

# ***PNAC HIV&AIDS Glossary***

## **Glossary of HIV and AIDS Related Terminologies**

Compiled by:

**Behavioral Change Communication Section**

**Pakistan National AIDS Consortium**

**Editorial board:**

1. Prof. Fateh M. Malik (National Language Authority)
2. Dr. Asma Bokhari (NACP)
3. Dr. Samia Hashim (UNAIDS)
4. Mr. Qadeer Baig (PNAC)
5. Dr. Asif Aslam (UNICEF)
6. Dr. France Donnay (UNFPA)

**Compiling Team:**

- ❖ Aftab Ahmed Awan
- ❖ Yusra Qadeer
- ❖ Mamoon Ayub

**Working group:**

1. Dr. Asif Aslam (UNICEF)
2. Dr. Qadeer Ahsan (USAID)
3. Dr. Arif Mehmood (OXFAM)
4. Dr. Shahid Awan (The Asia Foundation)
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19. Mr. Arshad Bhatti (Connective Action)
20. Ms. Nayab Azizi MIDAS
21. Other PACPs

## **PNAC HIV/AIDS GLOSSARY**

### **A**

#### **ABSTINENCE**

The voluntary decision of avoiding all sexual activities that leads to an exchange of bodily fluids

#### **ACQUIRED IMMUNODEFICIENCY SYNDROME (AIDS)**

A serious, often fatal, disease of the immune system. A severe immunological disorder is caused by the retrovirus HIV, resulting in a defect in cell-mediated immune response that is manifested by increased susceptibility to opportunistic infections and to certain rare cancers, especially Kaposi's sarcoma. It is transmitted primarily by exposure to contaminated body fluids, especially blood and semen, and through blood products especially by sexual contact or contaminated needles. The period between infection with HIV and the onset of AIDS averages 10 years. Even with treatment, most people with AIDS die within two years of developing infections or cancers that take advantage of their weakened immune systems. See also CD4 ( T4) cells or CD4+ Cells; Diarrhea; HIV Disease; Kaposi's Sarcoma; Opportunistic Infection; Wasting Syndrome

#### **ACUTE INFECTION**

An infection causing disease with a sudden onset, severity and (often) short course. As related to HIV infection: Once the virus enters the body, HIV infects a large number of CD4+ T cells and replicates rapidly. During this acute or primary phase of infection, the blood contains many viral particles that spread throughout the body, seeding themselves in various organs, particularly the lymphoid tissues. See also Acute Retroviral Syndrome; CD4 (T4) or CD4+ Cells; Infection; Lymphoid Organs

#### **ACUTE RESPIRATORY INFECTION (ARI)**

Acute respiratory illness (ARI) constitutes a group of signs and symptoms that develop over a brief interval (hours to weeks) some of which are constitutional such as fever, chills, and weight loss, and some of which are organ specific such as cough, dyspnea, and chest pain. In HIV-infected individuals with ARI, a wide variety of diseases can have similar presenting manifestations. Clinical and demographic factors help to formulate the differential diagnosis.

#### **ACUTE RETROVIRAL SYNDROME**

The acute or primary HIV infection often passes unrecognized, but may be present as a mononucleosis-like syndrome within three months of the infection. The diagnosis is made by demonstrating HIV antibody seroconversion. See also Seroconversion.

#### **ADMINISTRATION**

(Route of Administration). A term used to refer to how a drug or therapy is introduced into the body. Systemic administration means that the drug goes throughout the body (usually carried in the bloodstream), and includes oral administration (by mouth) and intravenous administration (injection into the vein). Local administration means that the drug is applied or introduced into the specific area affected by the disease, such as application directly onto the affected skin surface (topical administration). The effects of most therapies depend upon the

ability of the drug to reach the affected area, thus the route of administration and consequent distribution of a drug in the body is an important determinant of its effectiveness. .

### **ADVERSE REACTION**

In pharmacology, any unexpected or dangerous reaction to a drug. An unwanted effect caused by the administration of a drug. The onset of the adverse reaction may be sudden or develop over time

### **AIDS EDUCATION AND TRAINING CENTERS (AETC)**

Centers where basic information and knowledge about how to cope and live with HIV AND AIDS is given. In Pakistan there are no such centers but PNAC is in the process of developing them.

