

# SPEAK UP ABOUT HIV

- Test for HIV and treat immediately
- Take your medication regularly
- When you have an undetectable viral load, your HIV is untransmissible
- Visit us at: [www.positive.life.org.au](http://www.positive.life.org.au)

# SILENCE = DEATH

# SPEAK UP ABOUT HIV!

# AIDS STILL KILLS

People can live with HIV for many years without knowing. Whether it's fear of finding out or they just haven't had a test, their treatment is delayed and immune system is severely damaged. These 'late presenters' can be diagnosed with advanced HIV disease (AIDS). Your health is nothing to be silent about.

# RESPECT FOR OUR ELDERS

The good health of people living with HIV today stands on the shoulders of the positive activists who demanded more from their medications, their doctors and the researchers. We benefit from their hard work. They understood that silence equals death. We cannot be silent about our history over the past 30 years.

# STIGMA AND DISCRIMINATION

While AIDS might not be the killer it once was, stigma and discrimination kills people today. Whenever stigmatising attitudes or discriminatory practices go unchallenged, people living with HIV stop engaging with their healthcare providers, avoid social interactions that nourish and build our community and passive suicide becomes a silent reality. Don't be silent, speak up about stigma and discrimination.

# HIV IS DIVERGING

HIV is moving into the margins and affecting more communities than ever. People from culturally and linguistically diverse backgrounds, Aboriginal people, heterosexual people, people born overseas and women of all ages. The time for silence is over, talk about HIV in marginalised communities.



to sweep  
Australia

gay community at a  
most common among

is preparing for  
an epidemic along the  
same lines as in the US.

We could have the same  
problems as in America.  
Features of the gay com-  
munities are comparable  
and there is this free ex-  
change between the two  
countries," he said.

All four cases confirmed  
in Australia are people who  
have visited or come from  
the US.

Dr Penny said 75 to 80 per-  
cent of victims were male  
homosexuals.

One theory is that the  
disease was introduced  
from West Equatorial  
Africa where it occurs in  
the general population.

The program run by Pro-  
fessor Penny and his team

He has been responsible  
for setting up a special  
study group with experts  
from the NSW Depart-  
ment of Health, the Com-  
monwealth Institute of  
Health, the Sydney STD  
Clinic and St Vincents.

Epidemic  
and the possibility of  
an epidemic in Australia  
...  
at the mo-  
within Sydney  
many people  
the disease,"  
Professor Penny said.  
They may have it but not

symptoms are so vague  
they could very easily be  
misdiagnosed," Dr Brad-  
ford said.  
"Some of the main things  
are swollen glands, weight  
loss, feeling tired - easily

Testing and researching

for the cent.  
ways.  
honey-  
yed hv.

victoria are preparing for what  
they say is inevitable - an epi-  
demic in this country.  
It was first called the "gay  
plague" because it is most com-  
mon among male homosexuals  
spreading among male-female  
partners

er nor  
The director of Melbourn  
The most common of  
tem breaks down so people  
become very prone to in-

white blood cells and that