

4-22-2022

Debunking Medical Myths: Getting the Facts about HIV

Andrew Demko

Wayne State University School of Medicine, hg0161@wayne.edu

Justin Bennie

Wayne State University School of Medicine, gh9886@wayne.edu

Christelle Wharram

Wayne State University School of Medicine, gu5235@wayne.edu

Eli Tanenbaum

Wayne State University School of Medicine, hf8994@wayne.edu

Jennifer Schmidt

Wayne State University School of Medicine, hj2357@wayne.edu

See next page for additional authors

Follow this and additional works at: https://digitalcommons.wayne.edu/pat_edu_proj



Part of the [Curriculum and Instruction Commons](#), [Medical Education Commons](#), and the [Public Health Commons](#)

Recommended Citation

Demko, Andrew; Bennie, Justin; Wharram, Christelle; Tanenbaum, Eli; Schmidt, Jennifer; and Paskavitz, Amanda, "Debunking Medical Myths: Getting the Facts about HIV" (2022). *Patient Education Projects*. 312.

https://digitalcommons.wayne.edu/pat_edu_proj/312

This Infographic is brought to you for free and open access by the Patient Education at DigitalCommons@WayneState. It has been accepted for inclusion in Patient Education Projects by an authorized administrator of DigitalCommons@WayneState.

Authors

Andrew Demko, Justin Bennie, Christelle Wharram, Eli Tanenbaum, Jennifer Schmidt, and Amanda Paskavitz

Getting the Facts about HIV

What is HIV?



HIV (human immunodeficiency virus) attacks important cells that protect against infection and disease, which greatly increases risk for life-threatening illnesses.

How do people get HIV?



Worldwide, **70%** of HIV infections are from heterosexual sexual transmission



What can spread HIV?



Saliva and skin contact will **NOT** spread HIV, including hugging, handshakes, kissing, coughing, or sharing a drink



Semen, blood, and breast milk **CAN** spread HIV.

Infection occurs through sexual acts, needle sharing, delivery, and breastfeeding.

HIV Drugs & Viral Load

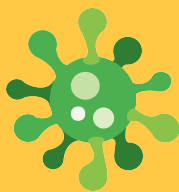


Do HIV drugs help with spread?

The odds of spreading HIV to a partner depends on the viral load (VL) which measures the amount of live virus within the body.

HIV positive patients commonly take ART (antiretroviral therapy) drugs to prevent viruses from entering their bloodstream.

With treatment, individuals with a VL of <1000 copies/ml **rarely transmit HIV** to their partners!



In a recent study:

782

Couples with someone on ART and a low viral load

76,088

Instances of unprotected sex

0

Times HIV was spread

Tips to Stay Safe with HIV

1. Use condoms
2. Avoid sharing needles
3. Get tested early
4. Take ART drugs as prescribed by your physician if HIV positive

Protected Sex and HIV

Condom use alone reduces the risk of spread from an HIV positive partner by **60-96%**.

Condom use combined with ART reduces infection risk by **99%**.

The combination of ART, condom use, and a low viral load can effectively prevent HIV spread between partners.

Does wearing a condom matter?



Reference List:

Cohen MS, Gamble T, McCauley M. Prevention of HIV Transmission and the HPTN 052 Study. Annual Review of Medicine. 2020;71:347-360. doi:10.1146/annurev-med-110918-034551. Accessed November 22, 2021.

Liu Huixin, Su Yingying, Zhu Lin, Xing Jiannan, Wu Jing, Wang Ning. Effectiveness of ART and Condom Use for Sexual HIV Transmission in Serodiscordant Couples: A Systematic Review and Meta-Analysis. <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0111175>. Published November 4, 2014. Accessed November 22, 2021.

Shaw GM, Hunter E. HIV Transmission. Cold Spring Harbor Perspectives in Medicine. <http://perspectivesinmedicine.cshlp.org/content/2/11/a006965.full>. Published January 1, 1970. Accessed November 22, 2021. <https://www.cdc.gov/hiv/basics/whatishiv.html>

Yellow 50: Amanda Paskavitz, Jennifer Schmidt, Justin Bennie, Christelle Wharram, Eli Tanenbaum, Andrew Demko