### **AIDS KNOWLEDGE BASE**

Full-text electronic database on AIDS, available in print as well as electronic form, produced and maintained by physicians and other health care professionals. The database is edited by P.T. Cohen (San Francisco General Hospital), Merle Sande, and Paul Volberding. In Pakistan no such effort has been made in this regard but PNAC Resource Centre is in the process of developing material based on AIDS knowledge

### **AIDS WASTING SYNDROME**

The involuntary weight loss of 10 percent of baseline body weight plus either chronic diarrhea (two loose stools per day for more than 30 days) or chronic weakness and documented fever (for 30 days or more, intermittent or constant) in the absence of a concurrent illness or condition other than HIV infection that would explain the findings.

### **AIDSLINE**

An online database service administered by the National Library of Medicine, with citations and abstracts covering the published scientific and medical literature on AIDS and related topics.

### **AIDS-RELATED CANCERS**

Several cancers are more common or more aggressive in people infected with HIV, the virus that causes AIDS. These malignancies include certain types of immune system cancers known as lymphomas, Kaposi's sarcoma and anogenital cancers primarily affecting the cervix and the anus. HIV, or the immune suppression it induces, appears to play a role in the development of these cancers. See also Cervical Cancer; Kaposi's Sarcoma; Lymphoma

### **AIDS-RELATED COMPLEX (ARC)**

A term, not officially defined or recognized by the Centers for Disease Control and Prevention, that has been used to describe a variety of symptoms and signs found in some persons infected with HIV. These may include recurrent fevers, unexplained weight loss, swollen lymph nodes, and/or fungus infection of the mouth and throat. Also commonly described as symptomatic HIV infection. 2. Symptoms that appear to be related to infection by the HIV virus. They include an unexplained, chronic deficiency of white blood cells (leukopenia) or a poorly functioning lymphatic system with swelling of the lymph nodes (lymphadenopathy) lasting for more than three months without the opportunistic infections required for a diagnosis of AIDS. See also Wasting Syndrome.

### **ALOPECIA**

The loss of hair that frequently occurs in patients undergoing chemotherapy for cancer or suffering from other diseases, such as AIDS, where cell-killing, or cytotoxic, drugs are used.

#### **ANAL SEX**

Sexual activity characterized by anal stimulation or penetration with the penis, finger, objects, lips, mouth, or tongue.

#### **ANTIBODIES**

Molecules in the blood or secretory fluids that tag, destroy or neutralize bacteria, viruses or other harmful toxins. They are members of a class of proteins known as immunoglobulins, which are produced and secreted by B lymphocytes in response to stimulation by antigens. An antibody is specific to an antigen. See also Antigen; Lymphocyte.

#### **ANTIBODY**

A Y-shaped protein on the surface of B cells that is secreted into the blood or lymph in response to an antigenic stimulus, such as a bacterium, virus, parasite, or transplanted organ, and that neutralizes the antigen by binding specifically to it; an immunoglobulin.

#### **ANTIGEN**

A substance that, when introduced into the body, is capable of inducing the production of a specific antibody. See also Antibodies.

#### **ANTI-RETROVIRAL DRUGS (ARVs)**

Medications for the treatment of infection by the retrovirus HIV. Different antiretroviral drugs act at various stages of the HIV life cycle. Various combinations of three or four drugs are known as **HAART** or **Highly Active Anti Retroviral Therapy**.(see HAART)

#### **ANTIVIRAL**

An agent that kills a virus or that suppresses its ability to replicate and, hence, inhibits its capability to multiply and reproduce.

#### **ASYMPTOMATIC**

A disease is **asymptomatic** when it is at a stage where the patient does not experience symptoms. By their nature, asymptomatic diseases are not usually discovered until the patient undergoes medical tests

## **B**

### **B CELLS**

Any of the lymphocytes that mature in the bone marrow and, when stimulated by a particular antigen, differentiate into plasma cells. Also called *B lymphocyte*.

### **BABY FRIENDLY HOSPITAL INITIATIVE (BFHI)**

Baby Friendly Hospital Initiative (BFHI) sponsored by the World Health Organization and UNICEF, is a worldwide effort to improve breastfeeding rates. Based on the ten steps to successful breastfeeding, the initiative encourages hospitals to examine their practices, make the appropriate changes and then apply for recognition as a Baby Friendly Hospital.

### **BACTERIAL INFECTION**

An infection caused by bacteria. The growth of many disease-causing bacteria can be halted by the use of antibiotics.

### **BEHAVIOR CHANGE COMMUNICATION (BCC)**

A multi-level tool for promoting and sustaining risk-reducing behavior change in individuals and communities by distributing tailored health messages in a variety of communication channels.

### **BEHAVIOURAL SURVEILLANCE SURVEY (BSS)**

A survey carried out by USAID to track trends in HIV AND AIDS knowledge, attitudes, and risk behavior in selected population segments.

