What do you know about AIDS?

- Direct transmission takes place two ways:
  1. Cuts & Wounds
  2. Natural openings

True/False

**Question 1.** The AIDS virus is very hardy and can live outside the body.

**Answer:**
**FALSE.** The AIDS virus is actually quite flimsy and dies when the fluid it lives in, usually semen or blood, is exposed to air and dries out. It does not live long or well outside the human body, probably for not longer than a few hours. Wiping up the fluids with household bleach can kill the virus. In addition, the virus can be washed from the hands or skin with regular soap.

**Question 2.** The first case of AIDS was described in the early 1980's.

**Answer:**
**FALSE.** Medical research has revealed that a teenager who died in the early 1960's may have in fact died of AIDS.
• In what year is AIDS the #1 cause of death for U.S. men ages 25-44?
  1992

• When does AIDS become the leading cause of death for all Americans?
  1994

• 2006 the CDC recommends AIDS tests for every American ages 13 - 64.

True/False

Question 3. It is highly unlikely to contract AIDS from a blood transfusion.

Answer:
TRUE. HIV infection from a blood transfusion is RARE. Since 1985, when blood banks began routinely testing donations, less than 20 cases of AIDS have been traced to transfusions. In the interest of making the blood supply as safe as possible, donors are screened for risk factors and donated blood is tested for the AIDS antibody. People known to have contracted AIDS from transfusions, like tennis pro Arthur Ashe, were infected prior to 1985.

True/False

Question 4. Going to the dentist puts you at risk for becoming infected with the AIDS virus.

Answer:
FALSE. The likelihood of contracting HIV from a dentist, while possible, has always been remote. And now that all health-care workers operate under strict government standards known as "UNIVERSAL PRECAUTIONS," the chances are negligible.

Question 5. Kids can catch AIDS from attending school with a classmate who is infected with HIV.

Answer:
FALSE. One of the saddest commentaries of our times is uneducated parents protesting the attendance of HIV infected kids in their kid's school. There has never been a youth or teacher who contracted HIV in this way. The virus is not transmitted through the air, or by sneezing or coughing. The HIV does not live on toilet seats, or other everyday objects, even those on which body fluids may sometimes be found.
• How did Ryan White get HIV/AIDS?

**Blood transfusion**

• What year was the Ryan White Care Act passed?

1990

"to improve the quality and availability of care for individuals and family with HIV..."

In fiscal year 2005, federal funding for the Ryan White Care Act was $2.1 billion

---

**True/False**

**Question 6.** You can get AIDS from shaking hands with someone who has AIDS or drinking from the glass used by an HIV-infected person. Kids can also get AIDS by being bitten by mosquitoes or other insects.

**Answer:**

FALSE. 1. There has never been a reported case of AIDS being transmitted by **casual contact** (like handshakes or hugs).
2. There has never been any reported cases of AIDS being transmitted from using silverware, glasses, or any other eating utensils used by an HIV-infected person.
3. The scientific community is well-convinced that insect and mosquito bites are not a mode of transmission. It is important to remember that while mosquitoes do withdraw blood from people, they do not exchange blood between people.

---

**True/False**

**Question 7.** The most common reason kids under 12 contract AIDS is being born to their HIV-infected mother.

**Answer:**

TRUE. Over **85%** of childhood AIDS occur from perinatal infections—that is, their mothers are infected with the AIDS virus and pass this infection on to the fetus before they are born. Before 1985, a number of people were infected through blood transfusions or the use of blood products to treat the bleeding disease hemophilia.

---

**True/False**

**Question 8.** The AIDS virus takes over the cells in the infected persons immune system, destroying the cells disease fighting capabilities.

**Answer:**

TRUE. The AIDS virus leaves the infected person vulnerable to a variety of unusual, life-threatening illnesses. The virus then uses the reproductive mechanism of the cell to make more viruses. This is one of many reasons that it is difficult to control the AIDS virus.
• The immune system army chiefs are called: **CD4 T-Cells**

• When too many CD4 T-Cells are destroyed what happens to the immune system? **It collapses**

• When the immune system breaks down a person is said to have **AIDS**.

---

**True/False**

**Question 9.** The body fluids most often implicated in the transmission of AIDS are semen, vaginal secretions, and blood.

**Answer:** TRUE. Only semen, vaginal secretions, and blood are implicated in transmission. There are also cases in which babies have contracted AIDS through infected breast milk. There has not been a single case of transmission of the AIDS virus by saliva, sweat, urine or tears.

---

**How do you know you might be infected?**

**Step 1.** Is there high risk fluids?

**Step 2.** Is there direct transmission

**Step 3.** Go to doctor
True/False

**Question 10.** An adolescent has sexual intercourse with a known HIV-infected partner without practicing "safe sex". An AIDS antibody test is negative 4 weeks after the relationship. One can say that the adolescent has not been infected with the virus.

**Answer:**
FALSE. The adolescent may have been infected by the virus but has not yet produced antibodies. Research indicates that while most people will produce antibodies within 2-12 weeks after infection, some people will not produce antibodies for six months or more.

