

Healthy & Heartly



'POSITIVE' APPROACH

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

BY DEVIPRASAD REDDI

THE 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 capacity, 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 transmission 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 writer is senior consultant of internal medicine at Kaurvery Hospital)

IF YOU THINK YOU'VE BEEN EXPOSED TO HIV, HERE'S WHAT YOU CAN DO

TALK WITH A MEDICAL PROFESSIONAL

A medical professional can advise you on what tests are available and let you know if you're eligible for Post-Exposure Prophylaxis (PEP).

TESTING

It's important to get tested if you think you may have been exposed to HIV so you can start treatment as soon as possible. HIV tests can't immediately detect infection. The window period of when a test can correctly identify a positive infection varies by the type of test used.



POST-EXPOSURE PROPHYLAXIS

Post-exposure prophylaxis (PEP) is a drug therapy that needs to be taken within 72 hours of exposure, and it can significantly reduce your chances of developing HIV.

Health Science A Positive Approach

Herbert A. DeVries



Health Science A Positive Approach:

Health Science Herbert A. DeVries, 1979 *Routledge International Handbook of Positive Health Sciences* Jolanta Burke, Ilona Boniwell, Beth Frates, Liana S. Lianov, Ciaran A. O'Boyle, 2023-12-29 This ground breaking book combines research and practice in the rapidly growing field of Positive Psychology with the fastest growing medical speciality of Lifestyle Medicine Section 1 maps out the new field of positive health by exploring the scope content and architecture of this rapidly emerging area of research It explores research findings and applications derived from Lifestyle Medicine and Positive Psychology that are critical for positive health Section 2 delves into positive health research covering topics such as using character strengths to improve health maximising psychological wellbeing from head to toe optimising gut health and understanding the relationships between mind and body Section 3 offers guidance on applying the principles of positive health by describing new Positive Health Interventions PHIs introducing innovative positive health coaching models and exploring the contribution of positive psychology to health equity The book is ideal for medical doctors nurses and health professionals interested in helping their patients flourish psychologically and physically It is an invaluable guide for social workers positive psychologists coaches and mental health professionals who want to explore the physiological dimensions of wellbeing *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 Positive Approaches to Optimal Relationship Development C. Raymond Knee, Harry T. Reis, 2016-04-08 How can we get the most out of our close relationships Research in the area of personal relationships continues to grow but most prior work has emphasized how to overcome negative aspects This volume demonstrates that a good relationship is more than simply the absence of a bad relationship and that establishing and maintaining optimal relationships entails enacting a set of processes that are distinct from merely avoiding negative or harmful behaviors Drawing on recent relationship science to explore issues such as intimacy attachment passion sacrifice and compassionate goals the essays in this volume emphasize the positive features that allow relationships to flourish In doing so they integrate several theoretical perspectives concepts and mechanisms that produce optimal relationships The volume also includes a section on intensive and abbreviated

interventions that have been empirically validated to be effective in promoting the positive features of close relationships

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

Positive Health Jolanta Burke, Pádraic J. Dunne, Elaine Byrne, Ciaran A. O'Boyle, 2024-12-27 This introductory book offers a clear guide to the new field of Positive Health which incorporates a shift towards perceiving body and mind as an integrated system The book combines Lifestyle Medicine research and practice such as healthy eating good sleep hygiene and physical activity with positive psychology research and practice including cognitive arts based and positive affect tools to delve into the psychology of positive health physiology and health behaviour Combining theory with interventions and illustrated by case material mind maps and infographics the book also provides exercises on how to use key research findings from the field of positive health to enhance personal wellbeing It helps readers focus on the changes they can make to their thinking attitudes and behaviours as well as changes they can instigate in their environment that can lead to positive health Topics covered include the social determinants of health and meaning as a factor contributing to health It is essential for introductory courses on Positive Health and supplementary reading for courses on positive psychology or wellbeing as well as valuable reading for all healthcare professionals and policy makers

