IF YOU'RE WORRIED YOU HAVE BEEN EXPOSED TO HIV/AIDS VIRUS, HERE'S HELP AT HAND

OR DEVIPRASAD RESOR

HE Human Immunodeficiency Virus (HIV)/AIDS has already devastated many individuals, families, and communities. People from families living with HIV/AIDS often have to-deal with psychosocial stress, reduced parenting expacity, a shift in family structure, financial deprivation, stigma and discrimination. But the good thing about HIV is that it is not transmitted as easily as it is thought to be. People around the world are convinced that the virus is easier to get than it is.

The average person thinks that

if you have unprotected sex with an HIV-positive person a single time and you will get HIV for sure. The truth is that it's not nearly that easy to get HIV. The medical literature estimates that the trainmission rate is about 0.1 per cent. per sexual act or 10 per cent per year. The chances of developing HIV after exposure depends on factors such as the method of exposure, the infected person's viral load, and the number of exposures you had. It's possible to develop HIV after a single exposure, even If it's statistically unlikely HIV is transmitted between people through bodily fluids. Unprotected anal or vaginal sex and sharing needles are common ways people

contract HIV. People can also transmit HIV to their babies during pregnancy or while breastfeeding. HIV can be transmitted even with a single, brief exposure.

How often to test

If your initial test comes up negative, you should test again at the end of your window period.

It is important to note that people with HIV who are taking Anti-Retroviral Therapy (ART) are virally suppressed and do not transmit HIV to their sexual partners. Early access to ART and support to remain on treatment is therefore critical, not only to improve the health of people with HIV but also to prevent its transmission.

(The soriter is senior consultant of internal medicine at Kaupery Hospital) IF YOU THINK YOU'VE BEEN EXPOSED TO HIV, HERE'S WHAT YOU CAN DO

you on what tests are assessor a let you know if you're eligible for Post- Espoture Prophylasis (PEP)

POST EXPOSURE PROPERLARIS POST Exposure prophylaxis (PEP) is a drug therapy that needs to be taken within 72 hours of exposure, and it can algorificantly reduce your chances of developing MV.

Health Science A Positive Approach

United States. Congress. Senate.
Committee on Government
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Health Science Herbert A. DeVries, 1979 If Not Now, Then When Gurpreet Singh, 2025-02-22 Life is full of opportunities yet many people remain stuck due to fear self doubt or lack of direction If Not Now Then When is a powerful self help book designed to help individuals break through their limitations and take charge of their destiny This book is not just about motivation it provides a structured approach to self transformation It covers key areas such as Overcoming fear and procrastination Developing a resilient and success oriented mindset Setting realistic and achievable goals Creating lasting habits for personal growth Embracing challenges and failures as stepping stones to success The book combines psychology behavioral science and practical wisdom to help readers take decisive actions toward their dreams Whether you are seeking career growth personal development or inner peace this book will be your guiding light If you have ever felt stuck unmotivated or uncertain about your next step this book will help you find clarity confidence and courage The time to act is now because if not now then when How to Be a God-Pleasing Patient: A Biblical Approach to Receiving **Medical Care** Dr. Jim Halla, 2020-03-31 In today s society healing and doctors visits are centered around a self and me attitude As Christians in spite of an illness or condition we should approach medical care with a Christian attitude Dr Jim Halla shows readers how to be a God pleasing patient and how to have a mindset that centers on God National Commission on Health Science and Society United States. Congress. Senate. Government Operations Committee, 1968

The Dictionary of Health Education David A. Bedworth, Albert E. Bedworth, 2010 The Dictionary of Health Education provides for the first time a complete comprehensive guide to the professional and technical words terms and phrases used in the health education profession In one volume it encompasses the full scope of the language of health education bringing together the disciplines of education medicine public health and its sub disciplines history philosophy and political science A vital reference tool for all health educators or those who are involved in the promotion of health this unique book contains over 10 000 definitions of frequently used words and phrases For ease of use all entries are alphabetically arranged and cross referenced where appropriate The dictionary also contains tables of important health and medical terms to further illustrate key ideas This user friendly volume is an indispensable resource to anyone who wants to speak and understand the language of health education Health Science Kenneth Lamar Jones, 1985 **Health Informatics** Anthony Maeder, Fernando J. Martin-Sanchez, 2012 A more trusted environment for the management and use of health information would undoubtedly help to consolidate and accelerate the use of health informatics solutions as change mechanisms to drive the establishment and adoption of new models of care as well as new technology oriented healthcare processes This book presents 35 papers from the Australian National Health Informatics Conference HIC 2012 held in Sydney Australia in July and August 2012 The theme of the conference is aeHealth Informatics Building a Healthcare Future Through Trusted InformationAE and emphasizes the importance of assuring the integrity and security of health data and communications The

