APPENDIX No: 1

CONTENT ANALYSIS
AIDS & Its Prevention

It is imperative to have basic and fundamental knowledge about AIDS/HIV infection in a very simple manner.

AIDS virus/HIV infection is a killer disease since there is no vaccine and no cure.

It is mainly a sexually transmitted disease (STD).

It was identified in 1984 by French and American scientists but the human immunodeficiency virus did not get its name until 1986.

According to the reports by various health organisations, AIDS will kill 10,000 Indians a day by the end of this century.

It is estimated that 5,000 women will be widowed and 20,000 children will orphaned daily in the country.

AIDS - What is it?

The body health is defined by its immune system. White cells, called lymphocytes i.e. B&T cells protect the body from germs (such as virus, bacteria, parasites and fungi).

When germs are detected in the body system, B & T cells are activated.

This process is hindered in case of acquired immune deficiency syndrome (AIDS).

AIDS is a disease in which the body's immune system breaks down.

AIDS is caused by the human immunodeficiency virus (HIV).

When HIV enters the body it infects special T cells. The virus kills these cells slowly. As more and more of the T cells die, the body's ability to fight infection weakens.
From HIV infection to AIDS

Once HIV enters into a human body it selectively attacks CD4 T cells, responsible for fighting infection. Virus replication is complex and many variables are formed with different antigenic characteristics. So body fails to produce antibodies. CD4 T cells are attacked by continuously multiplying viruses and are destroyed. The immunity of the body depletes against any common infection. Acquired immune deficiency syndrome (AIDS) is the result.

HIV infection and illness

AIDS diagnosis - People suffering from fully developed AIDS symptoms result in the breakdown of the immune system. Window period for HIV infection varies from 2 to 10 years.

Symptoms of AIDS
- Unexpected weight loss
- Enlarged glands
- Night sweats
- Swollen lump glands in the neck, armpit or groin
- Diarrhoea, fever, chills
- Dry coughs
- In some cases, a serve temporary illness
- Itching all over the body
- Repeated infection such as herpes zoster

How we get AIDS

Heterosexual activity without precautions. Intercourse without precautions (use of condoms) may cause AIDS.
Blood transfusion - People suffering from haemophilia or undergoing any major surgery: screening of blood is necessary before transfusion.

Intravenously - Drug users sharing needless or syringe containing blood from an infected person.

HIV positive women can transmit the virus to newborn babies, a pre-natal symptom.

Homo sexual activity.

Who can get it?

Homo sexuals
Drug users
Hetero sexuals without safe sex
By intimate kissing, touching or hugging some one or by sharing eatables.
By drinking water from fountains.
By sharing articles of daily use such as telephones, utensils, papers, toilet seats, towels or through a person having a cough or bad cold.
By donating blood (if disposable or sterilized needless are used).
From daily routine activities such as going to religious places, school or grocers.

Suggestion for prevention of AIDS

Avoid pre-marital sexual relationship, ie. no sex before marriage.
Respect for sex: clean, positive and healthy.
If sexual relationship is totally unavoidable and impossible, use condoms to prevent exchange of body fluids from start to finish.
Avoid mixing with multiple partners.
Do not use drugs, especially intravenously infected, and unsterilized needles which may cause AIDS.
Before blood transfusion, one may make sure for uninfected blood (free from HIV infection).

**Vaccine against HIV**

There is no vaccine against HIV and no effective medical cure for HIV infection.

**To find out HIV virus in human body**

The virus presented in the human body will be found out through the blood test. There are two types of blood tests *viz.*, - Elisa test - Western Plot test