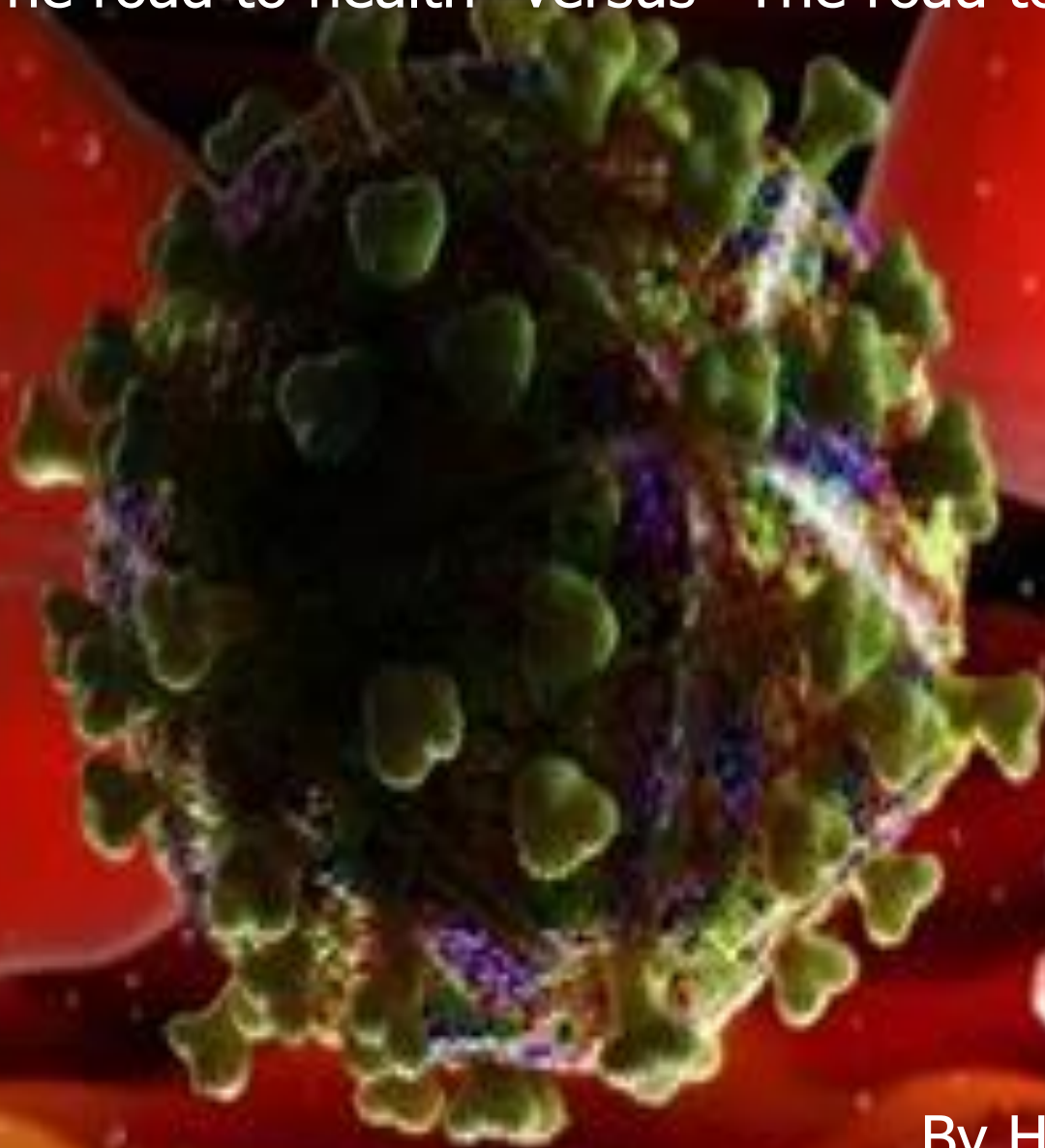


"The road to health" versus "The road to death"

