

HIV/STD 101

MUJERES



UNIDAS

CONTRA EL SIDA



Presented by:



Mujeres Staff

- ◆ Gina Limon, Outreach Prevention Specialist
- ◆ Gabriela Vallejo, Outreach Prevention Specialist
- ◆ Venus Tapia, Outreach Prevention Specialist

Knowledge on AIDS

Definition of HIV/AIDS

- **HIV:** Human Immunodeficiency Virus the virus that causes AIDS. can only live and be transmitted through humans, weakening of the immune system.
- **AIDS:** Acquired Immune Deficiency Syndrome. describes the body's inability to fight off opportunistic infections, symptoms occurring together and characterizing a specific disease or condition.
- **CD4 Cells:** are white blood cells that attack against infection.
- **Viral Load:** The viral load test measures the amount of HIV virus in blood.



Goal & Learning Objectives:



Goal:

To introduce a basic training on HIV/AIDS which will enhance their understanding of the ways that HIV/AIDS is contracted and can be prevented.

Learning Objectives:

- To provide a general definition of HIV/AIDS.
- To provide information on high-risk behaviors.
- To provide techniques for the prevention of HIV infection.
- To provide local/national HIV/AIDS resources and testing sites.



National



- ◆ People under 25 account for half of all new HIV infections in the U.S.
- ◆ 1 ½ million in the US are living with HIV and its probably a wrong number since not everyone has been tested.
- ◆ In addition, some 40,000 are newly infected with HIV in this country every year.
- ◆ There are approximately 45 million people living with HIV/AIDS and 20% of these are Latinos

Populations most vulnerable to the sexual transmission of HIV, both in the U.S. and worldwide include:

- Minority men and women
- Men who have sex with men
- Youth (Especially disadvantaged youth)



State



- ◆ The Texas male HIV rate for 2003 was 2,613 while the female HIV rate was 766.
- ◆ The highest proportion of HIV cases were among African Americans 49%, followed by Whites 30% and Hispanics 21%.
- ◆ New infections among women has increased compared to past years



Bexar County



- ◆ Reports of HIV cases in Texas are predominately from metropolitan areas
- ◆ Bexar county reported the third highest number of new HIV cases in 2003
- ◆ Of all the current cases diagnosed 384 of there were Hispanics between 14 and 25 years-old.
- ◆ The majority of the new HIV/AIDS cases diagnosed in 2003 were males.



Latinos Affected



- ◆ In 2003 Latinas accounted for 16% of new AIDS cases.
- ◆ For Latinas the most common form of transmission: 71% is through heterosexual sex. This includes men having sex with men, and men having sex with women.

Immune System

The immune system is the system that protects the body from disease. A person who is HIV+ or has AIDS has a weakened or compromised immune system and over a period of time, their immune systems become progressively weakened and are no longer able to fight off diseases and opportunistic infections.

Some of the levels of defense in the body's immune system are:

- **Skin** - the first line of defense.
- **Mucous Membrane** - every natural body opening, including the nose and mouth, rectum and vagina, has mucous membranes which help prevent organisms from attacking interior organs of the body.
- **Digestive Tract** - stomach acids and other digestive juices help destroy swallowed microorganisms.
- **White Blood cells** - if microorganisms get past the initial defenses and enter the blood stream, white blood cells are alerted to the foreign invaders and mount an attack against them. CD4 T-lymphocytes (also called "T-cells" or "CD4" cells) are an important part of this system.
- **Antibodies** - chemicals produced by the immune system to fight diseases. Antibodies are specially developed to fight the chemistry of the particular invading germ or virus, so each type of germ or virus has its own type of antibody.



CD4 Cell Count

- ◆ CD4 cells are white blood cells that attack against infection.
- ◆ When infected with HIV the CD4 cell count goes down, the lower the count the greater the chances of illness.
- ◆ A CD4 cell count of 500 – 1600 is considered normal.
- ◆ Only a physician can give a diagnosis of AIDS. The diagnosis of AIDS is based upon a T-Cell count of less than 200 and/or two or more opportunistic infections.



