

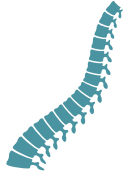
# Your Brain + HIV

## What is NeuroHIV?

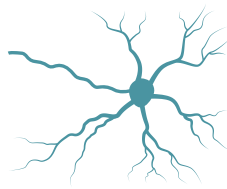
NeuroHIV is a general term for **nervous system problems** that people living with HIV may experience. NeuroHIV can affect...



BRAIN



SPINAL CORD



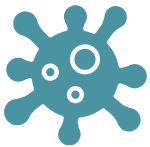
NERVES

## 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](https://linktr.ee/neurohiv)

Email us at

[neurohiv@temple.edu](mailto:neurohiv@temple.edu)

