

SPEAK UP!

What Patients with HIV Need to Know and Talk About with Their Clinicians— Questions for Your Doctor About Chronic Illnesses



Communicating with your healthcare team about aging with HIV can be challenging, but it doesn't have to be. Here is a checklist of questions to bring with you to your doctor visits to help you **Speak Up** and advocate for yourself.

Am I at risk of any chronic illnesses associated with HIV?

Are there certain daily habits I should adopt or change to help me stay healthy?

Do you have experience treating these?

Do any of my medications put me at increased risk for chronic illnesses?

Do I need referrals to specialists for any of these issues?

Are there any vaccines I need to get?

What tests do I need to monitor my long-term health as I age?

What should I be on the lookout for between visits in terms of signs or symptoms of chronic illness?

Specific questions about any side effects or symptoms you may have experienced (make sure to note what the symptoms are, when they happened, and how frequently they happened):

Don't forget to take notes during your doctor visit! It can be hard to remember details after the fact.

NOTES FROM YOUR VISIT
