

Read yourself and let others to read

AIDS

Premature Death

(An art of living +)

(Information Service Program for prevention of STD/AIDS)

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(Information Service Programme for Prevention of STD/AIDS) A Booklet for prevention of STD (Sexually Transmitted Diseases e.g. Syphilis, Gonorrhoea, Hepatitis-B Virus, HIV/AIDS)

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Death Knell – AIDS!

AIDS – Virus takes abode in such a secret place of a infected human body where effectiveness of any medicine whatsoever has been proved to be a failure. This virus also carefully avoids immune system of human body. The medical scientists cherished hopes and tried to retard the infection of the disease just at the beginning of the transmission of the virus in human body, but apparently that attempt has been proved futile. Till now, adoptions of preventive methods are considered as the only life saving measure for safety against the disease.

Now, therefore, it is deemed necessary to create awareness among the mass people of the country about the preventive measures of the disease. Mere ignorance about the transmission process and prevention strategies of this disease escalates the risk of transmission of the disease. On the other hand it has been observed that this disease is largely transmitted to the STD affected patients. Consequently, it transpires that the prevention of STD is also important in the prevention methodology of the AIDS.

The booklet “AIDS – Premature Death” written and published by the Organization for Social Development of Unemployed Youth” dealt at length on information about prevention of AIDS/STD in simple and lucid language and programme for hand to hand distribution of the booklet among the target people providing necessary counseling. I firmly believe that this booklet will definitely play a very effective role in creating awareness and achieving fruitful result in the prevention of STD/AIDS.

It may be mentioned, that distribution programme of the booklet is being implemented with the financial assistance of the UNDP. I extend my sincere thanks to the UNDP for this noble purpose. I believe that successful implementation of the programme will leave a good impact among the countrymen in building awareness in the prevention measures of STD/AIDS.

I extend my welcome to this kind of welfare endeavor of this organization.

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Mankind in Distress:

The disease with the deadliest form has opened a disastrous chapter at the back drop of human civilization is known as HIV/AIDS. Basically, this disease is the newest edition to the sexually transmitted diseases. Transmission of sexual diseases and AIDS is caused due to sexual intercourse.

In every minute, 6 children and 5 others of different age groups of different places of the world are being infected with the HIV.

Other sexual diseases are curable. But the treatment and anti-Aids drugs of this disease are yet to be discovered. Therefore the obvious fate of this disease is the premature death. In spite of the fact, this disease is preventable.

Awareness building among the mass people about this disease is the only way of safety. In view of remaining free from STD/AIDS, most important task before us to implement awareness building programs in large scale.

If this disease remains un-prevented, the number of AIDS patients will rise upto 4 crores approximately throughout the world by the end of 2000. As a result, a serious adverse impact will cast upon the people of a poor country like ours.

Governments of different countries of the world keeping in view of the dreadfulness of this disease, have launched programs on emergency basis for creating awareness among the mass people.

The Government of Bangladesh has been implementing various significant programs and activities in this behalf. I am also delighted to see that different Non-Government Organizations have also come up with their own programs simultaneously with the Government programs to combat this disease.

I am happy to see that "Organization for Social Development of Unemployed Youth" in this dismal situation of the country has been implementing a successful programme for distribution of booklets and pamphlets containing prevention measures of this disease with a view to creating mass awareness. I extend my sincere thanks to this organization for the unique attempt and I wish all round success of this organization.

Dr. Najmus Sahar Sadiq
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Mankind now at large has been most panicked with the dreadful and devastating form of the HIV/AIDS, a newest addition to the sexual disease. Though all other sexual diseases are curable, but there is no treatment of AIDS. The obvious pre-mature death is the ultimate end of this disease. It is possible to remain free from this disease if awareness among the mass people can be created about prevention measures of this disease. With this end in view, some preventive measures are enumerated below:

WHAT IS AIDS?

A - ACQUIRED
I - IMMUNE
D - DEFICENCY
S - SYNDROME - It is the combination of the symptoms of many other disease e.g. wounds of mouth. Cough, fever, diarrhoea, pneumonia, disease of the lung and abdomen skin disease etc. 'Caposi Sarcoma' (cancer of skin), Kaposi's etc are found in AIDS infected persons.

WHAT IS HIV ?

