

Healthy & Heartly



'POSITIVE' APPROACH

IF YOU'RE WORRIED YOU HAVE BEEN EXPOSED TO HIV/AIDS VIRUS, HERE'S HELP AT HAND

BY DEVIPRASAD REDDI

THE Human Immunodeficiency Virus (HIV)/AIDS has already devastated many individuals, families, and communities. People from families living with HIV/AIDS often have to deal with psychosocial stress, reduced parenting capacity, a shift in family structure, financial deprivation, stigma and discrimination. But the good thing about HIV is that it is not transmitted as easily as it is thought to be. People around the world are convinced that the virus is easier to get than it is.

The average person thinks that

if you have unprotected sex with an HIV-positive person a single time and you will get HIV for sure. The truth is that it's not nearly that easy to get HIV. The medical literature estimates that the transmission rate is about 0.1 per cent per sexual act or 10 per cent per year. The chances of developing HIV after exposure depends on factors such as the method of exposure, the infected person's viral load, and the number of exposures you had. It's possible to develop HIV after a single exposure, even if it's statistically unlikely HIV is transmitted between people through bodily fluids. Unprotected anal or vaginal sex and sharing needles are common ways people

contract HIV. People can also transmit HIV to their babies during pregnancy or while breastfeeding. HIV can be transmitted even with a single, brief exposure.

How often to test

If your initial test comes up negative, you should test again at the end of your window period.

It is important to note that people with HIV who are taking Anti Retroviral Therapy (ART) are virally suppressed and do not transmit HIV to their sexual partners. Early access to ART and support to remain on treatment is therefore critical, not only to improve the health of people with HIV but also to prevent its transmission.

(The writer is senior consultant of internal medicine at Kaurvery Hospital)

IF YOU THINK YOU'VE BEEN EXPOSED TO HIV, HERE'S WHAT YOU CAN DO

TALK WITH A MEDICAL PROFESSIONAL

A medical professional can advise you on what tests are available and let you know if you're eligible for Post-Exposure Prophylaxis (PEP)

TESTING

It's important to get tested if you think you may have been exposed to HIV so you can start treatment as soon as possible. HIV tests can't immediately detect infection. The window period of when a test can correctly identify a positive infection varies by the type of test used.



POST-EXPOSURE PROPHYLAXIS

Post-exposure prophylaxis (PEP) is a drug therapy that needs to be taken within 72 hours of exposure, and it can significantly reduce your chances of developing HIV.

Health Science A Positive Approach

Michael Hoelscher



Health Science A Positive Approach:

The Top Books of the Year Health Science A Positive Approach The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Health Science A Positive Approach : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and suspenseful novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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