



HIV Basics

ACTION Project
IHV - Nigeria

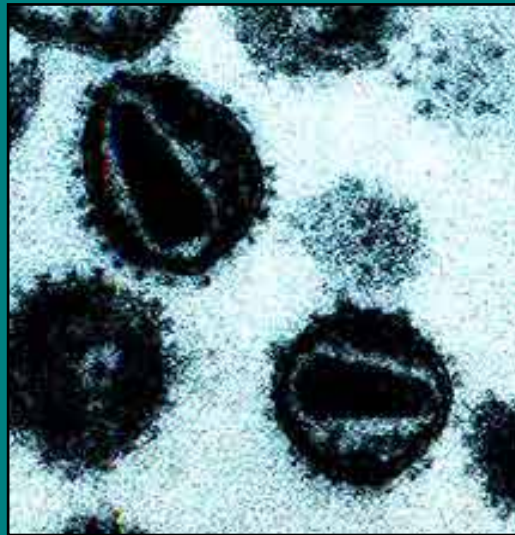
OBJECTIVES



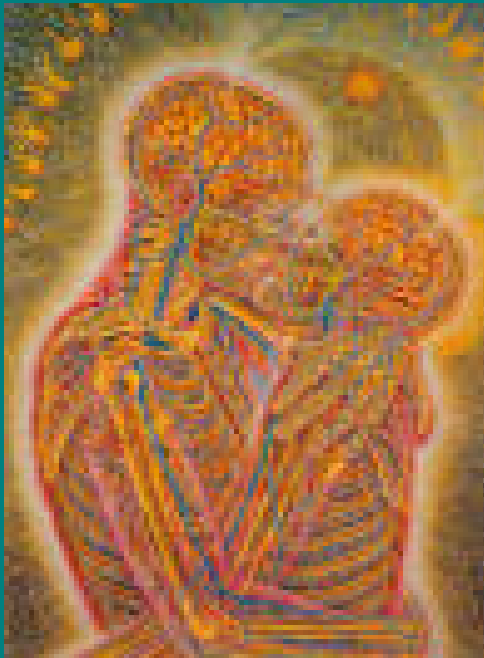
1. What is HIV?
2. How is HIV transmitted?
3. What does HIV do?
4. What is AIDS?
5. What are the goals of treatment?

1. WHAT IS HIV?

HIV is a virus that hides in the blood, semen, or genital tract of infected people. It makes people sick by attacking their immune system.



2. WAYS SOMEONE CAN GET HIV



Sexual fluids (having sex)



Blood (infected needles or blood transfusions)



