



*Eliane*

## Facts about HIV

- People living with HIV can conceive naturally when the virus is suppressed with HIV medication. There is zero risk of HIV transmission to the HIV negative partner.
- In an uncomplicated pregnancy there is no risk of HIV transmission inside the womb, when the virus is suppressed.
- Children can be born safely with natural delivery, when the right precautions are taken.
- Babies born from HIV positive mothers are treated with oral HIV medication for four weeks after birth.

# Starting a family

People who take HIV medication every day can have healthy children and can have the same life expectancy as people without HIV.

When I got diagnosed with HIV I already had one daughter. The doctor told me that I was not allowed to have more children, because I was going to die. I always dreamt of having a big family. At first my dream was shattered, but I decided not to give up. So I took my medication and my everyday prayer was “Please Lord, do not let the doctor win over You, please make me a mother again. You have the power to decide over my life.” I prayed and I cried.

I waited for 3 years. At the time I had one single doctor for everything. She checked my diabetes, my HIV and she also was my gynaecologist. I remember it like as it was yesterday. It was close to Christmas when I went for a routine check-up. I was two months late with my period and I mentioned this to the doctor. She immediately made an echo of my abdomen and here comes the most exciting and unexpected news: “Congratulations, you are pregnant!” I shouted, and cried tears of joy. I could not believe that I finally got the answer to my persistent prayers. I have been patient and God dried my tears!

I could not wait to share the news with my husband. We were so happy and excited to become parents together. During Christmas we shared the big news. It became the most

exciting Christmas news ever in the Becks family! Our first son was born on July 27th, 2006. He is born free of HIV.

And exactly two years later, on July 28th, we got blessed with a second son. He is also born free of HIV. I am a very proud mom and I feel a winner and a champion. I am always busy with them, taking them to school, to sports, to birthday parties. It is amazing having them in my life. Sometimes it feels as if I have more than three children. They bring their friends home and it feels so good to see them building friendships. This summer we organized a pyjama party for our youngest 10th birthday. We had 10 boys sleeping over in our home. I was very proud that all went home happy, telling their parents that they were well received and had a great time. My home is safe for all kids. I am a loving and caring mother of three.

## *Hiv Vereniging*

The Dutch Association of People Living with HIV (Hiv Vereniging) represents the interests of all people with HIV in the Netherlands, irrespective of background. We provide information about living with HIV and organise all kinds of meet-ups.

## *Servicepunt*

Our team of expert volunteers can be contacted for any question about living with HIV, by telephone on Mondays, Tuesdays and Thursdays from 14:00 – 22:00 hrs, or by email: [servicepunt@hivvereniging.nl](mailto:servicepunt@hivvereniging.nl).

See [www.hivvereniging.nl](http://www.hivvereniging.nl)