# Pozhet Resources

Published Date : 10 July, 2013

Our resources are listed here for viewing, they are in pdf format only, word document versions will be added soon. Clicking the link will open the pdf in the same tab, or right click the link to open up the document in a new tab or window.

### babyHaving a Baby

a guide for HIV positive women, men and their partners

[Print version on A4](https://pozhet.org.au/wp-content/uploads/2014/06/POZHET_HavingABaby_resource_spreads_A4landspace.pdf) two pages per side  (570 KB 12 pages)

[Viewable version](https://pozhet.org.au/wp-content/uploads/2014/06/POZHET_HavingABaby_A5.pdf)  (480KB 22 pages)

### lifeLife, Loving and HIV

a heterosexual’s guide to serodiscordant relationships

[Print version on A4](https://pozhet.org.au/wp-content/uploads/2014/06/POZHET_LifeLovingandHIV_resource_spreads_A4landscape.pdf) two pages per side  (781 KB 10 pages)

[Viewable version](https://pozhet.org.au/wp-content/uploads/2014/06/POZHET_LifeLovingandHIV_A5.pdf)  (650KB 18 pages)

### Changing Lives - A resource for heterosexual people living with HIVChanging Lives

[Changing Lives – Introduction](https://pozhet.org.au/wp-content/uploads/2013/07/ChangingIntro1.pdf)

[Changing Lives – Positive Men](https://pozhet.org.au/wp-content/uploads/2013/07/ChangingLives1.pdf)

[Changing Lives – Positive Women](https://pozhet.org.au/wp-content/uploads/2013/07/ChangingLives2.pdf)

[Changing Lives – Couples](https://pozhet.org.au/wp-content/uploads/2013/07/ChangingLives3.pdf)

[Changing Lives – Partners](https://pozhet.org.au/wp-content/uploads/2013/07/ChangingLives4.pdf)

[Changing Lives – Telling Others](https://pozhet.org.au/wp-content/uploads/2013/07/ChangingLive5.pdf)

[Changing Lives – Family Matters](https://pozhet.org.au/wp-content/uploads/2013/07/ChangingLives6.pdf)

[Changing Lives – HIV Illness](https://pozhet.org.au/wp-content/uploads/2013/07/ChangingLives7.pdf)

[Changing Lives – Talking Treatments](https://pozhet.org.au/wp-content/uploads/2013/07/ChangingLives8.pdf)

[Changing Lives – Tips For Living Well](https://pozhet.org.au/wp-content/uploads/2013/07/ChangingLives9.pdf)

[Changing Lives – Getting Support](https://pozhet.org.au/wp-content/uploads/2013/07/ChangingLives10.pdf)

[Changing Lives – The Complete Resource](https://pozhet.org.au/wp-content/uploads/2013/07/Changing_Lives.pdf)

[PEP](https://pozhet.org.au/wp-content/uploads/2013/07/pep.pdf)

[Sex Matters A – Z](https://pozhet.org.au/wp-content/uploads/2013/07/SexMattersA-Z.pdf)

[STI Chart](https://pozhet.org.au/wp-content/uploads/2013/07/STIChart.pdf)

[Masculinity](https://pozhet.org.au/wp-content/uploads/2013/07/masculinity.pdf)

[Women](https://pozhet.org.au/wp-content/uploads/2013/07/women.pdf)

[Straightpoz Study 1](https://pozhet.org.au/wp-content/uploads/2013/07/Straightpoz1.pdf)

[Straightpoz Study 2](https://pozhet.org.au/wp-content/uploads/2013/07/Straightpoz2.pdf)

[Peer Support](https://pozhet.org.au/wp-content/uploads/2013/07/peer.pdf)

[Serosilence and Serosharing](https://pozhet.org.au/wp-content/uploads/2013/07/serosilenceserosharing.pdf)

[Get It Straight](https://pozhet.org.au/wp-content/uploads/2012/10/Get_it_Straight.pdf)

[Telling Others](https://pozhet.org.au/wp-content/uploads/2012/10/B2.4_Telling_Others.pdf)

[Tips For Living Well](https://pozhet.org.au/wp-content/uploads/2012/10/B2.2_Tips_For_Living_Well.pdf)

[Looking After Yourself](https://pozhet.org.au/wp-content/uploads/2012/10/B2.2_Looking_After_Yourself.pdf)

[HIV Medications Dosage Chart](https://pozhet.org.au/wp-content/uploads/2012/10/HIV-Medications-Dosage-Chart.pdf)

# Pozhet Workshop Weekend & Retreat September

Published Date : 14 July, 2016

[ccf\_form id=”4352″]

# PrEP Information From Pozhet

Published Date : 8 June, 2016

PrEP stands for Pre Exposure Prophylaxis. PrEP is an antiretroviral medication that is taken by HIV negative people to prevent HIV infection.  Studies from around the world have shown that if taken daily, PrEP works.

PrEP is a very effective HIV prevention tool.  It is an exciting medical advancement for anyone who might be at high risk of acquiring HIV. Among heterosexuals, PrEP might be a suitable prevention tool for partners of HIV positive people. While studies have proven that HIV treatments prevent a HIV positive person from transmitting the virus to their partners, we recognise that PrEP may play a role in decreasing anxiety around sex and intimacy for people in serodiscordant relationships.

Like any medication, the decision to start taking PrEP should be an informed decision that is made in consultation with a clinician. See the information below to learn more about PrEP and to find out more about how to access to PrEP in NSW.



## PrEP faq’s

**1.What does PrEP stand for?**PrEP stands for Pre Exposure Prophylaxis.

**2.What is PrEP?**PrEP is a new HIV prevention method in which people who do not have HIV take a pill daily to reduce their risk of acquiring HIV.

**3.How well does PrEP work?**Research in other countries has shown that people who take PrEP have a reduced chance of acquiring HIV.  How well PrEP works depends on how good people are at taking PrEP every day.  There have been six studies in heterosexual men and women which showed a significant reduction in their risk of contracting HIV when people took PrEP every day.

The TDF2 Study  found that among heterosexually active men and women who did not have HIV, PrEP reduced the risk of HIV transmission by 62%. Note that the risk reduction of 62% is a population level estimate. What this means is that a whole group of people who took PrEP were 62% less likely to acquire HIV by comparison to another group of people who did not take PrEP.  In the group of people who were prescribed PrEP not everyone took their PrEP as directed. In the group of people who were prescribed PrEP and took it every day they were far less likely to become HIV positive.

[The Partner Study](http://www.chip.dk/portals/0/files/pdf_folder/CROI_2014_PARTNER_QA.pdf) involved men and women in heterosexual relationships in which one partner was positive and the other negative.  The HIV negative people in these couples were prescribed PrEP and they were 75% less likely to get HIV by comparison to the HIV negative people who were prescribed a placebo.  Note that among the HIV negative people who actually took their PrEP frequently, they were protected from HIV by 90%.

**4.How does PrEP work to protect against HIV transmission?**For PrEP, we know that if the drug is present in the bloodstream and vaginal and/or rectal tissues when someone is exposed to HIV, then the virus will not be able to establish itself and transmit to that individual. PrEP stops HIV from replicating so the virus is not able to establish itself in the body.

**5.Who should take PrEP?**The effectiveness of using HIV antiretroviral drugs as PrEP has been established by clinical trials conducted in heterosexual adults, gay men and injecting drug users. PrEP can be considered for people in these populations who are HIV negative but at high risk of acquiring HIV.  Among heterosexual people in Australia, PrEP might be a suitable prevention tool for a HIV negative person who is in a relationship with someone who is HIV positive. Or for a woman who is trying to conceive and is in a relationship with a HIV positive man.

**6.If I am trying to conceive and my partner is HIV positive, should I take PrEP?**PrEP has been used safely and with success in couples wanting to conceive. For women trying to become pregnant while using PrEP it is recommended that you start taking daily doses of PrEP once month before a conception attempt and continue until one month after the last attempt to conceive. It is strongly recommended that you speak with your clinician or a HIV paediatric service if you want to conceive and take PrEP.