• The antibodies are not effective in fighting HIV, but their presence in the blood results in a positive HIV test.

True/False

**Question 11.** The HIV antibody test is positive but the individual has no symptoms. They cannot pass the virus on to others.

**Answer:**
FALSE. Most people with HIV antibodies have the virus in their bodies. Therefore, a person with a positive test must assume they are capable of passing the virus on to others under the correct circumstances.

True/False

**Question 12.** An individual with a positive antibody test showing infection with the AIDS virus can show no symptoms for five years or more.

**Answer:**
TRUE. The most recent research suggests the average length of incubation is seven to eight years. Some people have been infected with the AIDS virus for ten years and still have no symptoms, and some researches suspect the virus could incubate for as long as 15 to 20 years in some people.
• What are opportunistic infections?
A group of illnesses that don't normally occur with a healthy/functioning immune system.

• What is Cytomegalovirus (CMV)?
A herpes virus that healthy adults fight easily. With AIDS patients it can damage eyes and lead to blindness

True/False

Question 13. All individuals infected with the HIV virus have AIDS.

Answer:
FALSE. Once a person is infected with the HIV, the virus will be present for life. But HIV infection is not the same as AIDS. People with HIV infection may be free of symptoms for years, and AIDS occurs only after the immune system is destroyed by the virus and symptoms develop.

True/False

Question 14. Currently there is no cure for AIDS.

Answer:
TRUE. While there are promising new medical treatments that can postpone many of the illnesses associated with AIDS, there is currently no cure for AIDS.

• AIDS is diagnosed if T-Cell count drops below 200. A healthy T-Cell count is 500 to 1500.

• AIDS represents the final stage of HIV disease
AIDS Medication:

• Entry Inhibitor- blocks virus from T-Cells
• NRTI/NNRTI- blocks cells from making more HIV
• Protease Inhibitors (PI)- blocks protease enzyme-stopping new HIV cells from forming

AIDS Medication Prices:

• Atripla (3 in 1) - $50 for 1 pill, $1500 for 30
• Most other medicines mentioned ranged from $350 to $2300 a month

Common Side Effects:

• Mental disorientation, insomnia, nausea, dizziness, diarrhea, fatigue, headaches, abdominal pain, depression, flu like symptoms.

True/False

Question 15. You can contract HIV by donating blood.

Answer: FALSE. The needles that are used for blood donations are brand new. Once they are used, they are destroyed. There is no way you can come into contact with the AIDS virus by donating blood.

• The layers of safety for our blood supply is to protect the donor who gives blood, and the patient who receives it.
True/False

**Question 16.** AIDS cases among teens are rising at a rate of 60% a year

**Answer:**

**TRUE.** The adolescent age group has the highest rate of new AIDS cases, faster than the rate of increase among adults. 20% of the AIDS patients are 20-29 years old, and most were infected with HIV during their teen years.

---

**True/False**

**Question 17.** If a dog bites someone with AIDS, and then bites you, you can catch AIDS.

**Answer:**

**FALSE.** Animals cannot catch this illness from people, and people cannot catch it from animals. It is true that cats and monkeys can get their own version of the disease, but this cannot be transmitted to humans.

---

**True/False**

**Question 18.** The AIDS virus is so deadly that all hopes of making a vaccine against it are useless.

**Answer:**

**FALSE.** Many experts are confident that an AIDS vaccine will be available within the next 10-15 years.

---

**True/False**

**Question 17.** If a dog bites someone with AIDS, and then bites you, you can catch AIDS.

**Answer:**

**FALSE.** Animals cannot catch this illness from people, and people cannot catch it from animals. It is true that cats and monkeys can get their own version of the disease, but this cannot be transmitted to humans.

---

**True/False**

**Question 18.** The AIDS virus is so deadly that all hopes of making a vaccine against it are useless.

**Answer:**

**FALSE.** Many experts are confident that an AIDS vaccine will be available within the next 10-15 years.
True/False

**Question 19.** Condoms are an effective means of preventing the spread of AIDS.

**Answer:**
TRUE. Although not 100%, the correct use of condoms will **DECREASE** one’s chances of catching the AIDS virus from a **HIGH-RISK** encounter. There's no absolute guarantee even when you use a condom. But most experts believe that the risk of getting HIV/AIDS and other sexually transmitted diseases can be greatly reduced if a condom is used properly.

In other words, sex with condoms isn't totally "SAFE SEX", but it is "LESS RISKY" sex.

True/False

**Question 20.** AIDS commonly affects the body but not the mind.

**Answer:**
FALSE. All AIDS victims who live long enough develop a thinking disorder known as AIDS related **DEMENTIA**.

True/False

**Question 21.** If you have unprotected sex with someone who has AIDS only once, you cannot catch AIDS.

**Answer:**
FALSE. Just like the risk of pregnancy, AIDS can be transmitted during any **SEXUAL** encounter with a **HIV** infected person.

**DOCTOR’S CHALLENGE**