

health+pedia

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UNDERSTANDING HIV AND AIDS

What is HIV?

HIV, or human immunodeficiency virus, is a retrovirus that attacks the immune system, specifically the CD4 cells (T cells), weakening the body's ability to fight infections and diseases. If left untreated, HIV can progress to the more severe stage known as AIDS (acquired immunodeficiency syndrome).

Stages of HIV	Stage Description	Symptoms
<p>Stage 1: Acute HIV</p> 	<p>Initial stage of HIV, occurring within 2-4 weeks after infection.</p> <p>The virus multiplies rapidly, and the immune response begins to develop antibodies against HIV.</p>	<p>Flu-like symptoms such as fever, fatigue, swollen lymph nodes, and sore throat.</p> <p>Some people may not exhibit any symptoms at all.</p>
<p>Stage 2: Clinical Latency</p> 	<p>HIV enters a period of clinical latency, where it continues to replicate at low levels.</p>	<p>No specific symptoms, but the virus is still actively damaging the immune system.</p>

Stage 3: AIDS



If HIV is left untreated, it can lead to the final stage known as AIDS.

The immune system is severely damaged, and the person becomes vulnerable to opportunistic infections and certain cancers.

Rapid weight loss, recurring fever, profuse night sweats, extreme and unexplained tiredness, prolonged swelling of the lymph glands, and recurrent diarrhea.

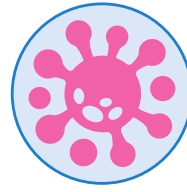
Causes and Risk Factors:

HIV	AIDS
Causes: Sexual Transmission, Sharing Needles, Mother-to-Child Transmission	Causes: Untreated HIV Infection, Late Diagnosis and Treatment, Inadequate Medical Care
Risk Factors: Unprotected Sex, Multiple Sexual Partners, Injection Drug Use, Sexually Transmitted Infections, Blood Transfusions in High-Risk Areas	Risk Factors: Late HIV Diagnosis, Poor Adherence to Treatment, Lack of Access to Healthcare, Presence of Opportunistic Infections

What are the Complications?



Infections like
Tuberculosis and
Pneumonia



Cancer



Neurological
Disorders



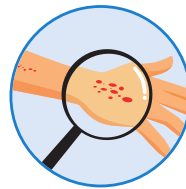
Associated
Heart Disease
and stroke



Weakness,
fatigue and over-
all health decline



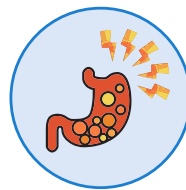
Kidney
Disease



Skin Conditions
like Rashes, Ulcers,
and Infections



Chronic
diarrhea



Cardiometabolic
Issues

Fact About HIV: Even with successful antiretroviral treatment, HIV can remain hidden and inactive in certain cells of the body, creating a reservoir of latent virus. This poses a significant challenge to curing HIV, as the virus can reactivate if treatment is interrupted.

How to Prevent HIV and AIDS?

Preventing HIV and AIDS involves a combination of behavioral, medical, and educational strategies such as:

- ▶ **Use safe sex practices** such as limiting sexual Partners, using condoms etc. **Monogamous relationships** where both partners are uninfected also contribute to prevention
- ▶ Discuss and know your **partner's HIV status**.
- ▶ **Get tested** as knowing your status allows for appropriate medical care and prevention.
- ▶ **Use clean needles, blades or syringes** and never share them.
- ▶ **Pregnant women with HIV should receive antiretroviral therapy** to prevent mother-to-child transmission. Additionally, avoiding breastfeeding in certain situations can reduce the risk.
- ▶ **Promote comprehensive sex education programs** to raise awareness about HIV/AIDS.
- ▶ **Take medications after potential exposure to HIV**. It is a time-limited intervention.
- ▶ **Preventing unintended pregnancies**, reduces the risk of mother-to-child transmission.
- ▶ **Reducing stigma around HIV/AIDS** can encourage individuals to seek testing and treatment without fear of discrimination.

What is the treatment for HIV?