### **BISEXUAL**

1. Relating to both sexes.
2. Having both male and female reproductive organs; hermaphroditic.
3. Relating to or having a sexual orientation to persons of either sex

### **BLOOD SCREENING**

Screening of blood for determining if it is infected with some disease or for contamination. In case of HIV test the blood is tested for the ant-bodies of the virus.

### **BODY FLUIDS**

Any fluid in the human body, such as blood, urine, saliva, sputum (spit), tears, semen, mother's milk or vaginal secretions. Only blood, semen, mother's milk and vaginal secretions have been linked directly to the transmission of the HIV virus.

### **BONE MARROW**

Soft tissue located in the cavities of the bones where blood cells such as erythrocytes, leukocytes and platelets are formed. See also Erythrocytes; Leukocytes; Platelets.

### **BREAST MILK SUBSTITUTE (BMS)**

Any food being marketed or otherwise represented as a partial or total replacement for breast milk, whether or not suitable for that purpose.

### **BROTHERS**

The places where unhealthy commercial sex services are offered; working place of sex workers.

## C

### **CAMPAIGNS**

Different projects or activities aiming at some purpose.

### **CANCROIDS or CARCINOID**

A carcinoma that arises from squamous epithelium and is the most common form of skin cancer. Also called *cancroid*.

### **CANDIDA**

Yeast-like fungi commonly found in the normal flora of the mouth, skin, intestinal tract and vagina, but can become clinically infectious in immune compromised people. See also fungus.

### **CANDIDIASIS**

An infection with a fungus of the Candida family, generally *Candida albicans*; it most commonly involves the skin (dermatocandidiasis), oral mucosa (thrush), respiratory tract (bronchocandidiasis) and vagina (vaginitis). Candidiasis of the esophagus, trachea, bronchi or lungs is an indicator disease for AIDS. See also Fungus, Thrush.

### **CD4 (T4) OR CD4+ CELLS**

White blood cells killed or disabled during HIV infection. These cells normally orchestrate the immune response, signaling other cells in the immune system to perform their special functions. Also known as T helper cells. 2. HIV's preferred targets are cells that have a docking molecule called cluster designation 4 (CD4) on their surfaces. Cells with this molecule are known as CD4-positive (or CD4+) cells. Destruction of CD4+ lymphocytes is the major cause of the immunodeficiency observed in AIDS, and decreasing CD4+ lymphocyte levels appear to be the best indicator of morbidity in these patients. Although CD4 counts fall, the total T-cell level remains fairly constant through the course of HIV disease, due to a concomitant increase in the CD8+ cells. The ratio of CD4+ to CD8+ cells is therefore an important measure of disease progression. See also CD Nomenclature; CD8 (T8) Cells; Immunodeficiency.

### **CD8(T8) CELLS**

A glycoprotein on the surface of killer cells that enhances binding with MHC molecules. It is also known as T8, **Leu-2**, **Lyt-2** or **OKT8**. CD8 belongs to the immunoglobulin super family.

### **CD NOMENCLATURE**

This nomenclature was developed to standardize and compare monoclonal antibodies from different sources. Antibodies with similar reactivity patterns are assigned to CD groups representing "clusters of differentiation." T lymphocytes are CD3+ and can be separated into the CD4+ T helper cells and the CD8+ cytotoxic/suppressor cells. Although CD4+ cells are predominantly T lymphocytes, some monocytes are also CD4+.

### **CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC):**

**Pakistan National AIDS Consortium**

Best known as the CDC, this preeminent federal public health agency is a branch of the Public Health Service that is directly involved with the HIV and AIDS epidemic. It is based in Atlanta, Georgia.

### **CERVICAL CANCER**

**Cervical cancer** is a malignancy of the cervix. Worldwide, it is the second most common cancer of women. It may present with vaginal bleeding but symptoms may be absent until the cancer is in advanced stages, which has made cervical cancer the focus of intense screening efforts utilizing the Pap smear. Most scientific studies point to human papillomavirus (HPV) infection as a necessary pre-requisite for development of cervical cancer. Treatment is with surgery (including cryosurgery) in early stages and chemotherapy and radiotherapy in advanced stages of the disease.

### **CERVICAL FLUIDS**

Fluids secreted by the cervix of a female reproductive organ

### **CIRCUMCISION**

Removal of the foreskin -- the foreskin is resected to near the coronal sulcus -- in the newborn period (before the age of 2 months). Incidentally, the Latin "circum-" means around (or about). Circumcision is a cutting around.

