

Chapter 1 : Questions & Answers about HIV and AIDS - Joel E. Gallant - Google Books

"Wise and well-adapted to purpose defines the word 'sage' and describes the advice offered in Questions & Answers About HIV and AIDS. This book is a tremendous resource for people living with HIV, their friends, family members, and healthcare providers.

These are all terms that mean the person has HIV in his or her body and can pass the virus to other people. The immune system protects the body from infections and disease, but has no clear way to protect it from HIV. Without treatment, most people infected with HIV become less able to fight off the germs that we are exposed to every day. Many of these germs do not usually make a healthy person sick, but they can cause life-threatening infections and cancers in a person whose immune system has been weakened by HIV. HIV treatments can slow this process and allow people with HIV to live longer, healthier lives see question People infected with HIV may have no symptoms for ten or more years. They may not know they are infected. A normal CD4 cell count is or higher. Who is at risk for getting HIV? A person of any age, sex, race, ethnic group, religion, economic background, or sexual orientation can get HIV. Those who are most at risk are: Unprotected sex means vaginal, anal, age, sex, race, or oral sex without using a condom. They can also become infected through breastfeeding. You can only get HIV if infected blood, semen, vaginal fluids, or breast milk gets into your body see question 9. Without treatment, some people live for just a few years after getting HIV. Others live much longer. Researchers are studying a small number of people with HIV who have not become ill for more than ten years, even without any HIV treatment. However, these people are still infected with HIV and can pass the virus to others. There is no vaccine to prevent HIV infection. Researchers are working to develop a vaccine. Vaccines in development are being tested to find out if they work. Of these, 37 million were adults, and 2. The overwhelming majority of persons with HIV live in resource-poor countries. Of those 73, persons living with AIDS: The risk factor is the most likely way a person became infected. Injection drug use through sexual contact with an injection drug user, or infants infected prenatally was the direct or indirect cause of infection for 44 percent of the persons in New York State who were living with AIDS as of December Of all cases with known risk, Among the persons for whom risk data have been obtained: The CDC website is also available in Spanish at www.cdc.gov. Or you can call the CDC toll-free at English or Spanish to request information. Voice callers can use the New York Relay System: How is HIV spread from one person to another? You can only get HIV if infected blood, semen, vaginal fluids, or breast milk gets into your body. HIV is not spread through saliva spit. HIV is spread in the following ways: It is also possible to pass HIV through sharing needles for piercing or tattooing see question A person infected with HIV can pass the virus to others during these activities. This is true even if the person: HIV is not spread by casual contact like sneezing, coughing, eating or drinking from common utensils, shaking hands, hugging, or using restrooms, drinking fountains, swimming pools, or hot tubs see questions Is it easy to get HIV? HIV is not like the flu or a cold. It is not passed through casual contact or by being near a person who is infected. Does everyone who is exposed to HIV get infected? But it is important to know that you can be infected by a single exposure to HIV-infected blood, semen, or vaginal fluids. Whether a person becomes infected after being exposed to HIV depends on how the virus enters the body and the amount of virus that enters the body. How is HIV spread during injection drug use? Can injecting vitamins, steroids, hormones, or insulin put me at risk for HIV infection? It can if you share injection equipment. HIV can be passed any time you share equipment to inject drugs, vitamins, hormones, insulin, steroids, or any other substance intravenously IV into a vein, into your muscles, or under your skin. Always use new, sterile needles and syringes when injecting any substance into your body see question If you must reuse a needle, clean it with bleach see questions 53, How is HIV spread during anal sex? Unprotected anal sex with a person who has HIV or whose HIV status you do not know is the highest-risk sexual activity for both men and women. The walls of the anus and rectum are thin and have many blood vessels that can be injured during anal sex. HIV-infected semen can be easily absorbed through these thin walls and into the bloodstream. Injured tissue in the anus and rectum can expose the penis to blood containing HIV. Using latex condoms for anal sex lowers HIV risk, but condoms fail more often

