Aids causes and prevention pdf

HIV stands for human immunodebil decline virus. The virus attacks and suppresses the immune system, making those who have it susceptible to infection and cancer. AIDS stands for suffered immunodegeneration syndrome (a disease where the body's cellular immunity is severely damaged and thereby reduces your resistance to infection and/or malignancy). HIV is the virus that causes AIDS. While there is no cure, there are drugs that slow down its progression. People living with HIV can take measures to reduce the risk of transmission of the virus to others. HIV is a virus likely derived from monkeys and monkeys in Africa. One theory is that HIV began as a virus that infects these animals. The virus was later changed to a form that could infect humans. The disease may have started infecting humans more than 100 years ago. There was an HIV epidemic in the Congo in the 1920s. The virus then made its way to haiti's population in the 1960s. It then emerged in the United States and other countries first and became very popular (worldwide) in the 1980s. HIV attacks white blood cells, or T cells, in the immune system. It attacks a certain type of white blood cell called CD4-positive T cells. The virus replicates, makes copies of itself, and infects large numbers of T cells. When enough T cells are infected with the virus, AIDS develops. HIV is spread through exposure to infected body fluids. Having sex and sharing needles are two main ways of transmitring HIV. Body fluids that may contain and transmit HIV include pre-ejaculation, semen, blood, vaginal fluids, breast milk and rectal mucus. Fluid from an infected person is heavily exposed to the mucous membranes, blood, or a cut or injured area of another person to transmit the virus. It is impossible to get HIV from an infected person with whom you have normal contact. You cannot get HIV from hugging, embarking, toilet chairs, drinking fountains, or by eating food prepared by an HIV-positive person. You can not get HIV from a bite. You can not get the virus from tears, saliva, sweat or closed mouth kisses. HIV dies quickly when it is on surfaces outside the human body. The majority of people who have been infected with HIV do not know it when they are first infected. However, some people have flu-like symptoms within 2 to 4 weeks after infection. Early symptoms of HIV may include fever, headache, fatigue, swollen lymph nodes, and sore throat. Today, hiv infection can be detected much earlier than possible in the past. If you are experiencing flu-like symptoms and behavior that may put you at risk of HIV infection, see your doctor and get tested. HIV infection in three stages, the final stage is the most serious and causes comprehensive AIDS. the first paragraph is stage of acute infection. Many of the first people infected with HIV did not experience any symptoms. Those who do may suffer from flu-like symptoms. The second stage of HIV is called clinical latency. This means that the virus is inactive, inactive and ster reproduction at a much slower rate than in the acute stage. This period can last up to a decade, but in some people it can progress faster. The third stage of HIV infection is comprehensive AIDS. During this period, people have a very low number of T cells and a compromised immune system that makes them more susceptible to infections and certain types of cancer. Early detection and treatment of HIV can help prevent the development of aids comprehensively. Anyone can get HIV at any age, but certain populations are at higher risk than others. Men who have sex with other men and people who inject drugs are at high risk of HIV infection. Infected mothers who are pregnant can transmit the virus to the fetus in the womb. Infected mothers can also transmit the HIV virus to their infants in breast milk. An infected man can transmit the virus to a woman. About 1.1 million people in the United States have lived with HIV as of 2014. About 1 in 7 people living with HIV do not know they have it. The Centers for Disease Control and Prevention (CDC) recommends that everyone between the ages of 13 and 64 be tested for HIV at least once as part of their recurring health care. People at high risk of HIV infection should be tested at least once a year. High-risk groups include men who have sex with men, people who inject drugs, those with sexually transmitted infections, and those with multiple sexually transmitted infections. Several different types of tests are available to detect HIV. Available home tests can provide results as soon as 20 or 30 minutes. If you test negative for HIV but have recently engaged in high-risk behavior, be re-examined 3 months later because it can take longer for the body to make HIV antibodies. HIV/AIDS used to be a much more deadly infection before the development of drugs that helped slow the progression of the disease. If you are diagnosed with HIV, see your doctor for treatment as soon as possible. Antiviral therapy (ART) involves taking two or more drugs from several classes. These drugs prevent HIV from copying or preventing the virus from infecting new T cells. These drug