### **CLINICAL TRIAL**

A clinical trial is a research study sponsored by a pharmaceutical company to evaluate the safety and effectiveness of an experimental medical device, treatment or medication. Although there may be a benefit in the laboratory, new treatments must be tested in humans. First, small groups of people are tested to determine the proper dose and to test the safety (Phase I). After a dose has been determined, the dose is tested on large groups of volunteers to evaluate the safety and effectiveness of the treatment for a specific condition, such as ear infections, pneumonia, diabetes or high blood pressure (Phases II and III). Clinical trials are important to ensure that people receive safe and effective treatments. The trails also make it possible to develop new treatments for conditions that currently have no treatments available

### **COLPITIS**

Inflammation of the vagina. Also called vaginitis

### **CONDOM**

Protective latex sheaths designed for contraception and protection for STIs and STDs including HIV or AIDS. These are available as male condom and female condom.

### **CONDYLOMA**

A wartlike growth on the skin or mucous membrane, usually in the area of the anus or external genitalia.

### **CONFIDENTIALITY**

Surety that information given by the client will be kept in privacy.

### **CONTAMINATED**

To make impure or unclean by contact or mixture or to expose to or permeate with radioactivity.

### **CONTRACEPTIVE PERVALENCE RATE (CPR)**

*The contraceptive prevalence rate* is the number of women ages 15–49 in marital or consensual unions who are practicing contraception by using condoms as a proportion of all of women of the same age group in consensual unions who are practising, or whose sexual partners are practising, any form of contraception.

### **CONTRAINDICATION**

A specific circumstance when the use of certain treatments could be harmful.

### **CONTROL**

A standard against which experimental observations may be evaluated. In clinical trials, one group of patients is given an experimental drug, while another group (i.e., the control group) is given either a standard treatment for the disease or a placebo. See also Placebo.

### **COUNSELING**

Counseling is a process by the provider founrs about the benefits

1. The act of exchanging opinions and ideas; consultation.
2. Advice or guidance, especially as solicited from a knowledgeable person.(Synonyms: advice, recommendations, opinions)

### **COUNSELING & TESTING (CT)**

This service includes anonymous and/or confidential HIV testing for persons at increased risk of HIV infections due to individual sexual behavior, IV drug abuse, or other risk behaviors, who want to be tested. Provides pre and post test counseling, partner notification consistent with TDH guidelines, and linkage of positive reactors to medical and social services including Early Intervention Program.

### **CRYPTOCOCCAL MENINGITI**

A life-threatening infection of the membranes (meninges) that line the brain and the spinal cord. Cryptococcal disease is caused by a fungus (*Cryptococcus neoformans*). Most people have been exposed to this organism, which is found in soil contaminated by bird droppings, but it usually does not cause disease in healthy people. The majority of people with cryptococcal meningitis have immune systems that are damaged by disease, such as AIDS, or suppressed by drugs. The organism can infect almost all organs of the body, although it most commonly causes disease of the meninges, skin or lungs.

### **CYTOMEGALOVIRUS(CMV)**

Any of a group of herpes viruses that attack and enlarge epithelial cells. Such viruses also cause a disease of infants characterized by circulatory dysfunction and microcephaly. Also called *visceral disease virus*.

**ddC**

An anti-HIV drug discovered in 1985 whose full chemical name is 2',3'-dideoxycytidine.

**ddI**

An anti-HIV drug discovered in 1985 whose full chemical name is 2',3'-dideoxyinosine.

**DIAGNOSIS**

The determination of the presence of a specific disease or infection, usually accomplished by evaluating clinical symptoms and laboratory tests.

**DIARRHEA**

Uncontrolled, loose and frequent bowel movements. In the United States, almost all people with AIDS develop diarrhea at some time in the course of their disease. Severe or prolonged diarrhea can lead to weight loss and malnutrition. The excessive loss of fluid that may occur with AIDS-related diarrhea can be life-threatening. There are many possible causes of diarrhea in people who have AIDS. The most common infectious organism causing AIDS-related diarrhea include cytomegalovirus (CMV); the parasites Cryptosporidium, Microsporidia and Giardia lamblia; and the bacterium Mycobacterium avium-intracellulare (MAC). Other bacteria and parasites that cause diarrheal symptoms in otherwise healthy people may cause more severe, prolonged or recurrent diarrhea in people with HIV or AIDS. See also Cytomegalovirus; Giardiasis; Microsporidiosis; Mycobacterium Avium Complex.

