CD4 and viral load results

These blood tests are used to monitor your health and your response to treatment.

CD4 count - This blood test checks your immune system

CD4% - This is similar to the CD4 count but is often more stable

Viral load - This test measures the amount of HIV in a sample of blood. It is used to decide when you need to start treatment, and whether the treatment is working effectively.

Even rough figures are useful from your previous history and your doctor can provide you with these.

The lowest CD4 count and highest viral load results when you were first diagnosed and before you started treatment are the most important.

Date (month / year)	CD4 (cells/mm3)	CD4%	Viral load	Other notes
e.g july 00	234	14	180,000	

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