HIV – Human Immune Deficiency virus. HIV is a virus. This virus enters into the T-Helper Cell of the white blood corpuscle of Human Immune system and annihilates its activities permanently. As a result, a human being is infected with AIDS and ultimate end is the painful pre-mature death.

LOCATION OF AIDS VIRUS:

AIDS virus takes shelter in blood, sperm, saliva, tears, urine and breast milk. Medical specialist opined that there was no possibility of transmission of this virus to a human body from the virus through urine, tears and saliva because of the presence of very less solidity in them.

HOW DOES THE AIDS SPREAD?

1. Sexual intercourse's with male/female having infected with HIV are attacked with AIDS. (through Spurn, vaginal secretion and blood)
2. Transfusion of blood of infected HIV infected person and AIDS patients to another person.
3. Use of unsterilized syringe, thread and surgical instruments with virus of HIV and AIDS.

4. If baby is born to a HIV infected mother and the baby is infected through breast feeding of infected mother.
5. HIV infected person may transmit this disease to another person before detection of AIDS in the former.
6. If blood of AIDS affected persons is contacted with the blood of a healthy person. As for example, the contact of blood of a person having AIDS with those of blood coming out from cuts/bruises or boils, etc, sharing with the use of unsterilized shaving razor, blade, knife, instruments used for dental treatment and needle for pricking in the ears and nose may transmit HIV.
7. Use of same syringe and needle for taking drugs.
8. Through Homosexuality.
9. STD/Sexual diseases like syphilis, gonorrhoea, etc. help transmission of AIDS virus and the AIDS mostly affects the STD patients.

It is expected that the syphilis and Gonorrhoea patients should take proper treatment and get cured of the diseases.

HOW THE AIDS DO NOT SPREAD:

AIDS virus can not survive long outside the human body. That is why, it does not spread through regular social contact or social behavior with AIDS patients, as for example:

1. It does not spread out due to use of the clothes, bed, plate and utensil of the AIDS patient.
2. Normal social contact or walking with the AIDS patients/ handshaking.
3. It does not spread out through food, water, urine, stool, itch, cough and air.
4. It does not spread through mosquito, flies and insects.
5. Sharing of same telephone, bathroom and swimming pools with the AIDS patients.

OUR DOINGS FOR PREVENTION OF AIDS.

Husband and Wife must remain faithful to each other. Sexual relationship between husband and wife is a most private and sacred relationship. Refrain from abusing this sexual relationship.

1. Remain free from sexually transmitted diseases.
2. Ensure use of condoms in any extra-marital sexual intercourse.
3. In case of blood transfusion in your body you must ensure whether transfusing blood is free from AIDS virus. It is better to avoid unnecessary transfusion of blood.
4. Ensure sterilized injection syringe, needle and surgical instruments.

5. It is better not to use unsterilized syringe, needle and surgical instruments used by others.
6. Polygamy (male/female) must be abandoned.
7. Homosexuality must be abandoned.
8. You should not use blade/shaving razor of others for shaving.
9. In the event of cut/bruise in any part of the body it should be covered with plaster/bandage till recovery.
10. None should assume the AIDS as the problem of others, rather one should emergently take as the problem of his own and his family.
11. If you suspect STD/AIDS you must be sure of it undergoing necessary tests.

In case of need one can contact STD/AIDS programme, Department of Health, House No. 408, Road No. 29, New DOHS, Mohakhali, Dhaka

SYMPTOMS OF AIDS:

Minor Symptoms:

1. Persistent dry cough for more than a month.
2. General Pruritic dermatitis
3. Chronic Herpes Jester infection on the whole body repeatedly (special type of skin disease)
4. Oropharyngeal candidiasis (adhesive)
5. Inflammation of lacrimal glands
6. Loss of memory and intelligence
7. Fatigue and loss of appetite

Major Symptoms:

1. Loss of the weight of the body by 10%
2. Prolong loose motion for more than a month
3. Prolong fever for more than a month or feverish tendency

HOW TO IDENTIFY AIDS PATIENTS:

Sweating at night, feverish tendency, getting cold and pain in the throat are the general symptoms of AIDS. This condition of this period is referred to as the flu-like syndrome. After this period all symptoms stop for sometime. After a few days, before the disease is detected, the patient again starts suffering from symptoms of infection. Various symptoms are noticed in various countries. In Africa gradual loss of weight and in America a special type of pneumonia called Neo-mosistis korini pneumonia are found. The presence of HIV/AIDS can be detected only through blood test.

