

HIV and AIDS

Prepared by: **Monique Fong Howe**

Race & Ethnicity

WE WELCOME

ALL RACES AND ETHNICITIES
ALL RELIGIONS
ALL COUNTRIES OF ORIGIN
ALL GENDER IDENTITIES
ALL SEXUAL ORIENTATIONS
ALL ABILITIES AND DISABILITIES
ALL SPOKEN LANGUAGES
ALL AGES
EVERYONE.

**WE STAND HERE WITH YOU
YOU ARE SAFE HERE**

* Content adapted from the original "We Welcome" sign created by IPRC members Lisa Mangum and Jason Levián.

In 2017, information on race/ethnicity was available for 49.3% of reported HIV cases (n=1,184).

In 2017, of reported HIV cases with known race/ethnicity 34.3% as Caucasian, 25.3% were reported as Black, 20.1% were reported as Indigenous.

Indigenous people

In 2017, information on race/ethnicity was available for 49.3% of reported HIV cases (n=1,184).

20.1% were reported as Indigenous.

The Indigenous category was further subdivided into the following subgroups:

First Nations (17.4%);
Métis (2.3%);
Inuit (0.2%); and
Indigenous unspecified (0.3%)



Exposure categories



- In 2017, information on exposure category was available for 60.2% of reported HIV cases (n=1,446). • Gay, bisexual, and other men who have sex with men (gbMSM) continued to represent the largest number and proportion of all reported adult cases with known exposure category (46.4%)
- The second most frequently reported exposure category was heterosexual contact at 28.7%
- People who inject drugs (PWID) exposure category accounted for 16.3% of all reported HIV cases in adults.

Age & Gender



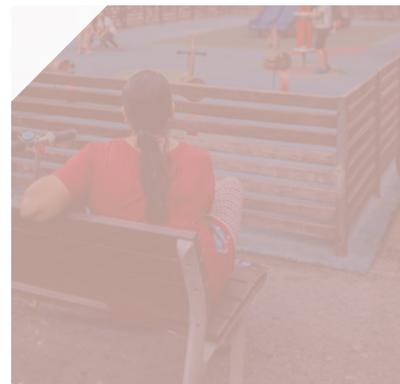
30-39 age group

Represent the highest number of new HIV cases (31.2%)



50+

Represented the second highest proportion of new HIV cases at 22.9%..

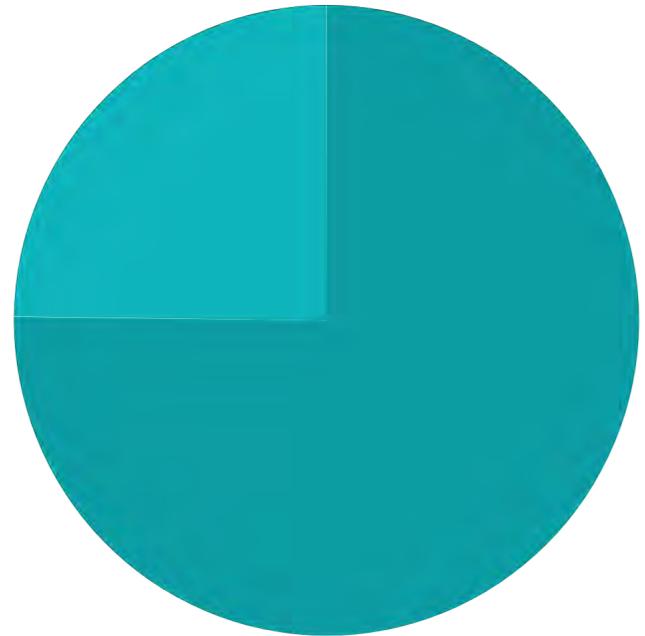


40-49 age group

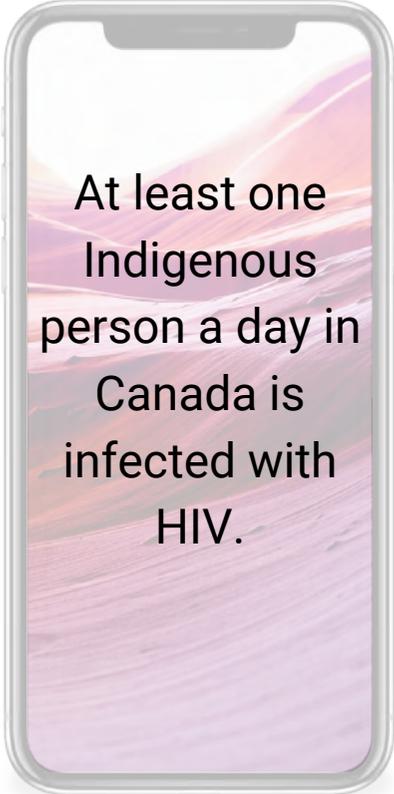
This group represents 22.4% of new HIV cases

Gender

In 2017, 75.2% of reported HIV cases were male and 24.8% were female.



