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First aid step 3 pdf free

In the late 1970s, a mystery illness appeared in a few men. Their body weight dropped rapidly. Their immune system was destroyed. They had no defense against diseases that the body usually fights out with ease - a skin cancer known as Kaposi's sarcoma, candida infections and an unusual strain of pneumonia [source: Avert]. Eventually scientists would give the disease the name Acquired Immune Deficit Syndrome, or AIDS. After the first appearance, several years passed before medical professionals recognized that a virus - the Human Immunodeficiency Virus - caused the disease or that the disease could be spread through sexual contact, intravenous drug use and blood donations. It was 1985 before an American president publicly mentioned the disease. Ad In the early years of the epidemic there was fear and disinformation. Patients were confronted with prejudice and hysteria, even violence. Early treatments involved such intensive drug regimens with such toxic prescriptions that patients who do not die from the disease themselves sometimes died of liver failure. One thing seemed clear: there was no cure. Those diagnosed with AIDS would have it for the rest of their lives, and their lives would be dramatically abbreviated. Twenty years after the first cases appeared, approximately 30 million people were living with HIV/AIDS and more than 6 million AIDS-related deaths had been reported around the world [source: Aegis]. By the end of 2007, the number of confirmed cases had increased to 33 million [source: Avert]. Although our information and treatment options have improved dramatically, they are still not enough to stop the spread of AIDS, which remains a global crisis. Some of the people who are fighting hardest to eradicate this terrifying epidemic are with AIDS organizations. The first AIDS organizations appeared in 1982, a few months after the disease was given its name by the Centers for Disease Control [source: Avert]. Read on to learn more about the work of AIDS organizations in the fields of education, testing and support. URL of this page: Accidents happen. Someone chokes on an ice cube or gets stung by a bee. It's important to know when to call 911 -- it's for life-threatening emergencies. While you wait for help, you might save someone's life. Cardiopulmonary resuscitation (CPR) is for people whose hearts or breathing has stopped and the Heimlich maneuver is for people who suffocate. You also learn to deal with common injuries and wounds. For example, cuts and abrasions should be rinsed with cold water. To stop bleeding, apply firm but gentle pressure, using gauze. As the blood soaks, add more gauze, keeping the first layer in place. Keep up the pressure. It is important to First aid kit available. Keep one at home and one in your car. It must include a first aid guide. Read the guide to learn how to use the items so you're ready in case an emergency happens. What is physical (National Institute of General Medical Sciences) This material may not be used for commercial purposes, or in a hospital or medical facility. Non-compliance can lead to legal action. WHAT YOU NEED TO KNOW: What is AIDS, and how does it differ from HIV? AIDS (acquired immune deficiency syndrome) is the final stage of HIV infection. HIV (human immunodeficiency virus) is a viral infection that slowly weakens your immune system. The virus kills a type of white blood cell called CD4. The loss of CD4 cells weakens your immune system. Over time, a weak immune system makes it difficult for you to fight infections. This can also lead to certain cancers and heart disease. A normal CD4 count ranges from 500 to 2000. You have HIV if your CD4 count ranges from 200 to 500. You have AIDS when your CD4 count is less than 200 or you have one of the infections or cancers caused by AIDS. AIDS means that your immune system cannot fight infections and diseases. This can be life-threatening. What are the signs and symptoms of AIDS? The following signs and symptoms are common if you have AIDS or infections or cancer caused by AIDS: Extreme fatigue Chronic fatigue Chronic diarrhea Weight loss White spots, ulcers, or hairy spots in your mouth Difficulty breathing Coughing up blood Fever that lasts longer than 1 month, and night sweats Rash, blisters, bruises, or other skin changes Hair loss or loss of vision Confusion and memory loss How is AIDS diagnosed? Your healthcare provider will ask questions about your signs and symptoms. It will check your height and weight and examine your skin, mouth and eyes. He can ask questions about your sexual history and whether you've ever used illegal drugs. He'll ask these questions to find out how you got infected with HIV and who else is at risk. Tell your health care provider about any disease or infections you've had, including sexually transmitted infections (STDs). Tell him when your HIV was diagnosed and if you have used drugs to treat HIV. He will ask if you have ever been hospitalized for an HIV-related infection or disease. Tell him your most recent CD4 count and viral load, and your lowest CD4 count. These answers can help your health care provider understand your illness and help him plan treatment. HIV screening tests may include testing your blood or saliva for HIV antibodies. These are substances that your body creates after it is infected with HIV. Other blood tests can be used to find your CD4 cell count. Your viral load will also be monitored. This is the amount of HIV in your blood at any given time. Your healthcare provider will test your blood for infections and cancer. What diseases can I develop because I have AIDS? If your CD4 count you are at risk for many cancers and opportunistic infections. These are diseases that develop because your immune system can't fight the bacteria or viruses that cause them. Infections that often occur when your CD4 count drops below 200 are Pneumocystis Pneumocystis (PCP), toxoplasmosis and histoplasmosis. You develop other infections, such as cytomegalovirus, cryptococcal meningitis or Mycobacterium avium complex (MAC). You develop cancer, such as Kaposi sarcoma or