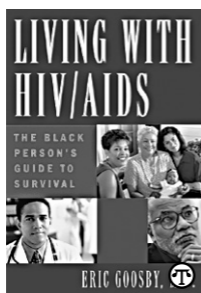


Health Bulletin

Living With HIV/AIDS

(NAPSA)—AIDS does discriminate. Once considered a disease that targeted the homosexual community, it is now one of the leading causes of death among African-American men and women.

In *Living with HIV/AIDS: The Black Persons Guide to Survival* (Hilton Publishing, \$16.95), noted expert Dr. Eric Goosby speaks directly to recently diagnosed African-American patients who



need help and advice on their path back to health. He provides patients with clear practical information about HIV and AIDS; what to expect when HIV becomes

AIDS; and up-to-the-minute treatment options.

Dr. Goosby also discusses the impact HIV/AIDS has on African-American women, particularly those who are afraid to broach the subject of getting tested with their partners, and those who may be pregnant and have HIV. Also covered is the importance of stress relief for those infected with HIV, and their loved ones, and how three good meals plus exercise plus good sleep can equal fewer complications of HIV.

Dr. Goosby has been a leading force in the battle against HIV/AIDS since the disease first appeared in the early 1980s. He recently served as Deputy Director of the National AIDS Policy Office in the White House.

Living with HIV/AIDS is available wherever books are sold. To learn more, visit the Web site at www.hiltonpub.com.