

HIV/AIDS HEALTH TALK

ILLUSTRATING HIV AND OTHER STIs

Part9



Grace Phiri

Since HIV/AIDS was discovered, most people do not fear other sexually Transmitted Infections (STI), a disease or infection passed on through sexual activities. In the focus on HIV/AIDS, other STI s are frequently over looked. This is very serious because other STIs are also deadly, serious and even fatal. They are also important in the context of HIV/AIDS because of the increased chances of HIV transmission when another STI is present. Prevention of any STI increases protection from HIV transmission. It is important to note that HIV is also sexually transmitted infection. GRACE PHIRI has more. ...

STIs can be classified according to how the symptoms present in people.

✎ Genital Ulcer Diseases (GUD) these are Chancroid , Chancres (Syphilis Ulcer), Herpes etc.

✎ Genital Discharges these are Gonorrhea, Chlamydia, Trichomonas, Non-Gonococcal Urethritis etc.

Non Initial symptoms:

Certain STIs enhance the transmission of HIV infection e.g. Chlamydia, Trachomatis. In the presence of these infections the HIV

virus has access into the body via attachment to the CD4 receptor Cells, which are found on the inflamed cells. HIV is shed in high concentrations in the genital discharges of men and women with HIV. In addition, genital ulcers provide access for HIV because, during the process of ulceration there is:-Massive migration of CD4 receptor cells.

✎ Erosion/disruption of the genital lining allows the virus access to the CD4 receptor cells

✎ The infected semen or vaginal secretion from a person with HIV comes into contact with this genital area. The risk of infection is increased.

There is evidence of the way in which HIV infection influences the management of certain STIs. Due to immune suppression there is increasingly a poor response to drug therapy, and an increased chance of STI infections recurring.

✎ Chancroid Resions in the presence of HIV infection becomes more extensive and require prolonged drug therapy

✎ Genital Herpes become more prevalent and extensive

✎ Genital viral warts have a high incidence in patients with HIV

Behavioural patterns which enhance the transmission of STIs

✎ Increased rate of change of sexual partners

✎ Multiple sexual partners

✎ Unsafe sexual practice

✎ Untreated/poor management of STI

✎ Reduced drug compliance

✎ 2/ Illustrating HIV/ and Other STIs

Most common sexually Transmitted infections are:

✎ Gonorrhea in men

✎ The symptom occur two to ten days after infection. Symptoms includes; burning urine and discharge. The symptoms can disappear without treatment. It can cause narrowing of the urinary passage and infertility.

✎ Gonorrhea in women

The symptom is an unusually smelly and offensive discharge symptoms are less obvious in

women, and it is not until the infection reaches the fallopian tubes that a woman may experience lower abdominal pain. The infection can go unnoticed for months. At that point, the fallopian tubes can be damaged and can cause infertility. The infection can pass from mother to child during delivery resulting in blindness in the child if untreated.

Syphilis:

In men and women this takes three stages:

Primary Stage

A painless sore, on the outside or hidden inside the vagina, in the penis, rectum and in the mouth. This may be accompanied with a swollen gland. This appears two to twelve weeks after infection, and can disappear without treatment.

Secondary Stage:

If the infection is not treated in the first stage, after six to twelve months,

other symptoms will appear. These include a non itchy skin rash, hair loss, sore throat and lumps around the moist area of the body.

Tertiary Stage:

If the infection is not treated at the first or second stage, the symptoms can disappear and the infection does not occur visibly again for years. However as it progresses, it can cause damage to many internal organs, including the brain and heart. It can also be passed to an unborn child causing deformities' and death.

Genital Herpes:

Painful blisters on the genital areas. Then burs, and forms small sores. The blisters and sores disappear if kept clean within a week. Recurrence is common. The infection can be transmitted when a person has the blisters or sores. It can be passed from mother to child. No cure as yet, but there is treatment for the symptoms.

Chlamydia

:In men:

Discharge from the penis, pain when urinating. Chlamydia can cause infertility by narrowing the passages in the penis and damaging the testacles.

In Women”

Unusual discharge, pain when urinating, lower abdominal pain. Symptoms maybe minor and go away unnoticed. Infection can cause Pelvic Inflammatory Disease (PID), which causes infertility. Pregnant women who are infected can cause respiratory infection, Pneumonia and eye infections in their children.

3.Illustrating HIV and Other STIs

Chancroid:

Painful big sores on the genital, and around the rectum, sometimes with swollen tender lymph nodes in the groin. The ulcers may disappear within a month if not treated, but can last up to twelve weeks. The open sores can be a point of access for HIV infection.

Genital Sores:

Early treatment can prevent infertility, problems for unborn and newly born children and can greatly reduce chances of HIV infection.

The prevention measures for all these STIs are the same as for HIV infection. Everyone should have access to diagnoses and treatment

of STIs. All people who are diagnosed with an STI or HIV

should be encouraged and assisted to notify their partners. Partners and families should be encouraged to visit health centres for education and counseling.

In order to reduce the rate of HIV infection and the complications associated with them, it is important that STI infections be reduced.

ABOUT GRACE PHIRI:

Grace Phiri is a special person to the HIV and AIDS Community.

She is one person who accepted to the used for tests when Naverapine was first introduced in South Africa before it was administered to patients.

She has lived with HIV for 27 years and as an activist conducts talks for companies and institutions on invitation for a small fee to cover her expenses.

Contact Khanyisa for bookings - 081 575 8393.

