

How are alcohol and HIV related? - Substance Abuse, part 2

Alcohol use and abuse can increase the spread of HIV/AIDS. It can also affect treatment for people infected with HIV. Drinking alcohol, particularly **binge drinking**, can increase your risk for HIV.



Being drunk affects your ability to make safe choices and increases the chances that you will take risks. This may lead you to do things you are less likely to do when sober, such as having sex without a condom.

This kind of risky behavior can increase your chances for getting HIV and other sexually transmitted diseases or STDs.



Heavy drinking can cause you to have poor judgment. This may lead to a delay in getting tested for HIV. Then, if you do test HIV positive, alcohol abuse may cause you to delay starting treatment because you are not thinking clearly.

Alcohol abuse may also make it harder for you to follow the complicated medicine schedules often needed to treat HIV/AIDS.

Alcohol abuse can cause liver disease and other medical problems that can worsen your HIV disease.

Be sure to get answers to any questions you have about HIV/AIDS. Your public health department, health care provider, and public library can help.

