



Knowing the facts about HIV/AIDS is a key to prevention and living a healthy life. Understanding the disease will also help you spot myths regarding contraction. HIV (Human Immunodeficiency Virus) infects the cells that build our immune system. The virus progressively deteriorates the immune system which prevents the human body from defending itself against infections and diseases. When the virus advances in stages it becomes AIDS (Acquired Immune Deficiency Syndrome).

In 1986, an analysis of blood samples from a variety of African countries identifies an unnamed African man living in the Democratic Republic of the Congo. This is the earliest where a blood sample can verify infection. Pre-1959 It's widely accepted that HIV comes from the SIV (Simian Immunodeficiency Virus) a similar virus found in apes and chimpanzees. SIV likely crossed species when humans came into contact with SIV-infected blood, either during hunting, or through the butchering and consumption of bushmeat. Studies suggest this was in 1920s Kinshasa.

The virus can be transmitted through unprotected sexual intercourse, blood transfusions, sharing drug injecting supplies, contaminated surgical equipment, or through pregnancy from a mother to baby.

The best way to protect yourself is to practice safe sex by using condoms, know your status, avoid drug use, and ensure that necessary blood has been screened.

If you contract the disease make sure that you utilize resources that help you maintain a healthy life. It is estimated that 37 million people worldwide are living with HIV. The population in countries that are considered second, and third world countries tend to be higher because they don't have access to prevention. It is estimated that 14 million people worldwide are undiagnosed.

Treatments today can reduce new infections up to as much as 96%. As of 2016 more than half of the infected population are being successfully treated with ART. PrEP is also recommended as a pre-exposure treatment as well as first line treatment regimens.

In order to take an aggressive stance on prevention HIV testing should be accessible to everyone and recommended as a standard medical screening. Cuba is the first country to declare that they have eliminated mother-to-baby transmissions. Countries that have followed include Armenia, Belarus, and Thailand. This disease is not specific to any country, nationality, gender, or sexuality. It is a human disease and as such any human can contract the virus if they come in contact with it.

It is estimated that of HIV infected patients 1 in 4 are women. Women can give the virus to men through intercourse. The disease is not limited to homosexuals. The disease does not spread through sexuality but through sexual activity. The contraction risk increases if STD's are present during sexual activity.

You cannot contract the disease by kissing, hugging, sharing food, restrooms, bathing, sneezing, coughing and it should not limit your ability to manage a relationship and living a happy life.

HIV Myths:

The disease is not spread through mosquitoes, sweat, tears, swimming pools, or casual physical contact.



HIV is not airborne nor can it swim.

You cannot prevent infection by bathing after sexual intercourse, only having sex with virgins, using the “pulling out” method, or my herbal therapeutic methods.

HIV is not a “homosexual disease”

Know your body – Know your status

References:

[Who](#)

[Center For Disease Control](#)

[Womens Health](#)

[Avert](#)