



AIDS PREVENTION AND HEALTH AMONG STUDENTS IN THE 21ST OF CENTURE

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Abstract:

This article provides information about AIDS and HIV infection, ways of transmission, disease prevention, and recommendations for promoting a healthy lifestyle among young people.

Keywords: AIDS, HIV, "95-95-95", discrimination, stigma, migrant.

Acquired immune deficiency syndrome (AIDS) is a disease caused by a virus belonging to the retrovirus group; divided into two periods: HIV infection and immediate AIDS (SPID) period. The period of HIV infection is the period when the human body has the virus, but the symptoms of the disease have not yet appeared. The virus was discovered almost at the same time by scientists led by Professor Luc Montagne in Paris and Professor Gallo in the United States (1983). This virus selectively affects the human immune system, specifically killing CD4+ immune cells. After the virus enters the human body, after 2-3 days, in 25-30% of cases, symptoms characteristic of the period of primary infection can be observed. This is called "acute seroconversion syndrome" and may include fever, night sweats, joint and headache pain, nausea, vomiting, diarrhea, and a rash, especially on the upper body. These symptoms are related to the response of the immune system to a certain extent to the effect of the virus on the human body. But detection of antibodies during this period does not give results, because the response of the immune system is not yet fully formed. This period of the disease can last up to 8-10 years, sometimes even longer. Currently, the diagnosis of HIV infection in practice is based on the detection of antibodies against the disease virus in the blood - enzyme immunoassay (EIA) reaction. Although the initial antibodies begin to form after 3 weeks after the virus enters the body, the used diagnostics cannot detect them. Therefore, it is possible to conclude that a person is infected with this infection based on the result of the examination conducted 90 days after the virus enters the body.

AIDS is the final stage of HIV infection. The fight between the virus and the organism continues for a long time and ends with the virus's victory. From this time the era of AIDS begins. During this period, the human body loses its ability to withstand any microbes. For example, germs that are always present in the respiratory, stomach, and





urinary tracts and cannot cause disease can become active and cause various diseases. Since their manifestation is related to the AIDS situation in the body, diseases belonging to this group are collectively called AIDS-related (associated) infections. These are bacterial infections, fungal diseases, viral diseases, Kaposi's sarcoma, etc. In the early stages of infection, a person may feel healthy. This condition can last up to 8-10 years without any symptoms. During this period, even if a person looks healthy, there is a high risk of spreading the disease virus to others without knowing it.

In what ways is the disease transmitted?

The virus is found in the blood of an infected person, in the semen of men, in the genital secretions of women, and in breast milk. Therefore, the virus is mainly transmitted in 3 different ways:

1. Through the blood (parenteral route)
2. Through sex
3. The disease can be transmitted vertically from the infected mother to the fetus during pregnancy (through the injured placenta), during childbirth (through the mother's blood in the birth canal) and through breast milk to the baby.

In what cases is HIV not transmitted?

- When shaking hands, hugging;
- When coughing, sputtering;
- When using a public telephone;
- When bitten by insects;
- When using the pool, bathroom, toilet in common;
- From common dishes;
- Clothes and blankets - through the bed.

But despite the fact that the above information is recorded in many hospitals, the level of literacy of our people about AIDS/HIV and ways of transmission is low.

Uzbekistan against AIDS/HIV. The "95-95-95" strategy to end the HIV epidemic by 2030 was put forward by the General Assembly of the United Nations. As part of it, 95 percent of HIV-infected persons should know their status, be covered by special treatment courses, and the viral load in the blood of 95 percent should be undetectable. Currently, more than 48,000 HIV infections have been detected in the republic. In the last 5 years, the number of HIV tests has increased 5 times to 3.5 million. State financing of medicines is 80 percent.

In order to eliminate the transmission of HIV infection from mother to child in the republic, continuous supply of milk powder mixtures is being carried out every year to children born to sick mothers. Thanks to these measures, 99.7 percent of children





are fortunate to live healthy lives. HIV infection testing has been expanded and measures have been set to cover 3 million people. Such patients were also provided with 22 types of antiviral drugs free of charge.

