ART proves cost effective, safe to HIV/AIDS patients

Staff Reporter
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ANTI Retroviral Therapy (ART) regimen, which is approved by National AIDS Control Organisation (NACO), has proven to be cost effective, safe and people living with HIV/AIDS (PLHIVs) have shown good response to these regimen. The private medical practitioners should use this regimen in the first instance. This was reminded on the eve of World AIDS Day by Dr R K Sukhdev, who is the Nodal Officer of the Anti Retroviral Therapy Centre, based at Dr B R Ambedkar Memorial Hospital.

A directive was given earlier that the doctors particularly in the private sector should immediately familiarize themselves with NACO’s comprehensive protocols and policies with regard to care and treatment, which are available on NACO’s website, Dr Sukhdev informed.

In a Public Interest Litigation, the Supreme Court of India had reviewed the steps taken by NACO, Ministry of Health and Family Welfare, Government of India to combat HIV/AIDS and the services being provided to PLHIVs. In this regard, the Apex Court issued directives for enhancing the extent and efficacy of treatment administered to PLHIVs, he added.

It is mentioned in the directives that NACO approved Anti Retroviral Therapy (ART) regimen have proven to be cost effective, safe and PLHIV have shown good response to these regimen. The private practitioners should use these cost effective regimen in the first instance and other regimens should be prescribed only in cases where these can not be used for the reasons of toxicity/failure etc.

The Medical Council of India and the Consumer Courts are to take a strict view of private practitioners who take advantage of the illiteracy and poverty to prescribe wrong or unnecessary regimes of drugs or charge exorbitant amounts. Irrational prescribing using wrong dosages/wrong combinations shall be dealt with severely and appropriate action taken, focused Dr Sukhdev by referring to the directives.

Chhattisgarh State AIDS Control Society (CSACS): ADDITIONAL PROJECT DIRECTOR Dr AG Sheikh informed that according to directive the doctors treating HIV/AIDS patient can disclose that the person is having the disease to any irrelevant person.

Besides, it is now also directed for the private practitioners undertaking the treatment of HIV/AIDS that they have to present quarterly report to CSACS, which then would forward these reports to NACO, said Dr Sheikh.

World AIDS Day today

HIV/AIDS got a focus ahead of the World AIDS Day which falls on December 1. There should be sensitive and human approach for the AIDS patients in the society and the people should try to understand the scientific aspects of the disease and the preventive ways. This advice was from Director Health Services, P Anbalagan, who is also the Project Director of Chhattisgarh AIDS Control Society, on Tuesday.

The advice being given by the doctors regarding the deadly HIV/AIDS should be taken seriously by the people. So Integrated Counselling and Testing Centres (ICTC) have been established in the state, where tests and counselling are done free, said Anbalagan while addressing a press conference at Raipur Press Club.

Drop in centre for the HIV infected persons has been established in Dargah. Besides, the facilities for hospital stay for seven days are provided in six community care centres for such infected persons.

Clinics for safety against sexual diseases are established in nineteen hospitals in the state. The information regarding the preventive ways against HIV/AIDS is being spread through 34 NGOs. The HIV test has so far been done on 3,12,471 persons out of which 7,782 individuals were found positive and 1,759 persons are being given the Anti Retroviral Therapy (ART) medicines free. ART centres have been established at Dr BR Ambedkar Memorial Hospital, Raipur, Chhattisgarh Institute of Medical Science (CIMS) Bilaspur, Maharani Hospital, Jagdalpur and District Hospital, Durg.

Information centres have been established in three railway stations in the state for the sake of people who either are migrating in or out of the state. These centres are at Raipur, Bilaspur and Champa railway stations.

The HIV infection is caused by four ways, which are unsafe sexual relation, transfusion of HIV infected blood, use of injection needle having HIV infection and the infection to the expecting child from the pregnant mother. Thus, new condom should be used every time and also new syringe. HIV test should be done while donating or receiving blood. The HIV test should be done on every pregnant woman and in case the infection is found then the mother should be given Nevirapine tablet and the child should be given nevirapine syrup as per doctor’s advice, said Anbalagan.

Number of HIV infected persons found in different parts of the state are Raipur-3,870, Durg-949, Bilaspur-545, Jagdalpur-495, Bastar-360, Mahasani-263, Korba-181, Kawardha-175, Sarguja-150, Raigarh-127 and less than 100 in the rest of the districts.

