# Effects of Long-Term HIV Survival



## Daniel G Garza

Certified Tester-Counselor-Educator

Living with HIV since 2000, Anal Cancer Diagnosis 2015, Ostomy 2016

Actor, Podcast Host, Stand-Up Comedian, HIV Advocate, Reiki Master



# Session Goals

To identify how primary and secondary effects associated with HIV can and will affect a survivor's physical and mental wellbeing.



## The Basics

First Signs Of The Affected Body



# Crossed Messages

When Effects Cross Reference

### Mental Breakdown

When The Mind Has A Mind Of Its Own

# Labels

How It Helps Or Hinders Finding A Diagnosis



# Listening to Yourself

Trusting Your Intuition When Something Feels Wrong

# Geographical Effects

Where You Live Affects Your Body

Q&A

What Can I Offer To The Conversation?

Daniel G Garza

danielggarza@hotmail.com
@iamdanielggarza

Thank you!

