

Preparing for the show

Start here

There are different ways to talk about HIV/AIDS treatment, enough for multiple shows! For example:

- What is HIV treatment?
- How to live, love, and play when taking anti-retroviral medication.
- How to access HIV treatment.
- What lifestyle choices affect your anti-retroviral medication.
- Effects and actions to take if you have not followed your medication regime.
- What to do with your treatment during pregnancy.
- Alternative HIV treatment.

Choose one angle.
Refer to pg24-25

How to live, love, and play when taking anti-retroviral medication.

Decide on a few different ways to talk about what kind of lifestyle you need to lead when taking ARVs.

1. What type of food you should eat?
2. What types of physical exercise you should do and how often?
3. How to look after your mental wellbeing.

Find out more.

Avert, 'Starting, monitoring and switching HIV treatment':
www.avert.org/starting-monitoring-switching-hiv-treatment.htm

IPPF, Healthy, Happy and Hot:
<http://ippf.org/resource/Healthy-Happy-and-Hot-young-peoples-guide-rights>

Pozitude, 'Living with HIV':
<http://www.pozitude.co.uk/living-with-hiv>

Use local resources: newspapers, community-based organisations, government officials, and peer educators.

Find people to speak to in your community.

1. Talk to a medical professional in the community.
2. Local HIV/AIDS organisations who work with people living with HIV, prevention and education.
3. A youth leader who does peer education about HIV/AIDS.
4. A counsellor who works with people living with HIV.
5. A person living with HIV.

Bring out multiple points of view.  Refer to pg25

Find different ways to talk about the topic and structure your show outline. Refer to pg36

Write your radio script and produce your radio features. Refer to pg36-38

Beginning	Middle	End
Intro	Intro audio commentary	Intro interview
Intro on location		Interview: A local HIV/AIDS organisation, that either works with people living with HIV, orphans, or HIV/AIDS education on the ways to live positively with HIV.
On location: A counsellor at a HIV clinic taking us on a tour of the clinic and explaining what services they have to help people live positively with HIV.	Audio commentary: A youth leader who does peer education around HIV/AIDS on helping your loved ones who are HIV positive live a healthy life.	Outro interview
Outro on location	Outro commentary	Music transition & jingle
Music transition	Music transition & jingle	PSA: Promote the benefits of staying on HIV treatment.
	Intro audio profile	Outro the show
	Audio profile: A person who lives with HIV and the ways in which they keep their body and mind healthy.	Music end
	Outro audio profile	
	Music transition	



You must always introduce your show and radio formats. Then once you've played your features have a concluding statement for each one. Don't forget a final conclusion for the very end of the show. Use links (facts, tips, did you know, music) to glue it all together.

TREATMENT

There's no cure for HIV/AIDS, but a variety of drugs can be used in combination to control the virus, this is referred to as HIV/AIDS treatment

In the early 1980s when the HIV/AIDS epidemic began, people with AIDS were not likely to live longer than a few years.

Today, there are anti-retroviral drugs (ARVs) that treat HIV infection. These treatments do not cure people of HIV or AIDS. Rather, they suppress the virus, but they do not completely eliminate HIV from the body. By suppressing the amount of virus in the body, people infected with HIV can now lead longer and healthier lives.

However you must continuously take anti-retroviral drugs in order to maintain their health quality.¹

Side effects:

Many ARVs have side effects that can include: nausea, vomiting or diarrhoea, abnormal heartbeats, shortness of breath, skin rash, and weakened bones.

The exact medications prescribed for a particular person may depend on side effects (which will be different from person to person). It is very important to tell your doctor about ALL other medications you take (including herbals and non-prescription medications) because there can be serious drug to drug interactions with commonly used medications.²

Important:

Even when these HIV medications are effective, you can still transmit HIV to others. ARVs are not a cure for HIV. And if you are sexually active you still need to use protection.

1. 'Treatment of HIV Infection', National Institute of Allergy and Infectious Diseases. 14 November 2012. We source: www.niaid.nih.gov/topics/hivaids/understanding/treatment/pages/default.aspx
 2. '5 Types of Anti-HIV Drugs', Better Medicine. 19 December 2011. Web source: www.bettermedicine.com/finding-the-right-hiv-treatment/5-types-of-anti-hiv-drugs

How to present your show

