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Course Name : HEALTH & PHYSICAL EDUCATION

Topic – AIDS



AIDS

WHAT IS AIDS

AIDS stands for the Acquired Immune Deficiency Syndrome.

A- Acquired means that it is something people acquire from outside. It is not inherited from parents like eye colour or blood type. It is transmitted through person's own behaviour or situation.

I- Immune refers to the immune system, the body's defence mechanism against germs and infections (a weakened body defence system).

D- Deficiency indicates a lack or weakening of the immune system.

S- Syndrome refers to the presence of a group of signs and symptoms. When the body's defence are weakened, it is possible for many infections or diseases to simultaneously infect the body. The condition is referred to as a syndrome. It is collection of signs and symptoms that are generally found together in a particular disease or diseases.

WHAT IS HIV

AIDS is caused by an organism called HIV.

H- Human indicates that the HIV only infects humans.

I- Immunodeficiency indicates that HIV causes the immune system to become weak and ineffective in defending the body against the germs. In this way, HIV leads to AIDS.

V- Virus is a disease causing parasite.

(i) AIDS is Acquired because it is caught from someone and is not inherited.

(ii) Immune and Deficiency because the virus destroys the body's defence system and as a result the person is more likely to get illness which the body would normally be able to fight off easily.

(iii) Syndrome describes the different signs and symptoms of the illness that result from the HIV infections. These signs and symptoms appear as multiple infection or illness.

Mode of Transmission

STOP HIV/AIDS *save life*

HIV can be transmitted through

Sexual transmission
It can happen when there is contact with infected sexual secretions. This can happen while having unprotected sex.

Perinatal transmission
The mother can pass the infection on to her child during childbirth, pregnancy, and also through breastfeeding.

Blood transmission
Among drug users, sharing and reusing syringes contaminated with HIV-infected blood is extremely hazardous.

Don't inject drugs.
But if you do, use only sterile drug injection equipment and water and never share your equipment with others.

Limit your number of sexual partners.
The more partners you have, the more likely you are to have a partner with HIV whose HIV is not well controlled.

Get tested and treated for STDs.
Insist that your partners get tested and treated too.

Use condoms
Use a condom correctly every time you have vaginal, anal, or oral sex.

1 36.7 million people worldwide living with HIV/AIDS at the end of 2015. Of these, 1.8 million were children (<15 years old).

2 2.1 million individuals worldwide became newly infected with HIV in 2015. This includes 150,000 children (<15 years).

3 35 million people have died from AIDS-related illnesses since the start of the epidemic, including 1.1 million in 2015.

- **Sexual Transmission-** The virus can be transmitted from an infected person to his or her sex partner (man to woman, woman to man and man to man). Sexual intercourse can damage the linings of sexual organs and can facilitate transmission of HIV/AIDS from the infected partner to the uninfected partner is already suffering

from some sexually transmitted disease because in this case the lining is already damaged. Due to the high rate of sexual transmission of the virus, sexual behaviour is the prime focus interrupting transmission. In India, sexual intercourse is the most frequent mode of transmission of HIV/AIDS.

- **Blood Transmission-** It occurs through the transfusion of infected blood or blood products or the use of blood contaminated needles, syringes or other skin piercing instruments. Recipients of a single unit of HIV infected blood have a virtually 100% probability of becoming infected.
- **Mother to Child Transmission-** Transmission of HIV/AIDS from an infected women to her foetus/infant may occur before, during and shortly after birth. The overall risk of HIV infected women to her foetus in utero or during delivery is about 30%. The breast milk of mothers infected with HIV contains small amounts of the virus. Researchers have found that one third of babies through milk, recent data confirms that some transmission may occur through breast feeding.

Symptoms of AIDS

World Health Organisation (WHO) has listed a few signs that help in provisional diagnosis of AIDS.

Major Signs

- (i) Weight loss greater than 10% of the body weight.
- (ii) Continue fever for a period greater than one month.
- (iii) Chronic diarrhoea (for more than one month).

Minor Signs

- (i) Persistent cough for a period longer than one month.
- (ii) General itching dermatitis (skin irritation).
- (iii) Recurrent Herpes zoster (shingles)
- (iv) Oropharyngeal candidiasis (fungus infection in the mouth/throat)
- (v) Swelling of the lymph glands.

Cure for AIDS

So far there is No Cure For AIDS and a vaccine of prevention of infection may be far away. Even if there is a cure, the cost of the medicine would prevent it from being used in many developing countries.

Prevention of HIV/AIDS infection: At present prevention is the only cure for AIDS. Since AIDS is a sexually transmitted disease, sexual behaviour is the prime focus of action for interrupting transmission. It is therefore important to have an information and education programme aimed at all men and women, to have facilities for detection and treatment of other sexually transmitted diseases and to have an environment which would promote condom use and frank information dissemination without stigmatization and discrimination against people known or suspected to have HIV/AIDS. In India, prevention of sexual transmission is an immediate priority.

1. Safer sex activities for prevention

- (i) Sexual activities e.g. Hugging, kissing etc.

(ii) Anything that does not involve the sharing of semen, vaginal secretion or blood.

(iii) Long term mutually faithful relationship, be faithful to one partner.

(iv) Proper and consistent use of condoms.

2. For prevention of HIV/AIDS transmission through infected blood and blood products, include recruiting voluntary non-paid donors, screening all donated blood for HIV and educating health care workers to reduce unnecessary transfusions.

3. Preventing transmission at health care setting rests on careful attention to infection control procedure including proper sterilization of equipment, proper adherence to procedures based on “Universal Health Precautions”, and provision of necessary supplies and equipment.

4. Preventing blood borne transmission among drug injectors should go hand in hand with efforts to prevent sexual transmission among them. These include reducing the demand for drugs, the use of drugs by injection and the sharing of injection equipment.

5. To screen blood and blood products, through testing of all blood samples for HIV should be done. This does not take into account blood screening done during the window period, where the person is already infected but his immune system has not produced antibodies against HIV. Their blood samples may or may not be free of HIV. In Bhutan, Indonesia and Thailand, all donated blood is now screened for HIV.

6. For preventing Transmission from mother to child is, to prevent sexual transmission of HIV to women of reproductive age. Secondary prevention would depend on the avoidance of child bearing by mothers who know or suspect that they are infected.

7. Counselling and contraceptive services should be made available for all men and women.