

## Awareness about Human Immunodeficiency Virus

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### DESCRIPTION

HIV (human immunodeficiency virus) virus that attacks the body's system. If HIV isn't treated, it can cause AIDS (acquired immunodeficiency syndrome). There's currently no effective cure. Once people get HIV, they need it for all times. But with proper medical aid, HIV often controlled.

HIV causes AIDS and interferes with the body's ability to fight infections.

The virus are often transmitted through contact with infected blood, semen or vaginal fluids.

Within a couple of weeks of HIV infection, flu-like symptoms like fever, pharyngitis and fatigue can occur [1]. Then the disease is typically asymptomatic until it progresses to AIDS. AIDS symptoms include weight loss, fever or night sweats, fatigue and recurrent infections. No cure exists for AIDS, but strict adherence to antiretroviral regimens (ARVs) can dramatically slow the disease's progress also as prevent secondary infections and complications.

### CAUSES

HIV infection is caused by the human immunodeficiency virus. You'll get HIV from contact with infected blood, semen, or vaginal fluids. Most of the people get the virus by having unprotected sex with someone who has HIV. Another common way of getting it's by sharing drug needles with someone who is infected with HIV.

### SYMPTOMS

The first signs of HIV infection could also be flu-like symptoms: Fever, Chills, Rash, Night sweats, Muscle aches, Sore throat, Fatigue, Swollen lymph nodes, Mouth ulcers. These symptoms may come and go within two to four weeks. This stage is named acute HIV infection.

If the infection isn't treated, it becomes chronic HIV infection. Often, there are not any symptoms during this stage [2]. If it's not treated, eventually the virus will weaken your body's system. Then the infection will reach AIDS. This is often the late stage of HIV infection. With AIDS, your system is badly damaged. You'll get more and more severe infections.

These are referred to as opportunistic infections (OIs). Some people might not feel sick during the sooner stages of HIV infection. Therefore the only thanks to know needless to say whether you've got HIV is to urge tested.

### DIAGNOSIS

HIV are often diagnosed through blood or saliva testing. Available tests include:

Antigen/antibody tests, Antibody tests, Nucleic acid tests (NATs). If you receive a diagnosis of HIV/AIDS, several tests can help your doctor determine the stage of your disease and therefore the best treatment, including: CD4 T cell count, Viral load (HIV RNA), Drug resistance.

Your doctor may additionally order lab tests to see for other infections or complications, including:

Tuberculosis, Hepatitis B or hepatitis C viral infection, STIs, Liver or kidney damage, Urinary tract infection, Cervical and anal cancer, Cytomegalovirus, Toxoplasmosis.

### TREATMENT

The main treatment for HIV is antiretroviral therapy, a mixture of daily medications that stop the virus from reproducing. This helps protect CD4 cells, keeping the system strong enough to require measures against disease. Antiretroviral therapy helps keep HIV from getting to AIDS. It also helps reduce the danger of transmitting HIV to others.

When treatment is effective, the viral load is going to be "undetectable." The person still has HIV, but the virus isn't visible in test results [3]. However, the virus remains within the body. And if that person stops taking antiretroviral therapy, the viral load will increase again, and therefore the HIV can again start attacking CD4 cells.

These antiretroviral medications are grouped into six classes: nucleoside polymerase inhibitors (NRTIs), non-nucleoside polymerase inhibitors (NNRTIs), protease inhibitors, fusion inhibitors, CCR5 antagonists, also referred to as entry inhibitors, Integrase strand transfer inhibitors.

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## PREVENTING HIV

Using male (external) condoms or female (internal) condoms during sex is that the best thanks to prevent HIV and other sexually transmitted infections. If you inject drugs, always use a clean needle and syringe, and never share equipment. If you're pregnant and living with HIV, the virus could pass into your baby's body during pregnancy, birth or through breastfeeding. Taking HIV treatment correctly during pregnancy and breastfeeding can virtually eliminate this risk.

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