

Physician's position considering HIV/AIDS or other fatal diseases and the Importance of informing people

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Abstract

Due to in confronting with every disease especially mortal disease, known or unknown with new epidemy, early discernment, has many advantages for patient, also for society and also for doctor and hygienic and medical center's staff, clinical diagnosis and remedy from one point of view and consulting and prevention and suitable control, from another point of view, becomes very important, because the society's infirmity and at last, high quantity of death are consequences of lack of discernment of such disease. Purpose of this article's presentation is not to repeat what we known about AIDS, perhaps main purpose is emboss of issues which are more important and with count of them, we could have better approach to controlling of such illnesses, there fore sometimes all the texts have not been written and they are bring to our notice that and different seminars, in terms of kind of seminar and at time of presentation of essay, more materials will be used.

The major goals of this article are:

1. Creation of wisdom and negative attitude about dangerous behaviors in order to prevention.
2. Struggle for superiority to up-to-date methods, cheaper and faster in discernment and remedy of disease.
3. Emphasis on this message for families: loyalty, abstinence, safe ways of prevention from pregnancy.
4. Pointing out the doctor's responsibilities if he fails to recognize a disease, and come to know the rules and regulations infighting against AIDS in Iran and in the world.
5. Vigilance and obtain new information by doctors and medical students in order to being prepared for confronting with illness and informing the people.

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Introduction

HIV infection introduces financial burden on patients and society because it is not easily detectable.

Erroneous diagnosis of HIV or other deadly diseases could also be costly. Effective control of HIV cases may become lax resulting into infected individuals continuing a dangerous life

style or committing to deliberate act of engaging with others. The HIV danger has prompted serious undertaking in society for identifying, prevention, treatment, counseling, and care of the deadliest diseases of the recent history.

This paper attempts to benefit from available resources to look into different aspects of HIV problem to emphasize how important awareness and preparations are for prevention and containment of HIV and similar diseases (including those that are already known and those who may endanger human lives in the future)

HIV was unknown up to 1981. Its danger and unlimited boundary became public knowledge after it was discovered. It was then that public became aware of the causes of HIV and how it was spread out among different groups.

Awareness has helped responsible international organizations, such as WHO and UN with its aid unit, UNAIDS, together with internationally active NGO's, devise programs to confront and contain this disease. Domestic organizations including Ministry of Health and Medicine, Blood Bank, Red Crescent society, and other interested associations have acted accordingly to contribute toward prevention and treatment of HIV and similar deadly diseases.

Methodology

The method used for this paper included library studies, internet search, television and video programs reviews, and attending related conferences.

Findings, Discussions, and Results

HIV infection means multiplication and mutation of HIV virus in human body during its life cycle. Patient may not show any clinical symptoms during infection and the window period may take many years. Laboratory indications of HIV infection may appear during this period. Initial lab tests should prove the existence of the infection. HIV is an infectious disease and its only prevention is avoidance of dangerous behavior. HIV remains undetectable in most cases till it reaches an advanced stage or turn into AIDS. Ignorance about the dangers of infection and the fear about result of test are reasons for not seeking HIV antibody in most cases. Early detection is important in these cases in order to provide adequate information and training about the dangers of this disease.

Keys for detection of HIV infection lay in individual's life style. Obtaining information about sexual behavior of those who engage in dangerous life style can be helpful. Other ways of transmission include sharing hypodermic needles among addicts, infected blood transfusions or tissue transplant, using infected sharp tools, infected mother to child during pregnancy, delivery, or breastfeeding. Potential benefits of early intervention by antiretroviral and prophylaxis for opportunistic infections are well recognized. Therefore, awareness about early infection signs and laboratory confirmation are important for both physician and patient.

Clinical Symptoms of Initial HIV Infection

General Symptoms	dermatologic Symptoms	GI Symptoms	Neurologic Symptoms
Fever Pharyngitis lymphadenopathy Myalgia Lethargy and Weakness Weight loss and Anorexia	Measleslike-Rash maculopapular erythematousextended Urticaria Scaled skin Alopecia	Musculo- cutaneous wounds Candidiasis Nausea, Vomiting Diarrhea	Headache Painful- Ophtalmia meningoenc ephalitis peripheral- Neuropathy brachial or Radiculo- neuritis Guillain- Barre Syn Perception and affective disorders

Fever of unknown origin and drug reactions are critical indications of possible HIV infection. Physicians should become familiar with different illnesses resulting from immune deficiency caused by virus infections. These illnesses include respiratory illnesses (e.g. tuberculosis, Pneumonia, and other opportunistic infections) plus disease of neurologic sys, mouth, eye, musculoskeletal sys, blood, GI, and skin.

