

## WEEK 9

### TOPIC : HIV/AIDS

#### **HIV means Human Immune Deficiency Virus**

#### **AIDS is Acquired Immune Deficiency Syndrome.**

AIDS is disease of the human immune system caused by the human immune deficiency virus. That is, AIDS is a virus that weakens or destroys the immune system of the body leaving it prey to many infections that would have been easily suppressed. The immunity is the ability of the body to resist an infection. When the immune of the body is destroyed by this virus, the person can easily catch every disease around him or her. The body will not resist any infection. AIDS is also described as a (slim sickness).

HIV is transmitted through direct contact of the blood stream with a bodily fluid containing HIV.

The blood stream with a bodily fluid includes semen, vaginal fluid, and breast milk. It must be known and understood that there is no cure for this disease, preventing infection is the best way to receive the wide spread.

#### **CAUSES OF HIV/AIDS**

HIV/AIDS is transmitted from one person to another through any of these ways:

a. **Sexual Transmission:** -The majority of HIV infections are acquired through unprotected sexual relations between two partners, one of whom has HIV. When a person has many sexual partners, the chances of contracting HIV is very high. During a sexual act, only male or female condoms can reduce the risk of infection with HIV

b. **Blood Transfusion:** The transfusion of infected blood (unscreened blood) causes HIV and other sexually transmitted diseases (STDs) like Gonorrhoea ETC.

c. **Mother-to-child Transmission:** HIV infected mothers can infect their infants at or before birth. The transmission can also be through breast milk. When the baby sucks the breasts of the mother, he/she contacts the virus. HIV infected mothers should avoid breast-feeding their infant.

d. **Contaminated Sharp Objects:-** the use of contaminated sharp objects like razor, scalpels, glass, blades, syringes, barber clippers, etc. infected by the virus can cause it. However, when these sharp objects are properly sterilized, the infection is reduced.

NOTE: It must be clearly understood that HIV and AIDS cannot be spread through the following ways:

i. By handshake

ii. By hugging

iii. By sharing clothes

iv. By eating together with an infected person

v. By living in the same residence or house with an infected person.

#### **SIGNS AND SYMPTOMS OF AIDS**

People with AIDS experience these signs and symptoms:

1. **Prolonged cough**
2. **Prolonged Diarrhoea.**
3. **Prolonged Fever and Malaria**
4. **Rashes**

5. **Swollen Glands:** -A gland is an organ in the body that produced a substance the body needs like hormones, sweat, saliva etc. An example is the pituitary gland. When the glands are swollen, they cannot functions very well
6. **Weight Loss and General Weakness of the Body**
7. **Loss of Appetite**
8. **Much Sweating**

### **EFFECTS OF HIV/AIDS**

- a. **Death:** – When the infection is prolonged, death can occur. In most cases, children end up losing both parents. The children become orphans.
- b. **Depression:** – The HIV/AIDS patient becomes depressed while the family goes through emotional and psychological torture. He does not feel happy at all.
- c. **Break down of the Immune system:**- The immune system of the patient is destroyed. The body cannot protect itself against diseases the patient suffers from every disease available.
- d. **Manpower Loss:**– When a person has full blown case of AIDS infection, he is no longer productive. This affects the total number of people working in the country.
- e. **Psychological effects:** – As there is no cure for AIDS right now, no matter how well the parents and relations try the person, must surely die at a certain time. There will be mental torture, anger, frustration and emotional depression in the parents, brothers, sisters and relations of the sufferer.
- f. **Financial duty:**- The parents and relations who are shouldering the big financial responsibility of caring for the HIV/AIDS patient may not be able to send other members of the family to school. In other words, the family is badly affected economically.

### **PREVENTIVE MEASURES OF HIV/AIDS**

- a. **Abstinence:**
- b. **Avoid sharing sharp objects**
- c. **Blood Transfusion**
- d. **Enlightenment**
- e. **Test Certificate**

### **ASSIGNMENT**

1. List five (5) effects of HIV/AIDS
2. Highlight five (5) signs and symptoms of AIDS