

➔ *Three essential psychosocial **factors** that support your healthy aging with HIV*

- 1 TREATMENT COORDINATION
- 2 LEVERAGING THE POWERFUL IMPACT OF SOCIAL SUPPORT
- 3 PRIORITIZING MENTAL HEALTH MANAGEMENT

➔ *Five practical, proven **actions** you can take to support healthy aging with HIV:*

- 1 **TAKE YOUR MEDS**  
Take your meds as prescribed. Your heart does better if your blood pressure, diabetes, cholesterol, and other conditions are under control, especially your blood pressure.
- 2 **EAT A HEALTHY DIET**  
Diets that are high in fat, salt, or sugar can cause heart disease. A balanced diet lowers your risk of heart disease. To plan a balanced diet, ask for help from a nutritionist.
- 3 **EXERCISE**  
Exercise helps your heart stay strong. It also helps lower things that worsen heart disease, like high glucose, blood pressure, and cholesterol. Even a bit of exercise helps, and any type of exercise is better than none. If you're not sure where to start, ask to see a physical therapist.
- 4 **DON'T SMOKE!**  
Smoking dramatically increases your risk of heart disease and many other diseases. If you want to quit smoking, ask your doctor for help.
- 5 **DRINK IN MODERATION**  
Too much alcohol is unhealthy. People with HIV should have no more than one drink a day. "One drink" means one bottle of beer, one glass of wine, or one shot of gin, vodka, or other liquor. Be honest with your doctor about how much you drink. Ask if that amount is right for you, and ask if alcohol will interact with any of your meds.

*(Stephen Karpiak Phd, Director of The National Resource Center on HIV and Aging: [aginghiv.org](http://aginghiv.org))*