

## **PRINCIPLES OF HAART: INITIAL THERAPY**

Initiation of HAART represents a critical intervention for individuals infected with HIV. The potential benefits of HAART (delayed progression of HIV disease, reconstitution of the immune system) must be weighed against the potential drawbacks (medication toxicities, lifestyle changes, potential for developing drug resistance). Though some controversy remains regarding the optimal time at which HAART should be initiated (as well as the best initial treatment regimen), general guiding principles concerning these decisions can be made and are presented below. Please note that specific circumstances may warrant deviation from the guidelines for individual patients.