



Living with HIV: A Patient's Guide

Mark Cichocki

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This helpful guide offers a wealth of information for individuals who have been diagnosed with HIV and for people caring for HIV positive friends and loved ones. It covers the entire HIV lifespan, from prevention to diagnosis and beyond. Valuable tips help the reader make the best decision when choosing a doctor, finding and adhering to the right medication regimen, and, if necessary, making end-of-life plans. All aspects of HIV/AIDS are discussed, including opportunistic and associated infections, dental care, exercise and nutrition, substance use and abuse, and emotional treatment.

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