

## HIV/AIDS

### ✓ Facts

- ✓ May be most infectious during first month of infection
- ✓ May not be able to detect antibodies for 30 days yet the disease can be transmitted, may take 6 months for some
- ✓ Females are more likely to be infected by male partner, than a male partner will be infected by female partner
- ✓ More people living with HIV than in past years due to drug therapy
- ✓ Uncircumcised males may be at greater risk of infection due to absorption of the virus through the foreskin

### ✓ How it is spread

- ✓ Vaginal, oral or anal intercourse
- ✓ Contact with infected blood and blood products, IV needles, tattooing, piercing
- ✓ Mother to fetus

### Diagnosis

- ✓ Blood test looking for antibodies
- ✓ May not be able to be detected for 30 to 90 days after exposure

### ✓ Potential Complications

- ✓ Life threatening illnesses, associated with HIV
- ✓ Death

### Treatment

- ✓ No cure
- ✓ Treatment for symptoms
- ✓ Treatment to maintain immune system reducing associated illnesses

*10-20 pills everyday for the rest of life!*

### ✓ Symptoms

- ✓ May be asymptomatic while HIV positive
- ✓ Night sweats
- ✓ Frequent persistent cough
- ✓ Loss of weight or appetite
- ✓ Easily affected by illnesses
- ✓ Fatigue
- ✓ Specific illnesses related to AIDS

## HEPATITIS VIRUS

### Facts

Hepatitis is a term used to describe liver inflammation caused by any variety of agents, including viruses, and bacteria. There are several kinds of viral hepatitis, hepatitis A and B are the most common.

### How it is spread

#### Hepatitis A

- ✓ Spread by direct or indirect contact with fecal material.
- ✓ You can get hepatitis A by eating contaminated raw or undercooked shellfish, eating food or drinking water contaminated with feces, and through sexual activity, particularly oral-anal contact.
- ✓ There is no danger of transmitting hepatitis A through pregnancy.

#### Hepatitis B

- ✓ Spread by contact with blood, semen, vaginal fluids, or other body fluids of an infected person.
- ✓ The virus can be spread by having sex without a condom or sharing needles with an infected person.
- ✓ Pregnant women who have the virus in their blood can pass it to their babies while giving birth.
- ✓ Sharing a toothbrush, razor, or anything else that might have blood on it can also spread the virus.
- ✓ It is 100 time more contagious than HIV.

#### Hepatitis C

- ✓ Spread by contact with blood and body fluids through sharing needle with a person who is infected.
- ✓ There is low risk that the hepatitis C virus can be spread by sexual contact or that a pregnant women will pass it to her baby.

## Diagnosis

All hepatitis is diagnosed through a blood test.

## Potential Complications

### Hepatitis A

- ✓ Most people recover from hepatitis without severe consequences.
- ✓ Once you have been infected with hepatitis A you can not get it again, yet you may become infected with other hepatitis viruses.

### Hepatitis B

- ✓ Most adults (90%) who become infected become chronic carriers.
- ✓ Infants born to infected mothers often become chronic carriers.
- ✓ These people can develop chronic liver problems which can lead to liver cancer, cirrhosis (liver failure), and sometimes death.
- ✓ Carriers have the virus in their body fluids and can infect their families, housemates, and sex partners.
- ✓ An infected person should be tested after six months after their first test to see if they have become carriers.

### Hepatitis C

- ✓ A large percentage of people with hepatitis C will carry the virus in their blood for many months or years.
- ✓ A few people will have serious liver disease.

## Treatment

### Hepatitis A

- ✓ No treatment although an injection of gamma globulin before exposure (as for travelers) can prevent infection for five months.
- ✓ The gamma globulin may also prevent or reduce symptoms if given within two to six weeks after exposure.

### Hepatitis B

- ✓ The symptoms for most people will go away without treatment.

### Hepatitis C

- ✓ For those who have serious liver disease may be treated yet the treatment may not have any impact.

## Symptoms

### Hepatitis A

- ✓ Symptoms for hepatitis A may begin four to six weeks after exposure or a person may be asymptomatic.
- ✓ Symptoms may include diarrhea, nausea, vomiting, fever, achiness, fatigue and loss of appetite. Jaundice will often occur.
- ✓ Symptoms usually end after two weeks, but continued rest is very important to avoid a relapse.

### Hepatitis B

- ✓ Symptoms are similar to hepatitis A although they may not occur for six weeks to six months after infection.
- ✓ Less common symptoms include yellow skin and eyes, muscle pain, dark urine, and feeling depressed.

### Hepatitis C

- ✓ Most people do not have symptoms.
- ✓ If symptoms occur they may begin two weeks to six months after infection.
- ✓ Symptoms are similar to A and B.

## Prevention

A vaccine is available for Hepatitis B, and Hepatitis A. No vaccine for Hepatitis C.