- 1 Antiretroviral Therapy (ART):**

ART is the main treatment for HIV. It works by stopping the virus from multiplying in the body. It helps the immune system stay strong and prevents the progression to AIDS.
- 2 Combination Pills:**

Some medications are combined into a single pill, making it easier to take and improving adherence.
- 3 Starting Treatment:**

Treatment usually begins as soon as HIV is diagnosed, regardless of symptoms. Early treatment is crucial for better outcomes.
- 4 Regular Monitoring:**

Patients on ART have regular check-ups to monitor the amount of virus in the blood and CD4 count (a measure of immune strength).
- 5 Managing Side Effects:**

Medications can have side effects, but healthcare providers help manage them. It's essential to communicate any concerns.



Dos and Don'ts for HIV and AIDS Patients

DO'S

Take antiretroviral medications as prescribed

Practice safer sex by using condoms consistently and correctly

Communicate openly with sexual partners about your HIV status and discuss preventive measures

Attend regular medical check-ups for monitoring, adjustment of treatment, and addressing health concerns

Seek immediate medical attention for any symptoms of opportunistic infections or complications

Adopt a healthy lifestyle with a balanced diet, regular exercise, and sufficient sleep to support your immune system

DON'TS

Skip or stop taking your prescribed antiretroviral medications without consulting

Engage in unprotected sex, as it increases the risk of transmitting HIV to sexual partners

Withhold your HIV status from sexual partners

Neglect regular medical check-ups

Ignore symptoms of opportunistic infections or complications

Engage in substance abuse or share needles, as it increases the risk of infections and complicates HIV management

Dos and Don'ts for HIV and AIDS Patients

DO'S

Practice good hygiene and food safety to prevent exposure to infections

Engage in mental health support, such as counseling, to address emotional aspects of living with HIV

Educate yourself about HIV, treatment options, and preventive measures to make informed decisions

Seek social support from friends, family, and support groups to cope with the challenges of living with HIV

DON'TS

Neglect overall health

Isolate yourself

Succumb to stigma or discrimination

Hesitate to ask questions

What are the issues that HIV and AIDS patients face while undergoing surgery?

- ▶ Increased vulnerability to infections
- ▶ Delayed wound healing and slow recovery
- ▶ Higher risk of complications after surgery



What precautions should HIV and AIDS patients take before undergoing a surgery?

- ▶ **Inform your surgical team** about your HIV status.
- ▶ **Collaborate with Healthcare Providers** and adjust medications if necessary.
- ▶ **Follow the instructions** and take appropriate measures recommended by your healthcare team.
- ▶ **Manage/Prevent opportunistic infections** by following guidelines provided by your healthcare team.
- ▶ **Undergo pre-surgery blood tests to assess** your immune status and HIV control.
- ▶ Adhere consistently to your **prescribed HIV medications**.
- ▶ **Follow infection prevention protocols**, such as proper wound care and hygiene, to reduce the risk of surgical site infections.
- ▶ **Schedule postoperative follow-up appointments** to monitor healing progress and complications.
- ▶ Your healthcare team may **recommend antibiotic prophylaxis** to prevent infections during and after surgery.
- ▶ Discuss the **potential need for blood transfusions** with your healthcare team and ensure proper screening of donated blood.
- ▶ Address any dental issues before surgery, as oral health is linked to overall well-being, especially for individuals with compromised immune systems.

Why Choose Pristyn Care?

At Pristyn Care, we put you at the center of your healthcare. Our skilled surgeons work closely with you, considering your needs and adjusting treatments based on your medical requirements and preferences. We're known for using advanced techniques that make recovery quicker and more comfortable, especially for patients with complex conditions.





Pristyn Care

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Video/Teleconsultation/
Physical consultation

2 Free
Second Opinion from
Pristyn Care Surgeons

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for Futurisk client's
employees and family



Free Pick and Drop
on Surgery Day



Priority Hospital Admission,
No Deposit Required



Specialized Insurance Support Team



Full Assistance
from Admission
to Discharge.



24/7 Dedicated Support Team



Free Meal
for Patient's
Attendant



Upto 100% Waiver
on Non-Payables



Unlimited Free Post-Surgery Consultations

How to Access Benefits



- Go to “plus.futurisk.in”
- Enter “Login credentials”
- Select **Futurisk Care**
- Click on “Pristyn Care
- Request an appointment to access services
- A **Pristyn Care Coordinator** will arrange a call after submission