papers range from deeply theoretical to intensely practical and address many elements of contemporary health informatics research endeavors as well as peripheral but related topics Australian research developments and implementations are at the forefront of e health and are the focus of much international attention. The Federal Government has invested in the building of a National Broadband Network lead implementation sites telehealth delivery and personally controlled electronic health records PCEHR launched 30 days before the conference This book will be of interest to clinicians researchers industry innovators and all those who share the desire to deliver better healthcare to all **National Commission on Health** Science and Society United States. Congress. Senate. Committee on Government Operations. Subcommittee on Government Research.1968 Book of Posters International Congress on health Science and Medical Technologies 2024 Abdeldjalil Khelassi, 2024-12-02 International Congress on Health Sciences and Medical Technologies 2024 ICHSMT 24 is the 8th edition following several editions held online in 2021 and 2023 adding to in person Tlemcen Algeria 2016 2017 2019 and 2022 and Algiers Algeria 2018 It is an annual congress containing several conferences and workshops focusing on Medical technologies and health sciences The congress attracted researchers from several nations and specialties as Algeria Germany Iran Switzerland Netherland Denmark Malaysia Pakistan France Tunisia Morocco Brazil Egypt India Irag and Benin The congress author's affiliations were from several departments such as medicine biology physics and chemical sciences computer sciences veterinary agronomy environment pharmacy dental Medicine electronic and mechanical engineering and mathematics The content was selected via strong criteria applied by the members of the program committee We received 127 submissions which were reviewed by 1 5 reviewers and scanned by iThenticate software We have accepted 91 abstracts presented in this book the rate of acceptance was 71 75% Illinois Health Quarterly, 1929 **Using Narrative Writing** to Enhance Healing During and After Global Health Crises Bird, Jennifer Lynne, 2021-09-24 Millions of people experience stress in their lives and this is even more prevalent in the aftermath of the COVID 19 pandemic Whether this stress stems from a job loss or a fear of sickness from working with the public stress has reigned throughout the pandemic However stress is more complicated than being simply a bad feeling Stress can impact both mental and physical wellbeing Using Narrative Writing to Enhance Healing During and After Global Health Crises is a critical reference that discusses therapeutic writing and offers it as a simple solution for those who are at the highest risk of poor health This book covers multiple writing narratives on diverse topics and how they aid with stress after the COVID 19 pandemic Including topics such as anxiety health coaching and leadership this book is essential for teachers community leadership physical and emotional therapists healthcare workers teachers faculty of both K 12 and higher education members of church communities students academicians and any researchers interested in using writing as a healing process Illinois health quarterly. v. 1, 1929 Navy Medicine ,1981 U.S. Navy Medicine ,1981 Games in Libraries Breanne A. Kirsch, 2014-02-11 ,1929 Librarians are beginning to see the importance of game based learning and the incorporation of games into library services

This book is written for them so they can use games to improve people s understanding and enjoyment of the library Full of practical suggestions the essays discuss not only innovative uses of games in libraries but also the game making process The contributors are all well versed in games and game based learning and a variety of different types of libraries are considered The essays will inspire librarians and educators to get into this exciting new area of patron and student services Ouestions & Answers About Chronic Illness Robert A. Norman, Linda Ruescher, 2009-11-24 **The Aging Intellect** Douglas H. Powell, 2011-06-21 Habits such as regular exercise are well known to be linked to better health in older adults Far less is understood about behaviors that contribute to the optimally aging mind This may be a reason why only about 25% of elders meet the standards for optimal cognitive aging The Aging Intellect describes more than a dozen specific characteristics that distinguish older people who remain cognitively vigorous from the majority who are aging normally or are at risk for cognitive impairment In addition this book provides professionals with evidence based recommendations that can help their aging patients and clients minimize the effects of predictable cognitive changes and more fully use their mental abilities. The Aging Intellect is also written for people of all ages interested in maximizing their cognitive vigor Dr Powell has encouraging words for those who know they are not aging optimally but are willing to modify one or two habits that can improve their mental powers Richly illustrated with clinical examples and case studies The Aging Intellect includes topics rarely discussed in book form specifies lifestyle habits and attitudes linked to three levels of cognitive aging optimal normal and at risk for cognitive impairment describes evidence based strategies that minimize mental decline warns of normal cognitive changes that increase the chances of elders making poor financial decisions identifies intellectual qualities that strengthen with age

Realising Health Philip Conford,2020-08-19 This book examines the history of the Pioneer Health Centre in Peckham South London and the various offshoots to which it gave rise A world renowned experiment in health creation it was nevertheless forced to close in 1950 but its example and ideas have continued to inspire doctors public health workers and community builders The text investigates the reasons why the Pioneer Health Centre and other initiatives have found it difficult to make headway It looks at factors such as financial and administrative problems various vested interests including those of pharmaceutical companies and the medical profession and underlying these considerations the tension between the principles of Hygiea the goddess of healthy living and Aesculapius the god of healing and surgery Our culture values those who try to put things right more than those who try to ensure they do not go wrong in the first place The book opens with a thorough examination of the concept of health sets the Pioneer Health Centre in its socio historical context and shows how a number of contemporary projects have been developed along broadly similar lines It draws on many primary sources and on interviews with people committed to the cause of realising health The NaPro Technology Revolution Thomas W. Hilgers MD,2011-03-01 Dr Thomas W Hilgers draws on decades of medical experience to provide educational and revolutionary insights into the world of women s health The NaPro Technology Revolution provides real solutions to real

problems such as infertility repetitive miscarriage menstrual cramps postpartum depression PMS prematurity prevention ovarian cysts hormonal abnormalities irregular abnormal bleeding chronic discharges polycystic ovarian disease and family planning Hilgers sheds light on abnormal ovarian function an issue that millions of women unknowingly suffer from His methods have proven to assist infertile couples nearly three times more successfully than those who use In Vitro Fertilization without the dangers of early abortions frozen embryos or high rates of multiple pregnancy The NaProTechnology Prematurity Prevention Program cuts the rate from the national 12 7% to 7% The NaPro Technology Revolution discusses what every woman has a right to know about her body her health and her future **Resources in Education**, 1991-04**

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