Antiretroviral Therapy: What Does It Do?

Antiretroviral therapy (ART) is the daily use of a combination of HIV medicines to treat HIV. ART saves lives, but does not cure HIV.

When a person with HIV has access to ART and takes it as prescribed, ART...

- Reduces the amount of HIV in the body
- Reduces the risk of HIV transmission
- Prevents HIV from advancing to AIDS
- Protects the immune system
- Prolongs life expectancy to near-normal

For more information, visit HIVinfo.NIH.gov.