**7.If my partner is HIV positive but they are on treatment and they have an undetectable viral load, should I still take PrEP?**There is strong evidence to suggest that a person who is HIV positive but with an undetectable viral load is very unlikely to pass on HIV. In 2011 the HPTN052 study found that starting HIV treatment early reduced the risk of a HIV positive person transmitting the virus to their HIV negative partner by 96%.  This finding in relation to heterosexual couples was later mirrored by studies which examined homosexual couples.

Because treatment is so effective at preventing onward transmission of HIV, someone who is in a relationship with a HIV positive person on effective treatment, is not considered to be at high risk of acquiring HIV and therefore it would not always be recommended that they start taking PrEP. However some people who have partners with an undetectable viral load often still consider other ways of protecting themselves against HIV.  For neg/pos couples PrEP may be a prevention tool that reduces anxiety and enables a greater sense of security and intimacy within a relationship.

**8.Do I have to test for HIV before I start taking PrEP**?
It is essential that you have an HIV test before beginning PrEP and if you decide to take it, you need to continue to test for HIV and other sexually transmissible infections on an ongoing basis – at least every three months. Your doctor can also give you advice about any other monitoring that may be required.

**9.If I start taking PrEP do I need to worry about side effects?**Truvada and the generic PrEP medicine which contain the same ingredients (TDF/FTC) are generally very well tolerated and most of the potential side effects are quite mild. A minority of people may experience mild symptoms such as nausea, headaches and fatigue. If this occurs, symptoms mostly disappear after the first few weeks on PrEP. In a minority of cases, some have experienced more severe side effects.  If at any stage you are concerned that you may be experiencing side effects from taking PrEP, you should contact your clinician.

Long term PrEP can place added stress on your kidneys and liver, for this reason these organs need to be monitored while taking PrEP. If you have existing kidney, liver or bone problems such as osteoporosis, or are taking any other medications, speak to your clinician about whether taking PrEP is the right choice for you.

**10.If I am taking PrEP, how often do I have to take it?**It is recommended that you take PrEP once a day, every day. Every PrEP study to date has shown that people who took PrEP once a day every day, experienced greater protection against HIV in comparison to those who did not take their PrEP every day.

**11.What if I miss a dose or occasionally forget to take PrEP?**If you miss a dose of PrEP, don’t panic. Resume taking your pills as soon as you remember. It is not recommended to double dose on PrEP to make up for missed doses. If you consistently miss doses, you may lose some of the protective benefits of taking PrEP.  If you miss two days of PrEP in a row it will take seven days of taking PrEP daily before you are again protected at a substantial level.

**12.If I am on PrEP should I keep using condoms?**When PrEP is taken daily it is highly effective in preventing HIV transmission and gives protection against HIV transmission that is comparable to condoms, although it is not a guarantee against infection. Using condoms will be a choice for you and your sexual partners or partner. However, it is important to remember that PrEP does not prevent the transmission of other STIs. If you do not use condoms, it is important to test regularly and treat STIs if you acquire them.

**13.Does PrEP start working immediately?**It takes time for PrEP to build up to levels in your body that are considered protective. The exact length of time is still not clear and is being investigated.Data from studies have shown that protection is achieved after 7 days for rectal tissue, however for full protection to be achieved in blood and vaginal tissue it will take 20 days.
To be on the safe side you should assume that you aren’t getting maximum protection until at least 20 days after you begin taking PrEP, if you take it consistently without missing any pills. This is recommended for all people taking PrEP.



## How to Access PrEP

### EPIC-NSW

EPIC-NSW is a study run by the Kirby Institute, in collaboration with a number of partners, which aims to assess the impact of the rapid expansion in access to PrEP amongst those at high risk of acquiring HIV. The trial will enrol 3 700 people, these people will receive PrEP free of charge for a 24 month period.

Please note that partners of HIV positive people who are on treatment and have an undetectable viral load, are not considered high risk for HIV and therefore would not be deemed eligible for the EPIC-NSW study.

For more information on the EPIC-NSW study, visit the Ending HIV website here. [endinghiv.org.au/](http://endinghiv.org.au)

### Other PrEP Access Options

For those who would like to access PrEP but are not eligible for the EPIC-NSW study there are other options.

For more information, please download this resource which explains your options for obtaining PrEP through the Australian health system, and how to go about obtaining generic Truvada via the internet if you and your doctor decide that is your best access option: (PrEP – Access Options). [endinghiv.org.au/nsw/stay-safe/prep/](http://endinghiv.org.au/nsw/stay-safe/prep/)

### More Information on PrEP

The Australasian Society of HIV Medicine has posted the Australian National PrEP Guidelines on the (ASHM ARVG website.) [arv.ashm.org.au/arv-guidelines/prep-resources-for-clinicians](http://arv.ashm.org.au/arv-guidelines/prep-resources-for-clinicians)

For more information on importing medicines for personal see the (Australian Government’s Therapeutic Goods Administration TGA) website.) [tga.gov.au/importing-mail-or-courier](https://www.tga.gov.au/importing-mail-or-courier)

Living Positive Victoria has produced a resource to assist people with HIV to talk to their friends and partners about PrEP which is on  (their website.) [livingpositivevictoria.org.au](http://www.livingpositivevictoria.org.au)

In NSW you can now contact the PrEP Info Service, which provides further information for community members and health care professionals about Pre-Exposure Prophylaxis. Call the service on 1800 451 624, open Monday to Friday 9am till 5:30pm.

**Pozhet**Heterosexual HIV info line 1800 812 404
pozhet@pozhet.org.au

**ACON**9206 2000
acon@acon.org.au

**Positive Life NSW**9206 2177
1800 245 677 (freecall)

This information has been produced by Pozhet in partnership with ACON

# Privacy

Published Date : 22 August, 2012

The Pozhet Service is part of the Sydney Local Health District (SLHD) which is part of the NSW Government. All of the individuals working in SLHD are bound professionally and ethically to keep your information confidential. We respect an individual’s right to privacy as established under the *Privacy and Personal Information Protection Act 1998 (NSW)* and the *Health Records and Information Privacy Act 2002.*

We will not discuss your personal information with anyone without your permission, unless we are required to do so by law.

We do not allow the publication of information that identifies or may identify an individual (unless they have consented).

This site also contains links to external sites. Pozhet and SLHD do not have any responsibility for the privacy practices of third party sites.

**Is personal information collected about your website visit?**

Visitor logs are collected on this website for statistical purposes only (nothing is identifiable).

**What does SLHD do with personal information provided via this website?**

Visitors are welcome to provide feedback about SLHD when they visit the website. Email addresses or other details provided to this site will only be used to respond to enquiries and will not be added to mailing lists, or disclosed to any other party without the user’s consent, unless required by law.

Personal information will be kept safe, sufficient to prevent unauthorised access, and will be properly handled to ensure its safety, integrity and confidentiality.

**Want to know more?**

Read the full [NSW Government Privacy Statement](http://www.nsw.gov.au/privacy-statement).

# Questions and Answers

Published Date : 26 July, 2015

##### How long do I need to be on ART before my viral load becomes undetectable?

It depends primarily on what your viral load was before you started medications (more virus present means it takes more time to reduce viral load). Your T-cell count, general health, and whether you’ve been on treatment before also play a role.
The goal is that pretty much everybody should have an undetectable viral load after 16–24 weeks with appropriate treatment. If your viral load is not decreasing appropriately, your doctor should check to make sure that you’re taking the medicines as directed, that you’re absorbing enough of them, and that you’re not resistant to them. Talking frankly about whether you’re taking the medicines, any bad side effects you have, and any other medicines, supplements, or recreational drugs you are using will help you get to undetectable faster.