Critical issues for these diseases are:

Pulmonary Diseases

Recent tuberculosis epidemic is highly related to the spread of HIV infection in the world. This is true especially in developing countries and other countries in Africa, South East Asia, Russia, and Eastern Europe. Tuberculosis infection is highly likely in almost all HIV cases. However, one

cannot expect virus infection to indicate AIDS.

GI Diseases

Viral hepatitis and colon infection are among diseases of digestive system that may be dangerous signs of HIV infection. Viral hepatitis and HIV have similar transmission patterns. Casual sexual contacts and sharing hypodermic needles are the main cause of hepatitis transmission especially HBV. Hepatitis B could be an indication of HIV infection. Clinical findings of HIV infection, including colitis, drug reaction, candidiasis, have proven to be good indicators of possible HIV infection.

Neurologic Diseases

Neurologic symptoms could be indicative of HIV infection even during early stages of illness or at a time a suitable treatment could be administered. Physicians should

carefully consider any neuropathy for potential signs of HIV infection.

Blood Diseases

Patients may be referred to blood specialists for clinical examination or testing, Anemia, neutropenia, thrombocytopenia, or lymphatic system disorders. Two main clinical diagnosis related to anemia may have connection to HIV infection, namely:

- 1) Idiopathic thrombocytopenic purpura or ITP (at any time after infection); and
- 2) Single or multiple cell cytopenia (in advanced stages of infection with CD4 < 100)

Skin Diseases

Most HIV infected individuals show skin and mucus membrane problems before appearance of AIDS. Physician should be keen about these problems because they could give early indications of HIV infection. These diseases are normally infectious, neoplastic, or inflammatory with varying signs. e.g: some kind of Kaposi-sarkom.

Pediatrics, obstetrician, gynecologists, and surgeons should carefully consider possible signs of HIV infection. HIV infection is common among drug and injection addicts. UNAIDS has declared hypodermic injection and its related problems as the dark secret of HIV crisis in Eastern Europe and some other countries.

It is unrealistic to expect all members of society to become aware of the dangers and adapt effective life styles. However, if we decrease the number of addicts to injection drugs, we have taken a step toward effective control of the disease. HIV is not only a health-medical issue; it is rather a social-political problem. All people should join hands and not allow a certain

group to endanger themselves and others.

In countries that suffer highly from drug smuggling, HIV transmission is a real proof. For example, drug addicts in Thailand change from using opium to heroin-crack and their injection. What has gained importance in many countries is elevating the level of awareness about how this disease is spread including sharing hypodermic needles. Most of the time, illicit sexual contact is combined with drug injection.

Hepatitis and AIDS are transmitted through sexual contacts and blood transfusion and affect liver. In international conference on AIDS sponsored by UN in Thailand the main public message was that three principles should be considered in order to contain the spread of AIDS:

1. Faithfulness and loyalty
2. Abstinence
3. Effective use of birth control (e.g. condom and other good methods)

AIDS is an international problem among homosexuals and heterosexuals. The best way of containing its spread is prevention from contracting the disease.

The public belief for a successful program should concentrate on three important issues:

1. Acceptance of the target group that AIDS is a deadly disease
2. Availability of specialized programs for drug users to encourage alteration of dangerous behavior
3. Existence or creation of a social network to reinforce behavioral change Attention should be made to counseling during various stages. It could be situational: aversion oriented, or effective. Counseling could be

administered before testing. It could be design based on the result of testing whether negative or positive. It could be directed to a certain group. In either case, it is importance to provide counseling to those who need them most.

When the result of HIV testing is positive, the following steps should be taken.

1. Following and monitoring the progress of disease.
2. Evaluation of possible contact with possible opportunistic patogenes.
3. Suggesting suitable treatments to heighten awareness and administer secondary prevention.

Physicians should be familiar about HIV test indexes and logical use of HIV-Ab test. In some countries, patients can sue physician for failing to diagnose HIV infection.

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The responsibility of Iranian physicians should be defined for HIV cases. For the lack of such definition, they should continue increasing their awareness and collecting information about the disabling, unknown, and deadly diseases such as AIDS in order to provide the required guidance to the public and patients.

In recent years, in Iran and all of the world, we have great progresses; for example IMOD (Iranian herbal immunomodulator for helping to AIDS treatment) or FIT – Biotech oy (new technology to combat HIV and TB.) can reduce viremia in previously untreated patients. There are good studies about HIV-vaccine especially in South Africa. FIT-06 Immunomodulator, can modify the course of the infection by maintaining a low viral load and high or constant CD4-cell counts.

We hope to see more progresses in future in all over the world for better health care and life sciences.

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