

## HIV & AIDS

The term 'Acquired Immunodeficiency Syndrome' – AIDS – first surfaced in 1980-81, when suddenly previously healthy, young men became afflicted with rare diseases that usually only appeared in terminally ill cancer patients or other severely immunodepressed patients. The AIDS-causing agent was subsequently identified in 1984 as being a virus, and called 'human immunodeficiency virus' – HIV.

Since then, HIV has grown to a pandemic, with an estimated 33.2 million people affected by the disease worldwide as of December 2007. Since its official recognition in 1981, more than 25 million people have died due to HIV/AIDS, thus making it one of the most devastating epidemics in mankind.

Currently, sub-Saharan Africa is the most affected region in the world, accounting for more than one third of the 2.1 million deaths in the year of 2007. The impact on the economic growth potential of those developing countries, and the loss of potential human capital, are enormous.

HIV crosses all cultures, national borders and religions – anyone of any age, race, color, sex or sexual orientation can be infected.

Only a known threat can be prevented – and prevention plays a major role in limiting the spread of this disease as much as possible by avoiding exposure; thus, it is of utmost importance to educate all men and women who are at risk, i.e. everybody, about the causes, development and ways of preventing HIV.

This workshop is intended to bring basic knowledge of the threat of HIV/AIDS to the people who are most likely exposed to the disease in one way or another, in a style that can be understood by every listener.

The workshop outline is as follows:

1. What is HIV?
2. How does the virus attack my body?
3. How does HIV affect my immune system?
4. How does HIV make me sick – what is AIDS?
5. When I have HIV – when will I get AIDS?
6. Sex and HIV!
7. How can I contract HIV?
8. How can I prevent getting HIV?
9. How can I prevent transmitting my HIV to others?
10. Will my unborn child also be HIV positive and die?
11. Culture, beliefs, tradition and the reality about HIV.
12. How HIV does *not* get transmitted between people.
13. Voluntary HIV testing and counseling – its importance and advantages.
14. HIV treatment – what is it, where can I get it?
15. Help for HIV positive patients.