##### If I’m undetectable, do I still need to use condoms?

The decision to use condoms or not is ultimately between you and your partner. It’s important to discuss together what the health concerns might be for the two of you, and to be comfortable with your decision.
Things to think about and discuss with your partner(s) may include whether or not you have other sex partners, how frequently you get tested for other STIs, how adherent you are to your HIV meds, and how important (or not) using condoms is to you. Weighing the health concerns alongside the physical and emotional components will help you strike the right balance with your partner about “risks” and pleasure. While being undetectable is a great thing for your health, it doesn’t protect you against other STIs or offer an HIV-negative partner 100% protection against contracting HIV.

##### If my viral load is undetectable, does that mean I am cured?

No, “undetectable” does not mean you are cured or that the virus is gone from your body. It means that the virus is below the level that a lab test can find. You still have HIV and need to stay on ART to remain healthy.

##### What is the Human Papilloma Virus (HPV)?

HPV is a virus which is very common. It is transmitted through unprotected vaginal, oral and anal sex. HPV can cause warts, cervical cancer and anal cancer. There is an effective vaccine for HPV which can protect against some strains of it.
You can get HPV through skin to skin contact. There are many different types of the virus. Some types cause visible genital warts, other types can cause cell changes that can lead to cervical and anal cancer. HPV is very common. If you have had sex you will have most likely been exposed to HPV. Condoms are not completely effective in preventing HPV.
Some types of HPV cause visible genital or anal warts, but not all people have symptoms. Other types of HPV do not have visible signs. In women HPV can cause changes to the cells in the cervix. It is important that women living with HIV get a Pap test every year to detect and treat any changes early.

##### What is Gonorrhoea?

Gonorrhoea is a bacterial STI, that is curable with antibiotics . It is transmitted by contact with body fluids (eg. semen, vaginal fluids) Gonorrhoea infections can occur in the urethra, cervix, anus, throat, and eyes. Using condoms can reduce your chances of being infected with Gonorrhoea.
Gonorrhoea is a bacterial STI which can be spread through unprotected oral, vaginal or anal sex with someone who has gonorrhoea.
Not everyone with gonorrhoea will have symptoms. For woman symptoms can include pain when weeing, an unusual discharge from the vagina and/ or unusual bleeding from the vagina. For men symptoms can include a discharge from the penis, pain or irritation when weeing and redness at the tip of the penis. Gonorrhoea can still be passed on even if there are no symptoms.

##### What is Herpes?

Herpes is an STI which is transmitted via skin to skin contact and is caused by the Herpes Simplex Virus. There are two types of herpes simplex viruses HSV1 and HSV2. HSV1 usually appears as cold sores around the mouth and HSV2 can appear as sores around the genital area. It is important to know, that while less common, you can also get HSV1 on the genital area and HSV2 around the mouth.
You can get herpes through skin to skin contact. It is not passed on during everyday contact like shaking hands. It is passed on by skin to skin contact during close personal contact such as during mutual masturbation, oral, vaginal or anal sex. Herpes can be spread even when the partner does not have any symptoms or signs and may not even know they have the herpes virus.
Not everyone who has herpes will have symptoms. People can have the herpes virus and not know. If someone does have symptoms they can include tingling, itching and blisters around the infected area (eg, mouth, genitals or anal area) and it is important to see a doctor and have a check. There is treatment for herpes that can reduce the symptoms and the likelihood of passing it on to another person.

##### What is Chlamydia?

Chlamydia is a STI which is a bacterial STI, that is curable with antibiotics. It is transmitted by contact with body fluids (eg. semen, vaginal fluids) Chlamydia infections can occur in the urethra, cervix, anus, throat, and eyes. Using condoms can reduce your chances of being infected with Chlamydia.
You can get Chlamydia by having unprotected oral, vaginal or anal sex with someone who has chlamydia. Through the sharing of body fluids during unprotected sex chlamydia can be passed from one person to another.
Chlamydia does not always have symptoms. If women get symptoms they can include pain when weeing, bleeding during or after sex or in between periods and an unusual discharge from the vagina. Symptoms for men can include pain when weeing and an a discharge from the penis.

##### What is the best way to protect yourself from getting Sexually Transmitted Infections (STIs)?

Use condoms correctly
Using condoms correctly is the best way to prevent against STIs such as Chlamydia and unwanted pregnancy. Condoms are available for males and females; with the male condom being more common.

# Send us your stories

Published Date : 22 October, 2012

Have you ever had a moment when you heard someone’s story about living with HIV and it brought tears to your eyes? Did you learn something? Did you feel you could relate to what they said, or did it make you realise something marvellous about yourself? Did you feel connected, that someone understands, or that you are a great and strong person?

That’s the power of a personal story. It touches people’s lives and makes you feel you’re not alone. Stories heal, they teach and they touch hearts. And we all have a story to tell. No matter how boring you think your story is, it will be interesting to someone.

We’d like to hear how you live your life with HIV. Be anonymous, make up a new name and change the town or the people. But don’t forget that you matter and you can make a difference.

We would love to share your story on this website. You can write as much or little as you like; it may be a paragraph but you may find you have a book in you!

If you don’t like writing, Pozhet staff can meet with you to help. We can even organise a professional audio recording (‘podcast’).

Send us your story or point of view.

**All stories will be kept in absolute confidence. We will only ever use your story with your permission and we will conceal identities.**

# Sitemap

Published Date : 14 January, 2015

## Pages

* [About us](https://pozhet.org.au/who-we-are/)
	+ [Contact us](https://pozhet.org.au/who-we-are/contact-us/)
	+ [Our structure](https://pozhet.org.au/who-we-are/our-structure/)
	+ [Staff](https://pozhet.org.au/who-we-are/staff/)
* [Connect](https://pozhet.org.au/connect/)
	+ [Social Connections](https://pozhet.org.au/connect/social-connections/)
	+ [Social media](https://pozhet.org.au/connect/social-media/)
* [Disclaimer](https://pozhet.org.au/disclaimer/)
* [for health professionals](https://pozhet.org.au/for-health-professionals/)
	+ [Audio Visual Resources](https://pozhet.org.au/for-health-professionals/audio-visual-resources/)
	+ [Discussion Topics](https://pozhet.org.au/for-health-professionals/discussion-topics-2/)
	+ [Interesting Articles and Resources](https://pozhet.org.au/for-health-professionals/interesting-articles/)
	+ [Referrals and Information](https://pozhet.org.au/for-health-professionals/referrals-and-information/)
	+ [Training and Resources](https://pozhet.org.au/for-health-professionals/training-available/)
* [Glossary](https://pozhet.org.au/glossary/)
* [Glossary](https://pozhet.org.au/glossary-2/)
* [HIV Prevention](https://pozhet.org.au/hiv-prevention/)
	+ [GENERAL PREVENTION FAQ](https://pozhet.org.au/hiv-prevention/general-prevention-faq/)
	+ [PEP](https://pozhet.org.au/hiv-prevention/pep/)
	+ [Travelling Overseas](https://pozhet.org.au/hiv-prevention/travelling-overseas/)
* [Just diagnosed](https://pozhet.org.au/just-diagnosed/)
	+ [HIV: The basics](https://pozhet.org.au/just-diagnosed/hiv-the-basics/)
	+ [New Beginnings](https://pozhet.org.au/just-diagnosed/new-beginnings/)
	+ [What to expect](https://pozhet.org.au/just-diagnosed/what-to-expect/)
	+ [Where can I go for support?](https://pozhet.org.au/just-diagnosed/where-can-i-go-for-support/)
* [links page template](https://pozhet.org.au/links-page-template/)
* [Living with HIV](https://pozhet.org.au/living-with-hiv/)
	+ [Becoming a parent](https://pozhet.org.au/living-with-hiv/becoming-a-parent/)
	+ [HIV and Hep C](https://pozhet.org.au/living-with-hiv/hiv-and-hep-c/)
	+ [Legal issues](https://pozhet.org.au/living-with-hiv/legal-issues/)
	+ [Living well](https://pozhet.org.au/living-with-hiv/living-well/)
	+ [Negative Partners](https://pozhet.org.au/living-with-hiv/negative-partners/)
	+ [Relationships and sex](https://pozhet.org.au/living-with-hiv/relationships-and-sex/)
	+ [Telling others](https://pozhet.org.au/living-with-hiv/telling-others/)
	+ [Treatment](https://pozhet.org.au/living-with-hiv/treatment/)
* [Multicultural and language support](https://pozhet.org.au/multicultural-and-language-support/)
* [Page full width template](https://pozhet.org.au/page-full-width-template/)
* [Pozhet Resources](https://pozhet.org.au/pozhet-resources/)
* [Pozhet Workshop Weekend & Retreat September 2016](https://pozhet.org.au/pozhet-workshop-weekend-retreat-september-2016/)
* [PrEP Information From Pozhet](https://pozhet.org.au/prep/)
* [Privacy](https://pozhet.org.au/privacy/)
* [Questions and Answers](https://pozhet.org.au/questions-and-answers/)
* [Send us your stories](https://pozhet.org.au/stories-info/)
* [Sitemap](https://pozhet.org.au/sitemap/)
* [Test your HIV knowledge](https://pozhet.org.au/test-hiv-knowledge/)
* [Test your STI knowledge](https://pozhet.org.au/test-your-sti-knowledge/)
* [Testing Options](https://pozhet.org.au/testing-options/)
* [Testing Options-Oldversion](https://pozhet.org.au/testing-options-oldversion/)
* [Treatment – Prevention – the latest studies](https://pozhet.org.au/treatment-and-prevention/)
* [Website Terms of Use](https://pozhet.org.au/website-terms-of-use/)