**DIRECTLY OBSERVED TREATMENTS (DOTs)**

Directly Observed Treatment (DOT) or Directly Observed Therapy is watching the patient take his/her medication to ensure medications are taken in the right combination and for the correct duration. It is used for diseases such as tuberculosis or HIV to assure compliance and avoid drug resistance.

**DISCRIMINATION**

Behaviour of person based on negative judgement.means to avoid, neglect and discriminatory behavior with People living with HIV and AIDS

**DISSEMINATING INFORMATION**

Distribution of information (Especially related to HIV AND AIDS) at various levels to different people

**DEOXYRIBONUCLEIC ACID (DNA)**

Deoxyribonucleic acid; a nucleic acid that consists of two long chains of nucleotides twisted together into a double helix and joined by hydrogen bonds between complementary bases adenine and thymine or cytosine and guanine; it carries the cell's genetic information and hereditary characteristics via its nucleotides and their sequence and is capable of self-replication and RNA synthesis.

**DRIED BLOOD SPOTS (DBS)**

Dried blood spot specimens are clinical specimens collected by carefully applying a few drops of blood, freshly drawn by finger stick with a lancet from adults, or by heel stick with a lancet from infants, onto specially manufactured absorbent specimen collection (filter) paper. The blood is allowed to thoroughly saturate the paper and is air dried for a minimum of 3 hours.

**DROP IN CENTRE (DIC)**

A center for the vulnerable and marginalized people where social and medical facilities are offered . These centers play an important role in behavioral change of injecting drug users.

**DRUG ABUSE**

Habitual use of drugs to alter one's mood, emotion, or state of consciousness.

**DRUG-DRUG INTERACTION**

A modification of the effect of a drug when administered with another drug. The effect may be an increase or a decrease in the action of either substance, or it may be an adverse effect that is not normally associated with either drug.

**E**

**EJACULATION**

The moment when rhythmic contractions of the urethra cause semen to be discharged from the penis.

**ENCEPHALITIS**

A general term denoting inflammation of the brain.

**ENDEMIC**

Pertaining to diseases associated with particular locales or population groups.

**ENTERITIS**

Inflammation of the intestine/ bowels.

**ENZYME**

Any of numerous proteins or conjugated proteins produced by living organisms and functioning as specialized catalysts for biochemical reactions.

**EPIDEMIC**

A disease that spreads rapidly through a demographic segment of the human population, such as everyone in a given geographic area, a military base, or similar population unit, or everyone of a certain age or sex, such as the children or women of a region. Epidemic diseases can be spread from person to person or from a contaminated source such as food or water.

**EPIDEMIOLOGY**

The branch of medicine that deals with the study of the causes, distribution, and control of disease in populations.

### **EPIDEMIOLOGIC SURVEILLANCE**

The study of epidemics, outbreaks of disease that affect large numbers of people. Epidemiologists, using sophisticated statistical analyses, field investigations, and complex laboratory techniques, investigate the cause of a disease, its distribution (geographic, ecological, and ethnic), method of spread, and measures for control and prevention. Epidemiological investigations once concentrated on such communicable diseases as tuberculosis, influenza, and cholera, but now also encompass HIV and AIDS, cancer, heart disease, and other diseases affecting large numbers of people.

### **EPITHELIUM**

Membranous tissue composed of one or more layers of cells separated by very little intercellular substance and forming the covering of most internal and external surfaces of the body and its organs.

### **EPSTEIN-BARR VIRUS( EPV)**

A herpes virus that is the causative agent of infectious mononucleosis. It is also associated with various types of human cancers. Also called *EB virus*.

### **ERECTION**

The firm and enlarged condition of a body organ (e.g., penis, clitoris) usually during sexual excretion.

### **ERYTHROCYTES**

Mature blood cells that contain hemoglobin to carry oxygen to the bodily tissues; binocave discs that have no nucleus. Commonly known as white blood cells.

### **ETIOLOGY**

1. The science and study of the causes or origins of disease.
2. The cause or origin of a disease or disorder as determined by medical diagnosis.

### **EXPLOITATION**

An act that exploits or victimizes someone (treats them unfairly).

**FAILURE TO THRIVE (FTT)**

Failure to thrive is a medical term which denotes poor weight gain and physical growth failure over an extended period of time in infancy. Often abbreviated FTT, the term has been in medical use for over a century. As used by pediatricians, it covers poor physical growth of any cause and does not imply abnormal intellectual, social, or emotional development.

**FAMILY PLANNING SERVICES**

Different services pertaining to guidelines, methods and counseling on family planning or spacing of children.

