

# YOUR BELLY DISCUSSION GUIDE

*your*  
**BELLY**

1 How long have you been taking HIV medication?  
\_\_\_\_\_

2 Have you noticed weight gain since you switched your last HIV medication regimen?  Yes  No

If **yes**, how much weight have you gained? \_\_\_\_\_  lbs  kgs

3 Have you noticed any changes in the way your clothes fit?

- Yes  
 No

4 Are you having any difficulty bending over?

- Yes  
 No

5 Does your belly feel hard or uncomfortable?

- Yes  
 No

6 Have you noticed any shortness of breath?

- Yes  
 No

7 Are you experiencing any trouble sleeping?

- Yes  
 No

8 Do you have a history of:

- Heart disease  
 Diabetes  
 High cholesterol  
 Fatty liver  
 Anxiety  
 Depression

## How much is too much?

**Waist:Hip ratio** =  $\frac{\text{waist circumference}}{\text{hip circumference}}$

### Waist circumference



Men:  
≥37.4 in  
(95 cm)



Women:  
≥37 in  
(94 cm)

### Waist-to-hip ratio



Men:  
≥0.94



Women:  
≥0.88

*If either your waist circumference exceeds 37.4 inches for men, 37 inches for women, or your waist-hip ratio exceeds 0.94 for men, 0.88 for women, you should have a discussion with your healthcare provider and ask what treatment is right for you.*

**For more information go to [HIVandYourBelly.com](http://HIVandYourBelly.com)**