



HOW NADYA TOOK A STAND TO STOP THE CYCLE OF HIV

10 years ago, Nadya was a caretaker of orphaned and abandoned babies in an organisation. These abandoned and orphaned babies were always tested for HIV so that they would know what they are dealing with so that they may start Antiretroviral treatment immediately if they are confirmed positive. Testing was always done here at Alive Medical Services and she was one of the care mothers that accompanied the babies for DNA-PCR testing and other consultations. Through this organisation, Nadya met a foreign man who had come to pay them a visit. Since he was a white man, it never crossed Nadya's mind about the importance of testing for HIV or any other chronic disease.

"I thought he was clean, spiritual, and honest, and did not think of HIV. I was excited to be in a relationship with a white man just like little children who see "mzungu" and get excited. But not all of them are bad." Nadya narrates.

Not minding about their HIV status, the two had an unprotected sexual relationship for about six months. Nadya had never thought about testing for her HIV status much less she used to take the vulnerable for testing, she thought all was well.

After a year of his visit, Nadya's foreign boyfriend returned home and left her all by herself. Three months later, Nadya was not feeling quite normal. *"I was a little suspicious and scared too."*

When it was time to bring back the babies for another DNA-PCR test, Nadya decided to consult Dr Elizabeth, a medical doctor at Alive Medical Services, and she was advised to get tested for HIV. Nadya never hesitated but followed the doctor's orders as instructed. Her results were confirmed HIV positive as she suspected. After a few months of starting Antiretroviral treatment, her foreign boyfriend gave her a call and advised her to test for HIV, lucky enough, she was already on medication.

Since 2009, Nadya has been in Alive Medical Services care, and adherent to her ARVS. She is virally suppressed and has made a stand to stop the cycle of HIV. She hopes to get a man and have children free from HIV. She is very grateful to Alive Medical Services and the donors. AMS team encouraged her about life and that she can achieve her dreams.



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