Viral Load



- ◆ The viral load test measures the amount of HIV virus in blood.
- ◆ Usually measured as the copies of HIV in one millimeter of blood.
- ◆ We don't know how long the person will stay healthy with any particular viral load, however, US treatment guidelines suggest that anyone with a viral load over 55,000 should begin treatment.



MODES OF HIV TRANSMISSION

- A. Body Fluids
 1. Blood
 2. Semen
 3. Vaginal Secretions
 4. Breast Milk

- B. Behaviors
 1. Needle Sharing (Illegal Drugs, Tattooing, Body Piercing)
 2. Unprotected Sex (Anal, Vaginal, Oral)
 3. Blood Transfusions (Prior to 1985)



HOW HIV IS NOT TRANSMITTED

- A. Casual Contact
 1. Shaking Hands
 2. Hugging and Kissing
 3. Eating in Restaurants
 4. Using Restrooms
 5. Swimming

- B. Insect Bites/Mosquitoes

- C. Donating Blood



RISK FACTORS

A. High Risk Categories

1. Injecting Drugs or Steroids
2. Partners of Injecting Drug Users
3. Unprotected, Penetrative Sex (Anal, Oral, Vaginal)
4. Substance Abuse (Alcohol, Crack/Cocaine, Inhalants, Heroin, Ecstasy, etc.)

B. Risk Reduction Techniques

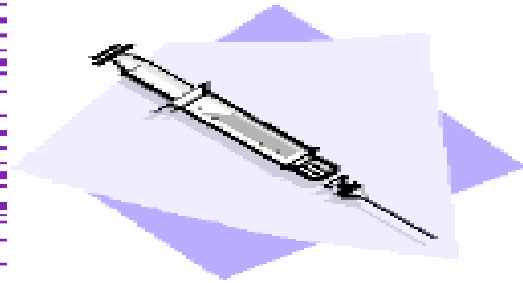
1. Abstinence
2. Using a latex condom
3. Seek treatment for substance abuse problem.
4. Not sharing needles or other drug works
5. Cleaning syringes, cottons, cooker and spoons.
6. Reducing the number of sexual partners
7. Practicing safer-sex techniques.

HOW TO USE A CONDOM PROPERLY



Always check expiration date!!!!

1. Carefully open the latex condom package. (Don't use teeth, scissors or sharp nails.)
2. For increased sensation, place a small amount of water-based lubricant in the tip of the condom before placing it on the penis.
3. Pinch the tip of the condom to remove any air from the tip.
(Pinching the tip leaves room for semen to collect.)
4. After the penis is erect, place the condom on the tip (head) of the penis and roll the condom to the base of the penis.
5. **Perform “the act”, whether it be oral, anal, or vaginal sex.**
(Depending on what you're doing, you may want to hold onto the base of the condom in order to avoid slippage or breakage.)
6. After ejaculating (cumming), hold the base of the condom and withdraw from your partner. *(Depending on what you're doing, you may want to hold onto the base of the condom in order to avoid slippage or breakage.)*
7. Remove the condom from the penis. *(Be careful that semen doesn't spill out.)*
8. Wrap the condom in a tissue and dispose of it where others will not handle it. *(Don't flush it down the toilet.)*



Cleaning Works

Clean all injection equipment with bleach.

1. Fill syringe with water, shake well, then empty. Do not empty syringe back into the remaining water. Do this three times to flush out all residue.
2. Fill syringe with full strength chlorine bleach (normal liquid household bleach), shake well, then empty. Do not empty syringe into the remaining bleach supply. Do this three times to allow bleach to cover all surfaces.
3. Fill syringe with water, shake well, then empty. **Do not use water previously used to flush the first time; use fresh water.** Do not empty syringe back into the remaining water. Do this three times to flush out all remaining bleach.