Mother to baby during pregnancy or delivery



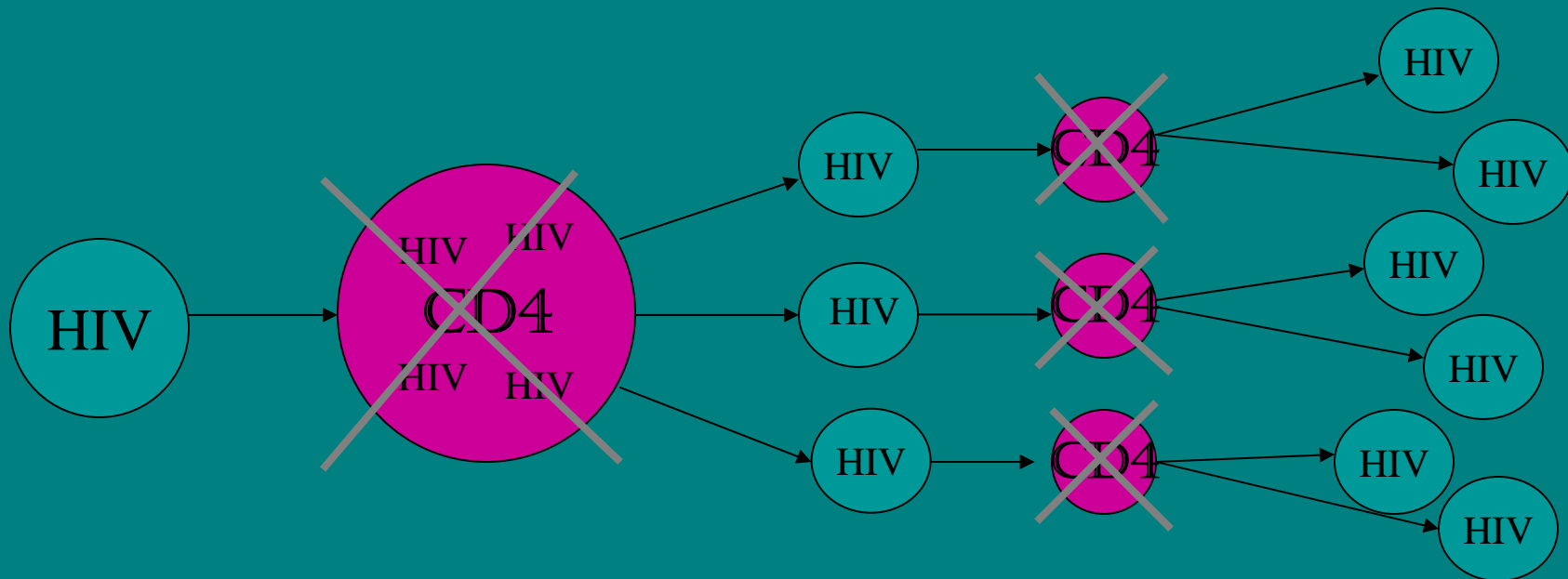
Mother to baby through breastfeeding

2. WAYS HIV IS **NOT** TRANSMITTED

- Coughing / Being in the same room
- Sharing the toilet
- Touching/Shaking hands
- Eating from the same dish
- Sharing Clothes
- Mosquitoes
- Water
- Urine
- Saliva

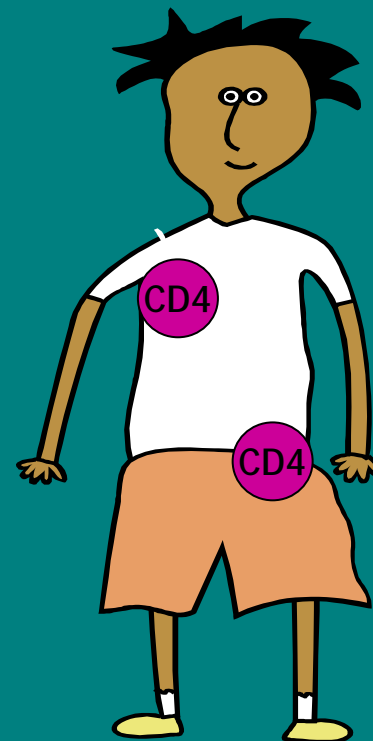
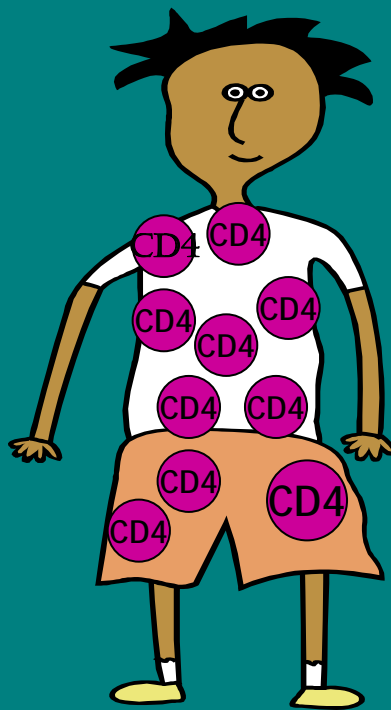
3. WHAT DOES HIV DO?