■ Male (75.2%) ■ Female (24.8%)

A smartphone with a silver frame and a notch at the top. The screen displays a message with a background of soft, wavy pink and purple colors. The text is centered and reads: "At least one Indigenous person a day in Canada is infected with HIV."

At least one
Indigenous
person a day in
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H = Human
I = Immunodeficiency
V = Virus

A = Acquired
I = Immune
D = Deficiency
S = Syndrome

Stages of HIV



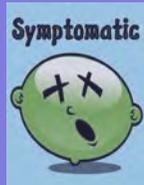
Stage one:

Window period



stage two:

Asymptomatic



Stage three:

Symptomatic



Stage

AIDS



Window period



Always trust your first gut instincts. If you genuinely feel in your heart and soul that something is wrong, it usually is.

www.sayingimages.com

Stage one:

Lasts for a few weeks and is often accompanied by a short flu-like illness. In up to about 20% of people the HIV symptoms are serious enough to consult a doctor, but the diagnosis of HIV infection is frequently missed

During this stage there is a large amount of HIV in the peripheral blood and the immune system begins to respond to the virus by producing HIV antibodies

Antibodies can be detected in blood test within three to six months after initial infection

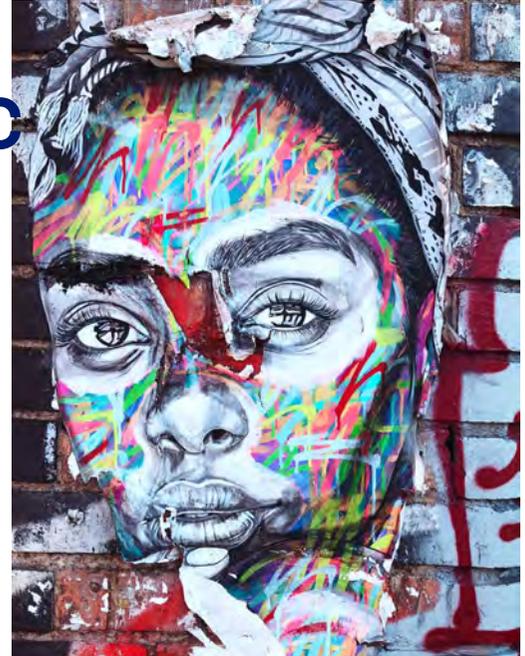
A person can infect another person 6 hours after initial infection



Asymptomatic

Stage two:

- After the initial flu-like symptoms go away, your body enters the asymptomatic stage.
- Infected people can go anywhere from six months to ten or more years without experiencing any symptoms.
- HIV is destroying CD4 cells at this time, but your body is healthy enough to make new ones.
- There may be swelling of the lymph nodes.



Keep looking up that's the secret of life.



Symptomatic



"Just let go. Let go of how you thought your life should be and embrace the life that is trying to work its way into your consciousness."

Caroline Myss

Stage three:

HIV weakens the immune system and various symptoms develop:

–Fatigue, fever, chills and night sweats, rapid weight loss, swollen lymph nodes, pink or purple spots on skin, lesions (may appear on skins or on internal organs), thrush, diarrhea, and/or dry cough.

HIV mutates – stronger and more varied, leading to more T helper cell destruction;

The body fails to keep up with replacing the T helper cells that are lost.



AIDS

Stage four:

- Final stage
- Some people who have been diagnosed with AIDS have fewer than 50 CD4+ T cells (helper cells) in their entire body OR being diagnosed with a certain opportunistic infection.
- A person has been living with HIV for many years and the immune system is seriously damaged.



For every *Positive Change* you make in your life, something else also changes *for the better* - it creates a chain reaction.

Leon Brown

How is HIV transmitted?

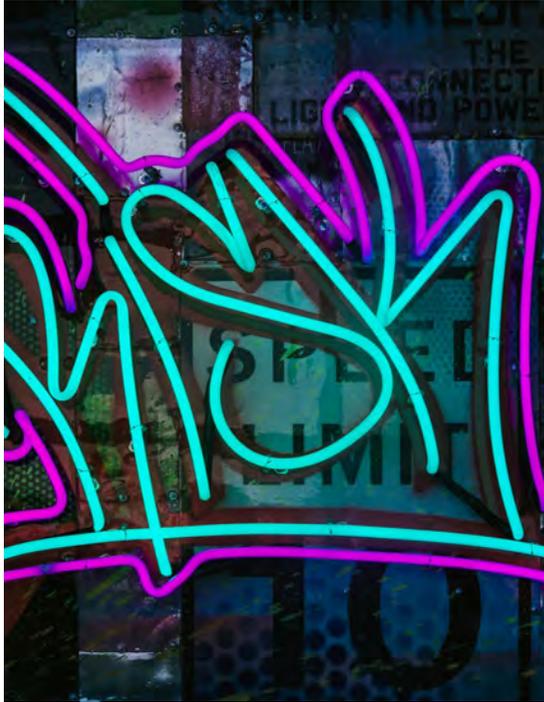


How is HIV transmitted?