WHICH AGE GROUP IS MOSTLY AFFECTED BY HIV:

It has been observed from survey that persons within 15-45 age groups are mostly affected. Amongst them youngsters of 15-25 age groups rank highest. They are the main stream of the nation. The tendency of

increasing rate of infection of the disease in this age group indicates premature death of the future generation of the nation.

RESPONSIBILITIES OF HIV CARRIERS:

- ❖ To abstain from donating blood and any part of the body (kidney / cornea)
- ❖ The moment he/she feels the symptoms of tuberculosis, sexually transmitted disease and other disease he/she must take proper treatment
- ❖ He / She must refrain others from using his/her own shaving razor, blade, tooth brush, needle and syringe.
- ❖ He / She should inform his/her sexual partner and physician about his/her infection with HIV virus.
- ❖ Ensure using of condoms in sexual intercourse.
- ❖ Highest care should be ensured in conceiving baby.
- ❖ Covering of the wounds and bruises with bandage.
- ❖ Take nutritious food and consult with your physician regularly.

SYMPATHETIC ATTITUDE TOWARDS PERSONS WITH AIDS (PWA):

We should bear in mind that these people also need social communication, co-operation and help like other people. They also need sympathy and support for enhancing their physical and mental strength. Since they are more helpless, it is the social responsibility to extend sympathetic helping hands to them. It is deemed a dire necessity to keep good relationship with the members of the family of the AIDS victims and to exhibit examples of sympathy.

HIV TESTING METHOD:

At present there are two methods of testing HIV. One is ELISA and the other is LIA to check the former. If the test is positive, it indicates that the body is infected with HIV. This test is done with the blood of the patient.

WHERE AIDS TESTS ARE DONE IN BANGLADESH:

1. Department of Virology, Bangabandhu Sheikh Mujib Medical University, Dhaka
2. IEDC&R, Mohakhali, Dhaka
3. Department of Microbiology, Sylhet Medical College Hospital, Sylhet
4. Department of Microbiology, Chittagong Medical College, Chittagong
5. AFIP, Dhaka Cantonment, Dhaka

It has been learnt that these tests are also done in some non-government clinics.

WHERE SEXUAL DISEASES ARE TESTED:

This test is done in all hospitals of Dhaka, District Hospitals/Clinics and Selected Thana Health Complexes all over the country.

WHO ARE THE ESSENTIAL TARGET GROUPS - WHO NEED THE KNOWLEDGE OF PREVENTION OF STD/AIDS:

Sex workers, polygamist (male and female) students, teachers, employees, service holders, laborers, transport workers, all youths (both male & female) social leaders, workers, businessmen, lawyers, intellectuals and people of all walks of life should know the prevention practices of this disease and follow them strictly. Even if a person not being polygamist may be infected with the disease through intake of blood in the body with virus of STD/AIDS without his knowledge. AIDS infected husband or wife or irregular sexual partner may cause transmission of the disease to each other due to unsafe sexual intercourse. Therefore, all categories of people should keep maximum carefulness in extra marital sex activities.

WHAT ARE THE DISEASE UNDER THE CATEGORY OF STD (SEXUALLY TRANSMITTED DISEASES)?

STD/Sexually transmitted diseases are mainly six types, namely, syphilis, gonorrhea, chlamydia, shancroid, lymphogranuloma venereum and trichomoniasis. At present, twenty diseases including the above have been classified as the STD. Amongst these diseases, syphilis, gonorrhea and AIDS have been considered as most fatal. Patients of syphilis, gonorrhea, shancroid, chlamydia and other patients infected by STD are likely to be infected by AIDS in larger number.

SYPHILIS:

Human being is infected with this disease by treponema palladium germ. When a person sexual intercourse's with a person having been infected with this disease, germ is transmitted from infected person to a healthy person during intercourse through genital organs and causes this disease. The symptoms of this disease in a healthy person gradually comes out within 9 - 90 days after transmission of the germ of the disease. In most cases, however, symptoms come out within 14-28 days.