**FEMALE CONDOMS**

A polyurethane sheath used for females, for contraceptive purposes or as a means of preventing STIs/HIV.

**FIDELITY**

Faithfulness to obligations, duties, or observances.

**FREELANCE SEX**

Selling sex services

**FEMALE SEX WORKER (FSW)**

Female sex worker or prostitute is a woman who engages in sexual intercourse for money.

**FINE NEEDLE ASPIRATION CYTOLOGY (FNAC)**

An 18 to 20 gauge needle attached to a 10cc syringe is used to aspirate (pull out) cells from lesions or masses in various organs of the body by application of negative pressure (suction). FNAC can be done directly on a mass in superficial regions like the neck, thyroid or breast; or it maybe be assisted by ultrasound or CAT scan.

**FUNGUS**

A general term used to denote a class of microbes including mushrooms, yeasts and molds. 2. Fungi, which were once classified as plants, have since been reclassified as unmoving organisms that lack chlorophyll. Mycologists (scientists working with fungi) estimate that there are 100,000 species of fungi, ranging from baker's yeast to dermatophytes (fungi that cause ringworm and athlete's foot) to potentially invasive species such as *Candida albicans* and *Aspergillus*. As many as 150 of these organisms have now been linked to animal or human diseases.

### **GANG RAPE**

1. Rape of a victim by several attackers in rapid succession
2. Act of non-consensual penetrative sex by more than one person.

### **GASTROINTESTINAL**

Relating to the stomach and intestines.

### **GAYS**

Of, relating to, or having a sexual orientation to persons of the same sex.

### **GENDER**

1. The sex of an individual, male or female, based on reproductive anatomy.
2. Sexual identity, especially in relation to society or culture.

### **GENDER DISCRIMINATION**

Discrimination between Men and Women on social, cultural and traditional basis

### **GENDER AND RIGHTS BASED APPROACH**

It is an approach used to take care of gender and rights of the people. If a project or activity is run with Gender Equality and covers Human Rights, so such approach is called Gender and Rights Based Approach. In Pakistan, Tameer project is a right based gender project.

### **GENDER NORMS**

Mechanisms of social control in a society pertaining to gender. These standards vary with the geographic locations.

### **GENITOURINARY TRACT**

The system of organs comprising the organs concerned with the production and excretion of urine and those concerned with reproduction. Also called genitourinary system, urogenital system, urogenital tract.

### **GIARDIASIS**

A condition in which the intestines are infected with the protozoan *Giardia lamblia*. Also called *lamblia*sis. It is usually asymptomatic in humans but may produce abdominal cramps, diarrhea, and nausea.

### **Gp41**

gp41 is the bit of the envelope protein which sits within the virus particle. In fact, it is half embedded in the virus membrane, which enables it to bind with gp120 on the far side of the membrane. The part of the gp41 protein which protrudes into the virus particle (the part that isn't embedded in the membrane) can interact with other gp41 proteins, linking together. When a HIV particle binds to a cell, the interaction of gp120 with CD4 changes gp120's shape. This in turn changes the shape of gp41, in such a way that the gp41 helps to initiate the process of membrane fusion between virus and cell.

### **Gp120**

gp120 is the name of the glycoprotein which forms the spikes sticking out of a HIV virus particle. Its main function is to bind to CD4 in human cells.

## **H**

### **HABITS AND VALUES**

Habits are customary ways of doing something whereas values are ideas held prestigious to an individual or society

### **HAIRY LEUKOPLAKIA**

A whitish, slightly raised lesion that appears on the side of the tongue. Thought to be related to Epstein-Barr virus infection, it was not observed before the HIV epidemic. See also Epstein - Barr virus.

### **HARM REDUCTION**

A set of policy beliefs, essentially stating that some people always have and always will perform activities, such as promiscuous sex or drug use that may cause them harm. Therefore, there is a moral imperative to reduce the harm caused by risky activities, rather than an ineffective blanket prohibition of the performance of harmful activities.

### **HEMOPHILIA**

Any of several hereditary blood-coagulation disorders, manifested almost exclusively in males, in which the blood fails to clot normally because of deficiency or an abnormality of one of the clotting factors. Hemophiliacs can bleed to death even from small cuts and bruises, because their blood has largely lost the ability to clot.

### **HEPATITIS**

An inflammation of the liver. Hepatitis is most often caused by a virus, but it can be the result of exposure to certain toxic agents, such as drugs or chemicals. One viral form of the disease is spread by contaminated food and water, and other forms by contaminated injection needles and blood transfusions. Symptoms of hepatitis include fever and jaundice. Although many cases of hepatitis are not a serious threat to health, the disease can become chronic and can sometimes lead to liver failure and death.

