



***“Know AIDS
No AIDS”***



World AIDS Day is observed every year on 1st December. World AIDS Day provides governments, national AIDS programs, faith organizations, community organizations, and individuals with an opportunity to raise awareness and focus attention on the global AIDS epidemic.

AIDS

AIDS is a medical condition. A person is diagnosed with AIDS when their immune system is too weak to fight off infections. Since AIDS was first identified in the early 1980s, an unprecedented number of people have been affected by the global AIDS epidemic. Today, there are an estimated 33.4 million people living with HIV/AIDS and each year around two million people die from AIDS-related illnesses.



Causes

Sexual Contact



HIV is spread most commonly by sexual contact with an infected partner. The transmission occurs with the contact between sexual secretions of one person with the rectal, genital or oral mucous membranes of another.

Through injected drugs

HIV frequently is spread among users of illegal drugs that are injected. This happens when needles or syringes contaminated with minute quantities of blood of someone infected with the virus are shared.



Through a blood transfusion.



HIV was transmitted through transfusions of contaminated blood or blood components. Because many times the donated blood does not go through HIV testing. But today, because of blood screening and heat treatment, the risk of acquiring HIV from such transfusions is extremely small.

Treatments



When AIDS first surfaced in the United States, no drugs were available to combat the underlying immune deficiency. Over the past 10 years, however, therapies have been developed to fight both HIV infection and its associated infections and cancers. Although there is no treatment currently available that can totally cure people from HIV or AIDS. A number of therapies have been developed to help them stay healthier and live longer. Some medications target HIV itself, to reduce the virus's assault on the immune system, or to even prevent the virus from entering human immune cells. Other treatments are used to treat or prevent specific opportunistic infections that threaten the health of people with HIV-damaged immune systems.

Preventions

Since no vaccine for HIV is available, the only way to prevent infection by the virus is to avoid behaviors that place a person at risk for infection, such as sharing needles and having unprotected sex. Prevention is the key to personal protection against HIV and AIDS. Being aware of behaviors



that increase the risk of infection and taking preventive measures can substantially reduce a person's likelihood of becoming infected with HIV. The Prevention involves:

- Safer sex practices
- Drug use and limiting HIV exposure
- Minimizing HIV exposure from medical procedures

Situation in Orissa



In Orissa, there are 10, 862 people affected with HIV since January 2002 till September 2008. Out of this, AIDS cases found among 1020 persons. The HIV cases among male is 6,929 (64%) and female is 3, 933 (36%). As found from the recorded cases of HIV+ in Orissa, youth in the age group of 15-39 are found to be affected more, which is 88.9% of total HIV cases