SYMPTOMS OF SYPHILIS :

The symptoms of this disease may be divided into three stages:

1. **Primary Stage:**
Medium size painless hard bruises form on the genital organ and some times lasika glands are inflamed.
2. **Second Phase:**

The bruises formed at the primary stage are healed up automatically and symptoms of the second stage e.g. feverish tendency, uncomfortable feeling all over the body and headache are experienced. Some more specific signs are noticed at this stage, which are as follows:

- ❖ A particular type of maculae which does not itch or burn.
- ❖ Thyroid glands are inflamed.
- ❖ Particular type of growths are formed in the warm, wet and soft region of the body e.g. particular type of growths may be formed on anal canal and infection in the mouth cavity.
- ❖ Duration period of the second stage is about 3 to 5 years.

3. **Third Stage :**

If properly treated, the symptoms of the second stage are completely cured within 6 – 12 months. Otherwise one remains well for a short period but gradually reaches to the third stage. At this stage, tissues, blood, metabolism, bones, muscles, fluids and internal ingredients of the body are gradually affected and damaged.

Bruises and accumulated pus spread over the mouth cavity, throat and skin and cause serious attack on muscles, bones and heart and burning sensation of bone joints, testis, brain and liver are the symptoms of the third stage. Duration period of this stage is indefinite. If timely and proper treatment is not done, the infected person may meet the consequence of fatal death due to attack of heart and brain.

CONGENITAL SYPHILIS:

If the father or mother carries the syphilitic germ inside the body, the baby is born with the infection of syphilis at the time of birth. In that case, the baby may die before birth or symptoms of syphilis become conspicuous on the body of the baby after birth. The movement of the baby may be impaired or the growth of the baby may be stopped, if bones and bone-joints are infected due to congenital syphilis of the baby. Besides, kidney and liver of the baby are infected by the congenital syphilis. Therefore, the parents must remain cautious about this disease. Particularly every mother should undergo syphilitic test (TPHA) during pregnancy.

IDENTIFICATION OF THE DISEASE:

A blood test of the VDRL & TPHA determines whether syphilitic germs are present in the body. If anybody suspects that he/she is infected with syphilis, it becomes his/her obligation to take treatment of syphilis without loss of time.

GONORRHEA:

The gonorrhoea is caused due to infection of 'Neisseria gonorrhoea' or gonococcus germ, like syphilis, in this case also polygamous or Homosexual, pros and visitors to the brothel are generally infected and help spreading this disease. Generally, urinal canal, genital organ, anus canal, mouth cavity and eye are infected with gonorrhoea germ. Gonorrhoea is a painful sexual disease. Germ of this disease may be transmitted to a healthy body if unsafe and careless sexual relation is maintained. If a mother suffers from this disease at the time of giving birth to a child, this disease may be transmitted to the eye of the child and the child may become blind. With the transmission of the germ to the body of healthy person he/she will feel irritation in his/her urinal canal. After 2/3 days and whitish dilute fluid is secreted. Gradually, the infected person feel severe pain and yellow colored pus in abundance is secreted during urination. Testis may be irritated due to complications.

SYMPTOMS OF GONORRHEA IN CASE OF MALE:

- ❖ Tremendous feeling of burning with severe pain.
- ❖ Drops of pus come out of the male genital organ before and after urination.
- ❖ Some of the patients cannot urinate and frequently suffers from fever.
- ❖ The infected person may lose the potency to produce child.

SYMPTOMS OF GONORRHEA IN CASE OF FEMALE:

No symptom or sign of gonorrhoea is noticed at the primary stage. But during urination a sensation of pain and burning is felt and small quantity of white discharge is secreted. The child of gonorrhoea affected mother may be infected with the disease. After a few years, she feels pain in the lower abdomen and she experiences menstrual problems. Afterwards, she may become sterile. She may have to lead rest of her life with ill health accompanied with diseases.

DETERMINATION OF THE DISEASE:

Gonorrhoea may be determined by conducting test of pusses come out of uro-genital organ in case of male and endocervical swab in case of female. As soon as infected by the disease one should take proper treatment in consultation with the physician.

HOW SYPHILIS AND GONORRHEA SPREAD:

1. Sexual intercourse with polygamous men or women or with patients having sexual diseases without condom.
2. Transfusion of blood of the patient (syphilis) to a healthy body.

If a person is infected with both the germs of syphilis and gonorrhoea, it is obligatory for him to take cautious treatment of the diseases. Because, both the germs are devastating and damage the veins of the genital

organs. If proper treatment of both the diseases is not done simultaneously, the patient turns to be a chronic patient. As a result, the patient is compelled to lead miserable life and becomes a victim of the premature death. The patient should be cautious and careful after recovery from the disease after treatment so that he/she is not again infected with the germs of the disease.