- CD4 cells (T-cells) are the part of the immune system that coordinate the body's defense against disease.
- HIV takes over these cells to create more virus.
- This eventually kills the cell, and the new virus is released into the bloodstream.



3. WHAT DOES HIV DO?

- When this happens, CD4 cells may get dangerously low.
- The immune system is very weak without its CD4 cells and cannot fight off infections.
- When this happens, people get sick and may get AIDS.



4. WHAT IS AIDS?

AIDS happens when the immune system is very weak.

Some signs and symptoms of AIDS are easy to recognize:

- Wasting/ weight loss
- Chronic diarrhea
- Thrush/Candidal esophagitis
- Hair changes
- Kaposi's Sarcoma
- Skin infections

Other AIDS-related diseases are less easy to recognize:

- Different types of pneumonias
- Different types of cancers

COMMON SIGNS AND SYMPTOMS OF AIDS



Wasting and skin disease



Oral thrush



Kaposi's Sarcoma (KS)

HOW QUICKLY DOES THE IMMUNE SYSTEM BECOME WEAK FROM HIV?

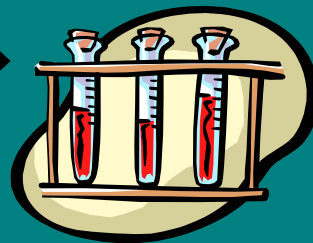


- Some people can have HIV for years and have no symptoms of AIDS.
- Others can become infected with HIV and develop symptoms of AIDS within months.
- This difference is unpredictable and depends on the patient's own immune system and its reaction to HIV.

5. WHAT ARE THE GOALS OF TREATMENT?

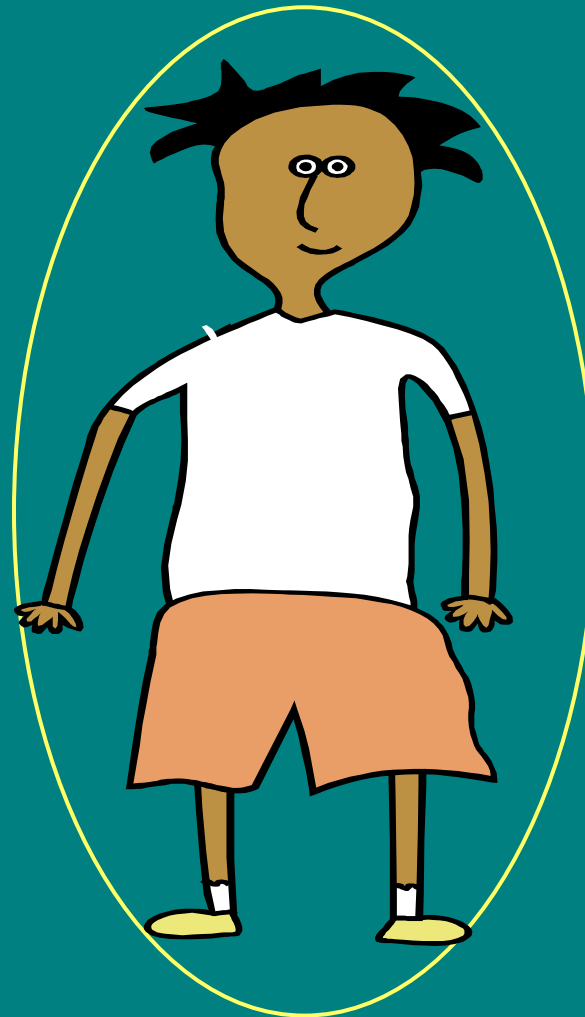
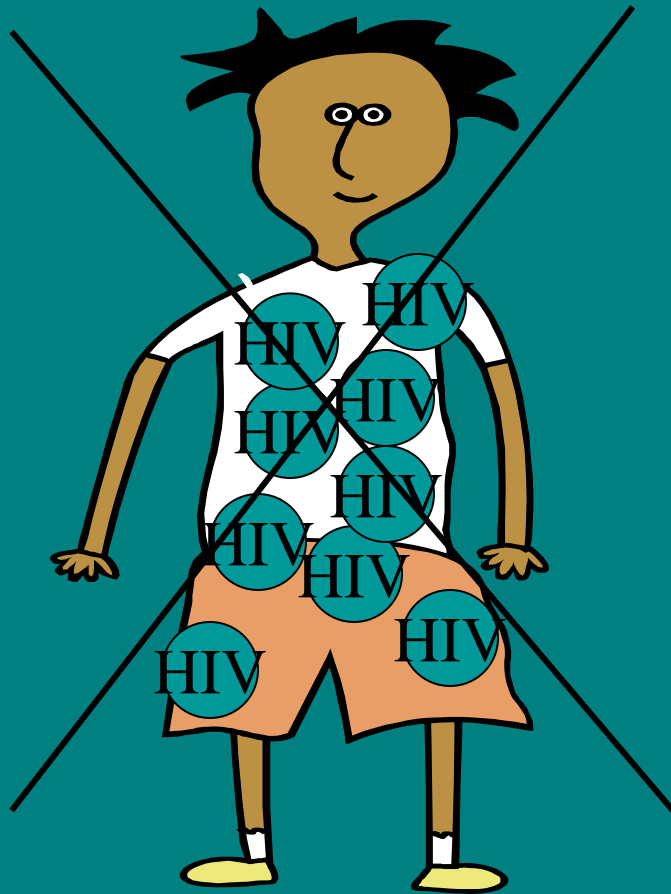
The “HIV Viral Load” test tells a doctor how much HIV is in your body.

