

6. Before I began taking antiretrovirals, I had AIDS. I constantly had opportunistic infections. I suffered from weight-loss, diarrhea and memory-loss. My CD4 count, a measure of the strength of my immune system was 175 and my viral load was 11 million, indicating that I was in the advanced stages of HIV-disease. Since taking antiretrovirals, my viral load has become undetectable and my CD4 count at last check was 375. My memory has returned and I have had no opportunistic infections. My weight has risen to 65kg from 55kg. My skin has also improved. I still have HIV and will have to take ARVs everyday for life, but my quality of life and fitness has improved substantially. All of this is in accordance with current medical science.