If it is possible he/she must avoid sexual worker and polygamous man or women. If it is not possible he must ensure use of high quality condom in case of extra-marital sexual intercourse. Otherwise, he/she will face a grave consequence if he/she is again infected with the disease. Because he/she will not be able to get cured with normal treatment of the disease. His/her leading of life will become miserable and he/she will bear the high risk of being infected by the HIV/AIDS.

MEASURES FOR PREVENTION OF SYPHILIS-GONORRHEA:

1. Husband and wife must remain faithful to each other.
2. Abandoning of sexual worker/polygamous man or women.
3. Avoiding of extra-marital sexual inter-courses with sexual worker/polygamous man or woman or at least ensuring use of condoms before sexual intercourse's.
4. In case of necessity, transfusion of un-contaminated blood of near relations should be ensured.
5. Ensuring use of disposable syringe.
6. Avoiding of contact with infected patients.
7. Remaining fresh and clean.

PREVENTION MEASURES OF WOMEN:

A woman must remain rigid and firm against any extra-marital sexual relationship. If not possible, she must have the mental courage to convince the male partner to use condoms. If the male partner is unwilling to use condom, the female partner will use female condoms like femidom, spemy sidis, vero-sidis, etc. and other preventive measures for safe sexual intercourse and ensures herself for not being infected by the disease.

TREATMENT METHODS OF SYPHILIS – GONORRHEA:

1. Taking of proper treatment.
2. In case of suspect of the disease one must consult with the nearest health service center.

WHAT IS SAFE SEX?

Safe sex implies the use of condom and adoption of other safety measures in any extra-marital sexual intercourse. It also means keeping safe distance from sperm, mucous, vaginal secretions, contaminated blood, breast milk, cough, saliva and secretions of other body.

BENEFITS OF STD FREE LIFE:

1. One can lead a healthy, sound and normal life and with the probability of getting enhanced longevity.
2. One can cherish the hope of getting beautiful lives.
3. One can enjoy happy conjugal life and achieve good reproductive health.
4. One can remain safe against the killer disease AIDS

HEPATITIS B -VIRUS (JAUNDICE):

This disease infected with Hepatitis-B virus mainly thrust upon its harmful actions on the liver; the result of which is the Jaundice. The incubation period of this disease is from 6 weeks to 6 months. Most of the patients get cured automatically 5% - 15% of the patients are not get cured for which the virus remain inside their bodies and they transmit the disease as virus carriers. Due to prolong sufferings, those patients are attacked with dreadful complications of liver cirrhosis or cancer and the patients obviously meet their deaths due to this disease.

LOCATION OF THE VIRUS:

The Hepatitis-B Virus lives only inside the human body. This disease spreads out from a patient who has been carrying this virus.

Hepatitis-B Virus is mainly located in the blood, saliva, breast milk. Vaginal secretions and in sperm cell of the affected person.

TIME PERIOD OF SPREADING B -VIRUS:

Only before a week of the appearance of Jaundice, it starts spreading during incubation. Even after curing of the disease 5%-15% of the patients remains potential carriers of the disease for a long time or rest of the lives and spread out the viruses.

HOW THE DISEASE SPREADS OUT:

1. Through Sexual Intercourse :

This disease spreads out through unsafe sexual intercourse with the infected patient of Hepatitis-B Virus and the carriers of the B-Virus.

2. Through Blood :

Needle, which has not been disinfected, is used for pricking in the nose and ear and pricking up tooth; use of infected syringe for vaccination and injection or through transfusion of blood.

3. From mothers body :

A baby born out of the body of the mother may be infected with Hepatitis-B Virus at the time of birth or the baby may be infected due to breast-feeding.

HOW TO PREVENT THE DISEASE?

This disease may be prevented by taking Hepatitis-B Virus vaccine, 3 doses of vaccines are needed. After taking 1st dose of the vaccine 2nd dose will be taken after one month, 3rd dose of the vaccines will have to be taken after 6 month of the 2nd dose.

Before taking transfusion of blood one should make sure that the blood is free from Hepatitis-B Virus. Homosexuality and polygamy must be abandoned. One must stop visiting brothel.

