

Case study 1

Tom and Emily are a couple in their 60s and have been married for over 30 years. They both started to become unwell with a variety of symptoms, but despite a range of tests, no cause was identified. Tom then developed pneumonia and was admitted to hospital, where he was tested for HIV. The test was positive. Emily also tested for HIV and she too was positive.

At first, they both maintained that they had not had any other sexual partners, but then Tom admitted to a “foreign fling” a few years ago when he was on a business trip abroad. Emily felt betrayed and shocked by this but was still able to forgive Tom for his actions.

They are both now on HIV medication which has helped them return to good health and remain together.

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Case study 2

Rebecca got divorced after being married for 20 years. Wanting a new relationship, she gave online dating a go and “clicked” with a new man. They got on well, but both soon realised that they weren’t quite right for each other, and so ended the relationship.

Later, Rebecca started to feel unwell which she put it down to fatigue. She saw a leaflet about HIV testing at her GP surgery which prompted her to get a test. Rebecca didn’t expect to be HIV positive as she didn’t consider she had done anything risky, and so was shocked to find out that she had HIV.

Initially, she was unable to tell her family because she felt they would reject her; all she knew about HIV was from the scary 1980s campaign. Rebecca started treatment and after an improvement in her health and some specialist counselling, she feels able to talk to others about her HIV and the importance of testing.

Over 50?
Think you can't get HIV?
Think again.



Think - New partner? Use a condom
Test - Get tested. It's safe & free
Treat - Get treatment. Live well with HIV

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Produced by Age UK Wiltshire in association with PHE HIV Innovation Fund

- HIV diagnosis rates for over 50s in the UK are increasing, particularly amongst heterosexuals.
- Anyone can contract HIV and YOU are at risk if you have unprotected sex (i.e. if you don't use a condom).
- Over half of all new cases of HIV across Bath, Swindon and Wiltshire are diagnosed 'late', meaning people have been infected with HIV for a long time and could have transmitted it to others.

Stay in control of your sexual health:

Think - Enjoy safe sex. Take measures that will prevent you from contracting HIV or any other Sexually Transmitted Disease (STI), such as using a condom with a new partner.

Test - If you have a new partner then it is a good idea to both have an HIV test before having sex without a condom.
If you have any unexplained symptoms, then it is worth asking your doctor for an HIV test.

Treat - If you are diagnosed with HIV then don't assume the worst. Developments in medicine mean that you can lead a healthy and active life with HIV.

Help is available

For details of your nearest sexual health centre call:

Bath **01225 826855**

Swindon **01793 604038**

Wiltshire **01722 425120**

You can also talk to your GP practice about your sexual health.

HIV testing is provided to anyone free of charge on the NHS.

Home testing and home sampling kits are also available.

www.test.hiv

For more information visit:

www.hiv.ageukwiltshire.org.uk

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