

Updates on the management and prevention of aids

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HIV always remains as pandemic and Incurable disease worldwide. It is estimated that this virus has caused deaths of about 40 million people worldwide in addition to this 36.9 million people are living with having this infectious agent in their bodies¹. As this disease is not cured yet so scientists are working hard to find the cure of this disease by either developing a vaccine or a therapy drugs. Scientists have developed broadly neutralizing antibodies which have become successful by working as prophylactic and immunotherapy². These antibodies have been seen to block 2 steps of HIV-1 entry into the cell and they have been seen to be successful in animal models. Incidence of HIV-1 infections are rising while the antiretroviral drugs for treatments are getting expensive with the progress of time so newly developed antibody drugs if successful can overcome these issues¹.

Early detection of HIV infection plays a critical role in managing this disease. According to original Fiebig classification acute HIV infection is defined as a period between gains of viral infection till development of antibodies along with efflux of viremia¹. Various organizations including WHO recommends testing and immediate treatment of all those people who are diagnosed with HIV infection as it will prevent damage to the immunity and also decreases the resistant reservoir which makes HIV incurable. Therefore early diagnostic procedures are needed to be developed to detect viral infection so that it does not compromise the prophylactics and the disease can be managed too. Also this disease can be managed via creating public health awareness among low socioeconomic countries. Early diagnosis of HIV infection can help in managing the disease by treating with antiretroviral therapy at early stage which can be helpful in decreasing the incidence and spread of disease among all other non-infected individual².

Most important aspect of HIV/AIDs is its long term management as it is impacted by age, comorbidities and adherence to treatment. As with the advancement of technology, mobile facilities have given great advantage in understanding this disease and its management. People can now communicate about their disease and get feedback through different massaging applications and by browsing about HIV/AIDS which is benefiting individuals with HIV/AIDS both mentally and physically. With more advancement in mobile applications, individuals can get more benefits like getting reminders about their medical appointments, by learning about their medications more promptly which help them in adherence to medications and other aspects of self-management³.

A greater emphasis should be on made prevention of HIV/AIDS. People who migrate to different cities have to cope up with their jobs, living standards and social aspects. Giving awareness to such individuals by social programs about sexually transmitted diseases including HIV/AIDS is necessary to lower the rate of HIV/AIDS in migrants. Recently government is paying attention towards these kind of social organizations to educate people about HIV and correcting them about the myths related to HIV. It is also very important to make people's attitude towards HIV/AIDS more flexible and less reluctant as there are still some communities present who are hesitant to talk about HIV and are negative towards individuals with this disease⁴.

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