



# Immunovirological Status in People with Perinatal and Adult Acquired HIV Infection

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## DESCRIPTION

Human Immunodeficiency Virus (HIV) infection continues to be a major global health concern, affecting millions of people worldwide. Despite significant advancements in treatment and prevention, HIV/AIDS remains a leading cause of morbidity and mortality, particularly in low- and middle-income countries. In this article, we will delve into the intricacies of HIV infections, exploring the challenges faced and the progress made in the ongoing battle against this devastating disease. HIV/AIDS is caused by the Human Immunodeficiency Virus (HIV), which can be transmitted through specific bodily fluids, including blood, semen, vaginal fluids, and breast milk. The primary modes of HIV transmission include unprotected sexual intercourse, sharing contaminated needles or syringes, mother-to-child transmission during pregnancy, childbirth, or breastfeeding, and occupational exposure in healthcare settings. According to the Joint United Nations Programme on HIV/AIDS (UNAIDS), an estimated 37.7 million people were living with HIV worldwide in 2020, with approximately 1.5 million new infections reported each year. Sub-Saharan Africa remains the most severely affected region, accounting for the majority of global HIV infections and AIDS-related deaths. Despite significant progress in HIV prevention and treatment, several challenges persist in the global response to the HIV/AIDS epidemic. Key challenges include stigma and discrimination surrounding HIV/AIDS continue to undermine prevention efforts and hinder access to testing, treatment, and care services. Fear of judgment and social ostracism discourages individuals from seeking HIV testing and disclosing their status, perpetuating the spread of the virus. Access to HIV testing, treatment, and care services remains uneven globally, with many people facing barriers such as geographic remoteness, cost, and lack of awareness. Delayed diagnosis and inadequate access to treatment contribute to disease progression and increased HIV transmission rates. Health disparities, including socioeconomic inequalities, gender inequality, and lack of access to healthcare,

disproportionately affect marginalized populations, such as women, adolescents, sex workers, men who have sex with men, transgender individuals, and people who inject drugs. These disparities exacerbate vulnerability to HIV infection and hinder efforts to control the epidemic. Despite the challenges, significant progress has been made in the global response to HIV/AIDS, thanks to concerted efforts by governments, civil society organizations, researchers, and affected communities. Key achievements include antiretroviral therapy has revolutionized HIV treatment, transforming HIV/AIDS from a fatal illness into a manageable chronic condition. ART suppresses viral replication, preserves immune function, and reduces the risk of HIV transmission, allowing individuals with HIV to live long and healthy lives. A combination of behavioral, biomedical, and structural interventions has proven effective in preventing HIV transmission and reducing new infections.

## CONCLUSION

HIV/AIDS remains a complex and multifaceted global health challenge, requiring sustained commitment and collaboration to achieve the goal of ending the epidemic by 2030, as outlined in the United Nations Sustainable Development Goals. By addressing underlying social determinants, eliminating stigma and discrimination, expanding access to testing and treatment services, and investing in research and innovation, we can accelerate progress towards a world free from HIV/AIDS and ensure the health and well-being of all individuals affected by this devastating disease.

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## CONFLICT OF INTEREST

The author's declared that they have no conflict of interest.

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