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وَقُلِّبْ بِرَبِّكَ زَيْدًا نَبِيًّا عَلِيمًا

# HIV/AIDS

⇒ فيروس نقص المناعة

المرض موجود حاليا بكثرة في افريقيا والصحراء الافريقية

➤ **Human immunodeficiency virus (HIV)** is first appeared in humans in the early 1980s. اصبح global disease في كل الدول في الاردن مثلا حسب تصريحات وزارة الصحة +800 حالة ايدز.

هو مرض لا يعالج اي يستمر مدى الحياة ونحاول جميعا للوقاية من العدوى

➤ HIV progresses to a point where the infected person has AIDS or Acquired Immunodeficiency Syndrome. Premanent disease and fatal sometimes

بمرور الوقت رح يكون مرض قاتل

➤ HIV becomes AIDS because the virus affects the immune system.

Human immune deficiency virus

Because it affects the immune system and reduces immunity

فيصبح الشخص معرض للعدوى وبعض

مرضى الايدز يصابون special concert

يسمى kapois's sarcoma cancer ويحدث

في skin

➤ HIV is transmitted through bodily fluids.

ينتقل عن طريق السوائل الجسدية Saliva , اللعاب , Blood , Breast feeding

➤ It is sexually transmitted disease. مرض ينتقل جنسيا

اذا كان المتبرع بالدم مصاب ولم يعمل screening للأسف

قد تحدث عدوى خصوصا in developing countries تعاطي المخدرات عن طريق الوريد او اخذ الدواء عن طريق نفس الاسرنج

ابر غير معقمة

➤ Or intravenous drug use, blood transfusions, and unclean needles spread

Share syringes

HIV through blood and other fluids and breast feeding.

➤ In June 2001, the **United Nations** held a Special General Assembly to :

➤ <sup>تَكثِيفَ</sup> intensify international action to <sup>مُحَارَبَةَ</sup> fight the **HIV/AIDS epidemic** and to

تَكثِيفَ الجُهُودِ مِنْ أَجْلِ مَنَعِ انْتِشَارِ

➤ <sup>تَوْفِيرَ</sup> mobilize the resources needed towards this aim, labeling the situation a

"**global crisis**". <sup>أَرْبَعَةَ عَشْرَةَ</sup> اعتبار المرض مشكلة عالمية تحتاج الى مصادر للسيطرة عليه ويتم اعطاء المرضى injection مرتفعة الثمن.

➤ Global provision of AIDS prevention program in all over the world specially in the underdeveloped countries.

Developing countries

مرض مهم تهتم فيه WHO و برنامج control of AIDS اي انه برنامج Global اي انه موجود في الدول المتقدمة وهناك احتياطات يجب ان يتخذها الشخص حتى يصبح prevention of the transmission of infection

# Malaria

Especially in sub-Saharan Africa And the Middle East( malaria endemic regions)

❑ Malaria has a significant impact on the health of infants, young children, and pregnant women worldwide. Parasitic disease مرض طفيلي

Global impact of malaria in developing countries

❑ More than 800,000 African children under the age of five die of malaria each year. تنتقل الملاريا عن طريق mosquito ( Female mosquito anopheles تأخذ الدم من الشخص المصاب وتحقنه بالشخص الاخر حتى يصاب )

The main problem of malaria is anaemia and malnutrition

❑ Malaria also contributes to malnutrition in children, which indirectly causes the death of half of all children under the age of five throughout the world.

❑ Fifty million pregnant women throughout the world are exposed to malaria each year. اماكن توطن الملاريا حيث توجد فيها Mosquito التي تتسبب بنقل الملاريا ١٢٨

❑ In malaria-endemic regions, one-fourth of all cases of severe maternal anemia and 20 % of all low-birth weight babies are linked to malaria. anaemia among women بالتالي النساء عند اصابتها بالانيميا سينتج من ذلك اطفال بوزن غير طبيعي

❑ Economic effects of malaria include decreased work productivity, treatment cost, and time spent for getting treatment. تسبب خمول

