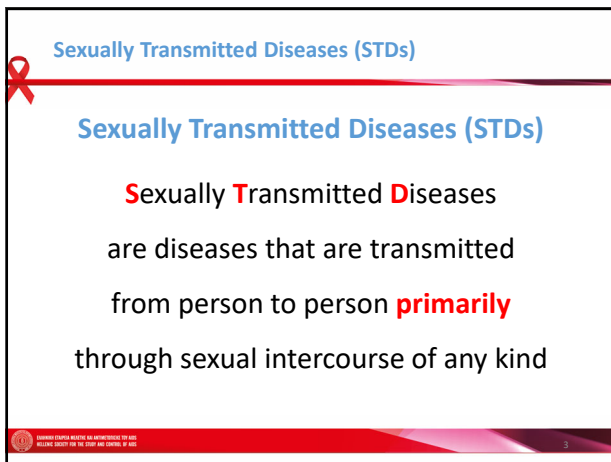


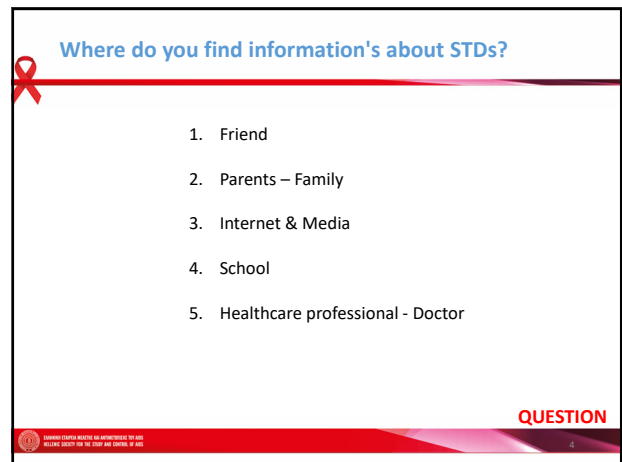
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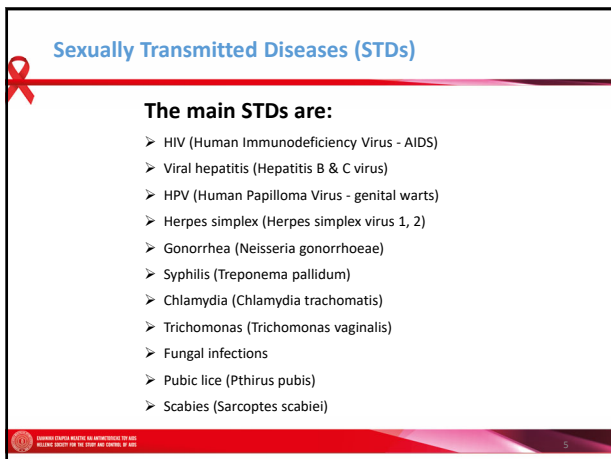
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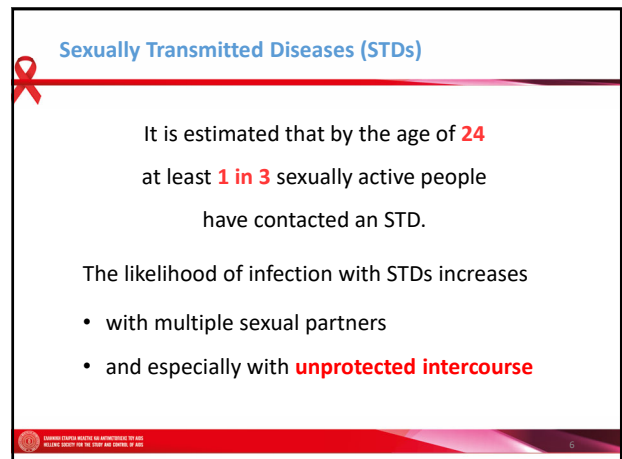
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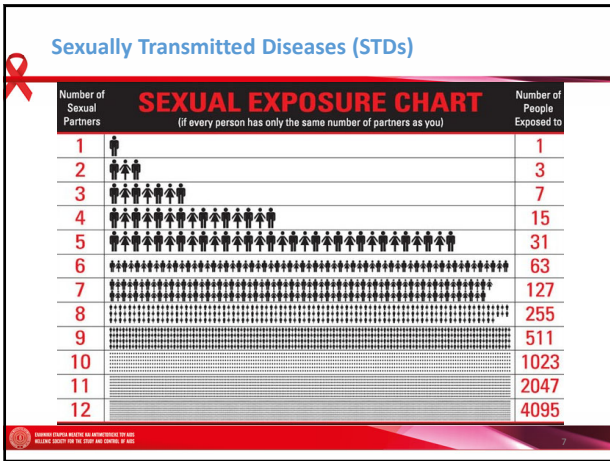
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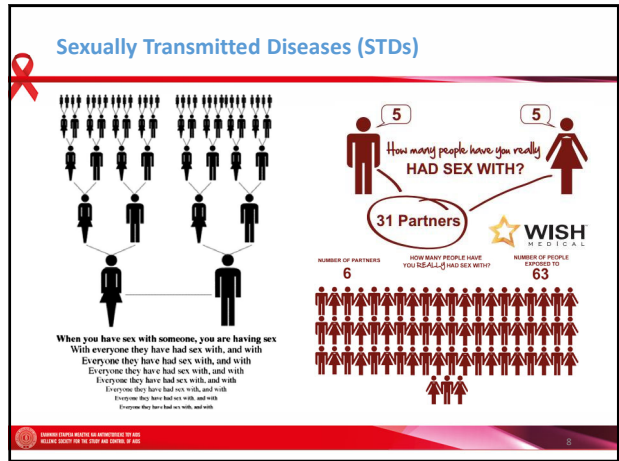
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8