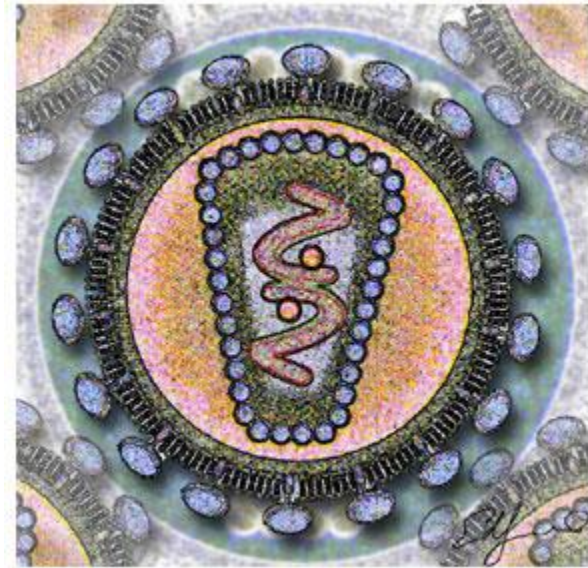
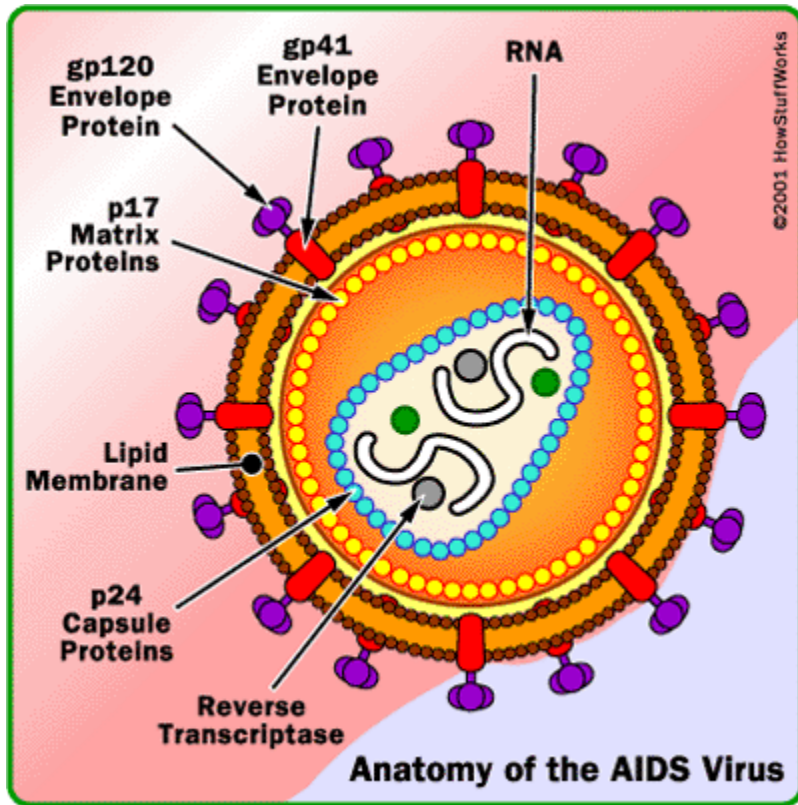


By Hana Taha, PhD

HIV

- The human immunodeficiency virus (HIV) is a retrovirus that infects cells of the immune system, destroying or impairing their function.
- As the infection progresses, the immune system becomes weaker, and the person becomes more susceptible to infections.

Human Immune Deficiency Virus



HIV

- The Human Immunodeficiency Virus (HIV) targets the immune system and weakens people's defense systems against infections and some types of cancer.
- As the virus destroys and impairs the function of immune cells, infected individuals gradually become immunodeficient.
- Immune function is typically measured by CD4 cell count.

AIDS

- The most advanced stage of HIV infection is Acquired Immunodeficiency Syndrome (AIDS), which can take from 2 to 15 years to develop depending on the individual.
- Antiretroviral drugs can slow down the process even further.
- AIDS has severe clinical manifestations.

Signs and symptoms

- The symptoms of HIV vary depending on the stage of infection.
- Though people living with HIV tend to be most infectious in the first few months, many are unaware of their status until later stages.
- The first few weeks after initial infection, individuals may experience no symptoms or an influenza-like illness including fever, headache, rash or sore throat.

Signs and symptoms

- As the infection progressively weakens the immune system, an individual can develop other signs and symptoms, such as swollen lymph nodes, weight loss, fever, diarrhea and cough.
- Without treatment, they could also develop severe illnesses such as tuberculosis, cryptococcal meningitis, and cancers.

HIV transmission

- HIV can be transmitted via the exchange of a variety of body fluids from infected individuals, such as blood, breast milk, semen and vaginal secretions.
- Individuals cannot become infected through ordinary day-to-day contact such as hugging, shaking hands, or sharing personal objects, food or water.