## Posts by category

* **Category:** [**Connect**](https://pozhet.org.au/category/connect/)
	+ [Pozhet Retreat](https://pozhet.org.au/pozhet-retreat-3/)
	+ [[+Connect] 3 October](https://pozhet.org.au/connect-3-october/)
	+ [Pozhet Drop-In Wednesday 2 October](https://pozhet.org.au/pozhet-drop-in-wednesday-2-october/)
	+ [Pozhet Drop-In Wednesday 4 September](https://pozhet.org.au/pozhet-drop-in-wednesday-4-september/)
	+ [[+Connect] Out West](https://pozhet.org.au/connect-out-west-4/)
	+ [Pozhet Drop-In Wednesday 7 August](https://pozhet.org.au/pozhet-drop-in-wednesday-7-august/)
	+ [Pozhet Drop-In Wednesday June 5](https://pozhet.org.au/pozhet-drop-in-wednesday-june-5/)
	+ [Pozhet Drop-In Wednesday 8 May](https://pozhet.org.au/pozhet-drop-in-wednesday-8-may/)
	+ [Pozhet Drop-In October 2017](https://pozhet.org.au/pozhet-drop-in-october-2017/)
	+ [Pozhet Drop-In September 2017](https://pozhet.org.au/drop-in-september-2017/)
	+ [Women’s Group 8th September](https://pozhet.org.au/womens-group-8th-september/)
	+ [Pozhet Drop-In](https://pozhet.org.au/pozhet-drop-in-4/)
	+ [Drop-In Wednesday 5 July](https://pozhet.org.au/drop-in-wednesday-5-july/)
	+ [[+Connect] Out West](https://pozhet.org.au/connect-out-west-2/)
	+ [Men’s Health Week Pozhet Drop-In](https://pozhet.org.au/mens-health-week-pozhet-drop-in/)
	+ [[+Connect] May 2017](https://pozhet.org.au/connect-may-2017/)
	+ [Do you live in Illawarra?](https://pozhet.org.au/kiama-consultation/)
	+ [Pozhet Drop-In](https://pozhet.org.au/pozhet-drop-in-2/)
	+ [Pozhet drop-in](https://pozhet.org.au/pozhet-drop-in/)
	+ [Pozhet Connect – a secret Facebook Group](https://pozhet.org.au/pozhet-connect/)
	+ [Pozhet Information Session and Discussion](https://pozhet.org.au/pozhet-information-session-and-discussion/)
	+ [20th Anniversary Celebration!](https://pozhet.org.au/20th-anniversary-celebration/)
	+ [Pozhet Women’s Day](https://pozhet.org.au/pozhet-womens-day/)
	+ [Pozhet Annual Workshop](https://pozhet.org.au/pozhet-annual-workshop/)
	+ [Pozhet on Facebook](https://pozhet.org.au/pozhet-on-facebook/)
	+ [We have just launched our Facebook page!](https://pozhet.org.au/just-launched-facebook-page/)
	+ [Pozhet Annual Workshop – What a great day!](https://pozhet.org.au/pozhet-annual-workshop-what-a-great-day/)
	+ [Pozhet Retreat at Myuna Bay](https://pozhet.org.au/pozhet-retreat-at-myuna-bay/)
	+ [Volunteering to support those with HIV](https://pozhet.org.au/volunteering-to-support-those-with-hiv/)
	+ [Myuna Bay Retreat](https://pozhet.org.au/myuna-bay-retreat/)
	+ [African Women’s Day](https://pozhet.org.au/african-womens-day/)
* **Category:** [**Just Diagnosed**](https://pozhet.org.au/category/just-diagnosed/)
	+ [Torque – dealing with your diagnosis](https://pozhet.org.au/torque/)
	+ [A to Z of HIV](https://pozhet.org.au/a-to-z-of-hiv/)
* **Category:** [**Living with HIV**](https://pozhet.org.au/category/living-with-hiv/)
	+ [HIV Testing](https://pozhet.org.au/hiv-testing-campaign/)
	+ [A heterosexual male and his journey with HIV](https://pozhet.org.au/a-heterosexual-male-and-his-hiv-journey/)
	+ [People who don’t disclose do as well as people who do](https://pozhet.org.au/people-who-dont-disclose-do-as-well-as-people-who-do/)
	+ [Dating and Disclosure](https://pozhet.org.au/dating-and-disclosure/)
	+ [Access to HIV health care in NSW survey](https://pozhet.org.au/access-hiv-health-care-nsw-survey/)
	+ [Pozhet Women’s Program Survey](https://pozhet.org.au/pozhet-womens-program-survey/)
	+ [Study: Meditation Can Help People Living with HIV](https://pozhet.org.au/study-meditation-can-help-people-living-hiv/)
	+ [PrEP pill: ‘party drug’ or life saver?](https://pozhet.org.au/prep-pill-party-drug-life-saver/)
	+ [Pozhet Women’s Day in March](https://pozhet.org.au/pozhet-womens-day-march/)
	+ [Psychology Workshops for you](https://pozhet.org.au/2014-psychology-workshops/)
	+ [HIV and the black dog…](https://pozhet.org.au/hiv-and-the-black-dog/)
	+ [HIV Futures Seven](https://pozhet.org.au/hiv-future-seven/)
	+ [Treatment Awareness Evening](https://pozhet.org.au/treatment-awareness-evening/)
	+ [Serodiscordant couples](https://pozhet.org.au/serodiscordant-couples/)
	+ [Treatment and Prevention](https://pozhet.org.au/treatment-and-prevention/)
	+ [New year – Fresh start?](https://pozhet.org.au/new-year-fresh-start/)
	+ [Changes to the law around disclosure and sex](https://pozhet.org.au/changes-to-the-law-around-disclosure-and-sex/)
	+ [An easier way to pick up your medications](https://pozhet.org.au/an-easier-way-to-pick-up-your-medications/)
	+ [HIV Futures 6](https://pozhet.org.au/hiv-futures-6/)
	+ **Category:** [**HIV and Hep C**](https://pozhet.org.au/category/living-with-hiv/hiv-and-hep-c/)
		- [Eliminating hepatitis C among people with HIV](https://pozhet.org.au/eliminating-hepatitis-c/)
		- [Hepatitis C treatments to be subsidised](https://pozhet.org.au/3720-2/)
	+ **Category:** [**negative partner**](https://pozhet.org.au/category/living-with-hiv/negative-partner/)
		- [No linked HIV transmissions in PARTNER study](https://pozhet.org.au/partner-study/)
		- [Helping End HIV Transmission](https://pozhet.org.au/helping-end-hiv-transmission/)
* **Category:** [**News and Info**](https://pozhet.org.au/category/news/)
	+ [HIV Positive Sperm Bank](https://pozhet.org.au/hiv-positive-sperm-bank/)
	+ [What you need to know](https://pozhet.org.au/what-you-need-to-know/)
	+ [Peer 2 Peer/Social Club 2019](https://pozhet.org.au/peer-2-peer-social-club-2019/)
	+ [World AIDS Day Event 2019](https://pozhet.org.au/world-aids-day-event-2019/)
	+ [Pozhet Newsletter Winter 2019](https://pozhet.org.au/pozhet-newsletter-winter-2019/)
	+ [Pozhet Annual Retreat Weekend](https://pozhet.org.au/pozhet-annual-retreat-weekend/)
	+ [Pozhet Drop-In Wednesday 3 July](https://pozhet.org.au/pozhet-drop-in-wednesday-3-july/)
	+ [HIV Futures 9](https://pozhet.org.au/hiv-futures-9/)
	+ [RISE Study](https://pozhet.org.au/rise-study/)
	+ [The Women’s Edition – Talkabout](https://pozhet.org.au/the-womens-edition-talkabout/)
	+ [Pozhet Drop-In Wednesday November 7](https://pozhet.org.au/pozhet-drop-in-wednesday-september-12/)
	+ [Pozhet Spring Retreat, bigger and better!](https://pozhet.org.au/pozhet-spring-retreat-bigger-and-better/)
	+ [What is My Health Record?](https://pozhet.org.au/what-is-my-health-record/)
	+ [Retreat 7-9 September](https://pozhet.org.au/retreat-7-9-september/)
	+ [HIV Testing Week 2018](https://pozhet.org.au/hiv-testing-week-2018-2/)
	+ [Visibility Video](https://pozhet.org.au/visibility-video-1/)
	+ [Pozhet Newsletter Autumn 2018](https://pozhet.org.au/pozhet-newsletter-autumn-2018/)
	+ [Why a Great Sex Life with HIV Matters](https://pozhet.org.au/why-a-great-sex-life-with-hiv-matters/)
	+ [Pozhet Drop-In Wednesday May 2nd](https://pozhet.org.au/pozhet-drop-in-wednesday-april-4th/)
	+ [HIV in the media – fact or fiction?](https://pozhet.org.au/hiv-in-the-media-fact-or-fiction/)
	+ [Pozhet Survey](https://pozhet.org.au/pozhet-survey-4/)
	+ [Pozhet Retreat goes well!](https://pozhet.org.au/pozhet-retreat-goes-well/)
	+ [UK – harm reduction approach for breast feeding](https://pozhet.org.au/uk-harm-reduction-approach-for-breast-feeding/)