Window Period should be known

OTHER than the truck drivers and female sex workers, who are focused as high risk category people from HIV/AIDS point of view, people in general should also be aware about what is called ‘Window Period’ in context of the deadly disease... It is the period during when the deadly virus is in the human body, but even then the person is tested negative. Hence, if blood of such person is transfused to another then there is every possibility that the other person would catch the deadly disease.

Pt Jawaharlal Nehru Memorial Medical College, HoD, Microbiology, Dr Arvind Nigam informed that the window period is the period between entry of the virus in the body and appearance of sufficient quantity of antibodies which can be detected by routine antibody dependent test.

The window period may vary from three weeks to three months. It means that during the window period any person, who has indulged in high risk behaviour from HIV/AIDS point of view and the virus has entered in his/her body, would be tested positive. Negating the blood of such person during this period would take the infection to the person receiving the blood. Not only through blood, but also by the semen of such person the infection would catch the other, said Dr Nigam.

Several other doctors agreed with the knowledge imparted by Dr Nigam and also advised that in case any person has indulged in high risk behaviour like unsafe sexual relation should impart true information about him when asked at the time of blood donation.

The eve of the World AIDS Day was marked in the capital by candle lights for awareness about the disease, at Collectorate Chowk on Gaurav Path.

(Pic by Rupesh Yadav)

Director Health Services P Anbalagan addressing the press conference.

(Pic by Manoj Dewangan)
FRENCH First Lady Carla Bruni on Monday interacted with counsellors and HIV positive patients at the Safdarjung Hospital and a home for HIV positive children here while her husband Nicolas Sarkozy held talks with Prime Minister Manmohan Singh.

Dressed in a formal navy blue suit and a blue scarf, the glamorous Bruni reached the hospital at 11.10 a.m. and visited the Anti-Retroviral Therapy (ART) centre and the outpatient department (OPD) of the hospital in south Delhi.

Interestingly, she refused to take the elevators and instead climbed the stairs to the hospital’s fifth floor.

During her one hour and 15 minute stay in the hospital, Bruni asked the counsellors to work towards integrating HIV positive people with the mainstream of society.

"Bruni said she is totally aware about shock and trauma of the persons diagnosed with HIV. She said it is important for counsellors to heal that shock and depression and integrate the patients in the society," a doctor at the ART centre told IANS.

According to the doctor, Bruni interacted with some patients in the ART centre and asked about their families. "She was very excited about getting pictures clicked with counsellor and ART staff members," he said. The National AIDS Control Organisation (NACO), which forms policy and implements programmes for the prevention and control of HIV-AIDS in India, has been coordinating with the French embassy for the visit.

Bruni, who is the goodwill ambassador of the Geneva-based Global Fight AIDS, Tuberculosis and Malaria, also visited the Naz-run home for HIV-positive children in the home here. They are quite excited and have also made some special greeting cards for Bruni," Naz Foundation chief Anjali Gopalan told IANS.

BRUNI TALKS ABOUT HIV PATIENTS' RIGHTS WITH SONIA: Rights of HIV/AIDS patients was the topic of discussion when French First Lady Carla Bruni met UPA Chairperson Sonia Gandhi at a dinner hosted by Prime Minister Manmohan Singh here last night.

Bruni, who was asked about her meeting with Gandhi, told reporters here today that she had spoken to her about the global movement for prevention of HIV transmission and the rights of AIDS patients.

"I spoke about the need for prevention of transmission of HIV, particularly those from mothers to children, during my interaction with Sonia Gandhi," Bruni said in French, which was translated by one of the French Embassy staff members accompanying her.

However, Bruni did not say Gandhi’s response was on notification of the mover worldwide by Global, the French First Lady Ambassador.
AIDS awareness campaign organised

INDIRA Gandhi Government College, Vaishali Nagar, Bhilai has organized HIV/AIDS awareness campaign with the cooperation of Red Ribbon Cell (NSS) where Resource Person Jaya Chakravorti and Vidya (Lecturer, PG College of Nursing, Bhilai) were present as the main speakers. Both the speakers delved in detail upon the causes of the dreaded ailment and precautionary measures for warding them off. They also answered the queries of students.

While presiding over the session, Principal Dr Mahesh Chandra Sharma specifically expressed serious concern over the present state of young generation.

The young generation is not abiding by the ethical values and moral precepts, which still are the integral aspects of our cultural heritage. And as its outcome, the younger generation is now subjected to face the unprecedented calamities, asserted Dr Sharma.

The slogan and poster contest for students was also conducted on this occasion.

