

HIV/AIDS: WHAT CAN I DO TO FIGHT THIS PANDEMIC?



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WHAT IS HIV/AIDS?

HIV is human immunodeficiency virus, the virus that infects humans and cause AIDS.



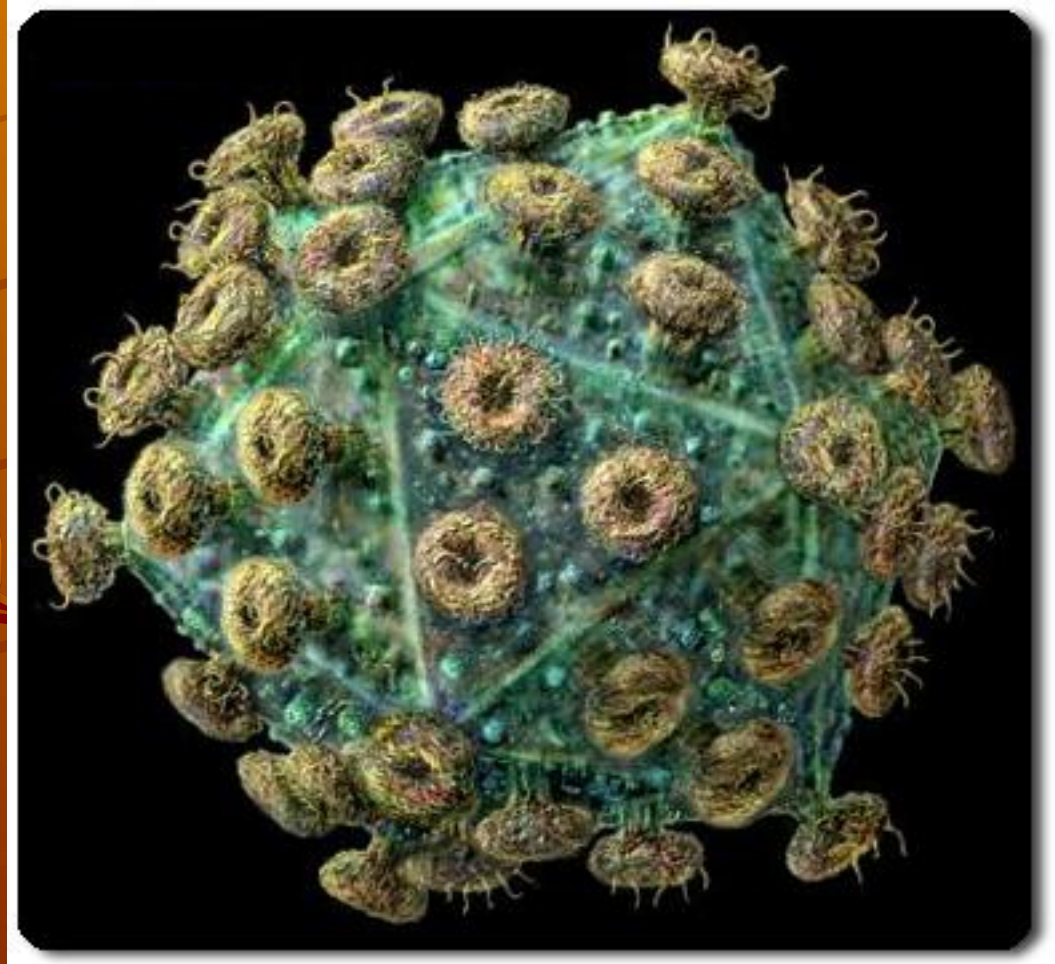
AIDS is acquired immunodeficiency syndrome, the disease caused HIV

Emergence of HIV

- ◆ In 1981 Epidemiologist found a cluster of diseases associated with loss of cellular immunity in adults with no obvious reason for such presentations (homosexuals)

◆ In 1982, a case definition of AIDS was made after considering the underlying immunodeficiency

The structure of the HIV virus showing outer shell - *Viral envelope*.