HIV infection

General Data - Epidemiology

9

What is the difference between HIV & AIDS?

HIV is the virus **Human Immunodeficiency Virus**

AIDS is the syndrome **AIDS** stands for **Acquired Immune Deficiency Syndrome** and is caused by HIV

Most HIV-positive people will never develop AIDS

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T4 lymphocytes – CD4

- The HIV virus "attacks" cells that are responsible for the defense of our organism, **this has as an effect**
- the progressive destruction of the body's defense **leading to**
- the body becoming vulnerable to viruses and germs which are otherwise "harmless" to healthy people.


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The person affected by HIV is called **SEROPOSITIVE**

Seropositive means that the virus can be transmitted immediately after infection, even if they have not developed AIDS

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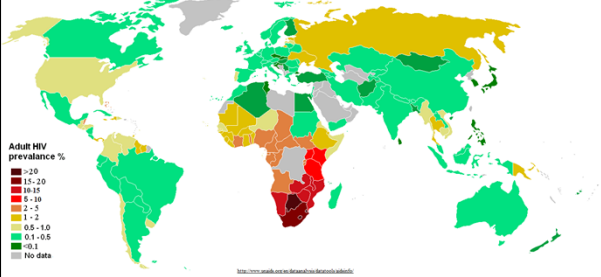
History



- 1981:** HIV first found in an "epidemic" of Pneumocystis carinii pneumonia and Kaposi's disease in homosexuals in the USA
- 1983:** identification of the cause - retrovirus (LAV, HTLV-III, HIV-1)
- 1985:** discovery of HIV-2 (West Africa)
- 1986:** establishment of the name **HIV** (Human Immunodeficiency Virus)
- 1987:** launch of the first antiretroviral (AZT)
- 1996:** launch of HAART (Highly Active Antiretroviral Therapy)

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HIV infection in the world

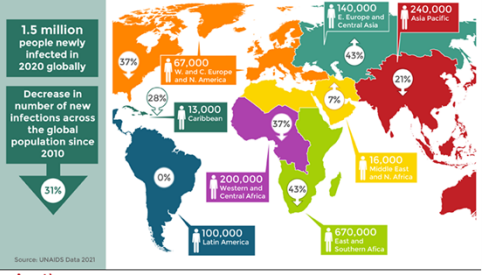


Πηγή: unaids.org

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HIV infection in the world


Number of new HIV infections in 2020 and change since 2010



- 1.5 million people newly infected in 2020 globally
- Decrease in number of new infections across the global population since 2010: 31%
- 140,000 E. Europe and Central Asia
- 240,000 Asia Pacific
- 57,000 W. and C. Europe and N. America
- 15,000 Caribbean
- 16,000 Southeast East and N. Africa
- 200,000 Western and Central Africa
- 100,000 Latin America
- 670,000 East and Southern Africa

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How many people infected with HIV live in Greece today?



- 5.000
- 8.000 - 10.000
- 10.000 - 20.000
- 30.000
- 50.000

QUESTION

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HIV infection in Greece

Today there are about 19,000 people living in Greece diagnosed as HIV positive being monitored in the Infectious Disease Units and receive antiretroviral therapy.