Reduce the number of times you use. Every episode of alcohol or drug use is a risk for unsafe behaviors. Every injection is a risk for exposure to HIV, Hepatitis and other blood-borne pathogens.



THE ABC'S OF SAFER SEX



- **A**bstinence - the only known way to be 100% effective in **not** contracting HIV/AIDS **sexually**.
- **B**e Monogamous - **reduces** the risk of contracting HIV/AIDS **sexually**.
- **C**ondoms - Latex condoms can **reduce** the risk of contracting HIV/AIDS **sexually**.
- **S**afer Sex - Techniques to experience sexual pleasure without risking exchange of body fluids such as semen or vaginal fluids.

HIV Antibody Test

What can the test tell me?

- **If the test is positive:** A positive result means that the person has been exposed to the HIV Virus and that HIV antibodies are present in the blood stream. It does not mean that the person has AIDS!!! Remember, only a physician can give a diagnosis of AIDS and that diagnosis is based upon a CD4 Count of less than 200 and/or 2 or more opportunistic infections.
- **If the test is negative:** If an HIV test is negative, it does not mean that the individual is necessarily off the hook. It does mean that at this time there are no HIV antibodies present in the blood stream. HIV has an incubation period of at least 90 days, so if the individual has engaged in risky behaviors less than 90 days prior to the test, the test may not reflect those behaviors and the individual may choose to be tested again 90 days from the time of last risk or exposure.
- **If the test results are indeterminate:** An indeterminate HIV test means that at the time the test is performed, the results indicate that some bands of the Western blot were present but others were not. Neither confirms nor rules out HIV infection. The individual may choose to retake the test within a couple of weeks.



HIV TESTING SITES

BEAT-AIDS, INC. (BEAT)

218 W. Grayson St.
San Antonio, Texas 78212
(210) 212-2266

COMMUNITY CLINIC/PROJECT SAVE

203 W. Olmos Suite 300
San Antonio, Texas 78212
(210) 805-8106 (210) 805-8126

HOPE ACTION CARE (HAC)

126 W. Grayson
San Antonio, Texas 78212
(210) 224-7330 - Main Office (210) 212-5001 - East Side Office (210) 212-4235 - West Side Office

SAN ANTONIO AIDS FOUNDATION (SAAF)

818 E. Grayson
San Antonio, Texas 78212
(210) 225-4715

SAN ANTONIO METROPOLITAN HEALTH DISTRICT (SAMHD)

332 W. Commerce
San Antonio, Texas 78201
(210) 207-8830



STD: Sexually Transmitted Disease

An STD is transmitted through sexual and non-sexual contact with an infected person such as: oral sex, anal sex, vaginal sex, fondling

- Genital Warts - Viral
- Chlamydia - Bacteria
- Crabs – Parasitic
- Scabies- Parasitic
- Syphilis - Bacterial
- Herpes - Viral
- Gonorrhea - Bacterial
- Pelvic Inflammatory Disease
- Hepatitis A,B,C

Genital Warts

- ◆ Genital Warts viral, no cure, most common STD.
- ◆ Transmission: Sexual contact, infected birth canal. Friction and abrasion are the factors to transmission.
- ◆ Incubation: 2-3 months and at times may be in system and not even know it.
- ◆ Symptoms: May not have immediate outbreak. Single or multiple fleshy growths around the penis, scrotum, groin, vulva, vagina, anus and urethra. Itching some painful some not, can have in mouth and throat warts are hard not moist.
- ◆ Treatment: viral no cure only symptoms can be treated. The virus can not be removed, so the warts may grow back. If untreated can lead to cervical cancer and possibly anal, penile, vaginal cancers.