The posters and slogans adjudged commendable in the contest were presented awards. NSS officer Mereli Rai conducted the programme and Dr Kailash Sharma proposed the vote of thanks while concluding the occasion, attended by Dr S K Bohre, Dr Ravindra Chhabria, Dr Smruti Agrawal, Dr Subodha Singh, Yashavant Deshmukh and a large number of students and NSS members from the college.

Media should be trained, sensitised in reporting on HIV, claim experts

NEW DELHI, Dec 3 (IANS)

A STORY in the media can act as a powerful communicator of an important message, while a misrepresentation can cause irreversible damage. For reporting on the sensitive and important issue of HIV, the media should be trained and sensitised, experts said at conference here on Thursday.

The conference which saw the participation of the Press Council of India (PCI), NGOs and people suffering from HIV/AIDS, was organised by the NGO Centre for Advocacy and Research (CFAR).

“Sexual minorities are facing a lot of problems today. We need to recognise these problems and find ways to solve them. For this, the media must be trained on how to help. Also, wrong depiction by the media causes a lot of damage, so it has to be sensitised,” said PCI chairman Justice (red) J N Ray.

The PCI had formulated guidelines in 1993 on HIV reporting and updated them in 2008. Among the guidelines were no usage of the term “scourge”, no hidden camera to show people living with HIV, no images of the sick and dying, and no graphics of skulls and crossbones while reporting on HIV and AIDS.

Jotin, a former drug user, from Manipur said, “I was tensured for being a drug user and the next day my photograph appeared in the local newspaper with details of my family, locality I lived in and my caste. I felt so terrible that I did not want to go back to my locality or family. Even the reputation of my father who is a simple social worker was ruined by the report,” he added.

Sudha, who works with the AIDS Initiative Programme in Tamil Nadu gave another example of mis-reporting by the media. “Last year there was an incident in Chennai in which a young boy was abducted and trafficked to Mumbai. The report on this incident alleged that transgenders were trafficking young children. When the parents complained the police arrested a transgender,” Sudha said.

“Hearing the news a group of us rushed to the police station.

The news reports the next morning said that a group of transgenders had attacked the police station. Similarly, when a DGP (director general of police) who was appointed to investigate the matter visited the community the media reported that we had kidnapped him, criminalising the community instantly,” she added.
HIV positive cases in twin cities on rise

The figures obtained from Durg District Government Hospital illustrated that in current year, out of 19651 people checked for HIV at the 12 government free HIV Positive test services of the district, around 354 people were diagnosed as HIV positive. The figure continued to rise in the following months.

Every year World AIDS Day has been observed across the world to raise awareness about HIV/AIDS and to bring people's attention towards this deadly disease, caution them and to check the spread of this deadly ailment among people. Today, awareness on HIV Positive and AIDS should be the top priority in Durg district as a large numbers of people in the district are being detected as HIV Positive. 

Presently, more than 300 HIV positive patients are being treated at ART centre in Durg District Government Hospital.

Dr. P K Agrawal, Incharge of NACO-Durg District informed that all AIDS and HIV Positive related awareness campaigns are in full swing. But, still the number of HIV Positive patients has increased alarmingly in the recent past. He further pointed out that HIV Positive infection is on rise in the district. Sadly though, the emerging face of the HIV epidemic is increasingly turning younger, rural and also that of the female gender. Due to lack of knowledge and also the necessary courage, women are unable to protect themselves from their HIV infected husbands, Dr. Agrawal added.

Other Physicians treating AIDS cases at district hospital pointed that the patients are being subjected to ostracism; humiliation and maltreatment at the hands of family members, community and on several occasions, by the medical fraternity itself! Stigma remains the single most important barrier for augmenting public awareness. It is the main reason why too many people are afraid to see a doctor to determine whether they have HIV infection, or to seek treatment if so. Such attitude augments the fear of AIDS, as the silent killer, as people fear the social humiliation. The fear of discrimination has undermined the ability of individuals, families and society to provide support and help to those who are affected from HIV infection. It complicates decisions regarding testing, disclosure of status and ability to negotiate the necessary preventive measures, including the use of family planning devices.
How HIV-related virus evades human antibody

IN WHAT could be called a major breakthrough in the fight against AIDS, scientists claim to have discovered the exact way of how an HIV-related virus keeps evading human antibody. An international team says that the last insights into immunity to HIV could help develop a vaccine to build antibodies’ defences against AIDS.

By investigating the action of the human antibodies called ADCC, in people with HIV, the scientists were able to identify that the virus evolves to evade or "escape" the antibodies.