Before taking anti-Hepatitis-B Virus one must undergo test of blood to confirm whether his/her HBSAG is positive. If the test is negative whole course of the vaccine has to be completed. If the test is positive vaccine may be taken but the advise of the physician has to be solicited.

SOME ADVISES TO THOSE WHO ARE GOING ABROAD

1. Abide by the advises of this book-let.
2. Confirm about your STD/HIV/AIDS before going abroad
3. Avoid extra-marital sexual relationship and keep yourself from the contact of sperm cells, vaginal secretions, cough, contaminated blood, bodily secretions and saliva of others.
4. If you are attacked with STD/AIDS you will have to return back home in distress and may be harmful to your wife and children by transmitting this disease
5. Always remain cautious and follow the religious teachings, also encourages others to remain cautious against the disease. While staying in abroad keep contact with parents, wife, sons and daughters and brothers and sisters through exchange of letters. This will help your in keeping your morale high. If you come in contact with any bad association, you remember the innocent faces of your parents, wife, children, brothers and sisters and you will definitely get mental courage to withstand this bad accomplice. Always, remember that extra-marital sexual intercourse is strictly prohibited in Islam.
6. If you get infected with STD/AIDS please don't hesitate to disclose the fact to others and take proper treatment.

SOME ADVISES TO THOSE WHO RETURNED BACK HOME FROM ABROAD

1. If you have not followed the above instructions strictly, then you arrange VDRL test of your blood/TPHA & HB Antigen tests just get confirmed that you are free from STD. Prior to that, there will be high risks of the transmission of the disease to your wife if you restore sexual intercourse with her.
2. Be sure whether there is presence of AIDS virus in your body undergoing some tests. In this case, proper secrecy is maintained. Before that you refrain yourself from sexual

intercourse with your wife or ensure use of condoms before copulation.

3. Lead your daily life cautiously and carefully avoid your obvious pre-mature death.

CONCLUSION :

On the context of this disastrous human tragedy of the world, the World Health Organization (WHO) having been convinced with the real truths and cautionary instructions of the religion, laid emphasis on the religious teachings in the prevention of AIDS. The World Health Organization ushered in a louder voice in this regard "Nothing can be more helpful in this preventive effort than religious teachings and the adoption of proper and decent behavior as advocated and urged by all divine religions. (the Role of the Religion and Ethics in the prevention and Control of AIDS) Page-3, Page-9, Published by WHO.

Always remain careful to keep your body and mind fresh and clean.

Positive living with HIV/AIDS with food and proactive fitness.

Homeostasis

'Homeostasis' which means balance. Our bodies are always trying to maintain it with a very intricate system of checks and balance. Our immune system fights hard to achieve it when faced with HIV virus by constructing an immune response in the virus. Unfortunately for many the virus slowly starts to win the game.

Basically HIV positive person is to be more proactive and try to more attentive to basic health care, nutrition, exercise, sleep, stress reduction technologies, emotional support and balance between mind and body.

Stress reduction can be accomplished through meditation to quiet the body and mind together.

Food safety advice for persons with HIV/AIDS

Since most food-borne illness result for improper handling of food, persons with HIV/AIDS can help protect themselves by following basic cause food guidelines, while many kinds of bacteria can cause food poisoning, there are most prevalent treat to persons with AIDS/HIV. These are Campy to bacteria, Listerine and salmonella.

Campy to bacteria: The symptoms of Campy to bacteria infection include acute abdominal pain, diarrhea, nausea, headache, muscle pain and fever. Symptoms can begin 2 to 5 days after eating Campy to bacteria contaminated food and generally last to 7 to 10 days. Campy to bacteria most commonly found in raw or undercooked poultry. Under pasteurized milk and non-chlorinated water listeriosis.

The disease caused by Listerine is characterized by flu-like symptoms of chills, fever and headache, sometimes accompanied by nausea and vomiting. These symptoms can appear 2 to 30 days after exposure and can be followed by bacteria (Blood stream infection) meningitis (an inflammation of the membranes covering the spinal cord and brain) or encephalitis (infection of the brain itself) foods found to contain Listerine are un-pasteurized milk, cheeses, raw or undercooked meat, poultry and fish.