There are four major types of viral hepatitis: (a) Hepatitis A, also called infectious hepatitis. The disease usually resolves on its own (b) Hepatitis B, commonly transmitted through blood transfusions, intravenous-drug abusers, sexual transmission and from mother to baby at birth. (c) Hepatitis C, formerly called non-A, non-B hepatitis, caused by the hepatitis C virus, which appears to be spread through (d) Delta Hepatitis, occurs only in people who are already infected with HBV and is caused by the HDV; most cases of delte Hepatitis occur among people who are frequently exposed to blood and blood products such as people with hemophjilia. See also Hemophilia

### **HEPATITIS B (HBV):**

A viral liver disease that can be acute, chronic, and even life-threatening, particularly in people with poor immune resistance.

### **HERPES SIMPLEX VIRUS I (HSV-I)**

A virus that causes cold sores or fever blisters on the mouth or around the eyes, and can be transmitted to the genital region. The latent virus can be reactivated by stress, trauma, other infections or suppression of the immune system.

### **HERPES SIMPLEX VIRUS II (HSV-II)**

A virus causing painful sores of the anus or genitals that may lie dormant in nerve tissue. It can be reactivated to produce the symptoms. HSV-II may be transmitted to a neonate (newborn child) during birth from an infected mother, causing retardation and/or other serious complications. HSV-II is a precursor of cervical cancer. See also Cervical Cancer.

### **HERPES VARICELLA ZOSTER VIRUS**

The varicella virus causes chicken pox in children and may reappear in adults as herpes zoster. Also called shingles, herpes zoster consists of very painful blisters on the skin that follow nerve pathways.

### **HETEROSEXUAL**

It is a normal behavior of having sex with opposite sex.

### **HIGH RISK BEHAVIORS**

If some one indulges in unsafe sex, some one transfuses un-screened blood, some one use contaminated or un-sterilized syringes, so such behavior is High Risky Behavior for HIV AND AIDS transmission and spreading.

### **HIGH RISK GROUPS**

Individuals of such groups are very risky or dangerous for HIV infections like IDUs, FSWs, MSM, Migrants, Mobile Workers, Youth, Traders, Tourist Guides' Porters and Hijras etc.

### **HIGHLY ACTIVE ANTI RETROVIRAL THERAPY (HAART)**

Highly Active Anti-Retroviral Therapy (HAART), a combination of several antiretroviral agents and has been highly effective in reducing the number of HIV particles in the blood stream (as measured by a blood test called the viral load). This can improve T-cell counts, but it is not a cure for HIV, sexual contact as well as through sharing drug needles (another type of non-A, non-B hepatitis is caused by the hepatitis E virus, principally spread through contaminated water) (d) Hepatitis D, or delta hepatitis, affects only people with hepatitis B; those infected with both viruses tend to have more severe symptoms. Most cases of delta hepatitis occur among people who are frequently exposed to blood and blood products such as people with hemophilia. See also Hemophilia.

### **HISTOPLASMOSIS**

An infectious disease caused by the inhalation of spores of *Histoplasma capsulatum*, most often asymptomatic but occasionally producing acute pneumonia or an influenzalike illness and spreading to other organs and systems in the body. Also called *Darling's disease*.

**HIV ANTIBODY TEST**

The body produces antibodies when infected with HIV, and the antibody tests detect the presence of these rather than the presence of HIV itself.

**HIV DISEASE**

Characterized by a gradual deterioration of immune function. During the course of infection, crucial immune cells called CD4+ T cells are disabled and killed, and their numbers progressively decline. CD4+ T cells play a crucial role in the immune response, signaling other cells in the immune system to perform their special functions. See also Acquired Immunodeficiency Syndrome; CD4 (T4) or CD4+ Cells; Human Immunodeficiency Virus Type 1.

**HIV STATUS**

The viral count of HIV in an individual

**HIV TRANSMISSION**

Transfer of HIV from one to another

**HIV-1 and HIV-2**

A retrovirus that causes AIDS by infecting helper T cells of the immune system. The most common serotype, HIV-1, is distributed worldwide, while HIV-2 is primarily confined to West Africa.

**HODGKIN'S DISEASE**

A malignant, progressive, sometimes fatal disease of unknown cause, marked by enlargement of the lymph nodes, spleen, and liver. Also called *Hodgkin's lymphoma*.

**HOMOSEXUAL**

A behavior where people tend to have sex with the same sex, for example, gays and lesbians.

