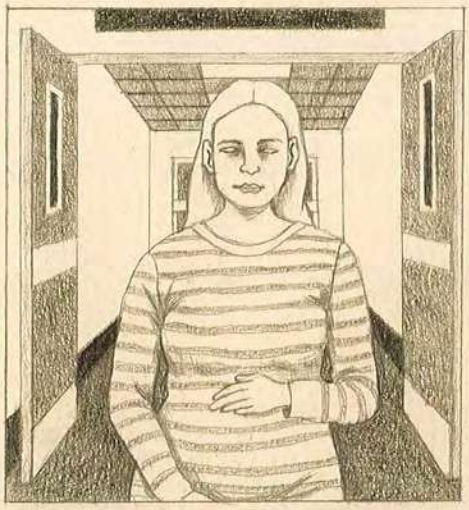
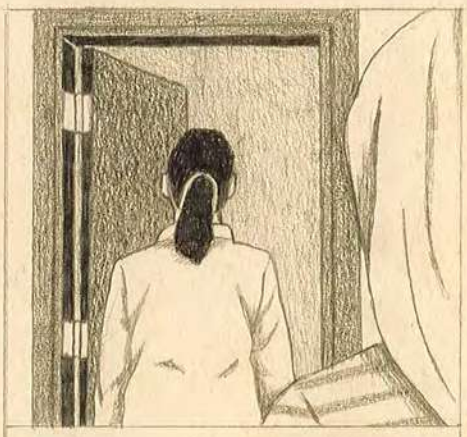
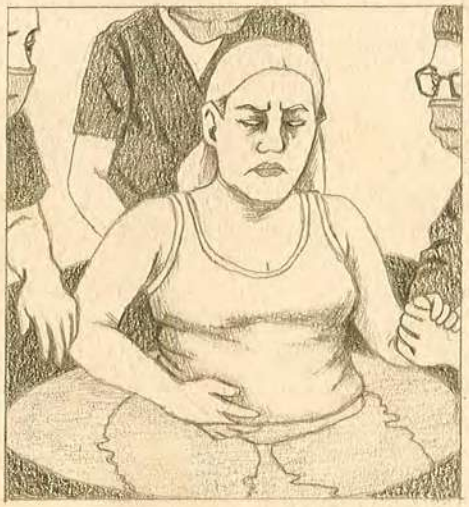


You can't use the birthing pool because your condition is a bit more complex.

Is it just because I have HIV? But the medical team already approved it.



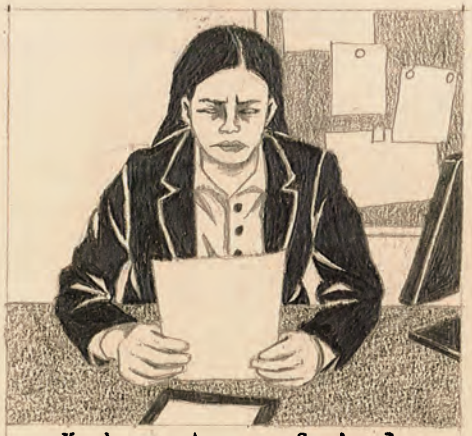
Let me check again.



Just a reminder: you're not allowed to breastfeed.

Why not?! My care team said I could!

Regardless of what you've been told, we cannot accept any risk.