YOU ARE WHAT YOU EAT

EAT, DRINK and be MERRY!

Anti-Aging Food Pyramid
This is the world's most advance Food Pyramid specifically designed for anti-aging. In addition to optimum nutrition for cellular fortification, it curtails sugar imbalance, control oxidative stress, aids in detoxification, and prolong lifespan. It is the best anti-aging diet available, and it has been proven clinically to work. My thanks to Dorine Tan, RD, MPH, ABAHP , clinical dietitian for her collaboration in this work.

Here is a summary :

1. Start with 10-12 glasses of room temperature pure filtered water a day. Begin in the morning with 2

glasses of water to purify and hydrate your body from the overnight dehydration. Bring a water bottle around with you during the day, and drink water whenever you feel thirsty.

2. Your carbohydrates intake should comprise primarily of whole grain cereal, barley, and oats. These are low glycemic index food that converts into sugar once inside your body at a slow and steady pace. Reduce high glycemic carbohydrates intake such as rice, wheat, bread, pasta, and rice which converts into sugar quickly once taken in and cause a rise in blood sugar level. Sustained intake of high glycemic food leads to obesity and adult onset diabetes and is a

leading cause of aging. You don't have to avoid all grains, as it is a good source of energy. The key is to take good grains and avoid bad grains.

3. 8-10 portions of vegetables should be taken. Choose above ground green leafy vegetables. Generally speaking, the more colorful the vegetable, the more anti-oxidant is inside and the better it is for you. Avoid vegetables that grow underground such as potato, yam, and carrots because they behave like high glycemic index type carbohydrates and leads to sugar imbalance.

4. Low glycemic index type fruits should be taken, such as apple or blueberry. Always take whole

fruits and avoid fruit juices which are high in sugar and low in fiber.

5. Legumes , organic eggs, and nuts are excellent source of protein. One to two eggs a day can be taken in without significant rise in blood cholesterol if you are healthy.

6. At least 8 oz of cold water deep sea fish such as salmon or tuna should be taken per week. This will provide the body with the necessary omega 3 fatty acid as well as protein. Stay away from fresh water or coastal water fish which can be contaminated. Free range chicken is a good source of protein also and can be taken twice a week.

7. Red meat such as beef should be

restricted to once or twice a week , together with dessert such as ice cream and cakes. Try to take in beef that comes from cattle that are grass fed instead of grain fed in their diet. 8. Olive or Canola Oil should be used in preparation of food. It contains mono-unsaturated fat . Stay away from polyunsaturated fat that comes after processing, such as corn oil, safflower oil, and sunflower oil. The commercialization processes changes the structure of the fat and makes it harmful for the body. Avoid trans-fat that is found in margarine, cookies, and pastries as much as possible. It is the worse type of fat, much worse than the saturated fat you find in red meat.

Bon Appétit

Heart Attacks And

Drinking Warm Water

This is a very good article. Not only about the warm water after your meal, but about Heart Attacks. The Chinese and Japanese drink hot tea with their meals, not cold water, maybe it is time we adopt their drinking habit while eating. For those who like to drink cold water, this article is applicable to you. It is very Harmful to have Cold Drink/Water during a meal.

because the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestines faster than the solid food. It will line the intestine.

Very soon, this will turn into fats and lead to cancer.. It is best to drink hot soup or warm water

after a meal.

French fries and Burgers are the biggest enemy of heart health. A coke after that gives more power to this demon. Avoid them for your Heart's Health.

Common Symptoms Of Heart Attack...

A serious note about heart attacks - You should know that not every heart attack symptom is going to be

the left arm hurting .

Be aware of intense pain in the jaw line .

You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms. 60% of people who have a heart attack while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep.

Let's be careful and be aware. The more we know, the better chance we could survive.

A cardiologist says if everyone who reads this message sends it to 10 people, you can be sure that we'll save at least one life.

Read this & Send to a friend. It could save a life... So, please be a true friend and send this article to all your friends you care about.

PANIC ATTACK PART 1

What are panic attacks?
Panic attacks may be symptoms of an anxiety disorder. The peak age at which people have their first panic attack (onset) is 15-19 years. Another fact about panic is that this symptom is strikingly different from other types of anxiety; panic attacks are so very sudden and often unexpected, appear to be unprovoked, and are often disabling.

Childhood panic disorder facts include that about 0.7% of children suffer from panic disorder or generalized anxiety disorder and that although panic is found to occur twice as often in women compared to men, boys and girls tend to experience this disorder at an equal frequency.

Once someone has had a panic attack, for example, while driving, shopping

in a crowded store, or riding in an elevator, he or she may develop irrational fears, called phobias, about these situations and begin to avoid them.

Eventually, the pattern of avoidance and level of anxiety about another attack may reach the point at which the mere idea of engaging in the activities that preceded the first panic attack triggers future panic attacks,

resulting in the individual with panic disorder being unable to drive or even step out of the house.

At this stage, the person is said to have panic disorder with agoraphobia.

Thus, there are two types of panic disorder, panic disorder with or without agoraphobia. Like other major illnesses, panic disorder can have a serious impact on a person's

daily life unless the individual receives effective treatment. Panic attacks in children may result in the child's grades declining, avoiding school and other separations from parents, as well as substance abuse, depression, and suicidal thoughts, plans, and/or actions. What are panic attack symptoms and signs in adults, teenagers, and children?

Researched by Nonceba Xezu