

Charlie Sheen's HIV is 'undetectable' and is not AIDS, says his doctor Robert Huizenga

BY [JACQUELINE CUTLER](#)

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A somber Charlie Sheen and his doctor stressed that while he has the virus, medication has suppressed it to the point where it's barely detectable.

He does not have AIDS, his doctor and Sheen said on the "Today" show.

He is at a "very, very low risk" for transmitting to anyone," added his doctor, **Robert Huizenga**.



Charlie Sheen and his doctor discussed the actor's HIV diagnosis with Matt Lauer (left) on the "Today" show on Tuesday.

Sheen said he is not using drugs, but is "still drinking." After "Today" show host Matt Lauer confronted Sheen on his prolific sex life and drug use, Sheen forthrightly admitted that he is not likely to become a celebrity spokesman for clean living.

"I'm not going to be the poster man," for HIV prevention," Sheen said. "But I will pick my spots."

Lauer also asked if Sheen could be trusted to take his cocktail of drugs four times a day. Sheen's doctor confirmed his own anxiety about that topic.

“We’re petrified about Charlie,” Huizenga admits. “If he was overly depressed...it’s been an incredible worry...But he has managed to take this medication.”

Sheen maintains that he has not skipped taking the drugs — ever.



Charlie Sheen and his doctor discussed the actor’s HIV diagnosis on the “Today” show on Tuesday.

Sheen has [openly discussed](#) his sexual escapades, including frequenting prostitutes — he was one of Heidi Fleiss' steady clients — but experts said the number sexual partners is not the issue.

"What matters is your behavior," says Anthony Hayes, spokesman for the Gay Men’s Health Crisis, a leading AIDS advocacy group. "And you want to protect yourself and your partners."

Sheen said he has always been forthcoming with sexual partners about his HIV status — and claimed to always practice safe sex.

He and his doctor said he is healthy — and Hayes said Sheen's public announcement can only do good. "There is no shame in being HIV positive," Hayes said. "And we should stop shaming one another and we should certainly not shame someone for their sexual history."

<http://www.nydailynews.com/life-style/health/charlie-sheen-hiv-undetectable-not-aids-doc-article-1.2437443>