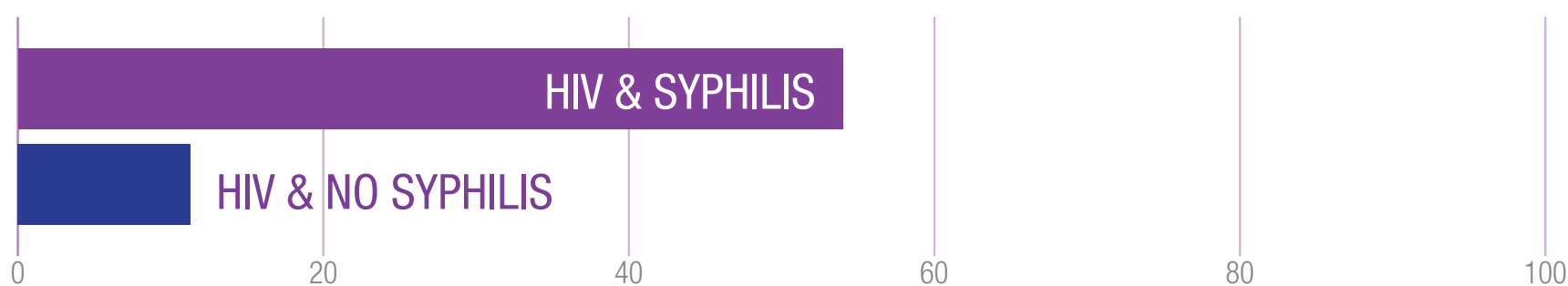


# IF YOU ARE LIVING WITH HIV, *a sexually transmitted disease (STD) can...*

## *...increase your viral load*

- An increase in your viral load is a major risk factor for progression to AIDS.<sup>1</sup>
- The higher your viral load, the greater the risk of HIV transmission.<sup>1</sup>

### HIV-1 PLASMA VIRAL LOAD IN HIV-INFECTED MEN WITH AND WITHOUT SYPHILIS<sup>2</sup>

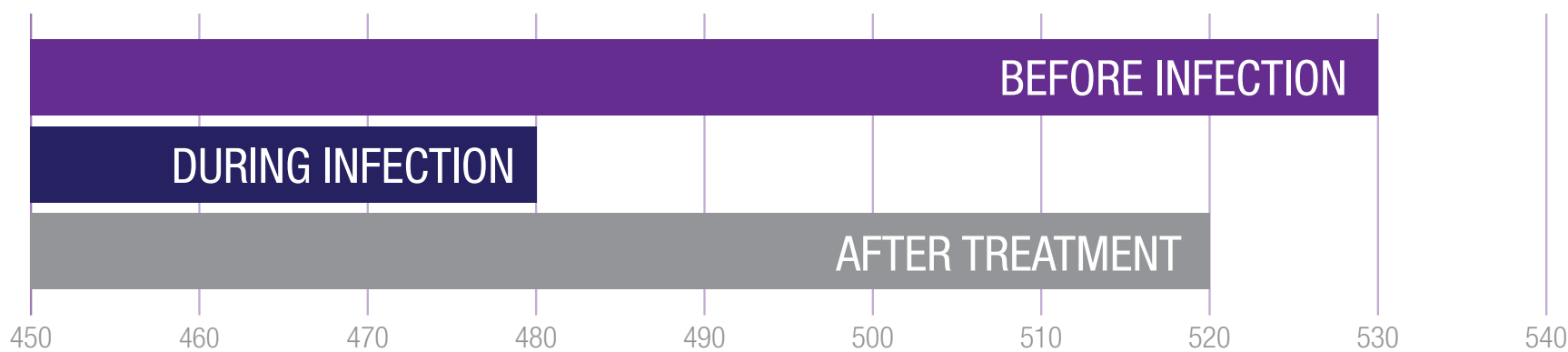


In a study of HIV-infected men, those with syphilis had an increase in viral load 5 times that of HIV-infected men without syphilis.<sup>2</sup>

## *...decrease your CD4 count*

- Syphilis infection is associated with decreases in CD4 cell counts,<sup>2</sup> which can negatively impact your overall health.
- If you are living with HIV and also have an STD, you are more likely to spread HIV through sexual contact than if you only had HIV.<sup>1-3</sup>

### MEDIAN CD4 COUNT IN HIV AND SYPHILIS COINFECTION<sup>3</sup>



Primary—and secondary—stage syphilis was associated with a decrease in CD4 cell counts. The known duration of syphilis infection was less than one year, with no symptoms of primary or secondary disease at the time of diagnosis. Most of the patients in this study were on ART.