In spite of these measures, cases of human immunodeficiency virus infection are unfortunately increasing. This is becoming an urgent problem, especially in the city of Tashkent, Andijan and Samarkand regions.

The main strategy to end the HIV epidemic by 2030 is to achieve the "95-95-95" targets by 2025. These targets mean that by 2025, 95% of people living with HIV will know their status, 95% of patients will receive specialized therapy, and 95% of patients will have a low-level virus that is not contagious

Representatives of all sectors should fight together to achieve the above-mentioned goals, to take measures aimed at completely stopping HIV/AIDS transmission among the population by 2030, and to achieve the result. In particular, the Ministry of Health, the Ministry of Economy and Finance, the Ministry of Internal Affairs, the Ministry of Poverty Alleviation and Employment, the Ministry of Youth Policy and Sports, the Information and Mass Communications Agency, the National Information Agency of Uzbekistan, the National Broadcasting Company of Uzbekistan, the Committee on Religious Affairs, interested ministries and agencies. and HIV infection together with public organizations Social, legal, spiritual and medical-psychological support of HIV-infected persons, especially among young people, extensive explanatory and educational work on the spread of HIV infection, strengthening of family and spiritual and moral values in the society are being created and implemented.

According to the decision of the President of the Republic of Uzbekistan No. PQ-14 of 20.01.2023, the organizations and ministries responsible for the measures aimed at preventing the spread of AIDS/HIV have been assigned specific tasks.

Including

Conducting express tests among at least 177,000 people annually to cover the population with HIV testing;

Providing medical advice on HIV infection among the population, preparing and delivering informational and promotional materials to the population, carrying out promotional activities. Carrying out special activities (trainings, campaigns, etc.) to prevent stigmatization and discrimination related to HIV infection;

Development of proposals for the introduction of mechanisms aimed at increasing the effectiveness of the fight against HIV and strengthening control over the spread of the disease among migrants who have been abroad for a long time and have returned to Uzbekistan;





Organization of campaigns to raise awareness among migrants and their families about the risk of HIV infection, protective measures and treatment options;

Carrying out large-scale propaganda work on issues related to the prevention, diagnosis and treatment of HIV infection among the population through mass media, Internet and social networks, preparation of articles, TV shows, radio broadcasts, audiovisual propaganda materials;

Presentation of videos and radio tips aimed at increasing public awareness of HIV infection in airplanes, trains, buses, subways, supermarkets, markets, etc.

An electronic information system is being created that allows monitoring of cases of HIV infection, monitoring the movement of drugs, test systems and other tools in real time, as well as interdepartmental cooperation. This system enables electronic cooperation between the electronic databases of the Ministry of Internal Affairs, the Ministry of Health, the Ministry of Justice, the Pension Fund under the Ministry of Economy and Finance and other interested organizations through the interdepartmental integration platform of the "Electronic Government" system.

In short, our country has developed many measures against AIDS/HIV. HIV and AIDS are rarely talked about in Uzbekistan. Most of the people still have a stigma that only prostitutes and drug addicts get it. But millions of children in the world live with HIV, including thousands of children born with this disease or infected during medical treatment in Uzbekistan.

Based on my current scientific and research work, I also want to raise awareness of HIV infection among all Uzbeks and create a tolerant attitude towards HIV-infected people, eliminate discrimination among people with AIDS/HIV. I took it as a goal.

In order to protect people from this disaster, it is necessary to pay attention to issues such as promotion of a healthy way of life, which has been a habit of our society since ancient times, and elimination of vices condemned by our people (drug addiction, prostitution, drunkenness). Because if everyone follows a healthy lifestyle and follows the instructions given below, this disaster will not pose a threat to our future generations.

To prevent HIV:

- compliance with personal hygiene rules;
- use only sterilized and disposable syringes during treatment;
- avoid promiscuous sexual relations.





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