



AIDS

General Info

AIDS (Acquired immune deficiency syndrome) **AIDS** is a set of symptoms and infection resulting from the damage to the human immune system caused by the human immunodeficiency virus (HIV). This condition progressively reduces the effectiveness of the immune system and leaves individuals susceptible to opportunistic infections and tumors.



Causes

- ✘ Direct contact of bodily fluid containing HIV (i.e. blood, semen, vaginal fluid, preseminal fluid, and breast milk)
- ✘ Sex (anal, vaginal or oral sex)
- ✘ Blood Transfusion
- ✘ Contaminated hypodermic needles,
- ✘ Exchange between mother and baby during pregnancy,
- ✘ Childbirth, or breastfeeding
- ✘ Other exposure to one of the above bodily fluids.



HIV/AIDS Symptoms

- ✘ Many people with HIV do not know they are infected.
- ✘ Many people do not develop symptoms after they first get infected with HIV.
- ✘ Others have a flu-like illness within several days to weeks after exposure to the virus.
- ✘ It can be fever, headache, tiredness, and enlarged lymph nodes in the neck.
- ✘ These symptoms usually disappear on their own within a few weeks. After that, the person feels normal and has no symptoms. This asymptomatic phase often lasts for years.
- ✘ The progression of disease varies widely among individuals. This state may last from a few months to more than 10 years.
 - ✘ During this period, the virus continues to multiply actively and infects and kills the cells of the immune system.
 - ✘ The virus destroys the cells that are the primary infection fighters, called CD4 cells.
 - ✘ Even though the person has no symptoms, he or she is contagious and can pass HIV to others through the routes listed above.

AIDS is the later stage of HIV infection, when the body begins losing its ability to fight infections.



Diagnosis

If the person does not know they are HIV positive in that case, the diagnosis of AIDS is made because the person has unusual **infections** or cancers that show how weak the immune system is.

- ✘ The infections include (but are not limited to)
 - ✘ Pneumonia which causes wheezing,
 - ✘ Brain Infection that can cause trouble thinking or symptoms that mimic a stroke,
 - ✘ Widespread infection with a bacteria that can cause fever and weight loss,
 - ✘ Yeast Infection of the swallowing tube that causes pain with swallowing
 - ✘ Widespread diseases with certain fungi that can cause fever, cough, anemia, and other problems.
- ✘ The weakened immune system leads to conditions (but are not limited to)
 - ✘ Lymphoma in the brain, that causes fever and trouble thinking;
 - ✘ Cancer of the that causes brown, reddish, or purple spots that develop on the skin or in the mouth





✚ The The only way to prevent infection by the virus is to avoid **behaviors that put you at risk** like

- ✚ Sharing needles
- ✚ Having unprotected sex. (i.e. sex without a barrier, such as a condom)

HIV + patient may not have any symptoms. There is no way to know with certainty whether a sexual partner is infected.

Here are some prevention strategies

Usage of condom is a very potential prevention When using condom consider :

- ✚ Using it properly and consistently.
- ✚ Check the break or leak of it.
- ✚ Use only water-based lubricants with
- ✚ Do not share needles or inject illicit drugs



While working in a health-care field, follow national guidelines for protecting thyself against

- ✚ Needle sticks and Exposure to contaminated fluids
- ✚ If you have engaged in risky behaviors, get tested to see if you have HIV.



HIV/AIDS Treatment

Medications

A few Drugs are available to fight both the HIV infection and related cancers.

- ✚ These drugs can only reduced HIV-related complications and deaths.
- ✚ Patient can take individualized therapy under the supervision of an expert physician

However, there is **NO CURE** for HIV/AIDS.



HIV/AIDS in UK

The UK has a relatively small HIV and AIDS epidemic in comparison with some parts of the world, with an estimated 73,000 people – or around 0.2% of the adult population – currently living with HIV. However it has increased dramatically since the 1990's, alongside a general rise in the prevalence of sexually transmitted infections

Facts & figures

An estimated 73,000 people were living with HIV in the UK at the end of 2006, of whom a third were unaware of their infection. In 2007, there were at least 7,734 new diagnoses of HIV, contributing to a cumulative total of 97,423 reported by the end of June 2008.

There have been 24,118 diagnoses of AIDS in the UK. At least 18,324 people diagnosed with HIV have died, and at least 80% of these deaths followed an AIDS diagnosis

About Global Xchange

Global Xchange aims to support the development of active global citizens, committed to working for positive change within communities.



<http://www.vso.org.uk/globalxchange/>

About Team 79

Global Xchange Team 79 embarked on the Caithness - Chittagong exchange in September 2008 and consists of 9 **Bangladeshis** and 9 British counterparts

<http://gxteam79.wordpress.com/>