**An STD can seriously compromise your health. Protect yourself by adopting safer sexual practices.**

► [cdc.gov/hivtreatmentworks](http://cdc.gov/hivtreatmentworks)



**References:** 1. Panel on Antiretroviral Guidelines for Adults and Adolescents. Guidelines for the use of antiretroviral agents in HIV-1-infected adults and adolescents. Department of Health and Human Services. Available at <http://aidsinfo.nih.gov/contentfiles/lvguidelines/AdultandAdolescentGL.pdf>. Accessed April 27, 2015. 2. Jarzebowski W, Caumes E, Dupin N, Farhi D, Lascaux AS, et al. Effect of early syphilis infection on plasma viral load and CD4 cell count in human immunodeficiency virus-infected men: results from the FHDH-ANRS CO4 Cohort. *Arch Intern Med.* 2012;172(16):1237-1243. 3. Kofoed K, Gerstoft J, Mathiesen LR, Benfield T. Syphilis and human immunodeficiency virus (HIV-1) coinfection: influence in CD4 T-cell count, HIV-1 viral load, and treatment response. *Sex Trans Dis.* 2006;33:143-148.

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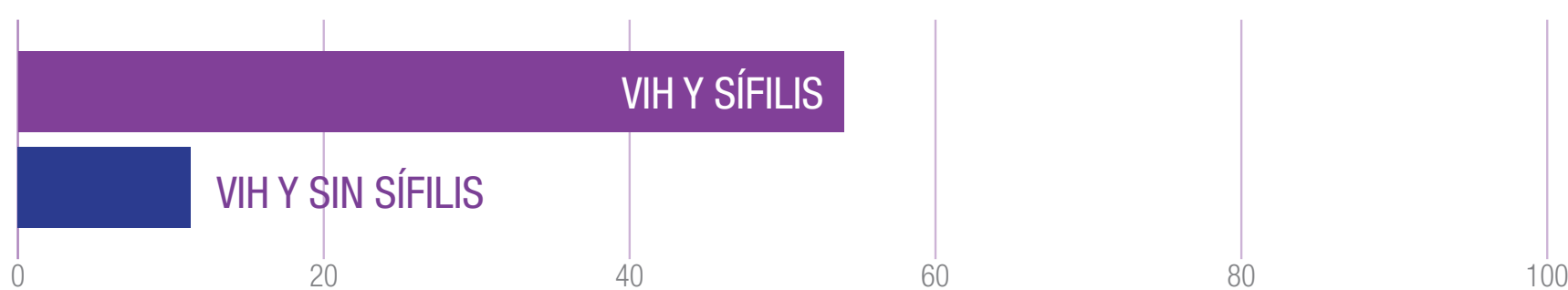
# HABLEMOS SOBRE ESTO

## SI TIENES EL VIH, una enfermedad de transmisión sexual (ETS) puede...

### ...aumentar tu carga viral

- El aumento de la carga viral es un factor de riesgo principal en la progresión del VIH a SIDA.<sup>1</sup>
- Mientras más alta sea tu carga viral, mayor será el riesgo de transmisión del VIH.<sup>1</sup>

#### CARGA VIRAL EN PLASMA DEL VIH-1 EN HOMBRES INFECTADOS POR EL VIH CON Y SIN SÍFILIS<sup>2</sup>



En un estudio de hombres con el VIH, los que tenían sífilis tuvieron un aumento de la carga viral 5 veces mayor al de los hombres infectados por el VIH sin sífilis.<sup>2</sup>

### ...disminuir tu recuento de CD4

- La sífilis está asociada a la disminución del número de células CD4<sup>2</sup>, lo cual puede afectar negativamente la salud en general.
- Si tienes el VIH y también tienes una ETS, tienes más probabilidad de propagar el VIH a través del contacto sexual que si solo tienes el VIH.<sup>1-3</sup>

#### RECuento MEDIANO DE CD4 EN COINFECCIÓN DEL VIH Y LA SÍFILIS<sup>3</sup>



La etapa primaria (y la secundaria) de la sífilis se asoció a una disminución del número de células CD4. La duración conocida de la sífilis fue menos de un año, sin síntomas de infección primaria o secundaria al momento del diagnóstico. La mayoría de los pacientes en este estudio estaban en TARV.

**Una ETS puede afectar gravemente tu salud. Protégete: Adopta prácticas sexuales más seguras.**

► [cdc.gov/hivtreatmentworks](http://cdc.gov/hivtreatmentworks)



**ACTÚA  
contra  
el SIDA**

**Referencias:** 1. Panel on Antiretroviral Guidelines for Adults and Adolescents. Guidelines for the use of antiretroviral agents in HIV-1-infected adults and adolescents. Department of Health and Human Services. Available at <http://aidsinfo.nih.gov/contentfiles/lvguidelines/AdultandAdolescentGL.pdf>. Accessed April 27, 2015. 2. Jarzebowski W, Caumes E, Dupin N, Farhi D, Lascaux AS, et al. Effect of early syphilis infection on plasma viral load and CD4 cell count in human immunodeficiency virus-infected men: results from the FHDH-ANRS CO4 Cohort. *Arch Intern Med.* 2012;172(16):1237-1243. 3. Kofoed K, Gerstoft J, Mathiesen LR, Benfield T. Syphilis and human immunodeficiency virus (HIV-1) coinfection: influence in CD4 T-cell count, HIV-1 viral load, and treatment response. *Sex Trans Dis.* 2006;33:143-148.

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