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Pregnant and Diagnosed with HIV

Adapted with permission from the Women's College Hospital
Information for Women Who are Diagnosed with HIV During Pregnancy

PREGNANT AND DIAGNOSED WITH HIV

Finding out that you are HIV positive can be overwhelming and scary.

Finding out you are HIV positive while you are pregnant can cause more fear and can raise questions about how this will affect you and your new baby.



WHAT IS HIV?

HIV is short form for Human Immunodeficiency Virus.

HIV can only be passed from one human to another human. It is a virus that attacks a person's immune system.

The immune system is the part of the body that helps keep us healthy.

WHAT IS AIDS?

AIDS stands for Acquired Immunodeficiency Syndrome.

People are said to have AIDS if they have had one or more infections associated with HIV.

People living with HIV are more at risk to these infections because of the damage to their immune system.

YOUR UNBORN CHILD AND HIV

HIV can infect your baby:

- Before birth - while the baby is in your womb
- During birth
- After birth - through breastfeeding

There are things you can do to help prevent your baby from being infected with HIV.



TREATMENT FOR HIV

The treatment given for HIV is called antiretroviral therapy (ART). Usually people with HIV can stay healthy for many years with ART.

If you are pregnant and have HIV, it is important that you take ART throughout your pregnancy.

Taking ART as prescribed will greatly lower the chance of HIV being passed to your baby.



PREVENTING YOUR BABY FROM BEING INFECTED

Your baby has the best chance of being born uninfected if you take ART throughout your pregnancy.

It is also important to:

- Get regular prenatal care
- Eat properly
- Get plenty of rest
- Get support from friends and families





FINDING A GOOD DOCTOR

Spend time with your doctor and develop a relationship with him/her.

Ask questions that you have and talk about any side effects you have from the medication.





DISCLOSING YOUR STATUS

It is your choice to share this information.

However, you should tell any individuals you have had sex with or shared needles with that you are HIV positive so that they can be tested.

You should also tell medical professionals who you see so that they can help you look after your health.



SUPPORT IN SASKATCHEWAN

| Prince Albert | Regina | Saskatoon | Yorkton |
|--|--|---|--|
| <p>601 North Outreach Centre 101 - 15th Street East Prince Albert, SK S6V 1G1 Phone: 306-922-4279</p> | <p>AIDS Programs South Saskatchewan (APSS) 2911 - 5th Avenue Regina, SK S4T 0L4 Phone: 306-924-8420</p> | <p>AIDS Saskatoon 1143 Avenue F North Saskatoon, SK S7L 1X1 Phone: 306-242-5005</p> | <p>601 East Outreach 130 - 345 Broadway St. West Yorkton, SK S3N 0N8 Phone: 306-783-1722</p> |
| | <p>All Nations Hope AIDS Network (ANHAN) 2735 - 5th Avenue Regina, SK S4T 0L2 Phone: 306-924-8424</p> | <p>STC Health Centre 1514 - 20th Street West Saskatoon, SK S7M 0Z5 Phone: 306-956-0340</p> | |
| | | <p>Persons Living With AIDS (PLWA) Network 127C Avenue D North Saskatoon, SK S7M 1M5 Phone: 306-373-7766</p> | |