# Malaria Prevention and Control Strategies طرق الوقاية والسيطرة على الملاريا

- Vaccine Development:** Currently, <sup>وحتى</sup> no licensed vaccine against malaria exists, a continuous efforts to develop malaria vaccine. لا يوجد لحد الان اي مطعوم معتمد للملاريا لكن حسب تصريح منظمة الصحة العالمية الاخير هناك مطعوم للملاريا قيد الدراسة يتم دراسة مدى فعاليته
- Drug Development:** Antimalarial drugs, <sup>مضاد</sup> in combination with mosquito control programs, played a key role in controlling malaria in endemic areas, however, the emergence and spread of drug-resistant malaria has contributed to a reemergence of malaria. The need for new, effective <sup>ملاريا مقاومة للأدوية</sup> drugs for malaria has become a critical priority on the global malaria research agenda. بالرغم من وجود عدد كبير من الادوية المضادة للملاريا لكن ظهرت الملاريا المقاومة للأدوية وهذه احد المشاكل الموجودة وتؤثر على control
- Diagnostics:** New and improved diagnostics are essential for the effective control of malaria.
- Vector Management Approaches:** Vector management tools such as, <sup>بيدات حشرية</sup> insecticides, <sup>تعديل</sup> environmental modification, and <sup>شباك السرير</sup> bed nets, efforts to prevent parasite transmission (from humans to mosquitoes and mosquitoes to humans) and reduce the mosquito population. السيطرة على مسبب المرض من خلال مبيدات الحشرات والشبكات التي توضع على السرير حتى تمنح الحشرات عن الانسان
- Prophylaxis treatment.** <sup>علامات وقائية</sup> Environmental modification ( eradication of breeding side of mosquito) collections of water <sup>تحدث الموسكيتو في الاماكن التي يكون فيها تجمعات مياة</sup> For Individual who is going or travelling to malaria endemic areas <sup>للحماية ولعدم الاصابة او نقل المرض</sup> <sup>غالبية الملاريا تحدث بعد الشتاء نتيجة تجمعات المياة الناتجة من المطر فيحدث وسط ملائم للتكاثر</sup>

12/19/2023 Associate Professor Dr. Eman Adnan Al-Kami



## تغذية نقص المغذيات Nutrition and micronutrient deficiency

- ❑ Good nutrition is an essential element in the ability to lead a healthy and productive life. nutritional health problems ( Undernutrition, malnutrition and overnutrition): malnutrition, obesity, anemia and vitamin deficiency...
- ❑ So poor nutrition remains a critical global problem: Each year, more children die because of undernutrition.
- ❑ Greater than two billion people in the world are at risk of micronutrient deficiencies (including lack of vitamin A, iron, iodine and zinc).
- ❑ Malnutrition has enormous health and economic consequences on maternal and child health.
- ❑ Ending malnutrition by 2030 is a core element of the Sustainable Development Goals.

## Prevention

### 1. Food security الأمن الغذائي

policy to improve agricultural techniques, new technology in agricultural production,

### 2. Breastfeeding: advice mothers to breast feed their babies , exclusive breastfeeding for 6 month.

### 3. Development of weaning food for babies with affordable price.

### 4. Add supplementary food at the age of 4 months,

### 5. Fortification of foods, such as:

- iodization of salt
- flour has been fortified with iron, zinc, folic acid and vitamin B complex .
- fortification of powdered milk with vitamins and minerals.

### 6. Prevention of infection : such as respiratory infection , diarrhea, by:

- Vaccination
- proper hygiene
- proper water supply
- improvement of environmental condition, i.e. overcrowding

تحسين الطرق الزراعية والابتعاد عن استخدام الطرق غير الصحية مثل الهرمونات والاضافات

التقنيات  
الذراعية

تطوير طعام الفطام للأطفال وان يكون بسعر مناسب

فقط رضاعة طبيعية  
لاول ست شهور

طعام تكميلي للأطفال

## Chronic disease

التي تعتبر لاكثر انتشارا ومن اهم الاسباب للوفاة

- ❑ The relative importance of **chronic non-communicable disease** is **increasing**.
- ❑ For example, the rates of **type 2 diabetes**, associated with **obesity**, have **been on the rise in developing countries**.

Two Types of diabetes :

type one يكون منذ الولادة عند الطفل وراثي

Type Two يكون مكتسب حسب نظام حياة الشخص

- ❑ In **low-income countries**, the number of individuals with diabetes is **expected to increase**.

- ❑ Obesity is **preventable** and is associated with **numerous chronic diseases** including **cardiovascular conditions, diabetes, stroke, cancers** and **respiratory diseases**.

كلها امراض مرتبطة بالاصابة في السمنة 🤢

- ❑ Noting that **non-communicable diseases are the cause of some 35 million deaths each year**, the **international community** is being increasingly called to:

**take important measures for the prevention and control of chronic diseases,**



The major **changes in global health** that have occurred **over the past 10 years**, as a result of :

- ❖ the **global focus on poverty reduction**, السيطرة على الفقر والجوع
- ❖ **new global health threats** from **HIV/AIDS**, **SARS**, and **avian influenza**, and
- ❖ the international community's adoption of the **Millennium Development Goals (MDG)**,\*  
الاسم السابق لفايروس كورونا: SARS

**Global health policy** has now become a **development, national security, and humanitarian issue** for all countries.

لان الجميع يسعى لصحة جيدة

Significant **amounts of increased resources** for development assistance, much of it **targeted to health**, have subsequently been forthcoming.



الارقام حسب كلام الدكتور غير  
مطلوب حفظها لكن توضع من  
باب توضيح مدى تفاهم و حجم المشكّلة