



NOTES

UNIT: III (supplementary-L:4)

FIGHTING HIV/AIDS

- K. Kalidas Singh

Introduction: The epidemic of HIV/AIDS which was first recognized in the United State in 1981 continues today and will continue into the foreseeable future. HIV, the virus that causes AIDS is one of the world's most serious public health challenges. In 2017 India has the third largest HIV epidemic in the world with 2.1 million people living with HIV. The Lesson Fighting HIV/AIDS is a dialogue between a teacher and some students. In this dialogue the writer, K Kalidas Singh explains about HIV/AIDS, its mode of transmission, its incidence in human body, method of testing, signs and symptoms of AIDS, how to treat with HIV victims, role of education to combat HIV/AIDS. He talks about the need of proper education and social awareness to the youth to combat the virus.

Summary: HIV stands for Human Immunodeficiency Virus. AIDS stands for Acquired Immunodeficiency Syndrome. AIDS is caused by HIV by weakening the immune system of the body. AIDS is called a syndrome as it is not a particular isolated disease but a situation where the body is suffering from opportunistic infections like tuberculosis, pneumonia, diarrhea and skin cancer. If the immune system in our body is destroyed, we cannot keep ourselves healthy and fit. HIV is the first stage of infection. When a person is infected by HIV it doesn't mean that the person has AIDS. AIDS is the late stage of infection. People with advance HIV/AIDS are increasing rapidly. It is spreading at the rate of one new infection every fifth second. According to a report by NACO in 2001, there are 4 million people living with HIV/ AIDS in India. It is one of the dreadful causes of disease among people aged 25-44. 35% of the new infections are in the age group of 25-29.

The three possible ways of HIV transmission into human body are physical relationship between men and women, contact with blood or other body fluids or tissues of an infected person, and transfer of virus from an infected mother to her child. HIV is found to be present in blood, body fluids and milk of infected mothers but it is isolated from saliva, tears and urine. Users of drugs like alcohol, cocaine or heroin have the high risk of acquiring HIV because of their unsafe behavior.

HIV can be tested using procedures called EIA (Enzyme Immuno Assay) or ELISA (Enzyme Linked Immunosorbent Assay). When the signs and symptoms of AIDS develop, a person's immune system starts falling. The common symptoms are weight loss, recurrent fever, and recurrent diarrhea. HIV is not transmitted though toilet seats, hugging, kissing, shaking hands, sharing eating or drinking utensils, or coughing, etc. There is no vaccine to prevent

HIV. Education vaccine is the only way to control its spread. Adoption of life skills also helps to fight against HIV. Behavioral change is important to free from HIV/ AIDS. In Thailand, behavioral changes have reduced HIV infection from 143,000 in 1991 to 29,000 in 2000. People living with HIV/ AIDS should be treated with love and care. Even though Manipur is a small State, the threat of HIV infection is increasing day by day. It seems that the entire population may be destroyed very soon. In 2006 alone, blood samples of 31,811 persons were screened. Out of them 2,749 have been found positive with 342 cases of AIDS. 50 of them have reported to have died.

Word Notes:

Para 1: vague – not clear

Para 4: taxonomy – scientific process of classifying things

Para 8: vulnerable – not protected against attack

Para 12: prone to – likely to be affected by something

NACO – National AIDS control organization

Prevalence – the condition of being existence

Para 15: transmission – act of passing something from one person to another

Para 16: fold – group

Para 20: tends to – do a particular thing

Mind altering – affecting or changing the mind

Para 22: burst – suddenly occur

Span – period between two points

Para 24: false positive – a result that shows that a person is HIV positive but which is not true

Para 26: persistent – continuing for a period of time

Para 34: life skills – skills required to keep oneself safe from contracting a disease

Cope with – tackle with

Para 36: behavioral changes – changes in the behavior or ways of people through knowledge

Para 38: wrong notion – wrong idea

Crux – the most important problem

Healing touch – attitude or manner showing friendliness so that the victims feel healed

Para 40: looming large – threatening

Screened – tested