Salmonellosis: It is the illness that can develop for eating foods containing salmonella bacteria. It is characterized by flu like symptoms, accompanied by nausea, vomiting, abdominal cramps and diarrhea. It can develop 6 to 48 hours after exposure and last up to a week. Foods associated with salmonellosis include raw or undercooked meat, poultry, fish and eggs.

Note: The members of the family of the PWA will take note of all these and the PWA himself will be aware of these to avoid this contamination.

Shopping for food: For persons with AIDS and members of the family it is important to read food labels to select foods that pose the least risk of food poisoning. All milk and cheese products should have the word 'pasteurized' or the label products that contain any raw or undercooked meat or dairy products should be avoided.

It is safe to put the packaged meat poultry, or fish into plastic bag before placing it in the shopping cart.

This prevents drippings from coming in contact with other foods and reduces risk of cross-contamination. After shopping, chilled and frozen foods should be put into refrigerator or freezer as soon as possible.

At home:

Most cases of food poisoning are caused by improper food handling or preparation at home. Keeping shelves, countertops, refrigerators, towels clean is the best way to prevent bacterial contamination at home. It is also important to wash all utensils with soap and hot water after

handling on food and before handling another. For the same reason, wooden cutting boards should not be used for cutting raw meat, poultry or fish plastic boards are easier to clean and sanitized.

Fresh fruits and vegetables should be thoroughly washed with water, refrigerated to reduce spoilage and stored in a covered container.

Properly cooking food is another important guard against food poisoning. Heat kills bacteria. Red meat should be cooked until it is well done and poultry until the juices can clear. The leftovers should be thoroughly reheated.

Raw eggs or foods should be avoided pasteurized eggs should be used in place of shell eggs when making home made ice cream, egg nog and pudding. When cooking eggs it should be sure that the yoke and white are firm and not runny.

Microwave cooking requires special precautions. Most microwave recipes include a 'standing time' after cooking period to ensure that proper temperature has been reached throughout the food. It is important to heat pre cooked foods or left over thoroughly whether in microwaves or conventional oven.

Food fitness and HIV/AIDS.

Once diagnosed with HIV, the fear of wasting away becomes the real. Wasting time costing of muscle, which makes and sicken, but it can be stopped.

There are two steps we can do to avoid muscle wasting; eating and experiencing enough food will maintain muscle and weight, while exercise builds muscle.

One should not get panicky exercise has a positive effect on the immune system and quality of life for persons with AIDS. CD4 counts go up when people do simple, consistent exercise. Exercise also gives work energy, keeps up appetite and sense of well being.

There are two parts of bulking up; (1) To eat the right amount of calories and protein to help build the muscle and (2) to do the right type of exercise to increase those all important muscle groups.

Eating enough and exercising for at least 45 minutes each day is great muscle booster. Food, exercise and medicine will support the bodies fight against HIV/AIDS.

Safe guard of food poisoning

The most common agents causing food poisoning are the boys, Listerine, salmonella, Campy to bacteria and staple to causes:

There are simple ways to avoid food poisoning. On general the following safe guard are to be taken.

- ❑ To stare raw and cooked food separately.
- ❑ To cook all meat, fish eggs and poultry at high temperatures and until well done. Not to reheat chicken, fish or meat if they have not been stored in the fridge.
- ❑ To avoid raw meat or raw seafood.
- ❑ To work all fruit and vegetables well before preparation.
- ❑ To keep the left areas in the fridge for couple of days not too long. Beyond two days finding, left all of their own out.
- ❑ Soft cheeses made with un-pasteurized milk have a risk of lesteriasis.
- ❑ Improperly canned or perused food may also be risk for botulism.

HIV and Pregnancy

There is good news for HIV positive mothers being treated for HIV diseases.

The way to prevent HIV infection in children is the administration of anti-retroviral change in the HIV+ mothers.

Pre and post conception counseling is a key objective: nutrition, folic acid, substance use, anti-retroviral medicine use all-important for the prospective new mothers. Others diseases may can found treatment especially hepatitis C, which is very common in women with HIV (More than 50%). The stage of HIV diseases such as Tuberculosis and herpes simply and the health status of the mother all affect the medical can needed by mother with HIV+.

The women living with HIV can now choose to become pregnant and know that they have an excellent chance of having a normal, healthy baby.

Bone health for HIV/AIDS

High incidences of osteoporosis in people with HIV/AIDS are found. It is found that 13 out of 17 men with CD4 cell counts less than 100 had osteoporosis. Women in general have a gender chance of getting osteoporosis than men. The answer to this is not yet known. Meanwhile it is better to do what we can to take cure of our health.

