

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!!

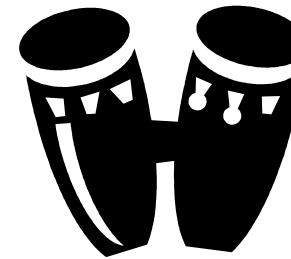
FREE HIV Testing Sites

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

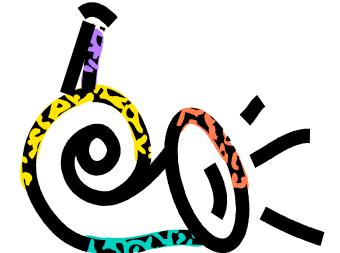
Providing culturally appropriate services



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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Live longer and healthier!



Benard Gutwa

Although there is no cure for HIV, treatment options can help people living with HIV live longer and healthier lives by reducing their viral load.

In addition, some of those treatment options can even be simple enough to fit into your routine. When you are talking to your healthcare provider, it is important to let them know your experience with your current treatment and if it is meeting your personal needs. Especially when you are re-engaging in treatment. These conversations can help you find the right treatment for you.

Talk to your healthcare provider about HIV treatment that, when taken as prescribed, may help get your viral load to undetectable and keep it that way. Undetectable means that there is so little virus in the blood that a lab test can't measure it.

Getting your HIV viral load under control is a key step in your treatment journey, as is focusing on other important aspects of your health.

Another important aspect of your health is your mental health which is important at all points along your journey living with HIV. Make sure you are taking time for yourself whenever you need to. And if you need help, it's important to ask for help. If you need additional support that is normal, too.

If you are currently struggling with alcohol or substance use, it is important to know that this can affect your immune system, can impact how your medicine affects your body, and can make it harder for you to reach your treatment goals.

Smoking is dangerous for everyone. It harms nearly every organ of the body, causes many diseases, and affects overall health. However, the risks of serious health consequences are higher for people with HIV.

Sticking to treatment as prescribed helps make sure there's always enough medicine in your body to help fight the virus and help you get to and stay undetectable.

Undetectable means that there is so little virus in the blood that a lab test can't measure it and getting there can help you live a longer and healthier life with HIV.

Get tested and know your status.



Let's Fight HIV - not those living with HIV

People don't want to know if they have HIV, because they are afraid their family and community will judge and reject them. Everyone needs to know they will always be loved and supported even if they have HIV/AIDS.

The virus that causes AIDS is not spread through touch, saliva, tears, sneezing, coughing, or any type of casual contact. HIV is spread mainly through exposure to semen, vaginal fluid, anal fluid, blood, or breast milk from a person who is HIV positive.



What do you need to know about HIV?

*"Knowledge is better than riches."
Cameroonian proverb*

WHAT IS HIV/AIDS?

- **HIV is the virus that causes AIDS. It damages the immune system, which is the body's natural defense mechanism that protects our bodies from diseases and infections.**
- **After being infected, you can live for several years without having symptoms or knowing you have HIV and can pass it on to others.**
- **After being infected with HIV for several years, your immune system is severely damaged, and your infection progresses to AIDS.**
- **AIDS is the last stage of HIV.**
- **Only a doctor can diagnose AIDS.**
- **There is no vaccine or cure for HIV/AIDS.**
- **Treatment is available to help most people with HIV infection to live healthy and longer lives, even though they can still pass HIV on to others if protection is not used or they share needles.**
- **In order to benefit from treatments, knowing your HIV status early is crucial. You can know the status of your HIV only by getting tested for HIV.**

**HIV does not discriminate!
Anyone can get HIV!**