



Expository Essay on HIV AIDS

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Introduction

One of the most feared diseases of the twentieth century is HIV. The Human Immunodeficiency Virus (HIV) causes AIDS by destroying the human immune system. It has claimed the lives of more than 29% of the world's population. AIDS has spread like wildfire over the world since its discovery. The maximum population knows about this dangerous disease, AIDS, thanks to the efforts of the government and non-governmental organisations.

AIDS – Causes and Spread

The Human Immunodeficiency Virus, also known as HIV, is the primary cause of AIDS. This virus replicates itself in the human body by injecting a copy of its DNA into the human host cells. The virus is also known as a retrovirus because of its property and capabilities. WBCs (White Blood Cells), which are part of the human immune system, are the host cells in which HIV lives.

HIV destroys WBCs, and the human immune system is weakened as a result. The immune system's deterioration impacts a person's ability to combat diseases quickly. A cut or a wound, for example, takes much longer to heal or the blood to clot. The injury may never recover in rare circumstances.

The direct transmission of HIV is through one of three routes: blood, prenatal, or sexual transmission. During the early stages of HIV transmission, blood transfusions were extremely popular. However, in today's world, all developed and developing countries have vital processes in place to ensure that blood is clear of the virus before it is transfused. Sharing needles can also transmit HIV from one infected person to another.

HIV can transmit through body fluids during sexual activity as part of sexual transmission. HIV can quickly spread from an infected person to a healthy person through oral, genital, or rectal areas if they engage in unprotective sexual intercourse.

Prenatal transmission means that an HIV-positive woman can easily transmit the virus to her kid during pregnancy, breastfeeding, or even childbirth.

AIDS – Symptoms

HIV reduces the general immune system of the human body by attacking and infecting the WBCs, leaving the infected individual exposed to any other sickness or minor infection. In comparison to



other diseases, AIDS has a substantially longer incubation time. The symptoms occur gradually over 0-12 years.

Fever, exhaustion, and weight loss are frequent AIDS symptoms, including diarrhea, enlarged nodes, yeast infection, and herpes zoster. Because of their decreased immunity, the infectious individual is susceptible to various unusual diseases, including persistent fever, nocturnal sweating, skin rashes, oral sores, and more.

AIDS – Treatment and Prevention

There is currently no treatment or cure for AIDS, making it a life-threatening condition. According to medical professionals, antiretroviral therapy, or ART, is the best approach to stop it from spreading. It is a drug therapy that prevents HIV from replicating and thus slows the progression of the disease. To minimise immune system damage, it is always best to begin treatment as soon as possible. However, it is only a precaution and does not guarantee that it will prevent you from AIDS.

The process of halting the spread of AIDS is AIDS prevention. Before engaging in any sexual activity, an individual should be aware of his or her own HIV status and that of his or her partner. It is imperative to practice safe sex at all times. Males should always use condoms during sexual encounters, and they should limit the number of individuals with whom they have sex.

It is not advisable to become addicted to illegal substances or narcotics. Multiple public awareness campaigns led by the United Nations, local governments, and nonprofit organisations have reduced the danger of AIDS spreading by raising a general understanding of the disease's spread and prevention.

Conclusion

AIDS prevention is the method of preventing the spread of AIDS. It is mandatory to perform a regular check of AIDS. An individual should be aware of his or her own HIV status and that of his or her partner before engaging in any sexual activity. Males should always wear condoms during sexual interactions and keep the number of people they have intercourse with to a minimum.

Addiction to illegal substances or narcotics is not a good idea. Needles and razors that haven't been sterilised should be avoided at all costs. Multiple public awareness efforts conducted by the UN, local governments, and nonprofit organisations have helped minimise the risk of AIDS spreading by increasing public awareness of the disease's spread and prevention.

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