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I am a 57 year old Black woman. I am a mother of two daughters. I have been in a loving relationship for twenty years. And I have HIV/AIDS. I tested positive for HIV in 1985.

I didn't expect to live to get old, but the longer I lived the more hope I had. I have been able to watch my daughters grow into adults. My significant other is my soul mate and my life partner.

I am doing great. The medications work for me keeping HIV/AIDS under control. I do have some system like fatigue, night sweats, and depression, nausea and mood changes. As I got older I have many concerns about going through menopause and having AIDS.

When I started menopause I went to my doctor to ask some basic questions like about hot flashes, mood changes, irregular pap smears, fatigue and how the HIV/AIDS meds would affect me. The things I was experiencing weren't new for someone with menopause but what is different is HIV/AIDS but my doctor didn't have answers. My doctors didn't know how HIV/AIDS systems and menopause changes would enter act to the many medications I was taking.

The National Association on HIV Over Fifty is the place for me like myself to find answers and resources for issues on ageing with HIV. As I age I would like to be able to know I can get my HIV/AIDS health needs taken care of with more resources.

Submitted by

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