

LIVING WITH SOMEONE WHO HAS HIV.

Tolqinboyev Komiljon

Andijan Regional Center for the fight against AIDS,

doctor epidemiologist

Today, the problem of HIV/AIDS has affected many people in one way or another. For any person, his relatives and friends, the diagnosis of "HIV infection" is associated with a big medical shock. People living with HIV first experience shock, followed by a period of adjustment to the new situation. Along with it, a state of hope often appears, a wave of energy, the will to live; they feel happiness in the most ordinary things. For many people infected with HIV, the whole life has really been changed. And the fate of the patient depends on the relationship between relatives and friends, if there is a person infected with HIV in the family.

HIV-infected people are no different from healthy people - they also make friends, get married, have children. Obviously, in such a situation, the family needs a lot of effort, especially if only one partner is infected.

How to live with someone who has HIV?

Knowing that a loved one is infected with the human immunodeficiency virus, feelings of fear and discomfort involuntarily arise. However, fear not! To date, specific therapy allows patients with HIV infection to stop the infectious process, giving them a long and happy life. And last but not least, the help of relatives and friends in this case.

Remember, the virus is transmitted through contact with a person infected with HIV:

- during sex;
- from mother to child during childbirth;
- during breastfeeding;
- when the blood of an infected person enters the body of a healthy person.

It turns out that HIV infection is not transmitted through everyday communication. You only need to pay attention to the above events and take special preventive measures: always use barrier protection (condom), be careful with objects contaminated with blood (razor, toothbrush). A mother with HIV has been shown to refuse to breastfeed. In addition, you should undergo regular medical examinations and conduct all necessary tests, make sure that a loved one with HIV infection regularly undergoes special therapy courses.

HIV is not transmitted:

- when waving

- when they kiss
- through dishes
- through tears, saliva, sneezes and coughs
- through insect bites
- through animal bites
- while swimming together
- in public transport
- through sheets and towels

At the same time, you should not always focus the patient's attention on your diagnosis - this can affect the psychological state of the person. Also, alternative treatment methods should not be ignored - currently, the development of HIV infection is successfully controlled by antiretroviral therapy, which is the most effective treatment possible.

If, nevertheless, household items are contaminated with the patient's blood or biological fluids, remember:

1. Although the virus is not stable in the external environment, it can remain viable for up to 2 weeks in blood, semen and vaginal secretions. Therefore, do not throw a contaminated, undisinfected item in the trash or any other place.
2. Wear rubber gloves (disposable gloves are best). Collect the body fluid with a tissue. After that, it should be soaked in 70% ethanol or 6% hydrogen peroxide for at least 5 minutes. Heating to 70-80 °C inactivates the virus within 10 minutes.
3. Wipe the contaminated area with a disposable wet cloth soaked in the same solution.
4. Rubber gloves and napkins should also be disinfected, after which they can be destroyed.
5. After that, hands should be washed thoroughly with soap.

With treatment, people with HIV can have healthy children

The scientists concluded that continuous monitoring of the viral load in the early stages reduces the residual risk of transmission of HIV infection from mother to child. However, when deciding when to start ART during pregnancy, HIV burden should be considered, not CD4(+) T-cell count and the risk of preterm delivery.

Today, there is a lot of evidence about the effect of ART on the spread of HIV infection. A person with an undetectable viral load cannot transmit the disease. Between 2007 and 2016, scientists conducted three large studies of sexual transmission of HIV in couples (both gay and

heterosexual) where one partner was HIV positive and on ART.

During the study, the authors did not record a single case of transmission of the virus. Survival without therapy is 8-10 years from diagnosis

As a rule, an HIV-positive person who does not take ARV drugs does not live more than 10 years. In this case, life expectancy depends on a number of factors: lifestyle, immunity, etc. - some do not live even 3 years from the time of infection. At the same time, a person dies not from AIDS, but from opportunistic (comorbid) diseases.

Drugs designed to fight HIV are already grouped into a separate class. They reduce the viral load and block the spread of the virus. Thanks to this, the level of lymphocytes in the blood increases and maintains a normal level of immune protection. If a person pays serious attention to the treatment process, the life expectancy will approach the average of the population. In developed countries, the average life expectancy is 60 years from the time of diagnosis.

HIV infection is not only a medical problem, but primarily a social problem. This will be solved with the active participation of people living with HIV. The community of people living with HIV and their loved ones protects the rights of HIV (+) and provides mutual support. Such support extends its life and improves its quality.

List of used literature

1. Order No. 111 of the Ministry of Health of the Republic of Uzbekistan dated May 19, 2023.
2. Order No. 270 of the Ministry of Health of the Republic of Uzbekistan dated October 31, 2023.
3. "Etiology, epidemiology and prevention of HIV infection" S. Murodqasimov, associate professor of epidemiology department, Samarkand State Medical Institute