



Canada's source for
HIV and hepatitis C
information

La source canadienne
de renseignements sur
le VIH et l'hépatite C

Strong Medicine

Strong Medicine is an educational video developed by the [Canadian Aboriginal AIDS Network](#) and CATIE, with and for Indigenous people living with HIV.

By weaving together Indigenous knowledges of culture and wellness and Western knowledge of HIV testing and treatment, this video shares accurate information about HIV testing and treatment. It encourages people to get tested and to start, resume or stay on HIV treatment for their own health and wellness. This video is a positive and supportive educational tool for all Indigenous people living with HIV and those affected by HIV. It can be viewed in its entirety or in chapters.

Download the film

- [Full video \(27 minutes\)](#)
- [Chapter 1: Sharing Strength \(9 minutes\)](#)
- [Chapter 2: Treat Us Well \(15 minutes\)](#)
- [Chapter 3: Culture Matters \(9 minutes\)](#)

Host your own screening

We encourage individuals and organizations to host their own screenings of *Strong Medicine* in their communities. You can place an order for a [free screening kit](#) from the CATIE Ordering Centre, which includes a DVD, customizable promotional posters, and [talking points](#) for presenters. For more information about hosting a screening in your community, please contact Mary Choy at mchoy@catie.ca.

Resources

The following resources include important information on HIV treatment that can be used by individuals considering going on or staying on HIV treatment and their care providers in discussions about HIV treatment and health.

[HIV Basics](#)

Important, plain language information about HIV

[HIV Treatment](#)

A collection of information and resources in plain language about HIV treatment and the importance of starting and staying on treatment.

[Your Guide to HIV Treatment](#)

This practical guide is for people living with HIV and explains what we know about HIV treatment. It can be downloaded and printed.

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Disclaimer

Decisions about particular medical treatments should always be made in consultation with a qualified medical practitioner knowledgeable about HIV- and hepatitis C-related illness and the treatments in question.

CATIE provides information resources to help people living with HIV and/or hepatitis C who wish to manage their own health care in partnership with their care providers. Information accessed through or published or provided by CATIE, however, is not to be considered medical advice. We do not recommend or advocate particular treatments and we urge users to consult as broad a range of sources as possible. We strongly urge users to consult with a qualified medical practitioner prior to undertaking any decision, use or action of a medical nature.

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Information on safer drug use is presented as a public health service to help people make healthier choices to reduce the spread of HIV, viral hepatitis and other infections. It is not intended to encourage or promote the use or possession of illegal drugs.

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Available online at:
<https://www.catie.ca/en/strong-medicine>