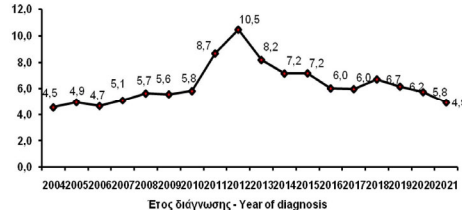
For every three people who know that are HIV positive and receive treatment, there is one person who does not know that is HIV positive.

Every year, approximately 450-500 new cases are diagnosed.

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HIV infection in Greece

Διαγνώσεις HIV λοίμωξης* ανά 100.000 πληθυσμού στην Ελλάδα (2004-2021)
HIV diagnoses* per 100,000 population in Greece (2004-2021)

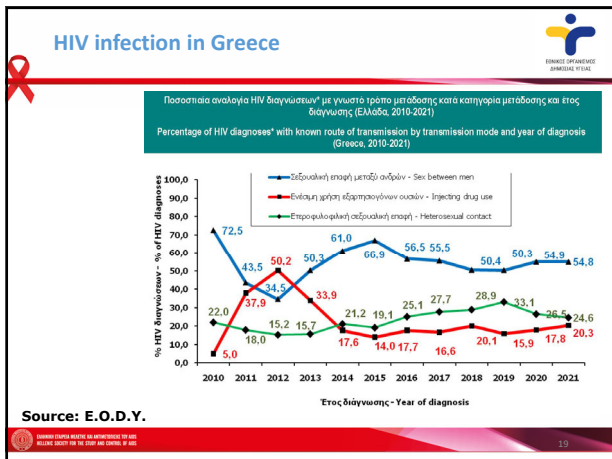


Ετος διάγνωσης - Year of diagnosis	Διαγνώσεις HIV λοίμωξης* ανά 100.000 πληθυσμού
2004	4,5
2005	4,9
2006	4,7
2007	5,1
2008	5,7
2009	5,6
2010	5,6
2011	8,7
2012	10,5
2013	8,2
2014	7,2
2015	7,2
2016	6,0
2017	6,0
2018	6,7
2019	6,3
2020	5,8
2021	4,9

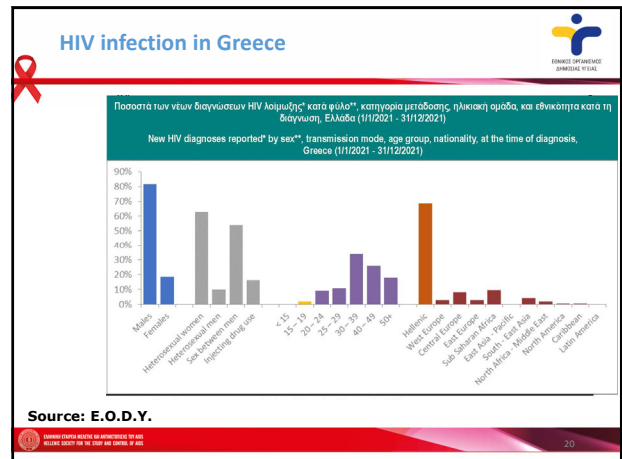
* Συμπεριλαμβανομένων των περιστασιών που όταν διαγνώστηκαν είχαν ήδη αναπτύξει AIDS
* Including cases presenting with AIDS when diagnosed with HIV

Source: E.O.D.Y.

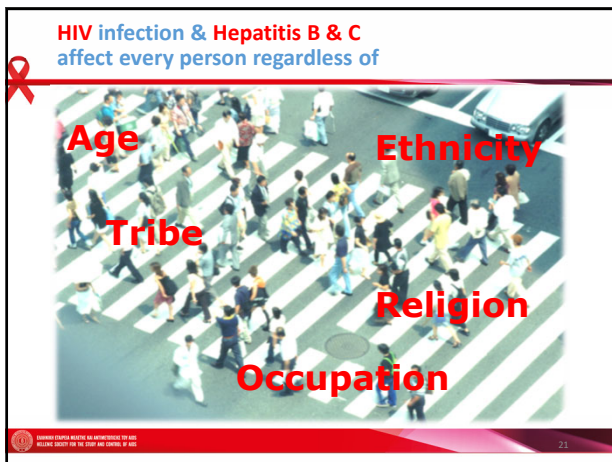
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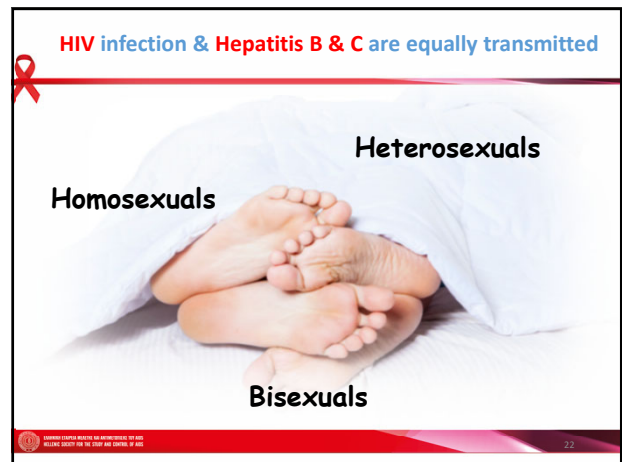
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What are the symptoms of HIV infection?