central nervous system lymphoma. How is AIDS treated? There is no cure for HIV or AIDS. The goals are to control your pain, treat your symptoms, prolong your life and improve your quality of life. The treatment is based on how long you have had HIV or AIDS, your age and your current health. You may need one of the following options: Antiretroviral drugs slow the progression of HIV. They are given in various combinations called highly active antiretroviral therapy (HAART). Your healthcare provider determines what type of HAART you need and when you start this treatment. It may be necessary to make HAART changes if you have serious side effects, or if you develop resistance to a drug. Antidepressants can be given to improve your mood. Rarely, antidepressants can worsen your symptoms. Do not stop taking this medicine unless it is intended. It may take 4 to 6 weeks for antidepressants to help you feel better. Antimicrobial drugs are given to kill infections caused by bacteria, viruses or a fungus. Medicines can be given to soothe your stomach and prevent vomiting. You will get another medicine to relieve diarrhea. Appetite stimulants can help increase your energy level and appetite. Painkillers can be given. Ask your healthcare provider how to take this medicine safely. Muscle relaxants help reduce pain and muscle spasms. Cancer treatments are planned by you and your healthcare provider. What can I do to take care of myself at home? Often eat small amounts. If you are not hungry, often eat small amounts instead of large meals. You should eat enough calories to prevent weight loss caused by AIDS. You should also eat protein and iron to prevent anemia, and calcium to prevent bone loss. Never eat raw eggs, unpasteurized food, undercooked meat, or anything else that can lead to food poisoning. Take supplements as prescribed. Ask your health care provider if you should take calcium and vitamin D pills to prevent the loss of bone density. You also need multivitamins. Take care of your mouth. Use a toothbrush with soft hair. If you have sores in the mouth or pain if you swallow, rinse your mouth with salt water. Mix 1/2 teaspoon salt in a glass of water to make salt water. Do this after meals and before you go to sleep. If your mouth is dry, drink drinks often or suck on pieces of fruit. Avoid citrus fruits such as oranges and grapefruits. Citrus can hurt your mouth ulcers. Treat diarrhea. Apply vaseline to your area Wash the area 3 times a day with soap and water. Don't have caffeine, dairy, or spicy foods. Diarrhea can sometimes lead to dehydration. Drink small amounts of fluid throughout the day, or drink oral rehydration solution (ORS) to prevent dehydration. Breathe in more comfortably. Sit up right in a position that allows you to breathe comfortably. Use extra cushions to support your back. Open windows for fresh air. Drink water often if you have a chronic cough. Don't smoke. If you smoke, ask for information on how to stop. HIV and medications to treat HIV can increase your risk of heart disease. Nicotine increases your risk of heart disease even higher. Do not use e-cigarettes or smokeless tobacco products instead of cigarettes. They still contain nicotine. Take care of your mental health. Dementia (loss of memory and brain function) can sometimes occur with AIDS. To manage dementia, keep things in the same place and follow a pattern for activities every day. Stay at familiar places and avoid noise where possible. Make decisions at the end of life. Ask your healthcare provider for more information about advanced medical guidelines. These documents help you determine and write down your choices for end-of-life care. It is best to complete them early in your illness, when you are clearly thinking about your needs. You may want to know more about hospice care. Hospice is a program that will help you be comfortable in the last 6 months of your life. What can I do to prevent the spread of HIV? Tell your sex partners about your HIV status. Don't have sex without a latex condom. If you inject drugs, do not share needles or syringes. Use a needle exchange program to obtain clean needles. Ask your health care provider for information if you need help to stop injecting drugs. Where can I find support and more information? AIDS Info Mailbox 6303 Rockville, MD 20849-6303 Phone: 1- 800 - 448-0440 Web Address: The National Association of People With AIDS 8401 Colesville Rd, Ste 505 Silver Spring, MD 20910 Phone: 1- 240 - 247-0880 Phone: 1- 866 - 846-9366 Web Address: When should I seek immediate care? You have a fever with night sweats or vomiting. You're having trouble breathing. You cough up blood, or you have bloody bowel movements. You have a headache and a stiff neck. You have new vision problems. You're confused and notice changes in the way you think. You're having a seizure. When should I contact my healthcare provider? You have side effects from your medicines that cause you to want to stop taking them. You're either very tired or you've lost weight. You have persistent nausea, vomiting and diarrhea. You have raw, sore skin or open sores around your rectum. You see white spots, sores, or hairy spots in your mouth. You have white vaginal discharge and vaginal pain or swelling. You have rashes, blisters, bruises or other skin changes. You have a cough that won't go away, or swollen nodules in your neck or armpits (swollen lymph nodes). You have questions or concerns about your condition or Care agreement You have the right to cooperate in planning your care. Learn more about your health status and how it can be treated. Discuss treatment options with your caregivers to decide what care you want You always have the right to refuse treatment. The above information is only an educational help. It is not intended as medical advice for individual conditions or treatments. Talk to your doctor, nurse or pharmacist before following a medical regimen to see if it is safe and effective for you. © Copyright IBM Corporation 2020 Information is for the use of end users only and may not be sold, redistributed or otherwise used for commercial purposes. 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