Evidence-Based Approaches in Positive Education Mathew A. White, A. Simon Murray, 2015-05-08 Based on action research and implementation at one of the world's great schools this book provides a much needed exploration of how to implement positive education at a whole school level Evidence Based Approaches in Positive Education summarises the integration of a whole school mental health and well being strategy positive psychology programs and pastoral care models from 318 years of age Positive education is the teaching of scientifically validated programs from positive psychology and character education that have an impact on student and staff well being It is an approach that focuses on teaching building and embedding social and emotional learning throughout a student's experience St Peter's College Adelaide is the only institution in the world to integrate Martin Seligman's well being theory throughout all aspects of both its strategic intent and positive education programs The School's vision is to be a world class school where all boys flourish Its mission is to provide an exceptional education that brings out the very best in every boy This is done within an intellectually and spiritually rich environment that nurtures international mindedness intercultural understanding respect and a commitment to social justice This book captures the developments of the St Peter's College journey It focuses on the integration of well being across seven strategic goals Academics Well being Student Life Entrepreneurship Innovation and Partnerships People Culture and Change Sustainability and Environment Community Engagement Advancement and Philanthropy A uniquely Australian school the impact of a St Peter's College education is to build great men who believe safety service and integrity and

fundamental parts of their lives who are active members of communities that are socially and culturally diverse who engage in political ethical and environmental challenges as good citizens Since 1847 St Peter s College alumni have had global and life changing impact in all fields of human endeavour The School s alumni include three Nobel Laureates 42 Rhodes Scholars Olympians and Archbishops artists and scientists educators and journalists actors and politicians philanthropists and physicians CEOs diplomats and soldiers explorers painters and poets This book shares evidence based practices and makes a substantial contribution to the rapidly developing field of positive psychology and its application in schools *Adventures in Growth: Robin Hood, Civilization's Pivot, and Positive Thinking (The Merry Adventures of Robin Hood/ The Pivot of Civilization/ The Power of Positive Thinking)* Howard Pyle,Margaret Sanger,Dr. Norman Vincent Peale,2024-06-21 Book 1 The Merry Adventures of Robin Hood by Howard Pyle ASIN B09Y8WCXWJ Join the legendary outlaw in The Merry Adventures of Robin Hood by Howard Pyle Experience the thrilling escapades of Robin Hood and his band of Merry Men as they navigate Sherwood Forest challenging injustice and championing the spirit of adventure Book 2 The Pivot of Civilization by Margaret Sanger ASIN B0CNLMGXLC Explore profound perspectives on society with The Pivot of Civilization by Margaret Sanger Delve into Sanger s influential work addressing issues of population control women s rights and the societal shifts necessary for a better future Book 3 The Power of Positive Thinking by Dr Norman Vincent Peale ASIN B09HQL3J7B Empower your mindset with The Power of Positive Thinking by Dr Norman Vincent Peale Discover the transformative impact of positive thinking and practical strategies for achieving success happiness and fulfillment in various aspects of life Adventures justice societal perspectives positive thinking empowerment fulfillment Merry Men civilization transformative thinking *Positive Psychological Assessments: Modern Approaches, Methodologies, Models and Guidelines* Llewellyn Ellardus Van Zyl,Peter ten Klooster,Leon T. de Beer,Mariëlle Zondervan-Zwijnenburg,Maria Vera,Arianna Costantini,2022-11-08 **Positive Thinking For Positive Living** H.Karstein, [Handbook of Research on Advancing Health Education through Technology](#) Wang, Victor C.X.,2015-09-21 The Internet serves as an essential tool in promoting health awareness through the circulation of important research among the medical professional community While digital tools and technologies have greatly improved healthcare challenges are still prevalent among diverse populations worldwide The Handbook of Research on Advancing Health Education through Technology presents a comprehensive discussion of health knowledge equity and the importance of the digital age in providing life saving data for diagnosis and treatment of diverse populations with limited resources Featuring timely research based chapters across a broad spectrum of topic areas including but not limited to online health information resources data management and analysis and knowledge accessibility this publication is an essential reference source for researchers academicians medical professionals and upper level students interested in the advancement and dissemination of medical knowledge *Positive Thinking Volume Two* Norman Vincent Peale,2018-10-02 An inspiring collection of wisdom and guidance from the minister and million selling author of The Power of

