



## Positively Speaking Glossary



**ART OR HAART** - Antiretroviral therapy or highly active antiretroviral therapy refers to the combination of different anti-HIV drugs that work to suppress HIV, the retrovirus responsible for AIDS (Source: [medicinenet.com](http://medicinenet.com))

**BED BUG REGISTRY** - a free public database of user-submitted bed bug reports from across the United States and Canada. [Bedbugregistry.com](http://Bedbugregistry.com)

**CAAT** - Committee for Accessible AIDS Treatment, a coalition of over 30 Ontario-based organizations from the legal, health, settlement and HIV/AIDS sector. (source: [hivimmigration.ca](http://hivimmigration.ca))

**CD4** -CD4 count provides a snapshot of how well your immune system is functioning. CD4 cells (also known as CD4+ T cells) are white blood cells that fight infection. The more you have, the better. These are the cells that the HIV virus kills. As HIV infection progresses, the number of these cells declines. When the CD4 count drops below 200, a person is diagnosed with AIDS. A normal range for CD4 cells is about 500-1,500. Usually, the CD4 cell count increases when the HIV virus is controlled with effective HIV treatment. (Source: [hiv.va.gov](http://hiv.va.gov))

**CHURCH & WELLESLEY** - the main intersection in Toronto's gay village.

**COMORBIDITY** -the simultaneous presence of two or more medical conditions that collectively have an adverse effect on health. A client facing multiple comorbidities will often require more complex health care and medical management. (Source: [ncbi.nlm.nih.gov](http://ncbi.nlm.nih.gov))

**CO-OP HOUSING** - A housing co-operative (co-op) is a type of non-profit housing. Rent is likely lower than in a privately owned apartment or it may even be subsidized by the government. Housing co-ops do not have tenants and landlords. Instead, by living in a co-op you become a member and share voting rights with all residents, as well as the responsibility of managing the building. (Source: [settlement.org](http://settlement.org))

**D4T** - otherwise known as Stavudine or Zerit, D4T is a type of antiretroviral drug called a nucleoside analogue or 'nuke'. D4T is used in combination with other antiretrovirals to treat HIV (Source: [Catie.ca](http://Catie.ca))

**DDI** - otherwise known as ddi or Videnx, Didanosine is an early antiretroviral medication used to treat HIV. Didanosine is a reverse transcriptase inhibitor which is used together with other antiretroviral medications to delay the progression of HIV. (Source: [Catie.ca](http://Catie.ca))

**FIFE HOUSE** - The largest provider of supportive housing and support services for people living with HIV/AIDS in the Greater Toronto Area. [fifehouse.org](http://fifehouse.org)

**FRED VICTOR CENTRE** - Fred Victor is a multi-service organization providing programs including supportive housing, transitional housing, shelter, health and mental health services, employment and training, job placement and food access programs and services. [fredvictor.org](http://fredvictor.org)

**HOUSING CONNECTIONS** - Toronto's local registry for subsidized housing [housingconnections.ca](http://housingconnections.ca)

**MAGNETIC COUPLES**- when sexual/romantic partners have one positive and one negative HIV status.

**ODSP** - Ontario Disability Support Program is one of Ontario's social assistance programs. ODSP provides income and employment supports to eligible Ontario residents who have disabilities. ([Ontario Ministry of Children, Community and Social Services](http://OntarioMinistryofChildrenCommunityandSocialServices))

**PG&T** - Office of the Public Guardian and Trustee (OPG&T) manages the financial affairs of incapable people who have no one else who is authorized to do so. (Source: [attorneygeneral.ius.gov.on.ca](http://attorneygeneral.ius.gov.on.ca))

**PRE-EXPOSURE PROPHYLAXIS (PrEP)** - Pre-Exposure Prophylaxis (PrEP) - the use of anti-HIV medication as a method of HIV prevention among people at greatest risk of HIV. PrEP is not a vaccine. PrEP consists of a daily pill which, if taken consistently, can stop HIV from taking hold and spreading in the body. (Source: [cdc.gov](http://cdc.gov))

**RGI** - rent geared to income

**SEROCONVERSION** - a change from seronegative to seropositive condition (converting from being HIV- to HIV+). When seroconversion occurs (usually within a few weeks of infection), the result of an HIV antibody test changes from HIV negative to HIV positive. (Source: [aidsinfo.nih.gov](http://aidsinfo.nih.gov))

**SERO-SORTING** - looking for a sexual partner who has the same HIV status

**SUPPORTIVE HOUSING** - a combination of housing assistance and supports that enable people to live as independently as possible in their community [Ontario Supportive Housing Policy Framework, 2017](#)

**SURVIVORS GUILT (SURVIVOR SYNDROME)** - the constellation of physical, psychological and emotional symptoms that a person (either HIV-negative or HIV-positive) may experience after living through intense grief and trauma during the years of the AIDS epidemic and after. (Source: [sfaf.org](http://sfaf.org))

**T-CELLS** - a type of white blood cell, or lymphocyte, that plays a central role in the body's immune response. (Source: [Wikipedia.org](http://Wikipedia.org))

**THE 519** - a city organization dedicated to advocacy for the inclusion of LGBTQ communities. [The519.org](http://The519.org)

**UNDETECTABLE** - An undetectable viral load. When copies of HIV cannot be detected by standard viral load tests, an HIV-positive person is said to have an "undetectable viral load." For most tests used clinically today, this means fewer than 50 copies of HIV per milliliter of blood (<50 copies/mL). Reaching an undetectable viral load is a key goal of ART (Source: [sfaf.org](http://sfaf.org))

**U=U or Undetectable = Untransmittable** - a campaign to help popularize the understanding that people with HIV who achieve and maintain an undetectable viral load cannot transmit the virus to others. (Source: [catie.ca](http://catie.ca))