You have a strong professional background

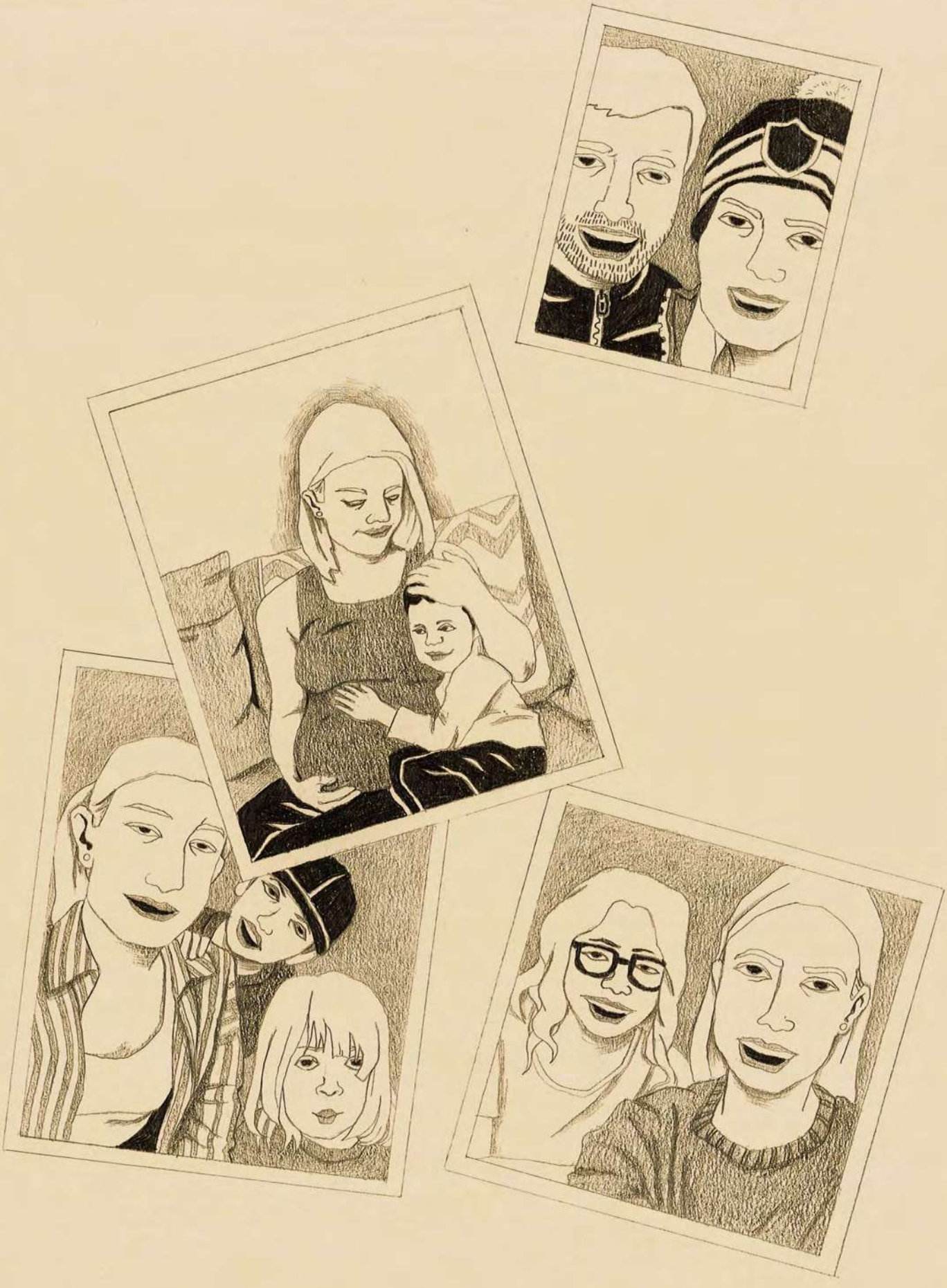
But... we're concerned that the patients might find out about your status.

You mean··· because of my HIV?

Look, it's not personal. We just don't want to take risks with how patients might react.

But isn't it wrong to keep accommodating that kind of fear?

Thank you.



But now, I′ m happy to say that I have the support of my family, friends, and others in the HIV community. Most importantly, I′ ve found my greatest source of strength—my current partner. Our relationship is built on love and trust.

When I first received my diagnosis, I felt hopeless and alone.

As a white woman, I had never realized that I, too, could be at risk of contracting HIV.

But once I was faced with it, I wanted to raise awareness about that very risk.

So I chose to be open about my status, and I′ ve never shied away from telling my story.

I believe that honesty helps break down misconceptions and stigma—it helps people see that I′ m just an ordinary person living an ordinary life.

To me, raising awareness about the HIV community is essential—not only for the general public, but even for healthcare professionals.

Ironically, the strongest stigma I′ ve experienced has come from medical staff.

I often feel exhausted and anxious, constantly on edge, waiting for someone to bring up HIV in conversation—so I can be ready to correct their misconceptions.