

You can live well with HIV

SAYFSM services will help you find direction and hope.

These programs and services are available for you at SAYFSM:

- Emotional and spiritual support group for Africans living with HIV
- HIV counseling and testing
- HIV/AIDS prevention education
- Prevention intervention and health education for HIV positives
- Culturally and linguistically sensitive educational materials
- Medical case management
- Care advocacy
- Mental Health Counseling
- Resources and referral for housing, employment, public assistance, food shelf, clothing, schooling, legal, household items, and other needs.

Get Tested!

All testing and related services are free and available at the SAYFSM office.

SAYFSM tests blood using standard rapid HIV test kit/Oraquick kit that is performed by well-trained and certified staff members.



Call SAYFSM and talk to a staff member to schedule an appointment.

Test results in about 15 minutes.

Our address:

SAYFSM
2395 University Avenue, #200,
St. Paul, MN 55114

Telephone No.: (651) 644-3983
E-mail: info@sayfsm.org
Website: www.sayfsm.org

DONATIONS GLADLY ACCEPTED!

Yes! I would like to contribute to SAYFSM:
___\$100 ___\$50 ___\$25 ___other

Please send your donation to:

SAYFSM
2395 University Avenue W, #200
St. Paul, MN 55114

Thank You!!

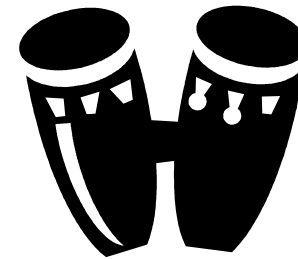
FREE HIV Testing Sites

- SAYFSM-----651-644-3983
- Clinic 555 -----651-266-1255
- Red Door -----612-543-5555

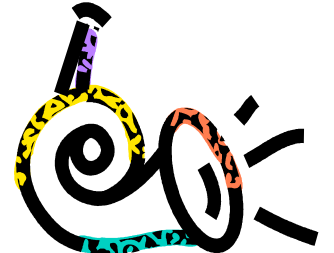
Providing culturally appropriate services



Sub-Saharan African Youth & Family Services in Minnesota (SAYFSM) provides culturally sensitive and linguistically appropriate HIV/AIDS education and social services to all Africans in Minnesota.



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St. Paul, MN

651-644-3983

www.sayfsm.org

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The earlier the better!



Dr Gari Jaleta

Despite the remarkable advancement in the methods of testing and treating HIV/AIDS over the last four decades following the first time the virus was identified in the early 1980s,

lack of knowledge about the disease and the stigma attached to this disease are still preventing many people from getting forward and get tested and start the treatment on time.

Even worse, the ones who get the HIV/AIDS diagnosis get the diagnosis late, at a point when their immune system is already weakened and after they have already developed much or all of the HIV/AIDS-complicating diseases.

From my observations in the clinics over my experience with People living with HIV, those individuals who got screened earlier and started their treatment timely before their immune

system was weakened were healthier and living their lives as anybody else and were productive members of their communities.

Individuals should not allow fear of stigma and discrimination to hold them back and give the virus an ample time to weaken their immune system; one should be able to overcome the fear and come forward for a screening test and get the appropriate care if the virus is found in their blood.

Even though there is no cure so far for this disease despite four decades of extensive research and scrutiny for one, scientists were able to come up with effective medications which can keep the infection suppressed in one's system and allow the individual to live a more or less healthy lifestyle as anyone else.

Finding the right treatment for you starts by having a conversation. During any appointment with your healthcare provider, know that nothing is off-limits. Do not be scared to share your thoughts or feelings about your HIV treatment or your journey living with HIV.

Also, do not be afraid to talk to your healthcare provider about any other issues you may be facing, such as mental health or any alcohol or substance use issues. They have what's best for you in mind and sharing your honest experience with them can leave you feeling empowered and in control of your own health.

The fact is, with the available contemporary medical care and treatment for HIV/AIDS, a person with the infection who strictly adheres to the treatment can lead a healthy and productive lifestyle. Thus, it is highly recommended that every individual should get screened for the virus and catch it at its earliest stage before it progresses. Such screening services may be obtained through primary care providers, Community or faith-based organizations working on such services and many others.

It is wise to get screened and know your status and take care of your own health than not knowing your status and allow the virus to go unchecked and do the harm. Get tested.

The earlier the better!

Living healthy with HIV.

What can I do to live a healthy life with HIV?

When living with HIV, it's not only important to take your HIV treatment as prescribed. It is also important for you to continue to focus on yourself and your overall health.

To do that, it's important to consider all the things that are a part of healthy living. Some of these include emotional, mental, financial, physical, and social.

Taking care of yourself is an important way to help you live a healthier life with HIV.



What are some things that can help me live with HIV?

Talking to your healthcare provider about an HIV treatment plan that fits into your routine is one way to help you stick with treatment, which can help you live a longer and healthier life.

How do I manage my HIV treatment journey?

Everyone experiences ups and downs. Being mindful of your mental health is an essential part of managing your HIV. Just know there are resources and people available to support you so that you never have to feel alone in this journey.

What does undetectable mean?

A major goal of HIV treatment is getting your viral load to undetectable. Undetectable means that there is so little virus in the blood that a lab test can't measure it. If you have questions about your lab results, talk to your healthcare provider.

For many people living with HIV, getting to an undetectable viral load is a key step in their treatment journey. But starting and sticking with treatment is the only way to get there. And reaching that milestone can provide important health benefits for you and others within the community. So, stick with it to help you stay on track and be proud that you are taking steps to manage your HIV.