Positive Thinking including his autobiography Norman Vincent Peale's self help phenomenon The Power of Positive Thinking continues to transform countless lives The volumes collected here including his autobiography The True Joy of Positive Living serve to expand and deepen Dr Peale's life changing philosophy of positivity The Power of Positive Living Offering powerful real life examples and providing effective techniques from his groundbreaking program of affirmation and positive visualization Dr Peale helps you overcome obstacles and turn your life in a positive direction With the get it done twins patience and perseverance any believer can be an achiever Why Some Positive Thinkers Get Powerful Results Positive thinking leads to tangible real world results In this book Dr Peale lays out the specific tools you need to turn self doubt into unshakable confidence and optimistic dreams into reality Includes ten powerful techniques for setting and realizing your goals a three point plan for eliminating depression six positive thoughts that will quash destructive habits and impulses a three point guide to a healthy body mind and spirit and much more The True Joy of Positive Living The inspiring autobiography of the world renowned minister whose mega bestseller The Power of Positive Thinking has touched the lives of millions The son of a minister in Lynchburg Ohio Dr Peale went on to preach the gospel at Manhattan's now famous Marble Collegiate Church where he served as pastor for fifty two years With his wife Ruth he founded the Peale Center for Christian Living and Guideposts magazine to ensure that his messages of self confidence and the power of faith would continue to guide millions around the world In his own uplifting words Dr Peale shares the story of a remarkable life lived with dignity and purpose

U.S. Government and the Future of International Medical Research United States. Congress. Senate. Committee on Government Operations. Subcommittee on Reorganization, Research, and International Organizations, 1960

The U. S. Government and the Future of International Medical Research United States. Congress. Senate.

Committee on Government Operations, 1960 **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 eHealth Informatics Building a Healthcare Future Through Trusted Information 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 The U.S. Government and the Future of International Medical Research United States. Congress. Senate. Subcommittee on Reorganization and International Organizations of the Government Operations Committee,1960 **The U.S. Government and the Future of International Medical Research: Hearings on July 9 and 16, 1959; (includes transcript of conferences in Europe, November-December 1958** United States. Congress. Senate. Committee on Government Operations,1960 The Applied Power of Positive Thinking Dr. Curtis E. Smith, PhD, PsyD,2014-02 Many people struggle with issues or problems for which there appears to be no successful end result or solution In The Applied Power of Positive Thinking author Dr Curtis E Smith presents a how to formula to help those without hope to transform obstacles into opportunities A counselor and psychotherapist for more than thirty years Smith offers practical viable and long lasting solutions to people who are experiencing difficulties Using a variety of real life scenarios and vignettes he shows how to achieve successful living through positive thinking by combining three dynamics positive mental attitude the power of positive thinking and possibility thought The Applied Power of Positive Thinking focuses on both the individual and the family and addresses an array of topics including stress goal setting communication anger management and resolution respect parenting tough love and marriage The Applied Power of Positive Thinking offers a wide range of valuable information on how to apply the power of positive thinking to achieve desired positive end results

Wake Up! You're Alive: Healthy Living Through Positive Thinking Arnold Fox M.D.,Barry Fox Ph.D.,2018-10-09 the solution behind many of our modern illnesses try as a first resort to live life to its fullest rather than to surrender at the first sign of difficulty Mitch Horowitz PEN Award Winning Author Wake Up You re Alive is a medical doctor s prescription for healthier living through positive thinking This fascinating book has a clear and defined message that one can live a healthier happier life by conditioning the thoughts that pass through the mind Written in a lively narrative style the reader is carried along page after page Dr Arnold Fox an internationally published best selling author shares the insights and personal stories that were gleaned from over forty years of experience as a Beverly Hills physician The book is written with a great deal of humor and clarity It is a look at the power of the human mind and spirit as seen through the eyes of a physician The case histories and stories within illustrate the relationship between your thoughts beliefs health and disease Dr Fox is joined in authorship by his son Barry Fox and they make an amazing father and son team Learn the five cardinal virtues that everyone must embrace if they are to enjoy health and success in life Enthusiasm Belief Love Forgiveness Perseverance Wake Up You re Alive is one of the most absorbing books I have had the pleasure of reading Dr Norman Vincent Peale HuffPost

Abstract book 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 Iraq 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 15 reviewers and scanned by iThenticate software We have accepted 91 abstracts presented in this book the rate of acceptance was 71.75%

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