This test is not widely available in Nigeria right now.



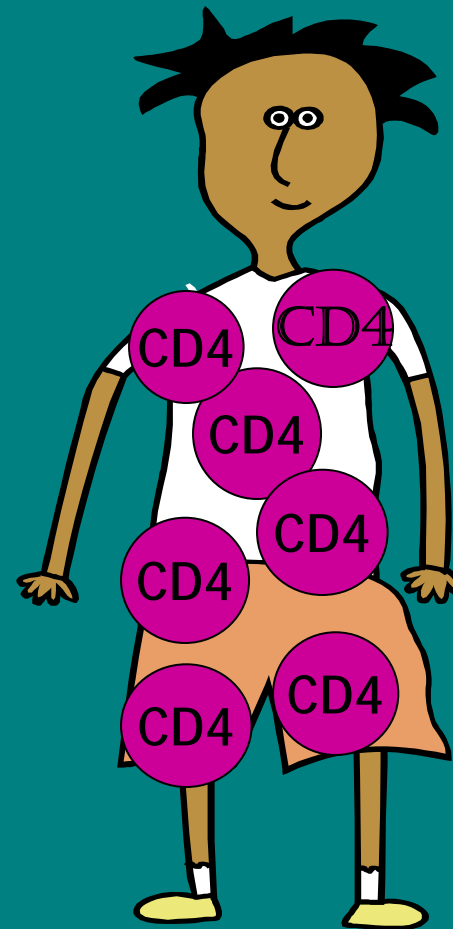
5. WHAT ARE THE GOALS OF TREATMENT?

You want the viral load to be low !



