

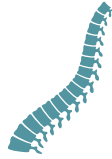
Your Brain + HIV

What is NeuroHIV?

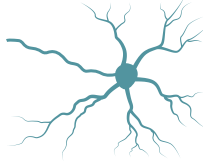
NeuroHIV is a general term for **nervous system problems** that people living with HIV may experience. NeuroHIV can affect...



BRAIN



SPINAL CORD



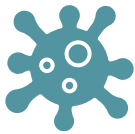
NERVES

How common is it?

About **HALF** of people living with HIV experience some form of NeuroHIV.



What affects brain health in people living with HIV?



HIV



Aging



Stress



Alcohol & Drugs



Other Health Conditions

How do I know if I have NeuroHIV?

You may have any of the following:



Forgetfulness, brain fog, difficulty concentrating, or headaches



Depression, anxiety, or behavior changes



Numbness, tingling, pain, or burning sensations



Problems with movement, walking, or coordination

How can I prevent or manage NeuroHIV?



HIV Treatment: Take HIV medication as prescribed



Brain Health: Eat well, get enough sleep, stay active, manage stress, and limit alcohol & drug use



Other Health Conditions: Manage diabetes, high blood pressure, and high cholesterol

Do you have questions about HIV & brain health?

Talk to your health care providers about brain health testing and treatment



Comprehensive NeuroHIV Center

Visit us at
linktr.ee/neurohiv

Email us at
neurohiv@temple.edu

