

How HIV acts

Since the HIV virus enters blood circulation it attacks the cells of organism's defense and especially the T4 lymphocytes. The virus uses these cells as its "manufacture" to multiply itself and then it destroys them.

Immunodeficiency

The result of the virus's action to T4 cells is the debilitation of the organism's defense (immune system) and has as a consequence immunodeficiency. This means that the organism has no longer the ability to fight against even the most ordinary infection, such as a common flu.

Where the HIV virus is found ?

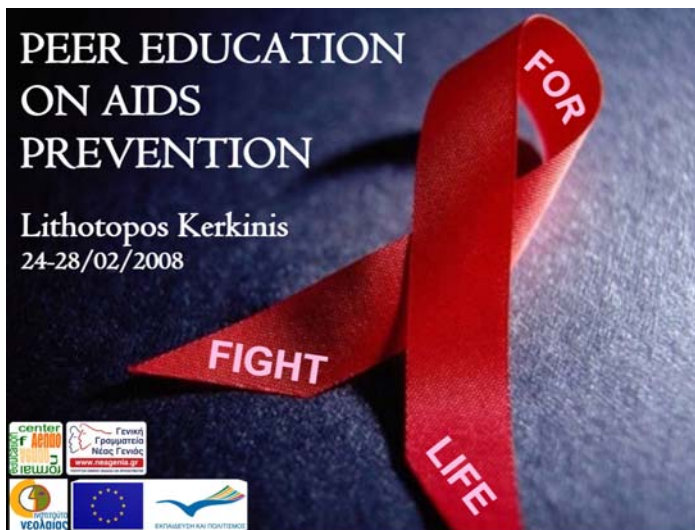
The virus has been secluded actually from whichever bodily fluid of the infected person. Nevertheless, the virus of AIDS it is not possible to be transmitted through all of these bodily fluids. HIV is only transmitted through : **Blood, Sperm, Vaginal fluids, Breastmilk** and **whichever bodily fluid infected with HIV (+) blood.**



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The main objective of NGO AENAO is to develop programs concerning physical and mental health promotion at national and international level.

The target groups of these programs are children, adolescents, as well as adults.

AENAO's philosophy is based on learning by participation and on informal training, techniques which can help people to progress sentimentally, cognitively and behaviorally.

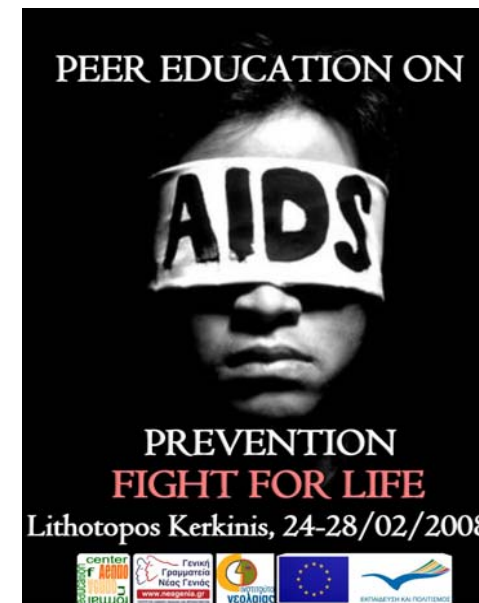


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What is AIDS ?

The word AIDS stems from the initial letters of the English words

Acquired **I**mmuno**D**eficiency **S**yndrome.

AIDS is a very serious human infection which is caused by the virus HIV (Human Immunodeficiency Virus).

The project

*"Peer Education on AIDS prevention" was funded by the **Youth in Action** program (Action 4.3).*

The intervention aims to motivate youth on AIDS prevention. Young people from different European countries will act as multipliers in their organizations.



How do I "get" AIDS ?



➤ Through - **unprotected** - sexual intercourse



➤ Through the common use of sharp objects (needles, syringes, razors, toothbrushes etc) in which there is **infected blood**



➤ From a **HIV(+)** mother to the fetus (in utero, during delivery, breastmilk)



➤ Through an accident with **infected material** during the practice of a sanitary occupation

How am I protected against AIDS ?

⊕ **Making systematic and proper use of condoms** in every kind of sexual intercourse (vaginal, rectal, oral), during the entire act, and with every partner.



⊕ Not using personal stuff of other people (syringes, razors, toothbrushes).

⊕ Not coming to contact with somebody else's blood, on bare hands.

⊕ Informing pregnant women (AIDS vectors) and counseling them.

How AIDS is NOT transmitted ?

⊖ Through common interaction at the place of work, at school, when out for fun.

⊖ Through the social contact with an infected person, like a handshake, a hug.

⊖ Through the common use of toilet or pool or the sea.

⊖ Through clothes, towels, food implements etc

⊖ Through insect pinch.

The progress of HIV infection

The initial infection from the HIV is being accompanied with no particular symptoms such as **fever, nausea, diarrhoea, vomiting, weight loss, swollen lymph nodes** etc. The symptoms are pulled away in 1-2 weeks. The patient lies with no particular symptoms for many years (vector of the virus - average 7 years). After the lapse of this period is revealed the **full AIDS syndrome** with **neoplasms, neurological disorders and continuous infections which often lead to death.**



Which are the symptoms that will take us to the doctor ?

Feeling of chronic fatigue, great weight loss, fever and nocturnal sweating which insists for a long time, chronic cough, swollen lymph nodes, dermatological problems (brown or reddish swellings), other sexually transmitted diseases that relapse.

What is a vector ?

It is the person which although is infected of the virus HIV, has not been taken down yet, meaning he/she does not have any symptoms. The stage of being a vector is the longest one during the progress of the HIV-infection. It is possible that the vector does not know that he/she is infected (**seropositive**) and thus 10-12 years pass until he/she reveals AIDS symptoms.

How am I able to know that I am a vector ?

The diagnosis is made through a simple blood test where can be traced the antibodies against the virus. **The test must be done after 2 or 3 months of the possible exposure to the virus so as to be accurate.** Every positive result is verified with another test.

Is there a therapy ?

There is no radical treatment till now. Nevertheless there are medicines which retard the virus and serve the increase of quality and duration of life. **But unfortunately AIDS finally leads to death.**

Did you know that . . .

➤ Today there is **NOT** an effective vaccine against AIDS.



➤ The vector transmits the virus HIV despite the fact that himself/herself does not have any symptoms (looking absolutely healthy)!

➤ **AIDS belongs to the sexually transmitted diseases.**

➤ The possibility of someone to get infected of the virus with only one «dangerous» (without using a condom) sexual intercourse is 1% for men and 10% for women.