Direct contact with someone who is living with HIV through:

- Blood to blood contact
- Exchange of Sexual fluids
- Mother to child during pregnancy or birth when the mother is living with HIV





What will increase your risk?

Having a recent yeast infection = more white blood cells

Douching – the body needs to replace natural mucous = more white blood cells

Having a sexually transmitted infection

Sex hormones (“the pill” used to prevent pregnancy) changes the dynamics of mucosal lining of the vagina and cervix and increases the risk of HIV infection



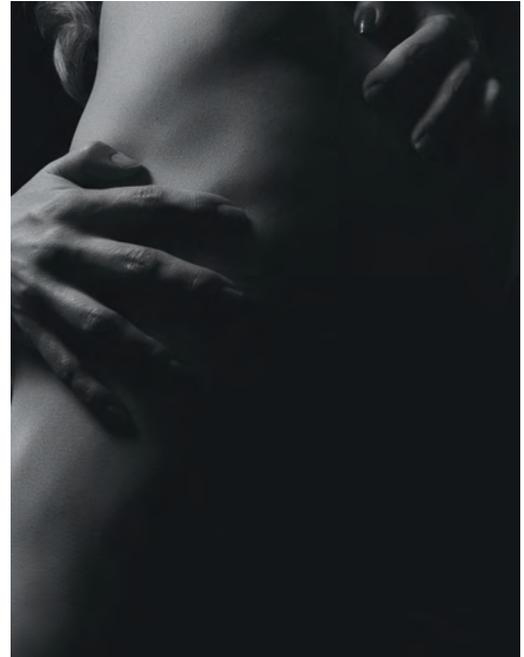
Let's talk about sex

Anal sex:

- Why do it?
- Cellular lining in rectum vulnerable to HIV cells
- Mucosal membrane of the head of the penis is vulnerable to virus

Vaginal sex:

- Semen will stay in vagina for up to five days
- If under 16 mucosal lining is not fully developed and is vulnerable to HIV
- If past menopause, less natural sexual fluids mean more possible to tears





How is HIV NOT transmitted?

It is safe to:

- Be in a sweat or sauna
- Swimming
- Sharing clothes
- Hugging
- Sharing a drink – but you can get a cold
- Being a talking circle.



Other sexual acts with no risk

- Fingering
- Deep throat kissing or quick kisses
- Holding hands
- Body rubbing
- Spanking or biting – no break in skin
- Giving hickies – no break in skin
- Massage





Mother to child

- If HIV positive, you can take HAART medications in the first trimester and again during labour to reduce transmission to baby (down to 1%)
- There is debate as to whether a caesarian section will reduce transmission because it is a controlled birth. Women would rather not be cut open if they don't have to be
- Breastfeeding not recommended as the virus is in the milk



Prevention – Male Condoms



- Check expiry date
- Make sure package bubbles – means it hasn't been opened
- Move condom to side and open - never use teeth to tear
- Squeeze the tip (looks like a hat), so that ejaculate won't bust it open
- Roll all the way down the shaft of the penis
- When done, take off while still semi-hard, tie in a knot and put in kleenex for disposal



Female Condom

- Gives the woman the power to put on protection
- Can put it in before you even start
- Inner ring is supposed to be anchored to the cervix like a diaphragm
- Outer ring might stimulate clitoris during intercourse
- Can use for an entire evening of pleasure





Needles & paraphernalia



*Yesterday is but a dream, tomorrow but a vision.
But today well-lived makes every yesterday a
dream of happiness, and every tomorrow a
vision of hope. look well, therefore, to this day.*

Indian Proverb

- HIV can survive in the needle, but bleach was once recommended to kill it – bleach is only effective when done properly
 - Put bleach in syringe and shake for 30 seconds
 - Put water in syringe and shake for 30 seconds
 - Repeat each 3 times
 - Only when done for the entire time *each time* will it be effective
 - Although bleach will kill HIV it will not kill Hep C
- People also use spoons or cookers, cotton filters, water, and elastic bands in the process. Although HIV will not survive on these items, HEP C WILL.



HAART

Highly Active Anti-Retroviral Therapy

- HAART is a combination of drugs that interrupt the replication of HIV in the cells and may slow down the effects of HIV on the immune system
- It has prolonged many lives, but sometimes the side effects are difficult to bear
- When not taken at proper times, the body may become immune to the drugs and lose their effectiveness



Living with HIV

You are beautiful!

- Is about managing your health
- Eating nutritious food
- Minimizes stress on the body, mind and spirit
- Using substances in moderation to keep immune system as strong as possible
- Living each day as it comes

2020

THANK YOU.

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