Ch. 21 Notes

What Are HIV and AIDS?

• **Human immunodeficiency virus (HIV)** is the virus that \_\_\_\_\_\_\_\_\_\_\_\_ affects cells of the immune system and that causes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

• **Acquired immune deficiency syndrome (AIDS)** is the \_\_\_\_\_\_\_\_\_\_\_ that is caused by the HIV virus, which \_\_\_\_\_\_\_\_\_\_\_\_ the immune system.

What Are HIV and AIDS?

• People with AIDS \_\_\_\_\_\_\_\_\_\_\_\_\_ fight off illnesses that a healthy immune system could normally \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

• It usually takes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ years before a person infected with HIV develops AIDS.

HIV Around the World

• AIDS is a **pandemic,** a disease that spreads \_\_\_\_\_\_\_\_\_\_\_\_\_ through human populations all over the world.

• More than 20 million people have died from AIDS since HIV was \_\_\_\_\_\_\_\_\_\_\_\_ discovered around 20 years ago.

HIV Around the World

• Most \_\_\_\_\_\_\_\_\_\_\_\_\_\_ think HIV originally came from Africa.

• AIDS is the leading cause of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in sub-Saharan Africa.

• HIV is still spreading throughout the world, especially in \_\_\_\_\_\_\_\_\_\_ and Eastern Europe.

HIV Around the World

• 850,000 to 900,000 people are currently living with \_\_\_\_\_\_\_\_\_\_\_ infection in the United States.

• Over \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ people are currently living with AIDS in the United States.

• Each year, 40,000 more people are \_\_\_\_\_\_\_\_\_\_\_\_\_ with HIV in the United States.

Teens and HIV

• Teens are one of the fastest-growing groups to become \_\_\_\_\_\_\_\_\_\_\_\_\_\_ with HIV.

• Over 10,000 teens have been diagnosed with HIV in the United States. More than 4,000 of these have developed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

• HIV is rising in teens because many teens do not take the risks of HIV and AIDS seriously, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ in high-risk behaviors.

SECTION 2:

HIV Infects the Body

• **Helper T cells (CD4+ cells)** are the white blood cells that activate the immune response and that are the \_\_\_\_\_\_\_\_\_\_\_\_\_ target cells of HIV infection.

• HIV uses helper T cells to make copies of itself, killing the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ cells in the process.

HIV Infects the Body

• As helper T cell counts drop, the body loses its ability to fight off other infections and certain \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

• An **opportunistic infection (OI)** is an illness due to an organism that causes disease in people with weakened \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ systems.

Phases and Symptoms of HIV Infection

• **Phase I** of HIV infection is the asymptomatic stage, which means the infection is present but there are few or no \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. This phase can last 10 years or more.

• **Phase II** is marked by the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or worsening of symptoms as the immune system fails.

Phases and Symptoms of HIV Infection

• **Phase III** marks the beginning of AIDS. The helper T cell count is 200 or less and AIDS-defining conditions \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, such as opportunistic infections.

Ways That HIV Is Spread

There are 3 main ways that HIV is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. during sexual activity, which includes vaginal, oral, and anal sex, with an \_\_\_\_\_\_\_\_\_\_\_\_\_\_ person

2. through sharing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or other intravenous injection equipment with an infected person

3. from an infected \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to her infant before or during the birth process or by breast-feeding

Ways That HIV Is Spread

HIV is NOT spread by the following:

• casual contact, including \_\_\_\_\_\_\_\_\_\_\_\_\_\_ hands, holding hands, kissing, hugging, or playing sports with an infected person

• sharing bathroom facilities, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ glasses, or eating utensils

Teens at Risk for HIV

• Almost a third of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ people living with HIV/AIDS are teens or young adults.

• \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the eighth leading cause of death in the United States for people between 15 and 24.

Teens at Risk for HIV

• How do you know if you are at risk of HIV? If you take part in any behavior that could put you at risk, then you are at \_\_\_\_\_\_\_\_\_\_\_\_\_.

• The only sure way to know if you are infected with HIV is an HIV test. If you think you are at risk, **GET \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

SECTION 3:

Preventing HIV and AIDS

• The first step in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ AIDS is to be educated about HIV and AIDS.

• The only way to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the risks of HIV and AIDS is to avoid risky behaviors.

• Practice \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

• Avoid multiple partners

• Don’t share needles or other injection equipment

• Avoid alcohol and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ drugs

Preventing HIV and AIDS

• **Universal precautions** are a set of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ used to avoid contact with bodily fluids and reduce the risk of spreading HIV and other diseases.

Testing for HIV

• An **HIV-antibody test** is a test that detects antibodies to determine if a person has been infected with HIV. If the test is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, a second test is done.

• A person is **HIV positive** if they test positive for HIV in \_\_\_\_\_\_\_\_\_\_ different tests.

Testing for HIV

• A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ test result can be misleading because antibodies may not be found for 6 months after an infection. You should get retested after 6 months.

• T cell counts and viral loads are tests for \_\_\_\_\_\_\_\_\_\_\_\_\_ HIV in people known to be infected.

Treating HIV and AIDS

• No cure \_\_\_\_\_\_\_\_\_\_\_\_\_ for HIV and AIDS. Treatment can help an infected person survive longer.

• **Drug combination therapy** is an AIDS treatment program in which \_\_\_\_\_\_\_\_\_\_\_\_ take more than one drug.

• Drugs for treating HIV can have severe side effects, can lose their effectiveness over time, are expensive, and require diligence and commitment.

Living with HIV Infection

• Most HIV-infected people in the early \_\_\_\_\_\_\_\_\_\_\_\_\_ can do almost everything they did before they got infected.

• People infected with HIV must avoid participating in activities that could \_\_\_\_\_\_\_\_\_\_\_\_ others to HIV.

Living with HIV Infection

• Maintaining good health through treatment, diet, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and rest help delay the progression of HIV to AIDS.

• Many HIV-infected people become \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for HIV/AIDS prevention or help other infected people.