during anal sex than during vaginal or oral sex. So, protected anal sex is still riskier than protected vaginal or oral sex see questions 44, How is HIV spread during vaginal sex? HIV is spread during vaginal sex when HIV-infected semen, vaginal fluid, or menstrual blood comes into contact with the mucous membranes of the vagina or penis. In general, since there is more mucous membrane area in the vagina, and a greater possibility of small cuts in the vagina, women are more likely than men to get infected with HIV through unprotected vaginal sex. Teenagers and women entering menopause are at especially high risk for getting HIV and other sexually transmitted diseases because the tissue lining the vagina is more fragile at these ages. Using a male latex condom or a female condom lowers your risk of getting HIV through vaginal sex see questions How is HIV spread during oral sex? Although oral sex is less risky than anal or vaginal sex, it is possible to get HIV by performing oral sex on an HIV-infected partner. HIV transmission could potentially occur if blood, pre-ejaculation fluid, semen, or vaginal fluids enter open sores or cuts in or around the mouth, such as those caused by canker sores or blisters, vigorous teeth brushing or flossing, or some form of trauma. Using a latex barrier, like a condom or dental dam, reduces your risk of HIV infection see question STDs change the cells that line the vagina, penis, rectum, or mouth, which can cause open sores to develop. These sores make it easier for HIV to enter the body. Any inflammation or sore caused by an STD also makes it easier for HIV to enter the bloodstream during sexual contact. Many STDs do not cause symptoms, especially in women. It is important for sexually active men and women to get tested for STDs regularly, even if they have no symptoms. Does sexual contact with many partners increase my risk of getting HIV? Having unprotected sex with many partners increases your risk of getting HIV because it increases your chances of coming into contact with someone who has HIV. It also increases your risk of getting other sexually transmitted diseases like herpes, gonorrhea, chlamydia, venereal warts, or syphilis. So, even a person who has unprotected sex with just one partner can still get HIV if that partner was infected prior to having sex or becomes infected during the relationship. Are women who have sex with women at risk for HIV infection? Woman-to-woman sexual transmission of HIV is rare, but it is possible. Women who have sex with women are at risk for HIV infection if they share needles to inject drugs or if they have unprotected sexual contact that results in blood-to-blood exposure. Women who have sex with women can reduce their risk of getting HIV by: HIV transmission could potentially occur if vaginal secretions or menstrual blood enters open sores or cuts in or around the mouth, such as those caused by canker sores or blisters, vigorous teeth brushing or flossing, or some form of trauma. This could allow for the exchange of potentially infected blood or body fluids. Can a woman who has HIV pass the virus to her baby? A woman who has HIV can pass the virus to her baby during: There are medicines that women with HIV should take during pregnancy, labor, and delivery and that can be given to their babies just after birth, to greatly reduce the chance that their babies will become infected with HIV. It is best for women to know their HIV status before they become pregnant or very early in their pregnancy so that they can make informed decisions and take full advantage of these medicines. Risk reduction measures still need to be taken see Risk Reduction, page A person who has a low or undetectable viral load can pass HIV to someone else, although the risk is probably lower than if he or she had a high viral load. Risk reduction measures, like using condoms and not sharing needles, still need to be taken see Risk Reduction, page Can I get HIV from kissing? No one has ever gotten HIV through casual kissing, such as between parents and children. Both the man and the woman had gum disease that may also have contributed to the woman becoming infected. It is important to note that in this situation, HIV is not passed through saliva, but rather through direct blood-to-blood contact. Can I get HIV from a human bite? It is very unlikely that a person would get HIV from a human bite. HIV can only be passed in this manner through direct blood-to-blood contact and not by exchanging saliva. To pass the virus, the infected person would need to have blood in his or her mouth and break the skin of the other person. The break in the skin of the uninfected person could allow infected blood to enter his or her bloodstream. If a person who does not have HIV bites and breaks the skin of a person with HIV, transmission of the virus could only occur if the uninfected person has open sores or cuts in the mouth that allow for blood-to-blood contact.

Chapter 2 : Questions & Answers About HIV/AIDS | National Prevention Information Network

1 Part I: Questions and Answers for Young People and Students There are many reasons for a young person to want information about HIV Maybe you have a school project to complete, or maybe a friend or.