The Infectious Agent

- ✦ HIV is a retro virus and there are two types:
 - ✦ HIV – 1
 - ✦ HIV – 2
- ✦ Pathogenicity of HIV-2 is lower than HIV-1
- ✦ Disease progression is slower in HIV-2 than HIV-1
- ✦ Vertical Transmission is lower in HIV-2 than in HIV-1
- ✦ HIV-1 is the most prevalent type throughout the world
- ✦ HIV-2 has been found primarily in West Africa

What is HIV/AIDS?

- ✦ **HIV/AIDS – is one of the most important communicable diseases in the Ghana and in the world because it is associated with:**
 - **serious morbidity**
 - **High costs of treatment and care**
 - **Significant mortality**
 - **Considerable degree of stigma**
 - **Prolonged incubation period, the silent period of not being diagnosed but will be spreading**

What is the burden of HIV/AIDS?

◆ **People living with HIV = 39.5m**

- Adults = 37.2m
- Women = 17.7m
- Chn under 15yrs = 2.3m

◆ **People newly infected with HIV = 4.3m**

- Adults = 3.8m
- Chn under 15yrs = 530,000

◆ **Deaths from AIDS = 2.9m**

- Adults = 2.6m
- Chn under 15yrs = 380,000

How is HIV transmitted?

- ◆ The virus spread through infected body fluids:

- ◆ Blood

- ◆ Semen

- ◆ Vaginal fluids

- ◆ CSF

- ◆ Breast milk

- ◆ Infected body organs (transplants)

How does HIV Spread?

- ◆ The infected body fluid from an infected person can be transmitted to a healthy person in one of these ways:
- ◆ Through unprotected sex
- ◆ Using or being injured by contaminated sharp instruments like needles, razor blades or other contaminated sharps
- ◆ Receiving blood transfusion, blood products or organ transplant from infected person
- ◆ Vertical transmission - ie mother to child

Incubation Period

- ✦ The incubation period is variable, between 1-3 months depending on the person before antibody detection
- ✦ However, the time of HIV infection to AIDS diagnosis is 1-15 yrs or longer
- ✦ Disease progression from HIV to AIDS is rapid in developing countries
- ✦ Age has been a factor in disease progression: adolescents & adults who catch the infection at an early age progress to AIDS more slowly than at an older age
- ✦ Also viral type HIV-1 more rapid than type 2

Who gets HIV/AIDS?

✦ **Anybody can get HIV infection, however some are at more at risk:**

- ✦ Indiscriminate sexual practitioners
- ✦ Drug abusers
- ✦ Children born to HIV infected mothers
- ✦ Contaminated Blood and blood product recipients
- ✦ People with frequent STIs

✦ **Note: Women and children are more at risk when it comes to sexual transmission, why?**

Signs and Symptoms

- ✦ **Persistent fever**
- ✦ **Persistent cough**
- ✦ **Unexplained weight loss (10% +)**
- ✦ **Recurrent herpes (shingles)**
- ✦ **Recurrent vaginal and oral thrush**
- ✦ **Skin rashes**
- ✦ **Unexplained amenorrhoea**
- ✦ **Loss of appetite**

Is there a cure for HIV/AIDS?

- ◆ There is no cure for HIV/AIDS yet. However, there is treatment that can prevent and control the opportunistic diseases.
- ◆ Again, No Vaccine yet, but scientist are still working hard for a vaccine one day

Social care & support

- ✦ **As there is No Cure for HIV/AIDS SUPPORTIVE care remains very important in managing the infection.**
- ✦ **Note: HIV does not spread through ordinary social contacts like:**
 - **Shaking hands**
 - **Hugging/kissing**
 - **Eating from same plate**
 - **Travelling in same bus**

Prevention

- ◆ **Abstinence from sex**
- ◆ **Safer/protective sexual practice**
- ◆ **Not sharing razors and other sharps, tooth brushes**
- ◆ **Not receiving infected blood and blood products (not a big problem these days)**
- ◆ **Antiretroviral treatment to infected pregnant women to prevent vertical transmission**

What is the message?

- ✦ For lack of knowledge my people perish (Hosea 4:6)

Fortunately we have the information to increase our knowledge and to make informed decision which is:

**STAY SAFE, PROTECT YOURSELF FOR
YOU ARE SPECIAL TO OUR FAMILY &
GOD.**

**Also show love and Support PLWA/HIV
as it is not spread through social
contacts.**

**Remember: Matt 25:36When I sick,
you visited me**