HIV (human immunodeficiency virus)

- HIV attacks the body’s CD4 cells (Helper T cells). The cells that become infected are forced to make more of the virus
  - immune system eventually weakens
- There is no cure, but proper medical treatment can control it
- Contracted through:
  - semen
  - vaginal fluid
  - blood
  - breast milk

- S/S
  - fever
  - chills
  - rash
  - night sweats
  - muscle aches
  - sore throat
  - fatigue
  - swollen lymph nodes
  - mouth ulcers

- Treatment
  - HIV antiviral drugs taken
  - Recommended to take 3 or more drugs in order to be effective
  - The medication does not eliminate the virus, but it can slow the growth of the virus
  - Best to take medication early in the diagnosis
  - Medication must be taken for the rest of the patient’s life

- Prevention
  - use condoms
  - regularly get tested for STIs
  - talk to partner about possibility of having HIV
  - don’t inject drugs with used needles

AIDs (Acquired Immunodeficiency Disease)

- AIDs is the most advanced stage of HIV
- HIV progresses into AIDs when the patient’s immune system is weakened so much, it cannot fight off certain diseases or cancers (although the lack of disease or cancer does not mean a patient does not have AIDs)
  - CD4 cell count is less than 200 in diagnosed AIDs patients
  - can take 2-10 years for an HIV infected patient to develop in AIDs