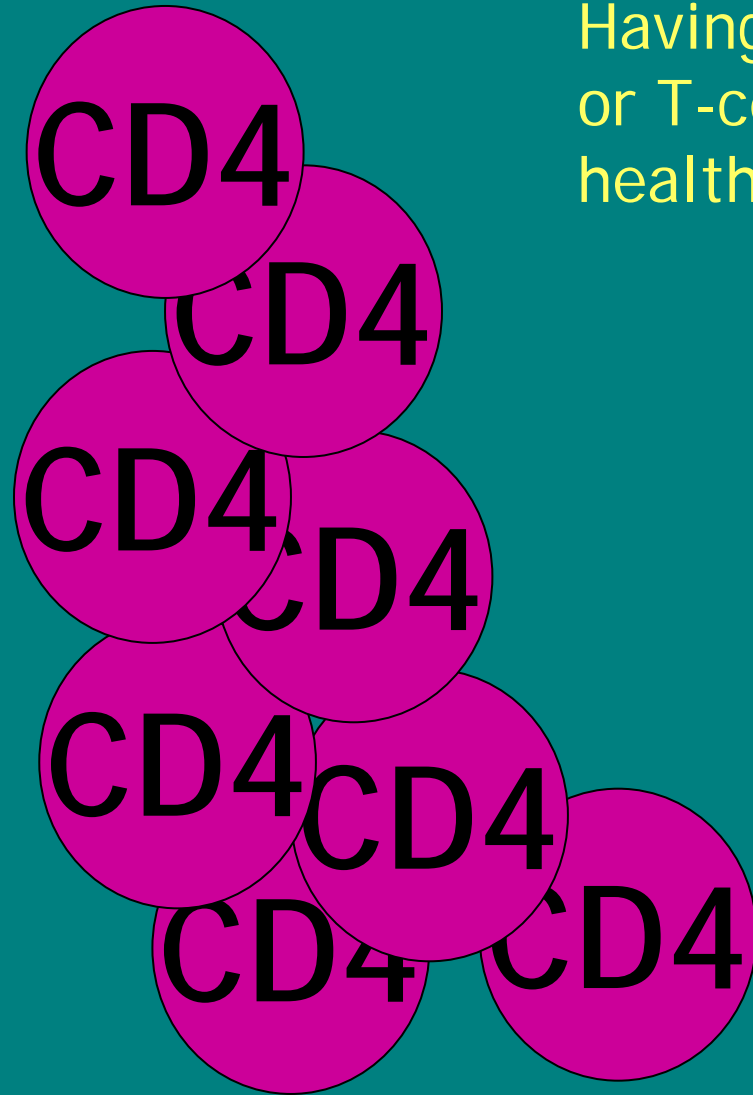
5. WHAT ARE THE GOALS OF TREATMENT?

Doctors can also check to see how many CD4 cells (or T-cells) you have in your body. You want this number to be **HIGH!**

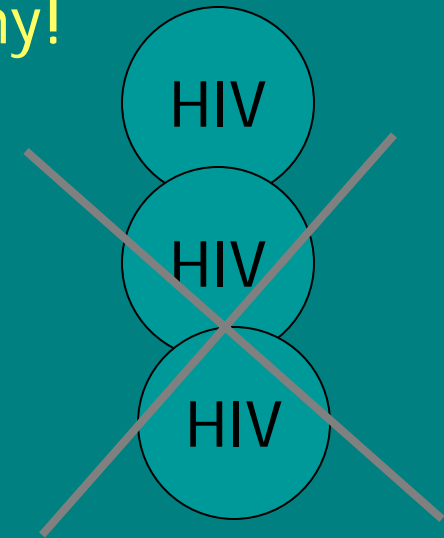


5. WHAT ARE THE GOALS OF TREATMENT?

Having lots of CD4 cells or T-cells keeps you healthy!



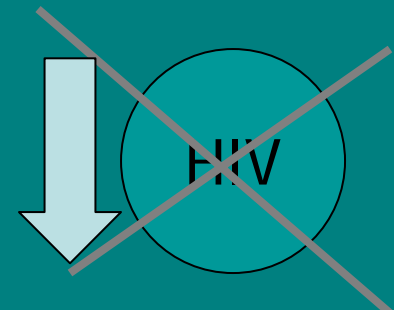
Having a low viral load will keep you healthy!



5. WHAT ARE THE GOALS OF TREATMENT?

CD4 ↑

If your **CD4 cells** are **high** and your **viral load** is **low**, you can be productive and healthy for a very long time





QUESTIONS?



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