cocktails are individually designed by the doctor. People who are infected with HIV and adhere to their treatment plan have the same life expectancy as those who are not infected. There is no cure for HIV. Antiviral therapy increases the likelihood that people living with HIV will have a normal life expectancy. There are no alternative treatments or folk remedies proven to treat or cure HIV. However, many HIV infection can use yoga, acupuncture, massage, meditation and visualize as complementary or supportive methods tailored to standard treatments. These treatments can help reduce stress and help alleviate some symptoms hiv/AIDS infection. Some people use herbal medicine, too. Check with your doctor before combining complementary and alternative theythotherapy into your treatment regimen, especially in relation to herbs. Some herbs may interfere with the activity of certain drugs. People living with HIV have a higher risk of infection and other diseases. It is important to take care of yourself. Eat a variety of fruits, vegetables, lean meats, fish and dairy products. Minimize your sugar and salt intake. Aim to get at least 30 minutes of physical activity every day, as long as your doctor has said that it is safe for you to exercise. Get enough sleep and rest. Spend time with friends and family. Social support is important to your body and mind. See your doctor for a check-up. Seek the help of a therapist if you suffer from depression or anxiety. Take your medications, including HIV medications, as prescribed. If you are experiencing side effects, see your doctor. He or she can adjust your mode, if necessary. Newer HIV drugs are generally better tolerated than older drugs. Generally, you should tell people who may be affected by your HIV status about your illness. Your doctor should know to optimize your care. You may want to tell close friends and family about your condition. You may want to disclose that you have HIV for others who have it, such as those in a support group. Your sexual friends and friends who share needles need to know if you are HIV positive. They are at risk of infection with the virus from you. Some states have laws that make it a crime not to disclose your HIV-positive status to a sexual or sexually sharing a sexual friend or sexually acribies. Employers are not allowed to discriminate on the basis of HIV status. The practice of sexual abstinence and avoiding high-risk behaviors is the only sure way to minimize the risk or prevent HIV infection. If you plan to have sex, use a condom each time (reduce but not eliminate the risk of HIV infection). Limit the number of sexual friends with which you must reduce the risk of exposure. You are less likely to get HIV from oral sex than vaginal sex or sex. If you have a very high risk of HIV infection, ask your doctor about medications that can significantly reduce your risk of infection. If you engage in high-risk behavior, preventive drugs are available to reduce the risk of HIV infection. If you inject drugs, always use clean, sterile needles. Avoid sharing needles. People at risk of HIV infection should be tested at least once a year, maybe even more often. In the 1990s, HIV #1 the highest cause of death for people between the ages of 25 and 44. In 2014, HIV was the 8th leading cause of death in people aged 25 to 34 years is the ninth leading cause of death in people aged 35 to 44 years. Better diagnosis and treatment and public awareness raising are responsible for reducing mortality. Vong. even newer drugs are designed to reduce the risk of HIV infection in those exposed. For people at high risk of HIV infection, taking a drug combo called PrEP reduces the risk of infection. People who have been exposed to HIV may take anti-retroviral drugs, or post-exposure prevention (PEP), to reduce the risk of infection. These drugs must be started within 72 hours after suspected exposure and must be taken within 28 days. They do not guarantee you will not be infected with HIV, but they reduce the risk. There is no cure for HIV, but there are effective treatments that can increase life expectancy. Early diagnosis and treatment of the virus are critical to achieving the best possible results. Get tested for HIV, especially if you have high-risk behavior. AIDS.gov provides a list of many government resources for people living with HIV, including locations for testing. The CDC provides the same resources as gettested.cdc.gov 800-CDC-INFO (800-232-4636). Source: IMAGES SUPPLIED BY: iStock Thinkstock Getty Thinkstock Thinkstock Thinkstock Thinkstock Thinkstock Thinkstock Thinkstock Thinkstock REFERENCES: AIDS.gov: Testing Sites & Care Services. Centers for Disease Control and Prevention: Tested: National HIV, STD and Hepatitis, HIV/AIDS Testing, National Critical Statistical Report - Deaths: Final Data for 2014. Cold Spring Harbor Perspectives in Medicine: Origins of HIV and the AIDS epidemic. HIV.gov: Quick information. Nursing Research: Self-care strategies and resources for managing HIV/AIDS symptoms. U.S. Department of Veterans Affairs: Alternative Treatments (Supplements) for HIV/AIDS: The Whole Lesson. Lesson.