to provide you with a list of a few resources that will help for you to find information on the disease state. We are always available for any questions that you may have.

### What is HIV/AIDS?

HIV stands for human immunodeficiency virus. If left untreated, HIV can lead to the disease AIDS (acquired immunodeficiency syndrome).

Unlike some other viruses, the human body can't get rid of HIV completely. So once you have HIV, you have it for life.

HIV attacks the body's immune system, specifically the CD4 cells (T cells), which help the immune system fight off infections. If left untreated, HIV reduces the number of CD4 cells (T cells) in the body, making the person more likely to get infections.

### Resources:

- a. Aids.gov basic information
  - i. <https://www.aids.gov/hiv-aids-basics/>
- b. HIV AIDS-NAM
  - i. <http://www.aidsmap.com/>
- c. HIV Med Adherence:
  - i. <https://aidsinfo.nih.gov/education-materials/fact-sheets/21/54/hiv-medication-adherence>

If you wish to consult an information specialist to discuss questions about HIV/AIDS, Viral Hepatitis, STDs, TB, or HIV testing sites, please contact CDC INFO. Visit them online at <http://www.cdc.gov/cdc-info/>  
Call toll-free 1-800-CDC-INFO (1-800-232-4636) / TTY: 1-888-232-6348. Service available Monday through Friday, 8 a.m. to 8 p.m. (ET)