



TLD IS A HIGHLY EFFECTIVE ANTIRETROVIRAL THAT IS WELL TOLERATED

- Don't combine TLD with other traditional medicine
- Be aware that alcohol and other drug use can make you forget to take your medication
- Take your treatment even if you have used, or plan to use, alcohol and other drugs
- ARV side effects differ from person to person – talk to your healthcare provider

BE A HERO OF YOUR HEALTH

- ARV is a life-saving treatment – take one pill every day
- ARVs suppresses HIV replication and keep your body healthy
- ARVs don't replace condoms – use a condom consistently & correctly every time
- Don't stop treatment because viral load will increase and become detectable again

LIVE POSITIVELY, LIVE HEALTHIER, LIVE LONGER

- Start ART as soon as you test HIV positive
- U=U: A person with undetectable viral load cannot transmit HIV – REMEMBER: always practice safer sex
- Viral suppression means the virus is undetectable in the blood
- Undetectable virus doesn't mean you are cured of HIV



BE THE HERO OF YOUR HEALTH – START HIV TREATMENT TODAY



INTRODUCING TLD: THE FASTEST WAY TO REDUCE HIV VIRAL LOAD



www.health.gov.za

@HealthZA



U=U
Undetectable Equals Untransmittable



health
Department: Health
REPUBLIC OF SOUTH AFRICA



ONE ARV | PILL ONCE A DAY



WHAT DOES TLD LOOK LIKE?

- It is manufactured and supplied by several pharmaceutical companies
- It comes in different colours, shapes and sizes – all contain the same ingredients
- No one pill is better than the other

WHAT ARE THE SIDE EFFECTS?

- Side effects are uncommon. Some patients have reported nausea, insomnia or occasional dizziness, but these are mild and manageable.

WHAT IS TLD?

- TLD stands for Tenofovir, Lamivudine and Dolutegravir
- It is a game-changer for people living with HIV (PLHIV) because VL is suppressed quickly
- TLD has less side effects
- It is recommended by the World Health Organization for both first-and second-line treatment of HIV
- Dolutegravir replaces Efavirenz as the backbone in this antiretroviral. Efavirenz is safe and effective, especially for those on TB treatment, and for women planning pregnancies

WHAT ARE THE BENEFITS OF TLD?

- It provides rapid viral suppression
- It has high genetic barrier to resistance
- It has fewer side effects
- It is a smaller tablet – easy to take
- It improves the lives of people living with HIV

WHO QUALIFIES FOR TLD?

- All people living with HIV are eligible to be initiated on TLD regardless of age, gender, race, CD4 cell count and clinical stage
- Patients on TB treatment are advised to finish their TB treatment before switching to TLD. There are other ART options to consider while you are having treatment for TB

Adcock Ingram - TLD Pack



Aspen - TLD Pack



Aurobindo - TLD Pack



Cipla - TLD Pack



Hetero - TLD Pack

Macleods - TLD Pack



Mylan - TLD Pack

Sonke - TLD Pack



WHAT ARE THE RISKS OF TLD?

- TLD may carry risks for women wanting to become pregnant
- Women who want to get pregnant in the near future, and those who are pregnant should discuss the benefits and potential risks of TLD with their healthcare provider to make an informed choice

HOW DOES TLD DIFFER FROM OTHER HIV TREATMENTS?

- TLD is the new HIV treatment approved for use in many countries around the world
- It has very few side effects, making it less likely that people will skip doses or stop the treatment

HOW DO I MIGRATE FROM THE CURRENT TEE TO TLD?

- At your next scheduled clinic appointment, a healthcare worker will provide all necessary information on the risks and benefits of TLD

WHERE CAN I GET MORE INFORMATION?

- Visit your nearest healthcare facility
- Ask your healthcare provider
- www.health.gov.za
- www.bwisehealth.com
- National AIDS Helpline: 0800 012 322