When a person is first infected with HIV (primary infection) they may have symptoms like a simple virus infection or feel nothing at all.

After that, most people have **no visible symptoms for the next 2 to 10 years.**


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How can I find out if someone is infected with HIV?

- There is no way to tell if someone else has HIV just by looking at them.
- **Most people with HIV infection do not look sick.**
- Few may have some symptoms similar to those of common diseases.
- **Most people with HIV infection have not been tested and do not know they are infected.**
- HIV infection does not show up on general blood tests.
- **The only way to know is if he or she tells you so.**

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The HIV test



- It is a special test that is done by blood test.
- It is painless.
- It is strictly **anonymous**. The result is communicated **ONLY** to the person being tested and no one else.
- Test result comes out very quickly (within 24 hours).
- Blood must be drawn within 30-40 days of the suspected contact.
- **All people who have an active sexual life should be screened every year for HIV infection.**
- A rapid test can be performed with saliva or a drop of blood from the fingertip, which gives a result in 20-30 minutes. Positive results should always be confirmed by a routine test because in some cases there are false positive results.

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Where can you be tested for HIV & hepatitis?

Free and anonymous

- At Reference Centers and Infectious Disease Clinics (ICUs)
- At all blood donation centers of public hospitals
- At NGOs such as Positive Voice Checkpoints
- In mobile units of the National Public Health Organization (E.O.D.Y)



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Is there a cure for HIV infection?

- Up today, there is no radical cure for HIV. Treatment suppresses the replication of the virus and reduces the risk of transmission.
- The development of drugs and antiretroviral therapy have helped change the course of the disease.
- HIV infection once meant certain death.
- Antiretroviral therapy is helping many people to extend their life duration, improve their standard of living and live a normal life.

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HIV & HEPATITIS B & C TRANSMISSION



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How STDs are being transmitted during sexual intercourse


DISEASE	WAYS OF TRANSMISSION			
	Unprotected vaginal or anal intercourse	Unprotected oral intercourse	Body fluids	Skin contact during sexual intercourse
HIV	YES	YES	YES	
Hepatitis B (HBV)	YES	YES	YES	
Hepatitis C (HCV)	YES	YES	YES	
Genital herpes simplex virus (HSV)	YES	YES		YES
HPV (Warts)	YES	YES		YES
Gonorrhoea	YES	YES	YES	
Syphilis	YES	YES	YES	
Chlamydia	YES	YES	YES	
Trichomonas	YES	YES	YES	
Fungi	YES			YES
Scabies	YES			YES
Genital lice	YES			YES

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Can you get AIDS if you use the mug of an HIV-positive person?

1. Yes
2. No
3. Only if you don't wash it






QUESTION

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HIV and hepatitis B & C are NOT transmitted:

- By being bitten by:
 - Flies
 - Mosquitoes
 - Bees
 - Wasps
- By swimming in the sea or pool
- By sharing the toilet

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HIV and hepatitis B & C are NOT transmitted:





By sharing

- glasses
- plates
- cutlery
- food or fruit

When you give a simple kiss

When you shake hands

When you hug someone

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HIV and hepatitis B & C are NOT transmitted by social contact, for example when:






- Someone is coughing or sneezing near you
- You give a simple kiss
- You hug someone
- You use a stranger's toilet, shower or towels
- Shaking hands
- Swimming in a pool or sea
- Using others' glasses or plates
- Sharing food, water or anything else



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HIV and hepatitis B & C are transmitted