HIV transmission

HIV is transmitted through unprotected sexual intercourse, transfusion of contaminated blood, sharing of contaminated needles, and between a mother and her infant during pregnancy, childbirth and breastfeeding.

Risk factors

- Behaviors and conditions that put individuals at greater risk of contracting HIV include:
- Having unprotected sex
- Having another sexually transmitted infection such as syphilis, herpes, chlamydia, gonorrhea, and bacterial vaginosis
- Sharing contaminated needles, syringes and other

Risk factors

- Injecting equipment and drug solutions when injecting drugs
- Receiving unsafe injections, blood transfusions, medical procedures that involve unsterile cutting or piercing; and
- Experiencing accidental needle stick injuries, including among health workers.

Global HIV/AIDS statistics in 2022

- 85.6 million people have become infected with HIV since the start of the epidemic.
- 40.4 million people have died from AIDS-related illnesses since the start of the epidemic.

Global HIV/AIDS statistics in 2022

- 39.0 million people globally were living with HIV
- 37.5 million (15 years or older).
- 1.5 million children (0–14 years).
- 53% of all people living with HIV were women and girls.

Global HIV/AIDS statistics in 2022

- 1.3 million people became newly infected with HIV
- 630 000 people died from AIDS-related illnesses
- AIDS-related mortality has declined by 55% among women and girls and by 47% among men and boys since 2010.
- 29.8 million people were accessing antiretroviral therapy

The Sustainable Development Goals (SDGs).

- Adopted in 2015, the SDGs aim to end the AIDS epidemic by 2030 under SDG Goal 3, which is to “ensure healthy lives and promote well-being for all at all ages.”
- The SDGs are the successor to the Millennium Development Goals (MDGs), which included an HIV target under MDG 6: to halt and begin to reverse the spread of HIV/AIDS by 2015 and to achieve universal access to treatment for HIV/AIDS by 2010.

95-95-95 targets by 2025

UNAIDs released in 2020 ambitious targets to be achieved by 2025.

- ***The first 95% of people living with HIV knowing their HIV status***

In 2022, nearly four out of five people living with HIV (86%) knew their status.

- ***The second 95% of people who know their HIV-positive status are on treatment***

Among people who knew their status in 2022, approximately (89%) were accessing treatment.

- ***The third 95% of people on treatment with suppressed viral loads***

Among people accessing treatment in 2022, 93% were virally suppressed.

Diagnosis

- Serological tests, such as Rapid diagnostic test RDTs or enzyme immunoassays (EIAs), detect the presence or absence of antibodies to HIV antigen.
- It is important to note that serological tests detect antibodies produced by an individual as part of their immune system to fight off foreign pathogens, rather than direct detection of HIV itself.

Diagnosis

- Most individuals develop antibodies to HIV-1/2 within 28 days and therefore antibodies may not be detectable early after infection, the so-called window period.
- This early period of infection represents the time of greatest infectivity; however, HIV transmission can occur during all stages of the infection.

HIV testing services

- HIV testing should be voluntary and the right to decline testing should be recognized.
- Mandatory or coerced testing by a health-care provider, authority or by a partner or family member is not acceptable as it undermines good public health practice and infringes on human rights.
- All HIV testing services must include the 5 C's recommended by WHO: informed **Consent**, **Confidentiality**, **Counselling**, **Correct test results and Connection** (linkage to care, treatment and other services).

Self-testing

- HIV self-testing is a process whereby a person who wants to know his or her HIV status collects a specimen, performs a test and interprets the test results in private.
- HIV self-testing does not provide a definitive diagnosis; instead, it is an initial test which requires further testing by a health worker.

Prevention

- 1. Male and female condom use**
- 2. Testing and counseling for HIV, TB and STDs.**

It is strongly advised that HIV testing services integrate screening for TB and STDs. All individuals diagnosed with HIV who has active TB should urgently use ART.
- 3. Voluntary medical male circumcision**

Prevention

4. Pre-exposure prophylaxis (PrEP) for HIV

5. Post-exposure prophylaxis for HIV (PEP)

6. Elimination of mother-to-child transmission of HIV (EMTCT)

7. Harm reduction for injecting drug users

- Using sterile syringes
- HIV testing and counseling
- HIV treatment and care
- Access to condoms
- Management of STIs, tuberculosis and viral hepatitis.

**ALICIA KEYS
WANTS TO
CHANGE THE
WAY YOU THINK
ABOUT HIV.**

