


# KNOW YOUR MEDICINES BY NAME

Treatment Literacy (TL) includes knowing how your medicines work, why they must be taken in combination and what else you can do to improve your health.

**ANTI-RETROVIRALS (ARVs):**   
medicines which lower the level of HIV in your blood and help you live a healthier life if taken everyday, for life. They do not cure HIV/AIDS.

My ARV combination is d4T (Zerit) + 3TC (Lamivudine) + Nevirapine (Viramune). I lost a lot of weight before starting ARVs. When I got better, I gained 15kg and went on a higher dosage of my combination. Treatment literacy helps me learn how HIV causes illness and why eating nutritional food and taking my treatment correctly improves my health. I also learn why we must demand that drug companies keep medicine prices affordable and advocate for new and improved drugs with less side effects to be manufactured.  
-Madeniaja Adams

**It is advised** that you take your ARVs at the same time everyday. This way you ensure there are always enough medicines in your body to block the virus from multiplying.

**If you take TB and ARV** medicines at the same time, it is best to use Efavirenz. Nevirapine can have bad interactions with some of the TB medications.

**This kind of Drug Interaction** occurs when another medicine or substance you take is disturbing the strength of your ARVs. When the strength of the ARVs is not constant this gives the virus a chance to multiply again.

**Claim back your right to life:** Treatment Literacy is your responsibility to yourself and your community. Get information and use it to keep yourself and your community healthy.



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Plan for Life: Get Tested - Get Treatment - Use Condoms