- by biological fluids
- by sharing sharp objects
- from mother to child (vertical transmission)
- by sexual intercourse

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HIV is transmitted by biological fluids

Transmitted by	Not transmitted by
<ul style="list-style-type: none"> Blood (including period blood) semen intrauterine fluids vaginal fluids anal fluids breast milk when in contact with blood or mucous membranes (and not intact healthy skin)	<ul style="list-style-type: none"> Saliva Tears Sweat Urine Bronchial secretions Unless blood is present in them

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Virus Survival time outside the body

Virus	Survival time outside the body
HIV	few minutes
Hepatitis B virus	about 7 days
Hepatitis C virus	about 3 weeks

All three of these viruses must be able to pass into the bloodstream before they can be transmitted

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Sharing of sharp objects such as:



Needles for tattoo & piercing & nail care tools
 Needles and tools must be sterilized and be strictly disposed. New tools and needles must be opened in front of the person concerned

Razors & Toothbrushes
 These are strictly personal items




Needles and syringes when using intravenous toxic substances



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When is HIV transmitted from mother to child?

1. During pregnancy
2. During childbirth
3. During breastfeeding
4. All the above

QUESTION

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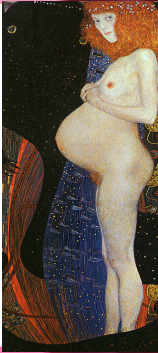
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Vertical transmission (mother to child)

Untreated **15-30%**

Reduced to **0.7-2%** by:

- antiretroviral therapy
- caesarean section (if necessary)
- breastfeeding prohibition



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IN SEXUAL INTERCOURSE

The risk is there during the **entire** duration of the intercourse

During vaginal intercourse

During anal intercourse

During oral sex

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How likely is transmission during sex?

It depends on

- **the amount of virus in the patient's blood**
- the type of sexual intercourse
- the presence of scratches
- the presence of other sexually transmitted diseases
- the infectivity of the virus strain
- the organism of the exposed person, etc.

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What is the likelihood of transmission with oral sex?

1. 50% of anal or vaginal intercourse
2. The same as the anal or vaginal intercourse
3. Very low but increases if there are wounds or abrasions

QUESTION

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Risk of HIV & hepatitis B & C transmission during sexual intercourse

- Passive partners are at greater risk than active partners
- The more violent the intercourse, the greater the risk of transmission

For HIV transmission

Higher risk	↓	Passive anal intercourse (50/10.000)
		Passive vaginal intercourse (10/10.000)
		Active anal intercourse (6.5/10.000)
		Active vaginal intercourse (5/10.000)
Lower risk	↓	Passive oral sex (1/10.000)
		Active oral sex (0.5/10.000)

43

Important factors that increase the risk of HIV infection

If someone has another sexually transmitted disease such as herpes, chlamydia, gonorrhea, trichomoniasis, syphilis, etc. the risk of transmitting HIV increases by 2 to 7 times

There are two main reasons:

- There are ulcers (sores) on the genitals or mouth that increase the risk of transmission during sexual intercourse
- **These people usually have risky sexual behavior**

44

High-risk sexual behaviour includes

- Frequent changes of sexual partners
- Multiple sexual partners
- Random sexual encounters
- Seeking sexual partners among people with high-risk behavior
- Selection of partners based on "healthy appearance"
- Contacts under the influence of alcohol or drugs
- **Contacts without proper condom use**

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Safe sexual behavior includes:

- Not having multiple, random sexual encounters
- Not changing frequently of sexual partners
- Being monogamous, having mutually honest relationships
- Not having sexual intercourse under the influence of drugs
- Immediate search for medical services in case of suspected disease
- **Constant use of condoms with adherence to instructions**

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Prevention

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Vaccination

There is a vaccine for hepatitis B and it is safe

There is NO vaccine for hepatitis C and HIV

48

Any contraception method can be used as a prophylactic method for STDs


1. Right
2. Wrong



QUESTION

49

Methods of contraception and prophylaxis against Sexually Transmitted Diseases



male & female condom are the only providing protection against STDs

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The condom


By using a condom, I respect and protect myself, my partner and I demand the same from him/her.




When there are symptoms, we both follow treatment and stop sexual intercourse for as long as it lasts.