	+ [Pozhet Drop-In November 2017](https://pozhet.org.au/pozhet-drop-in-november-2017/)
	+ [Dried Blood Spot (DBS) HIV Testing Kit](https://pozhet.org.au/dried-blood-spot-dbs-hiv-testing-kit/)
	+ [Ageing and HIV](https://pozhet.org.au/latest-news-from-aidsmap/)
	+ [Undetectable = Untransmittable (U=U)](https://pozhet.org.au/undetectable-untransmittable-uu/)
	+ [Living with HIV, Hep B or Hep C?](https://pozhet.org.au/living-with-hiv-hep-b-or-hep-c/)
	+ [Do you live in the Hunter region?](https://pozhet.org.au/do-you-live-in-the-hunter-region/)
	+ [NSW HIV strategy 2016-2020](https://pozhet.org.au/nsw-hiv-strategy-2016-2020/)
	+ [Dried Blood Spot (DBS) HIV Test Toolkit](https://pozhet.org.au/dbs-toolkit/)
	+ [Pozhet Autumn Retreat 2017](https://pozhet.org.au/pozhet-autumn-retreat-2017/)
	+ [Free lunchtime staff seminar](https://pozhet.org.au/free-lunchtime-staff-seminar/)
	+ [Pozhet Drop-In](https://pozhet.org.au/pozhet-drop-in-3/)
	+ [Viral Load and Transmission](https://pozhet.org.au/viral-load-and-transmission/)
	+ [Latest Australian data about heterosexual transmission of HIV](https://pozhet.org.au/latest-australian-data-about-heterosexual-transmission-of-hiv/)
	+ [HIV is still here](https://pozhet.org.au/hiv-is-still-here/)
	+ [Transitioning to Adult HIV Care](https://pozhet.org.au/transitioning-to-adult-hiv-care/)
	+ [No linked HIV transmissions in PARTNER study](https://pozhet.org.au/no-linked-hiv-transmissions-in-partner-study/)
	+ [ZERO: no linked HIV transmissions in PARTNER study](https://pozhet.org.au/zero-no-linked-hiv-transmissions-in-partner-study-2/)
	+ [Stigma and Discrimination Survey](https://pozhet.org.au/stigma-survey/)
	+ [Start making Sense](https://pozhet.org.au/start-making-sense/)
	+ [Help end HIV transmission](https://pozhet.org.au/help-end-hiv-transmission/)
	+ [Pozhet goes to the country!](https://pozhet.org.au/pozhet-goes-to-the-country/)
	+ [PrEP on Demand](https://pozhet.org.au/prep-on-demand/)
	+ [[+Connect OUT WEST]](https://pozhet.org.au/connect-out-west/)
	+ [[+ Connect] April 2016](https://pozhet.org.au/connect-april-2016/)
	+ [Pozhet Survey](https://pozhet.org.au/pozhet-survey-3/)
	+ [Pozhet Retreat going well!](https://pozhet.org.au/pozhet-retreat-going-well/)
	+ [National Day for Women living with HIV](https://pozhet.org.au/national-day-for-women-living-with-hiv/)
	+ [Your Opinion Matters to Pozhet](https://pozhet.org.au/your-opinion-matters/)
	+ [Get Healthy Service](https://pozhet.org.au/get-healthy/)
	+ [[+ Connect] February](https://pozhet.org.au/connectfebruary/)
	+ [Another opportunity to complete the Pozhet survey](https://pozhet.org.au/pozhet-survey-2/)
	+ [Pozhet Weekend Workshop & Retreat](https://pozhet.org.au/pozhet-weekend-workshop-retreat-march-18-20/)
	+ [Christmas New Year Office Hours](https://pozhet.org.au/christmas-new-year-office-hours/)
	+ [Pozhet Celebrates the 20th Annual Workshop](https://pozhet.org.au/pozhet-celebrates-20th-annual-workshop/)
	+ [HIV Australia: Aboriginal and Torres Strait Islander Issue](https://pozhet.org.au/hiv-australia/)
	+ [Media Release](https://pozhet.org.au/media-release/)
	+ [[+ Connect]](https://pozhet.org.au/plusconnect/)
	+ [TalkAbout](https://pozhet.org.au/talkabout/)
	+ [Women’s Day at the Haven](https://pozhet.org.au/womens-day-at-the-haven/)
	+ [Pozhet Retreat](https://pozhet.org.au/pozhet-retreat-2/)
	+ [No more co-payments for Section 100 Highly Specialised Drugs prescriptions in NSW](https://pozhet.org.au/no-more-co-payments-for-section-100-highly-specialised-drugs-prescriptions-in-nsw/)
	+ [Adherence – taking your meds regularly](https://pozhet.org.au/adherence-taking-your-meds-regularly/)
	+ [Pozhet Retreat](https://pozhet.org.au/pozhet-retreat/)
	+ [NSW HIV update for 2014](https://pozhet.org.au/nsw-hiv-update-for-2014/)
	+ [Pozhet Survey](https://pozhet.org.au/pozhet-survey/)
	+ [Men’s Health Week](https://pozhet.org.au/mens-health-week/)
	+ [To tell or not to tell: Disclosing your HIV status](https://pozhet.org.au/to-tell-or-not-to-tell-disclosing-your-hiv-status/)
	+ [Men’s survey](https://pozhet.org.au/mens-survey/)
	+ [PrEP news from Conference!](https://pozhet.org.au/prep-news-from-conference/)
	+ [Pozhet South Retreat February 27 – March 1st](https://pozhet.org.au/berry-retreat-february-27-march-1st/)
	+ [Social Club Christmas Celebration](https://pozhet.org.au/social-club-christmas-celebration/)
	+ [HIV documentary Transmission to screen in Sydney](https://pozhet.org.au/hiv-documentary-transmission-screen-sydney/)
	+ [The Quarterly](https://pozhet.org.au/quarterly-3/)
	+ [Women’s Day – Saturday 25th](https://pozhet.org.au/prep-women/)
	+ [Pozhet North Retreat – a great success!](https://pozhet.org.au/pozhet-retreat-myuna-bay/)
	+ [Event: Pozhet’s AIDS 2014 Update](https://pozhet.org.au/event-pozhets-aids-2014-update/)
	+ [What health workers can do to help reduce HIV stigma](https://pozhet.org.au/health-workers-can-reduce-stigma/)
	+ [Disclosure Guide for services who work with people living with HIV](https://pozhet.org.au/disclosure-guide-services-work-people-living-hiv/)
	+ [Pozhet Annual Workshop](https://pozhet.org.au/pozhjet-annual-workshop/)
	+ [What should I eat with Eviplera?](https://pozhet.org.au/eat-eviplera/)
	+ [Some early reflections from AIDS 2014](https://pozhet.org.au/early-reflections-aids-2014/)
	+ [Update from AIDS 2014](https://pozhet.org.au/update-aids-2014-2/)
	+ [HIV and the Law](https://pozhet.org.au/update-aids-2014/)
	+ [Keep up to date with AIDS Conference news in Melbourne](https://pozhet.org.au/keep-uo-date-news-aids-conference-melbourne-next-week/)
	+ [HIV Testing Week](https://pozhet.org.au/hiv-testing-week/)
	+ [Events in August update](https://pozhet.org.au/events-august/)
	+ [HIV meds delivered to you](https://pozhet.org.au/hiv-meds-delivered/)
	+ [Tech savvy seniors](https://pozhet.org.au/tech-savvy-seniors/)
	+ [Vitamin D important for people with HIV](https://pozhet.org.au/vitamin-d-important-people-hiv/)
	+ [PLNSW Treatment and Prevention Forum](https://pozhet.org.au/plnsw-treatment-prevention-forum/)
	+ [Quarterly](https://pozhet.org.au/quarterly-2/)
	+ [Final results of study show taking HIV treatment early reduces risk of AIDS](https://pozhet.org.au/final-results-study-show-taking-hiv-treatment-early-reduces-risk-aids/)
	+ [Two new exciting programs for men at Karumah](https://pozhet.org.au/two-exciting-new-programs-men-karumah/)
	+ [Tree of Hope Autumn Newsletter](https://pozhet.org.au/tree-hope-autumn-newsletter/)
	+ [Tips for Disclosure](https://pozhet.org.au/tips-disclosure/)
	+ [Interview with Abby](https://pozhet.org.au/interview-abby-cosmo/)
	+ [Change to HIV medication guidelines](https://pozhet.org.au/change-hiv-medication-guidelines/)
	+ [The Quarterly](https://pozhet.org.au/quarterly/)
	+ [Pozhet Retreat at Berry](https://pozhet.org.au/pozhet-retreat-berry/)
	+ [Advancing the Agenda. The National Women’s Conference](https://pozhet.org.au/advancing-the-agenda-the-national-womens-conference/)
	+ [Dianne’s Story](https://pozhet.org.au/diannes-story/)
