



Expository Essay on Aids

Many diseases cause microorganisms, such as bacteria, viruses, fungi, etc. Symptoms of the disease depend on the type of microorganism that is spreading. It can vary from small to strong. AIDS representing Acquired Immunodeficiency Syndrome is a viral disease prevalent in adulthood. It was only a century ago that this viral disease was killing and killing some 20 million people worldwide. Awareness of the disease and the virus that causes it is HIV or Human Immunodeficiency Virus now compared to before. In the case of HIV AIDS, we can pass on important information and dispel myths.

Since the 20th century alone, it has affected the human race, and many people have lost more than 20 million lives. The virus that aids in transmitting the disease is the Human Immunodeficiency Virus, also known as HIV. Because of the similar immunodeficiency property, it is called HIV / AIDS.

As it adversely affects the immune system, cells and their function in our body must be clearly understood. The immune system's role is in the immune system when it detects any defect that enters or enters the body and prepares the immune system to fight it. It also kills them to prevent infections that might cause serious illness.

Since immune cells have already created antibodies, cell memory is activated when entry occurs, and the immune system fights and destroys such external and dangerous substances.

What Happens When HIV Infects the Body?

When infected with the Human immunodeficiency virus, it directly attacks the immune system and weakens the immune system. As they become weaker, their ability to defend against other microorganisms that they do not come in with becomes weaker.

We are more likely to get sick if our immune system is impaired. Sickness can be just a cold or an allergy, and our bodies can no longer fight. Symptoms once infected will begin to show in the first two weeks. Symptoms are like a fever; for example, a person will be more tired than usual, and fatigue will be more common and ordinary. Other symptoms include sore throat and fever. The risk of opportunistic infections such as tuberculosis and herpes also increases. Some people, however, remain asymptomatic or long after becoming infected.

Cause of HIV / AIDS

This terrible disease's primary and only cause is contact with blood, semen, premenstrual fluid, vaginal fluids, rectal fluid, and breast milk. Sperm and vaginal fluids are transmitted sexually as well as vaginal fluids. If people have multiple partners and have unprotected sex, infection is very likely. Contacting blood can also be an unclean practice of sharing the infected person's razor blades. Even untreated injections while taking drugs or even a tattoo parlor where improper impure equipment



can transmit the virus quickly. Transmission methods are endless, so one must proceed with extreme caution to keep oneself safe in any way.

Consequences of HIV / AIDS

HIV effects are syndromes or symptoms that are classified as AIDS. Belly cramps, nausea, or vomiting, and rapid weight loss. Unhood. Lymph nodes enlarge the neck, armpits, groin for a long time, recurrent fever and night sweats, headache, muscle aches, and joint pain. These symptoms can be very mild and invisible, but it is a point of concern if they are repetitive and severe. After 60 days, the symptoms may disappear and reappear after months or years and remain in the early stages. And in time, the infected body becomes infected with cancer as well. In the later stages, personality changes as a person become confused, and due to poor eyesight and focus, the organs also become weaker.

Some symptoms appear even in newborns and often occur when the disease is transmitted to an infected mother. The baby is born with a weakened immune system, so the condition remains.

A person with such symptoms does not have a long life expectancy.

Myths

A few myths surround this disease. Previously it was believed that AIDS could be transmitted even by touch or touch without exchanging fluids. Like hugging or being close to an infected person. That myth has been debunked and is no longer valid. One can embrace an AIDS patient freely without worry.

The other was when they kissed; spitting was liquid, and AIDS could be spread through kissing, which also proved to be untrue. And HIV always means deadly AIDS was another rumor or myth, and this myth demonstrates that it is not when many people have been living with HIV for a long time and taking care of their health.

Preventions

There is no permanent cure for HIV / AIDS, so we are responsible for looking after ourselves. The only way a person can start to protect themselves from infection is to be vaccinated. You must get tested in your adult life if you have multiple sexual partners and have your partner tested the same. One way is to have one wife. The most commonly used method of contraception is to have safe and secure sex and use condoms to create a barrier to infection. Check for sterilized needles if you decide to get a tattoo or an injection. Reduce alcohol and drug use as it weakens and alters the immune system.

Conclusion

According to the Indian government estimates 2.40 million Indians living with HIV there, those living with HIV are between the ages of 15-49, and 39% of the 9.30,00 of whom are women. The statistics

are alarming, and the rate of increase is not declining anytime soon. We as a country must break traditions, and sex talks must be open and secure. It is time for us to lose our lives because of this preventable disease.

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