51


Male condom



To avoid infection with HIV, hepatitis B & C and STDs I use condoms correctly and regularly


- At every sexual intercourse
- From the beginning and throughout

Provides more than 95-98% effective prevention from STDs transmission



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The male condom




It's turning me off	You're not bored now...
It makes me nervous	It can be teared
It spoils the atmosphere	He'll think I'm easy
It's unpleasant and cold	We know each other well

Let them say, I'm not going to get anything

It keeps me from feeling the other person
 And if I don't use it once, what happens?
 If he had something, he would have told me
 I'm ashamed to ask

53

But with a condom



I protect	It gives us confidence
I care	It sets us free
We're responsible	We feel safe

It saves me from STDs and AIDS


It is necessary nowadays
 I take matters into my own hands

Without a condom I am afraid	Finally, it is necessary
I don't want to get pregnant	It's like a game
I don't want to catch anything	It is a coloured cap

54

Where can you get a condom:

1. From a friend of mine
2. From a kiosk
3. From a department store
4. From a drug store



QUESTION

55



Basic principles of condom provision and storage

A. In the market

- Ensure that the condom is not stored in extreme temperatures (exposed to sun, radiators, refrigerator, etc.)
- Check that the packaging is intact
- Check the expiry date (condoms have a "shelf life" of about 5 years)

B. Condom storage


- I store it in places away from sun, heat, etc.
- I keep them in their package until the last one has been used
- I don't put them in my wallet or in my pocket, loose in my purse, or in my pocket along with objects that can tear them
- I am careful not to rip them

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Correct condom use is the responsibility of

1. No one
2. Both
3. Man
4. Woman



QUESTION

57

Correct use of the male condom

The condom is strictly used per penetration

I open and place it using both hands

I do not use two condoms for greater safety
There is a risk of tearing

I don't use fat-soluble lubricants, such as petroleum jelly, because they damage it

All condoms regardless of brand, colour, flavour, shape etc. offer exactly the same protection for STDs and contraception

They are always kept in their packaging (box) until the last one








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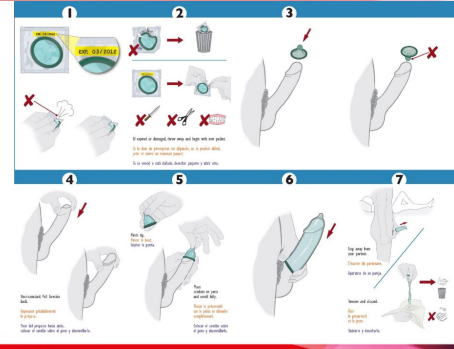
The condom




QUESTION

59

The male condom



QUESTION

60

The female condom

1. Open the wrapper. 2. Insert the inner ring. 3. Insert the outer ring. 4. Push the condom up. 5. Push the condom up. 6. Push the condom up. 7. Push the condom up. 8. Push the condom up.

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Correct way of placing a male condom

Check the expiry date

Check that there is no air in the packaging

Check that the packaging is not wrinkled or damaged

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Correct way of placing a male condom

Place condom when the penis is in full erection

I open the wrapper carefully with both hands trying to avoid tearing it

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Correct way of placing a male condom

I pinch air out of the tip of the condom

I find the correct positioning

I unroll condom all the way down the penis

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Correct way of placing a male condom

I remove it from the genital organ immediately after ejaculation and before the erection is over

I check for possible tears, wrap it in paper and throw it in the trash. Do not flush it down the toilet

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Prevention of HIV transmission

- > Systematic correct condom use
- > Diagnostic testing for HIV and STDs
- > Post-contact prophylaxis (pharmacological) PEP post-exposure prophylaxis
- > Pre-exposure prophylaxis (pharmacological) PREP pre-exposure prophylaxis
- > Treatment as prevention (also for vertical transmission)
- > Sterile disposable syringes



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The most common mistakes in the correct use of the male condom


- Last minute insertion (17% and 51.1%)
- Removing air (24,3% - 45,7%) (men > women)
- Removal before completion of the act (13,6% - 44,7%)
- Removal immediately after completion (men: 31,0% - women 27,0%)
- Correct positioning (4,0% - 30,0%)
- Storage (3,0% - 20,0%) (men > women)
- Coverage of the entire genital organ (6,3% - 22,5%) (women > men)
- Expiry date control (2,0 - 20,0%)
- Unwrapping before insertion (2,1% - 25,3%) (men > women)
- Opening wrapper with sharp objects (2,1% - 11,0%)
- Use of inappropriate lubricant (women : 3,2% - men : 4,7%)
- Re-use of condom (1,4% - 3,3%)
- Insertion of two condoms
- **No condom use at all (men aged 17-24: 55,0%)**

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Questions?



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