	+ [Podcast on HIV treatment and prevention in Australia](https://pozhet.org.au/podcast-on-hiv-treatment-and-prevention-in-australia/)
	+ [HIV in Australia](https://pozhet.org.au/hiv-in-australia/)
	+ [Albion Centre Workshop](https://pozhet.org.au/albion-centre-workshop/)
	+ [Positive Life NSW Quarterly](https://pozhet.org.au/positive-life-nsw-quarterly/)
	+ [Noticed a change in your body since starting HIV treatment?](https://pozhet.org.au/noticed-a-change-in-your-body-since-starting-hiv-treatment/)
	+ [Hi from the new Pozhet Coordinator](https://pozhet.org.au/hi-from-the-new-pozhet-coordinator/)
	+ [Have a say about the new Pozhet website](https://pozhet.org.au/have-a-say-about-the-new-pozhet-website/)
	+ [African Connections](https://pozhet.org.au/african-connections/)
	+ [Myuna Retreat 27-29 September](https://pozhet.org.au/myuna-retreat-27-29-september/)
	+ [Vanessa Wagner comments on Chin Wag…](https://pozhet.org.au/vanessa-wagner-comments-on-chin-wag/)
	+ [Enuf](https://pozhet.org.au/enuf/)
	+ [HIV data NSW](https://pozhet.org.au/hiv-data-nsw/)
	+ [Update Treatment and Prevention July 2013](https://pozhet.org.au/update-treatment-and-prevention-july-2013/)
	+ [Tree of Hope Autumn Newsletter](https://pozhet.org.au/tree-of-hope-autumn-newsletter/)
	+ [HIV Treatment Now](https://pozhet.org.au/hiv-treatment-now/)
	+ [RSS feeds explained](https://pozhet.org.au/rss-feeds-explained/)
	+ [Calendar of events for 2013](https://pozhet.org.au/calendar-of-events-for-2013/)
	+ [Pozhet Spring Workshop](https://pozhet.org.au/pozhet-spring-workshop/)
	+ [Summertime PEP talk](https://pozhet.org.au/summertime-pep-talk/)
	+ [Infections halved by 2015: Sign the Melbourne Declaration](https://pozhet.org.au/infections-halved-by-2015-sign-the-melbourne-declaration/)
	+ **Category:** [**Testing Options**](https://pozhet.org.au/category/news/testing-options/)
		- [HIV Home Testing](https://pozhet.org.au/hiv-home-testing/)
		- [Testing Options](https://pozhet.org.au/testing-options/)
		- [Dried Blood Spot Test](https://pozhet.org.au/dried-blood-spottest/)
		- [HIV test you can do at home](https://pozhet.org.au/dried-blood-spot-hiv-test/)
* **Category:** [**Newsletter**](https://pozhet.org.au/category/newsletter/)
	+ [[+Connect] Out West](https://pozhet.org.au/connect-out-west-3/)
	+ [Advance Care Planning for services](https://pozhet.org.au/advance-care-planning-for-services/)
	+ [Heterosexual men who have sex with men](https://pozhet.org.au/heterosexual-men-who-have-sex-with-men/)
	+ [The Emoji Campaign for International students](https://pozhet.org.au/the-emoji-campaign-for-international-students/)
	+ [Imagined community: Marissa’s story](https://pozhet.org.au/imagined-community-marissas-story/)
	+ [Annual Retreat Weekend: 25 – 27 October 2019](https://pozhet.org.au/annual-retreat-weekend-25-27-october-2019/)
	+ [A change to how HIV information is managed](https://pozhet.org.au/a-change-to-how-hiv-information-is-managed/)
	+ [Undetectable = Untransmittable](https://pozhet.org.au/undetectable-untransmittable/)
	+ [Tales Of The Unexpected](https://pozhet.org.au/tales-of-the-unexpected/)
	+ [PrEP and Heterosexuals](https://pozhet.org.au/prep-and-heterosexuals-2/)
	+ [ASHM Report 2018](https://pozhet.org.au/ashm-report-2018/)
	+ [2018 in Review](https://pozhet.org.au/2018-in-review/)
	+ [Pozhet Retreat Spring 2018](https://pozhet.org.au/pozhet-retreat-spring-2018/)
	+ [Social Media Campaigns](https://pozhet.org.au/social-media-campaigns/)
	+ [The Narrative of a Heterosexual Man with HIV](https://pozhet.org.au/the-narrative-of-a-heterosexual-man-with-hiv/)
	+ [Workforce Interview](https://pozhet.org.au/workforce-interview-2/)
	+ [Client Interview](https://pozhet.org.au/client-interview-2/)
	+ [Visibility Video](https://pozhet.org.au/visibility-video/)
	+ [Interview with a sexual health counsellor in the Northern Rivers](https://pozhet.org.au/workforce-interview/)
	+ [7 Reasons to Test](https://pozhet.org.au/7-reasons-to-test/)
	+ [National Day of Women Living with HIV](https://pozhet.org.au/women-living-with-hiv/)
	+ [Pozhet Events for 2018](https://pozhet.org.au/pozhet-events-for-2018/)
	+ [Heterosexual HIV diagnoses are not declining](https://pozhet.org.au/heterosexual-hiv-diagnoses/)
	+ [PrEP and Heterosexuals](https://pozhet.org.au/prep-and-heterosexuals/)
	+ [HIV Testing Week 2018](https://pozhet.org.au/hiv-testing-week-2018/)
	+ [West Sydney Event For Men’s Health Week 2018](https://pozhet.org.au/west-sydney-mens-2018/)
	+ [Pozhet in 2017](https://pozhet.org.au/pozhet-in-2017/)
	+ [Pozhet Calendar 2018](https://pozhet.org.au/pozhet-calendar-2018/)
	+ [Pozhet In Canberra 2018](https://pozhet.org.au/pozhet-in-canberra-2018/)
	+ [HIV, Heterosexuals and NSW](https://pozhet.org.au/hiv-heterosexuals-and-nsw/)
	+ [World Aids Day Is Here](https://pozhet.org.au/world-aids-day-is-here/)
	+ [NSW Dried Blood Spot (DBS) HIV Test](https://pozhet.org.au/nsw-dried-blood-spot-dbs-hiv-test/)
	+ [Client Interview](https://pozhet.org.au/client-interview/)
	+ [The importance of being informed about Treatment as Prevention](https://pozhet.org.au/the-importance-of-being-informed-about-treatment-as-prevention/)
* **Category:** [**Reports and Studies**](https://pozhet.org.au/category/reports-studies/)
	+ [Reassurance for pregnant women regarding ART side effects](https://pozhet.org.au/reassurance-for-pregnant-women-regarding-art/)
	+ [Women under-represented in HIV clinical trials](https://pozhet.org.au/3741-2/)
	+ [Survey about collecting HIV meds from chemists](https://pozhet.org.au/survey-about-collecting-hiv-meds-from-chemists/)
	+ [HIV futures 8](https://pozhet.org.au/hiv-futures-8/)
	+ [Important research about starting treatment](https://pozhet.org.au/important-research-about-starting-treatment/)
	+ [HIV treatment (ART) survey](https://pozhet.org.au/hiv-treatment-art-survey/)
	+ [Treatment suppresses HIV in menstrual blood](https://pozhet.org.au/art-suppresses-hiv-female-menstrual-cycle/)
	+ [Zero transmissions in first two years of study](https://pozhet.org.au/new-study-supports-treatment-prevention/)
	+ [Credit card size test](https://pozhet.org.au/credit-card-size-test/)
	+ [An update on HIV treatments](https://pozhet.org.au/an-update-on-hiv-treatments/)
	+ [Inconsistent guidelines around treatment initiation](https://pozhet.org.au/inconsistent-guidelines-around-treatment-initiation/)
	+ [Women with HIV feel scrutinised when pregnant](https://pozhet.org.au/women-with-hiv-feel-scrutinised-when-pregnant/)
	+ [The serodiscordant couples study](https://pozhet.org.au/youmehiv/)
	+ [Treatment Uptake Study](https://pozhet.org.au/art-uptake-study/)
	+ [The Seroconversion study](https://pozhet.org.au/the-seroconversion-study/)
* **Category:** [**slider**](https://pozhet.org.au/category/slider/)
* **Category:** [**Stories**](https://pozhet.org.au/category/stories/)
	+ [Dianne’s story](https://pozhet.org.au/diannes-story-2/)
	+ [Interview with Abby](https://pozhet.org.au/interview-with-abby/)
	+ [Bill’s Story](https://pozhet.org.au/bills-story/)
	+ [Susie’s story](https://pozhet.org.au/susies-story/)
	+ [Peter’s story: The importance of friendship](https://pozhet.org.au/the-importance-of-friendship/)

