



Treatment Methods and Health Care for People Diagnosed with HIV

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DESCRIPTION

HIV stands for Human Immunodeficiency Virus. It harms your system by destroying CD4 cells. These are a kind of white blood cell that fights infection. The treatment for HIV is called Anti-Retroviral Therapy (ART). ART involves taking a mixture of HIV medicines every day which works by stopping the virus from replicating within the body. This enables the immune system to repair itself and prevent further damage. A mixture of HIV drugs is used because HIV can quickly adapt and become resistant. ART is suggested for everyone who has HIV. ART cannot cure HIV, but HIV medicines help people with HIV live longer, healthier lives. ART also reduces the danger of HIV transmission giving your system a chance to recover. Although there is still some HIV in your body, your system should be strong enough to fight off infections and certain HIV-related cancers. HIV attacks and destroys the infection-fighting CD4 cells of the system. Loss of CD4 cells makes it hard for the body to repel infections and certain HIV-related cancers. CD4 cells, also known as T-helper cells or T4 cells play a crucial role in identifying pathogens that invade the body and in marshalling an immune response against them. A main goal of HIV treatment is to scale back a person's viral load to an undetectable level. An undetectable viral load means the level of HIV in the blood is too low to be detected by a viral load test. HIV can gradually destroy the system and advance to AIDS.

Types of HIV/AIDS medicines

Inhibitors of nucleoside polymerase, non-nucleoside polymerase, integrase inhibitors and protease inhibitors. This inhibits HIV from replicating, lowering the amount of HIV in the body. Taking HIV medications on a daily basis and exactly as prescribed lowers the risk of developing treatment resistance. Emtricitabine plus tenofovir disoproxil fumarate and emtricitabine plus tenofovir alafenamide fumarate are two oral medications that potentially minimize the risk of HIV infection

transmitted sexually. Fusion inhibitors prevent HIV from infiltrating cells. Different molecules on CD4 cells are blocked by CCR5 antagonists and post-attachment inhibitors. A once-a-month injection of cabotegravir and rilpivirine is given by a healthcare provider. Cabotegravir is taken every two months after the first two injections. Phytokinetic enhancers improve the efficacy of some HIV/AIDS medications.

Common side effects of HIV drugs

Nausea, vomiting, abdominal pain, peripheral neuropathy, pancreatitis, lactic acidosis, fat loss in arms, legs or face, Higher cholesterol or triglyceride levels, loss of bone density, Skin rash, weight gain, hypersensitivity and the possibility of a heart condition HIV medicines can cause side effects. Most of those side effects are manageable, but some can be serious. PrEP (Pre-Exposure Prophylaxis) is available for some people who are at high risk of HIV infection. When taken consistently as prescribed, it is up to 99% effective in preventing HIV the amount of viruses in your blood undetectable levels protect your system and stop transmission to others. Without treatment, the immune system's CD4 cells become so damaged and destroyed that the body becomes vulnerable to dangerous and fatal infections and certain cancers specifically, lymphomas (cancers of the lymph nodes), Kaposi sarcoma (a vessel cancer), and invasive cervical cancer.

Health care

Daily treatment is currently the sole way for people with HIV to remain well. Regular blood tests are necessary to make sure your treatment is working and not causing serious side effects. HIV treatment involves taking medicine that reduces the amount of HIV in your body. HIV medicine is called Anti-Retroviral Therapy (ART). There is no effective cure for HIV. But with proper medical care can control HIV.

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Received: 12-May-2022, Manuscript No. JCRB-22-17000; **Editor assigned:** 16-May-2022, Pre QC No. JCRB-22-17000 (PQ); **Reviewed:** 03-Jun-2022, QC No JCRB-22-17000; **Revised:** 13-Jun-2022, Manuscript No. JCRB-22-17000 (R); **Published:** 20-Jun-2022, DOI: 10.35248/2155-9627.22.13.415.

Citation: Rodrigues F (2022) Treatment Methods and Health Care for People Diagnosed with HIV. J Clin Res Bioeth. 13:415.

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