Nutrition and life style

Calcium.

Men and women need 1000-m. g. calcium per day. It is have to get this amount for diet alone there are calcium supplements on the market. Calcium supplements made from bone meal or dolomite contain lead or other heavy metals so may not be safe. Calcium literate is more expensive but easy to digest not to take more than 1500-m. g. a day.

Vitamin D.

Vitamin D is required to use the calcium not to take more than 1000-m. g per day.

Magnesium.

It constipated magnesium is essential. It there is diarrhea, the magnesium is not necessary

Food sources of calcium.

The highest source of calcium is milk products testified soymilk and testified orange juice. Other good sources are canned fish, firm taboo, season seeds, almonds, greens, and Chinese broccoli oolichams.

Salt and Calsonic.

Foods high in salt cases calcium to be lost for the body. Calsonic causes bone loss even with as little as 2 cups per day.

Cigarettes & alcohol.

Smokers have lower bone mass (thinner bones) and heavy drinking increases the risk osteoporosis.

Exercise.

Weight bearing exercise like walking, running, weight lifting can increase bone density swimming & cycling decent. To consult keep contact with a deification on food intake & food safety.

Launching of a mass antibiotic treatment program for the following groups of people of high risk:

1. Sex trade workers
(Who can be given does of anti biotic to pass on to regular sexual partners)
2. Clients of sex trade workers.
3. Street involved individuals including street youth.

4. Men who have sex with men in both houses.
5. Persons who have sex with above groups in the last sex month.
6. Persons who have unprotected sex at home & abroad.

Mass anti thromycin treatment in single disease among the groups can be organized because it can be given orally and has fewer side effects than the standard syphilis treatment of IM bicillin. In the case of gonococci infection a single dose of ciprofloxacin can be administered. The treason of HIV is higher when another sexually transmitted than diseases is present in anyone or both partners. This is otherwise fewer as co-factors effect for STD's as syphilis. In the bodies tissues the syphilis reproduce and remain present for the life time of the infected person unless destroyed by treatment of untreated syphilis an spread and cases damage to the brew, heat and other orange. Pregnant women can pass on to urban child with fewer consequences.

A particularly a virulent malignant strain of syphilis has been found to increase among HIV persons and also those who are intravenous drug users. It is characterized as an explosive under spread from of secondly syphilis who symptoms include fever, headache, muscle pain, multiple lesions on the stain. Maligned syphilis typically develop six wracks to one year after primary infection and affect men more than women it also lends to attack the liver and have a co-relation between hepatitis.

Over all, syphilis remains a curable disease and mass handout will result in a reduction of syphilis infection which infusion will lower the incidence of HIV transmission even in the absence of reduction in risk behaviors.

Sexual intercourse is the route of transmission of STD and HIV/AIDS more sex has captured vaginal sex, anal sex and oral sex in its range of behavior. All the routs are risk behavior which should be brought home to all the process of sex net working including sex trade works & partners in general.

Erectly days function with HIV+ positive

Even if the morning erectile is lost. It may be a warning that the loss of body cell mass is underway as a result of testosterone deficiency. The normal testosterone range is 259-1100 mg/dl. For the erection correction men need levels from 500 to 1000. For this erection revival a true friend like physician can be consulted and have a true treatment of testosterone deficiency as sex is an important element in life and it

is an health issue which is quality of life also and everyday suiting for its should be proactive

The End.

Reference: Books and Journals of Home and abroad.

Translated by : Md. Ziaul Ahsan
Director, Program & Finance

Come forward and let us prevent STD/AIDS

- ❖ Your comments and advises for prevention of STD/AIDS will be welcomed.
- ❖ Advises are provided for prevention of STD/AIDS.
- ❖ Advises and scope for employment are provided to AIDS affected person for leading normal life.
- ❖ Please form 'Social Group' of 5 members and enlist your name as life long honorary member and yourself aware in the prevention of STD/AIDS, prevention of drug addiction and reproductive health care and take the task of creating awareness among your neighbors as a volunteer.
- ❖ Please contact with the office of the organization for rendering quick care service to the AIDS patients of your area and for his employment
- ❖ Secrecy regarding all activities of STD/AIDS is strictly maintained.



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