Lead Scientist Prof. Stephen Kent of the University of Melbourne said ADCC antibodies have been strongly implicated in protection from HIV in several vaccine trials but their action was poorly understood.

He said: "These results show what a slippery customer the HIV virus is, but also shows that these ADCC antibodies are really forcing the virus into changing, in ways that cause it to be weaker. "It also implies that if good ADCC antibodies were available prior to infection, via a vaccine, we might be able to stop the virus taking hold. This is the holy grail".

In their research, the scientists analysed blood samples of people with HIV and found their virus had evolved to evade "escape" the ADCC antibodies against HIV they are making to try to control their virus.

The team employed a novel technology developed in their laboratory to find where ADCC antibodies were attacking in the virus. They then looked at how the sequence of the virus had mutated over time to avoid the immune response. "There is an urgent need to identify effective immunity to HIV and our studies suggest ADCC responses supply significant immune pressure on the virus", said team member Dr. Ivan Stratoz.

The group is now working on designing HIV vaccines to induce ADCC antibodies that make it more difficult for the virus to escape.

The findings have been published in the ‘PNAS’ Journal.
HIV एक virus है जो blood के white cells में लिजने CD4 cells भी कहा जाता है, को लागू करता है. यादी HIV उन cells को नष्ट करता है जिन्हें पर रोगों से लदने की क्षमता निकटत होती है. जिस क्षण वार्षिक को HIV infection होता है उसे HIV positive कहा जाता है. जैसे-जैसे infection के कारण, CD4 cells की संख्या कम होते हारी है वायरस की रोगों से लदने की क्षमता कम होते हारी है और वह वीमार होने लगता है. जब white blood cells में CD4 एक fix level हो कम हो जाता तब कहा जा सकता है कि वायरस को AIDS हो गया है.

HIV और AIDS

Self Protection
- AIDS से बचने के लिए morality या निखरते साध से ही जुड़ा को protect करना जरूरी है.
- Maximum teenagers की sex related वात करने से मना किया जाता है, या वे खुद भी ऐसी वात करना नहीं चाहते. इससे वे low confident होते हैं और अपनी राय की sexual relation बनाने से मना करने या condom use करने के लिए दयालु नहीं होता.
- जब भी injection लगाने वाले syringe त्योहार use करें.
- Use करने के बाद syringe तोड़कर dispose करें.
- HIV की पूरी जान के बाद ही एक ज्योति का blood दूसरे को दें.
- HIV के नाश्ते youth में STI (Sexually Transmitted Disease) का खतरा भी जारी रहता है. यह भी पता चलता है कि त्योहार की सीटी होते HIV होने की संभावना अधिक होती है. world में में STI सबसे ज्यादा 15-24 और सुन्दर के लोगों को प्रभावित करता है. विशेषता देशों में STI infected कुछ ज्योतिषियों में से दो तिमाही teenagers हैं. कम किंकरण देशों में इसकी संख्या और भी ज्यादा है. युगा तहतियां में STI और HIV का खतरा अधिक रहता है. biological

लक्षण

इनमें से का एक या एक से अधिक लक्षण किसी में

1. एक महीने से ज्यादा समय से लंगाद खाती. नींद तो उसे AIDS की आर्थिक रोग से होती है.
2. तीन महीने से भी ज्यादा समय तक thighs या किसी अन्य जगह पर पाया हो गया रहता है.
3. काफी कम समय में ही shivering का weight 10% से अधिक घट जाता है.
4. एक महीने से ज्यादा समय से बुखार. एक ही महीने से लंगाद खाती है.
5. बच्चे के लिए एक ज्यादा समय से बुखार

बायोलॉजिकल
1 दिसंबर विश्व स्त्रोत दिवस पर विशेष

Human Immunodeficiency Virus (HIV) रोग की संकटगामी रोग के रूप में अर्थ है। यदि यह रोग के बीमारियों को देखने के लिए अधिकतम है, तो तीन अंश में देखा जा सकता है: 

1. Body के रूप में: हमारी शरीर के हिस्से, हमारे भेदभाव के साथ रोग के बीच है।
2. Blood के रूप में: हमारी बीमारियों के बीच रोग के बीच है।
3. HIV में: हमारी अंगुलियों के साथ रोग के बीच है।

हमारी लक्ष्य है है कि हमारी चेतावनी के बावजूद भी रोग के बीच है।

AIDS = Acquired Immune Deficiency Syndrome

पूजा जैन