

*Feeling*

**HARD**

*Not feeling*

**HEARD**

Actual HIV patient.

## It could be Hard Belly

Hard Belly is not regular fat and requires a different type of conversation with your healthcare provider.

**Answer these questions and take this questionnaire to your healthcare provider to start the Hard Belly conversation.**

- Are you HIV+?

yes  no

- Does your abdomen feel hard and uncomfortable?

yes  no

- Have you found diet and exercise still doesn't get rid of your Hard Belly?

yes  no

*my*  
**HARD  
BELLY**

# Wondering if it's Hard Belly?

Note your measurements below and bring this card to your healthcare provider.



**Waist:** Measure at belly button. Make sure the tape is horizontal to the floor and around the waist.

**Hip:** Measure at the widest portion of the buttocks, making sure the tape is horizontal.

Waist circumference \_\_\_\_\_ in

Hip circumference \_\_\_\_\_ in

## Calculate waist-to-hip ratio.

(waist circumference ÷ hip circumference)

### How much is too much?

Waist circumference

♂ Men:  
≥37.4 in  
(95 cm)

♀ Women:  
≥37 in  
(94 cm)

Waist-to-hip ratio

♂ Men:  
≥0.94

♀ Women:  
≥0.88

Waist / Hip ratio \_\_\_\_\_

# Ask your healthcare provider to feel your Hard Belly

Hard Belly can have an impact on many aspects of your life. Hard Belly doesn't need to be hard to talk about. Take this completed card to your healthcare provider and ask them to feel your Hard Belly. The right conversation can bring the right result.

Learn more at [myHardBelly.com](http://myHardBelly.com)