

PREVENTION OF AIDS

As AIDS has no cure, prevention is the best option. Moreover, HIV infection, more often, spreads due to conscious behaviour patterns and is not something that happens inadvertently, like pneumonia or typhoid. Of course, infection in blood transfusion patients, newborns (from mother) etc, may take place due to poor monitoring. The only excuse may be ignorance and it has been rightly said - "don't die of ignorance".

In our country the National AIDS Control Organisation (NACO) and other non-governmental organisations (NGOs) are doing a lot to educate people about AIDS. WHO has started a number of programmes to prevent the spreading of HIV infection. Making blood (from blood banks) safe from HIV, ensuring the use of only disposable needles and syringes in public and private hospitals and clinics, free distribution of condoms, controlling drug abuse, advocating safe sex and promoting regular check-ups for HIV in susceptible populations, are some such steps taken up.

Infection with HIV or having AIDS is something

that should not be hidden - since then, the infection may spread to many more people HIV/AIDS - infected people need help and sympathy instead of being shunned by society. Unless society recognises it as a problem to be dealt with in a collective manner - the chances of wider spread of the disease increase manifold. It is a malady that can be tackled, by the society and medical fraternity acting together, to prevent the spread of the disease.