



# Living with AIDS/HIV: The African American's Guide to Prevention, Diagnosis, and Treatment

*Eric Goosby, M D Goosby*

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Since 1991, HIV infection has been the leading cause of death among black men 25-44 years old. About 62 percent of women and children with AIDS are black. Experts agree that for the person infected with HIV/AIDS, good medical care and good self-care mean a longer life and a higher quality life. This book explains how to get the medical care; understand symptoms, diagnosis, and treatment; take medication as prescribed; practice good nutrition, exercise, and rest; find social workers and support groups; and pay medical bills.

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