



It is all about you if you can live with yourself, stuff everyone else! I understand fully that it is a serious, terminal dis-ease but it is manageable, so try to keep your sense of humour and **“Deal With It”**, sounds simple, but for some it will not be, that is why I would like to share the more positive side of my experience. It is not some, feel-sorry-for-me memoir or a sad biography - I usually pick up a biography, read the back, say **“oh hell no”** and put it right back on the shelf.

This is just telling it how it is and how I had to deal with “IT”. I have had the most exciting life possible, no regrets. No one is untouchable, although some people I have met have the strangest ideas about “IT”. This can affect anyone, directly or indirectly, and eventually someone else’s situation will affect you.

Forty six year old, Caucasian woman, so much for Gay and Black stereotype, HIV and AIDS is my dis-ease!

I come from a very healthy well balanced background which goes to show everyone is vulnerable no matter you standard of living.

The **thirty-six FAQ** are easy to understand and an integral part of creating awareness and giving information to the still unacquainted people of South Africa in a manner that encourages them to want to read and find out more about this disease. **It boils down to ADAPT or DIE, I chose to adapt!**

**#TakeCareBeAware**