# Something is wrong here

Published Date : 11 May, 2016

We can’t find the page you are looking for

Search for:

# Test your HIV knowledge

Published Date : 15 March, 2014

[WpProQuiz 1]
The quiz consists of basic information for the newly diagnosed HIV positive person and anyone who wants to learn more about HIV.

* transmission, or how HIV is passed from person to person
* pregnancy
* HIV treatments
* myths around HIV and AIDS
* new information about staying healthy after being diagnosed with HIV

# Test your STI knowledge

Published Date : 16 September, 2015

[WpProQuiz 2]

# Test your STI knowledge

# Testing Options

Published Date : 23 May, 2019

## Quick, Easy, Confidential Testing

Why get a HIV test?

* The only way to find out if you have HIV is by having a HIV test.
* A HIV test is easy, safe and private.

It’s better to know early so you can treat early

### Where to get a HIV test?

There are many options to get a [HIV test](https://www.health.nsw.gov.au/endinghiv/pages/hiv-testing.aspx).
HIV testing is free if you have a Medicare card. If you are a temporary visitor in Australia and don’t have a Medicare card, the best options for you are:

* [Sexual Health Clinics](https://www.health.nsw.gov.au/sexualhealth/pages/sexual-health-clinics.aspx)
Testing for HIV at NSW Sexual Health Clinics is free, easy and confidential. At some clinics you don’t need a Medicare Card and don’t need to give your real name if you don’t want to.
For more information on how to find clinics call the Sexual Health Infolink on 1800 451 624.
If you prefer to speak in your own language, you can call the Telephone Interpreter Service on 13 14 50 (free call).
* [Rapid HIV testing sites](https://endinghiv.org.au/test-often/where-to-get-tested/)
Rapid HIV testing community centres, called a[TEST], are available for free for men who have sex with men. A small drop of blood from your finger is used to test for HIV. The result is ready in 30 minutes.
* [‘At-home’ HIV test (DBS)](https://www.hivtest.health.nsw.gov.au/)
The Dried Blood Spot (DBS) test is free and confidential. You order it online and you do it at home. You use the small needle provided in the test kit to collect a few drops of blood from your finger and send it to a laboratory for testing. You get the result in a week. Click [here](http://mhahs.org.au/index.php/en/hiv/testing-for-hiv-at-home) for more information about DBS in your language.
* [Family Planning Clinics](https://www.fpnsw.org.au/clinics)
Family Planning Clinics offer a range of reproductive and sexual health services, including sexually transmissible infections testing and treatment, contraception information and procedures, and pregnancy options counselling. Consultation fees may apply.
* [Any General Practitioner (GP)](https://www.healthdirect.gov.au/australian-health-services)
Ask your doctor (GP) for a HIV test. This is the most common type of test. Your doctor takes a blood sample and sends it to a laboratory to test for HIV. Consultation fees may apply.

# Testing Options-Oldversion

Published Date : 5 April, 2018

## Quick, Easy, Confidential Testing

Typically, the test is a simple blood test.
As for where to get tested – [there are plenty of options](https://www.health.nsw.gov.au/endinghiv/pages/hiv-testing.aspx), including at:

* [Any GP](https://www.healthdirect.gov.au/australian-health-services)
* [Family Planning Clinics](https://www.fpnsw.org.au/clinics)
* [Aboriginal Medical Services](http://www.ahmrc.org.au/members/members-regional-map.html)
* [Sexual Health Clinics](https://www.health.nsw.gov.au/sexualhealth/pages/sexual-health-clinics.aspx)
* [Community-based rapid HIV testing sites](https://endinghiv.org.au/test-often/where-to-get-tested/) (for men who have sex with men)

### How much will it cost?

HIV testing is free. However, consultation fees apply if you do not have a Medicare card or are visiting a non-bulk billing GP or Family Planning Clinic.