Chlamydia

- ◆ Caused by bacteria, 2nd most common STD.
- ◆ Transmission: unprotected sex, oral, anal, vaginal, infected birth canal.
- ◆ Incubation: 1-3 weeks, can be passed on.
- ◆ Chlamydia risk groups: adolescents, heterosexuals, new sex partners, multiple sex partners non married, oral contraceptives.
- ◆ Symptoms: Many are non-symptomatic. Vaginal discharge, penile discharge, pain during sex, burning. Urination leads like yeast infection.
- ◆ Treatment: bacteria can be cured with appropriate antibiotic.
- ◆ Complications: if not treated leads to pelvic inflammatory disease on women, swollen and tender testicles on men.
- ◆ Chlamydia during pregnancy: increase the risks of miscarriage, prematurely, still birth and fever due infection of the uterus.

Syphilis

- ◆ Transmission: sexual contact with infectious lesion, in utero and intrapartum, sharing needles.
- ◆ Incubation: Primary Stage 10-90 days, average 21 days.
- ◆ Symptoms Primary Stage: occurs in males and females, a painless sore called chancre. The sore may be located on the genitals, lips, anus or other area of direct contact.
- ◆ The chancre will last 1-5 weeks, on average 3 weeks, and heal without treatment. The person can pass it on.
- ◆ Symptoms Secondary Stage: last 2-6 weeks, average 4 weeks, fever and malaise (tired), headaches and muscle pain, alopecia (hair loss), swollen lymph glands, variable rashes and lesions. The skin rash may be on the palms of hands, bottoms of the feet.
- ◆ Treatment: bacteria can be cured with appropriate antibiotic.

Herpes

- ◆ Herpes I: is a cold sore or fever blister
- ◆ Herpes II: is genital Herpes. Incubation period 2-3 weeks.
- ◆ Transmission: unprotected sex, any kind of sexual contact anal, oral, vaginal. Infected birth canal.
- ◆ Symptoms: small red sores that can last up to 2-3 weeks and may be on the penis, vagina, anus, buttocks, thighs, mouth or finger. Swollen lymph glands, muscle aches, headaches, fever and difficult urination. Symptoms may or may not recur on average, symptoms can occur approximately 5 times a year.
- ◆ Treatment: viral, no cure, only symptoms can be treated.



Gonorrhea



- ◆ Incubation: period 1-30 days, the person can pass it on even without symptoms.
- ◆ Gonorrhea infects mucous membranes: urethra, vaginal/cervix, rectum, throat, eyes.
- ◆ Symptoms in females: painful urination, abnormal uterine bleeding, pain during sex, most are a symptomatic.
- ◆ Symptoms in males: discharge from the penis(may be tick, milky white, yellowish or green wish) burning upon urination.
- ◆ Treatment: bacteria can be cured with appropriate antibiotic.

Hepatitis A, B,C

- ◆ **Hepatitis A:** liver disease cause by the HepA Virus.
- ◆ Transmission: through fecal/oral route, contaminated food or water (someone who has HepA did not wash their hands and started food preparation, sexual contact – oral-anal sex).
- ◆ Incubation: 2 weeks to 6 months.
- ◆ Symptoms: low grade fever, fatigue, anorexia, nausea, dark color urine.
- ◆ Treatment: can get vaccine, no cure for HepA.
- ◆ **Hepatitis B:** liver disease cause by the HepB Virus.
- ◆ Transmission: blood/ contaminated water or ice, feces, saliva, seminal fluids, urine, vaginal secretions (sharing needles, body piercing, tattoos).
- ◆ Incubation: 2 weeks to 6 months.
- ◆ Symptoms: anorexia, fatigue, nausea, vomiting, abdominal pain, dark urine, rash.
- ◆ Treatment: can start interferon or epivirin. Can get vaccinated for HepB.
- ◆ **Hepatitis C:** liver disease cause by the HepC Virus.
- ◆ Transmission: blood, semen, vaginal secretions (sharing needles/body piercing, tattoos)
- ◆ Incubation: 2 weeks to 6 months.
- ◆ Symptoms: fatigue, lost of appetite, nausea.
- ◆ Treatment: interferon, once treated can be reinfected.