

A smiling man with short dark hair and a mustache, wearing a bright blue V-neck t-shirt, is holding a large orange bowling ball with both hands. He has a tattoo on his left arm. The background is a blurred indoor setting, possibly a bowling alley.

“HIV, life’s a game, and  
with treatment, I’m  
winning it day by day.”

Christopher – Washington, DC  
Living with HIV since 1987.

# HIV TREATMENT WORKS

I was only 16 years old when I discovered that I was born with HIV. My mother passed away from the disease, but until getting tested at a community health fair, I had no idea, that I too, was living with HIV. Within a few months of my diagnosis, I got on treatment to control my viral load. Since then, I’ve stayed on treatment and in good health. Getting tested saved my life and I’ve used my experience to help youth learn about HIV prevention, testing and fighting stigma. Today, I enjoy friends, family and living life to the fullest. Christopher 1, HIV 0.



Get in care. Stay in care. Live well.  
[cdc.gov/HIVTreatmentWorks](http://cdc.gov/HIVTreatmentWorks)