### There’s also an ‘at-home’ HIV test

If you’re nervous about visiting a service for an HIV test, you can get one sent to your home.

The Dried Blood Spot (DBS) HIV test is a new testing option available in NSW to some people at risk of HIV. Eligibility for testing this way includes:

* men who have had sex with men
* people from countries where HIV is more common (Africa or Asia)
* people who have sexual partners from these regions

Click [here](https://www.hivtest.health.nsw.gov.au/) for more information on the DBS HIV test, or to see if you are eligible.

Why get a HIV test?

* Testing is the only way to know if you have HIV
* Knowing your HIV status means you can keep yourself and your sexual partners healthy
* Early diagnosis gives you a better chance of living a long and healthy life

# Treatment - Prevention - the latest studies

Published Date : 5 June, 2013

HIV treatment significantly reduces transmission – the science is in!

The Swiss Statement – In 2008 the Swiss Federal Commission for HIV released a controversial statement saying that individuals with an undetectable viral load and no STI (sexually transmitted infection) cannot transmit HIV during sex.

Four of Switzerland’s top HIV experts had reached a consensus, resulting in a public statement that sent the global HIV sector into a spin. Their assertion that people with HIV on effective treatment (ART or AntiRetroviral Therapy) posed a negligible risk to their sexual partners was based on ‘review of the medical literature and extensive discussion’ and was, they asserted, ‘much more informed’ than in 1986 when the statement ‘HIV cannot be transmitted by kissing’ was publicised.

Still, the outcry was immediate. While some HIV organisations cautiously welcomed the statement, others expressed concern that it only pertained to heterosexual couples, (as if heterosexuals never engage in anal or group sex), and that it would prompt people with HIV to forget about condoms, risking STIs and possibly transmitting HIV if they didn’t monitor their treatment adherence.

It was also argued that, in between viral load tests, who knew whether the virus was really undetectable. More than one organisation called for caution, while others released their statements, warnings and rebuttals.

HPTN052 Study – Then in 2011 a large randomised clinical trial over 5 years produced more solid evidence…HIV treatment significantly reduced infectiousness. In fact, in the group which received early treatment, only one transmission occurred – and that was before the HIV positive person’s viral load had gone undetectable. The study concluded ART is 96% effective in reducing transmission. It could be argued that figure would be higher if you add the criteria of the Swiss Statement – undetectable for 6 months, no STI present and regular viral load monitoring. The one transmission that occurred in the group taking ART was from a person who had not been on treatment long enough to achieve an undetectable viral load. HPTN052 proved the Swiss Statement was correct. Something many already believed. After all, would the top HIV medical experts in Switzerland release a statement like that if they weren’t really and truly convinced? And now we have what is already being called the UK Statement.

In January 2013 the British HIV Association (BHIVA) and the Expert Advisory Group on AIDS (EAGA) released a position statement on the use of ART to reduce HIV transmission. It states that, in serodiscordant couples (where one has HIV and the other does not) where the partner who is HIV positive is taking effective ART, the risk of transmission through vaginal intercourse, is ‘extremely low’ provided the following conditions are fulfilled: There are no sexually transmitted infections in either partner The person with HIV has had a sustained plasma viral load below 50 copies/ml for more than six months, including the most recent test. Viral load testing occurs every three to four months (i.e. more regularly than in standard clinical care). It goes on to say that successful ART used by the HIV positive partner is as effective as consistent condom use in limiting HIV transmission. The UK statement also says that in its expert opinion, the risk of transmission during unprotected anal intercourse is extremely low, provided the above conditions are met, although they acknowledge that receptive anal intercourse carries a higher risk in general.

So, all in all it looks good for serodiscordant couples! If you are HIV positive and considering having a relationship or being sexual again, get informed and stay in touch with your HIV doctor. Once you understand what to do to minimise risk, you can have sex without worrying…and that’s got to be good news!

Feel free to research the studies yourself, and let us know what you think…will it help you in your relationships?

Does it give you and your partner peace of mind?

How good are you at taking your meds?

Leave your comments below…

# U=U

Published Date : 21 November, 2019

# U=U

Published Date : 21 November, 2019

## The science is clear: with HIV, undetectable equals untransmittable

In recent years, there has been an increased amount of clinical evidence establishing the HIV Undetectable = Untransmittable (U=U) concept as scientifically sound.

U=U means that people living with HIV who achieve and maintain an undetectable viral load by taking antiretroviral therapy (ART) as prescribed cannot sexually transmit the virus to others. An undetectable viral load is when the amount of virus in your blood is so low, it cannot be passed on.

It is important to spread this message and ensure that all HIV-positive people have access to testing, treatment and support to maintain an undetectable viral load.

The National Institute of Allergy and Infectious Diseases (NIAID) have summarised large clinical trials and studies validating U=U. Results show that no HIV transmissions occurred among HIV heterosexual couples when the positive partner had an undetectable viral load. The PARTNER and Opposites Attract studies confirmed these findings and extended them to male-male couples. There were 970 couples and over 76 000 instances of condomless sex. Their findings showed a zero transmission rate within the partners.

The scientific acceptance of U=U can be a powerful tool for reducing stigma and encouraging testing. It is important that the message is shared in as many environments as possible, as well as providing support about treatment and care.

### Resources:

Rodger et.al. Risk of HIV transmission through condomless sex in serodifferent gay couples with the HIV-positive partner taking suppressive antiretroviral therapy (PARTNER): final results of a multicentre, prospective, observational study. Lancet, May 2019. Accessed June 2019
[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(19)30418-0/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736%2819%2930418-0/fulltext)

Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine (ASHM) resource to guide clinicians when talking about U=U <https://ashm.org.au/resources/ASHM_UU_Final_190918_V1.pdf>

Robert W. Eisinger, Carl W. Dieffenbach, Anthony S. Fauci. HIV Viral Load and Transmissibility of HIV Infection. JAMA, 2019. Accessed June 2019 <https://jamanetwork.com/journals/jama/article-abstract/2720997>

# Website Terms of Use

Published Date : 24 October, 2012

Pozhet encourages people to use this website to talk about things which are important to them and to share their experiences and knowledge.  These guidelines exist to make sure this website is  safe and comfortable for everyone to use.

Some Guidelines:

### Do:

1. Make comments – we want to hear your opinion and experiences. Even a small comment or words of support can make a difference to people.
2. Keep coming back to the site to see if anyone responds to your comment and keep the conversation going.
3. Respect the views of others. It is OK to disagree – we want debate and to hear a variety of opinions, but we want it to be positive.
4. Use care to protect your privacy, and the privacy of others.
5. Report any conduct on the website that concerns you.

### Don’t:

1. Be a “troll”. Trolls intentionally incite or annoy. If you do this we may delete your comments.
2. Bully, threaten, harass or intimidate anyone. You can get your point across more effectively if you are polite.
3. Use “CAPS LOCK” (all capital letters). This can be seen as shouting and maybe offensive.
4. Post personal information about anyone.
5. Impersonate anyone. You can use an anonymous name or a character but you cannot intentionally use someone else’s identity.

### Comments will not be published if they:

1. Identify or reveal personal information about anyone.
2. Defame, harass, bully, or intimidate anyone or any organisation.
3. Are intolerant of race, gender, culture, appearance, sexual preference, religion, health (including HIV) or age.
4. Are obscene or use inappropriate language (swear words).
5. Are advertising or promote a commercial product.
6. Are otherwise offensive, irrelevant, inappropriate or illegal.

### How Pozhet moderates this site

Comments are scanned automatically for offensive language and spam, then manually checked by Pozhet staff to determine if the comment should be published, edited or deleted. We do require your email address to be provided when writing a comment. This is for security reasons. We will not publish your email address on the website, we will only publish the name you want used.

Pozhet will notify individuals if and why comments breach these guidelines, and reserve the right to block and/or report individuals who repeatedly ignore the Terms of Use. If you have a complaint or feedback we encourage you to let us know and we will deal with it as quickly as we can.