

# ‘THE DEADLY SEDUCER’

by Cindy Pivacic

## Synopsis

It is all about you if you can live with yourself, stuff everyone else! I understand fully that it is a serious, terminal disease 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 disease!

A brief look at a ‘normal’ youth spent in Namibia then going to a boarding school as there were no high schools in Oranjemund to my fathers transfer to Kimberley and the teen years of growing up and testing the waters of what teenagers get up to along with their peers. I come from a very healthy well balanced background which goes to show everyone is vulnerable no matter your standard of living.

My first and second marriages were disasters for very different reasons; the first fortunately brought me two wonderful hard earned children but due to the lack of affection from my husband they had to be meticulously planned. The second husband was a violent individual and totally opposite of my first husband the physical side was passionate entwined with both violent abuse and sexual ardour.

Deciding to move from the Free State to KwaZulu Natal seemed like the best thing at the time in order to remove myself from my second husbands family and then in time from him, unknowingly setting myself up for an even worse situation. Being the trusting person I am totally misled into a relationship with someone fourteen years my junior resulting in a lifelong deadly disease.

Living with the HI virus and acquired diseases related to HIV/AIDS since 2004, the lengthy detailed treatments are shared in the hope that it will create awareness to the public at large and show that acquiring the virus does not have to mean a death sentence. We are all going to die, eventually; it is just up to each one of us how you are going to live in-between, disease or no disease!

With support, yes, from family and friends believe it or not it has helped somewhat in removing the stigma and discrimination attached to the disease and with proper assistance and support the stigma can be overcome. By pointing people in the right direction and advising what to do, where to go, when and how to do it will hopefully prolong their life by managing their disease.

The treatment takes the reader through the various stages of acquired diseases that affected me and by doing this give people hope that acquiring diseases such as Strokes, Pneumonia, Shingles, TB Meningitis and Cancer (Angioimmunoblasticlymphadenopathy) will show them that living a healthy lifestyle can and does work. Going onto ARVs need not be a nightmare if taken correctly; they will enhance your life.

The lack of support within the suburbs is frightening and is addressed with contact details to counselling, testing and support group facilities. Add to this some tried and tested, easy, healthy recipes, the first thing that always gets asked is 'So, what do you eat?' necessitated this inclusion.

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!

### **'The Deadly Seducer'**

Blurb by Charlotte Kemp

'A bold and honest account, Cindy Pivacic shares her story about how she came to contract HIV & AIDS and how she responded to it.

Not only is she living healthy years later, but her vibrant and energetic character has been poured into helping others experiencing the same situation.

Cindy presents talks and workshops on living positively with HIV & AIDS and those, with this book and her online presence, gives her the opportunity to create awareness, give testimony concerning the HIV & AIDS issue, and to assist in de-stigmatising this secret killer'.

Website Link: <http://tinyurl.com/k4ztmt8>