Can I live a normal life? What about sex and relationships? Who should I tell? Should I keep working? Part 2 The Basics 11 Questions tell you what you need to know about HIV, your immune system, and the disease in order to understand your condition, your health care provider, your treatment options, and how to live with HIV infection. How does HIV cause illness? How is HIV spread? How is HIV diagnosed? Part 4 Medical Care 29 Questions provide information on finding and paying for medical care, including: How do I find the right medical care? How do I deal with my health care provider? How will I pay for treatment? Part 5 Getting Started 37 Questions discuss the laboratory tests and vaccinations you need, including: What does my CD4 count mean? What is a resistance test, and when should I get one? Do I need vaccinations? Part 6 Starting Treatment 45 Questions discuss things you need to know before starting treatment, such as: How does antiretroviral therapy work? Do I need treatment now? How do my provider and I choose my first regimen? What if I have side effects? Part 7 Staying on Therapy 61 Question discuss issues important to people who are on therapy. How long will therapy last? Can therapy ever be stopped? What if my virus becomes resistant to the medications? What if I decide not to take medications? What is immune-based therapy? Part 8 Side Effects and Toxicity 71 Questions discuss side effects and toxicities of antiretroviral drugs, including: What are the side effects of protease inhibitors? What can I do about changes in my body shape? How can I protect my liver? What are the risks for my brain and nerves? What are opportunistic infections? When should I use medications to prevent infections? Can HIV cause cancer? Part 10 Symptoms Questions discuss common symptoms caused by HIV and its treatment and how to deal with them. What can I do about nausea and diarrhea? What if I get a cold or the flu? Why am I so tired? Can HIV affect my skin? How is HIV infection different for women? What if I want to get pregnant? What if my child is infected? Part 12 Coinfection Questions discuss other infections that often accompany HIV infection, such as: What if I also have hepatitis C? How do I prevent cervical and anal cancer? Part 13 Mental Health and Substance Abuse Questions discuss depression, substance abuse, and other mental health problems, including: Part 14 Relationships, Sexuality, and Prevention Questions discuss relationships, safer sex, and sexually transmitted diseases, including: How and when do I disclose my status to partners? What if both my partner and I are positive? What should I know about sexually transmitted diseases? What should I eat or avoid eating? Can I still drink alcohol? Can I keep my pets?

Chapter 3 : Questions and Answers About HIV and AIDS : Joel E. Gallant :

Written by an expert in the field Questions & Answers About HIV and AIDS, Fourth Edition is an invaluable resource for anyone coping with the physical and emotional uncertainty of this disease. Read more Read less.

These special cells help the immune system fight off infections. This damage to the immune system makes it harder and harder for the body to fight off infections and some other diseases. Opportunistic infections or cancers take advantage of a very weak immune system and signal that the person has AIDS. HIV stands for human immunodeficiency virus. It is the virus that can lead to acquired immunodeficiency syndrome, or AIDS. Unlike some other viruses, the human body cannot get rid of HIV. That means that once you have HIV, you have it for life. No safe and effective cure currently exists, but scientists are working hard to find one, and remain hopeful. Meanwhile, with proper medical care, HIV can be controlled. It can dramatically prolong the lives of many people infected with HIV and lower their chance of infecting others. Today, someone diagnosed with HIV and treated before the disease is far advanced can have a nearly normal life expectancy. It is the virus that can lead to acquired immunodeficiency syndrome or AIDS if not treated. So once you get HIV, you have it for life. Untreated, HIV reduces the number of CD4 cells T cells in the body, making the person more likely to get other infections or infection-related cancers. These opportunistic infections or cancers take advantage of a very weak immune system and signal that the person has AIDS, the last stage of HIV infection. No effective cure currently exists, but with proper medical care, HIV can be controlled. If taken the right way, every day, this medicine can dramatically prolong the lives of many people infected with HIV, keep them healthy, and greatly lower their chance of infecting others. Today, someone diagnosed with HIV and treated before the disease is far advanced can live nearly as long as someone who does not have HIV. Scientists identified a type of chimpanzee in Central Africa as the source of HIV infection in humans. They believe that the chimpanzee version of the immunodeficiency virus called simian immunodeficiency virus, or SIV most likely was transmitted to humans and mutated into HIV when humans hunted these chimpanzees for meat and came into contact with their infected blood. Studies show that HIV may have jumped from apes to humans as far back as the late s. Over decades, the virus slowly spread across Africa and later into other parts of the world. We know that the virus has existed in the United States since at least the mid to late s. Medicine to treat HIV, known as antiretroviral therapy ART , helps people at all stages of the disease if taken the right way, every day. Treatment can slow or prevent progression from one stage to the next. It can also dramatically reduce the chance of transmitting HIV to someone else. When people have acute HIV infection , they have a large amount of virus in their blood and are very contagious. If you think you have been exposed to HIV through sex or drug use and you have flu-like symptoms, seek medical care and ask for a test to diagnose acute infection. During this phase, HIV is still active but reproduces at very low levels. People may not have any symptoms or get sick during this time. As this happens, the person may begin to have symptoms as the virus levels increase in the body, and the person moves into Stage 3. People with AIDS have such badly damaged immune systems that they get an increasing number of severe illnesses, called opportunistic illnesses. Without treatment, people with AIDS typically survive about 3 years. Common symptoms of AIDS include chills, fever, sweats, swollen lymph glands, weakness, and weight loss. People with AIDS can have a high viral load and be very infectious. The only way to know for sure whether you have HIV is to get tested. Knowing your status is important because it helps you make healthy decisions to prevent getting or transmitting HIV. Some people may experience a flu-like illness within 2 to 4 weeks after infection Stage 1 HIV infection. But some people may not feel sick during this stage. Flu-like symptoms include fever, chills, rash, night sweats, muscle aches, sore throat, fatigue , swollen lymph nodes, or mouth ulcers. These symptoms can last anywhere from a few days to several weeks. During this time, HIV infection may not show up on an HIV test, but people who have it are highly infectious and can spread the infection to others. Each of these symptoms can be caused by other illnesses. But if you have these symptoms after a potential exposure to HIV, see a health care provider and tell them about your risk. The only way to determine whether you are infected is to be tested for HIV infection. You can also use a home testing kit, available for purchase in most pharmacies and online. No

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effective cure currently exists for HIV. But with proper medical care, HIV can be controlled. If taken the right way, every day, ART can dramatically prolong the lives of many people infected with HIV, keep them healthy, and greatly lower their chance of infecting others.

Chapter 4 : Preguntas y Respuestas Sobre VIH y SIDA

Questions and answers about HiV/aids 9 Transmission 9. How is HIV spread from one person to another? HIV is spread when infected blood, semen, vaginal luids, or breast milk gets into the bloodstream of another person You can only get.

Chapter 5 : Basic Questions and Answers About HIV/AIDS - HIV Prevention Resource Center - calendrier

Questions & Answers About HIV/AIDS. This monograph provides information about HIV/AIDS in the form of responses to questions. The questions cover basic.

Chapter 6 : Questions & Answers About HIV and AIDS

While AIDS is not the health threat that it once was in North America, it is still a significant public health problem and is a devastating epidemic in Africa and Asia. Questions & Answers about AIDS and HIV provides answers to the most common questions asked by AIDS/HIV patients and their families.

Chapter 7 : Questions and Answers about AIDS: A Guide for Young People by Michael Thomas Ford

Along with the answers to these and other questions, this book provides information on diagnosis, treatment, living with HIV and more. Written by experts in the field Questions & Answers About HIV and Aids, Third Edition is an invaluable resource for anyone coping with the physical and emotional uncertainty of this disease.

Chapter 8 : Questions and Answers about HIV/AIDS - New York State - calendrierdelascience.com

Written by an expert in the field Questions & Answers About HIV and AIDS, Fourth Edition is an invaluable resource for anyone coping with the physical and emotional uncertainty of this disease. Show More.

Chapter 9 : Questions & Answers About HIV and AIDS - Gallant - Google Books

Integrates foundational dietetics knowledge with critical appraisal of assessment data to diagnose nutrition problems (using problem solving, etiology, signs and symptoms [PES] statements), which can be resolved or improved through treatment or nutrition intervention.