**HUMAN IMMUNO DEFICIENCY VIRUS (HIV)**

The virus that causes acquired immune deficiency syndrome (AIDS); it replicates in and kills the helper T cells, thus, reducing immunity of the body against different diseases.

## I

### **IMMUNE SYSTEM**

The complex functions of the body that recognize foreign agents or substances neutralize them and recall the response later when confronted with the same challenge.

### **IMMUNITY**

A natural or acquired resistance to a specific disease. Immunity may be partial or complete, long-lasting or temporary.

### **IMMUNODEFICIENCY**

A deficiency of immune response or a disorder characterized by deficient immune response; classified as antibody (B cell), cellular (T cell), combined deficiency or phagocytic dysfunction disorders.

### **IMMUNOGEN**

A substance, also called an antigen, capable of provoking an immune response. See also Antigen

### **IMMUNOGLOBULIN**

Any of a group of large glycoproteins that are secreted by plasma cells and that function as antibodies in the immune response by binding with specific antigens.

### **IMPLICATIONS**

A subtle quality underlying or felt to underlie a situation, action, or person: hint, inkling, suspicion, undercurrent, undertone

### **INCIDENCE**

The number of new cases of HIV and AIDS occurring in a given population over a certain period of time.

### **INCUBATION PERIOD**

The time interval between the initial exposure to infection and appearance of the first symptom or sign of disease.

### **INDINAVIR (IDV)**

An antiviral protease inhibitor  $C_{36}H_{47}N_5O_4$  that by inhibiting the protease of HIV causes it to produce only immature noninfectious particles and that is used in the form of its sulfate in combination therapy with antiretroviral drugs (as AZT and lamivudine) to treat HIV infection

### **INFECTION**

The state or condition in which the body (or part of the body) is invaded by an infectious agent (e.g., a bacterium, fungus or virus), which multiplies and produces an injurious effect (active infection). As related to HIV: Infection typically begins when HIV encounters a CD4+ cell. The HIV surface protein gp120 binds tightly to the CD4 molecule on the cell's surface. The membranes of the virus and the cell fuse, a process governed by gp41, another surface protein. The viral core, containing HIV's RNA, proteins and enzymes, is released into the cell. See CD4 (T4) or CD4+ Cells; gp41; gp120.

**INFECTIOUS**

Capable of being transmitted by infection, with or without actual contact. See also Infection

**INFERTILITY**

1. Absent or diminished fertility.
2. The persistent inability to achieve conception and produce an offspring

**INFLAMMATION**

Swelling of a certain region/organ of body

**INFORMATION, EDUCATION, COMMUNICATION (IEC)**

Information communication education; usually it is called IEC material for awareness raising and social mobilization. IEC material includes Pamphlets, Leaflets, Hand bills, Posters, Banners, brochures, training manuals etc.

**INFORMED CONSENT**

Type of protection available to people considering entering a drug trial or before taking an HIV anti-body test or before embarking on an ARV regime etc. Before entering the trial, participants must sign a consent form that contains an explanation of: (a) why the research is being done, (b) what researchers want to accomplish, (c) what will be done during the trial and for how long, (d) what risks are in the trial, (e) what benefits can be expected from the trial, (f) what other treatments are available, and (g) the participant's right to leave the trial at any time. See also Clinical Trial.

**INJECTING EQUIPMENT**

Equipment that injecting drug users use to inject drugs, e.g. syringes, needles etc

**INJECTING PRACTICES**

Use illicit drugs by injecting oneself or another and the way injections are administered. In context of IDUs the term “unsafe injecting practices” are used.

**INJECTIVE DRUG USERS (IDUs)**

Drug addicts who take drugs through injections. These people are more likely to acquire HIV as they use a common syringe.

**INTRAUTERINE DEVICE (IUD)**

A birth control device, such as a plastic or metallic loop, ring, or spiral that is inserted into the uterus to prevent implantation.

**INTERVENTIONS**

The act or an instance of interfering or intruding. Medically, interference so as to modify a process or situation.

**ITCHING BLISTERS**

A blister is a defense mechanism of the human body. It consists of a pool of lymph and other bodily fluids beneath the upper layers of the skin. It may be formed in response to burns or friction, and helps to repair damage to the skin. These blisters often cause itching.

## **J**

### **JC VIRUS**

See Papilloma.

### **JAUNDICE**

Yellow pigmentation of the skin, mucous membranes, whites of the eyes, and body fluids caused by elevated blood levels of bilirubin. The condition is associated with either liver or gallbladder disease or excessive destruction of red blood cells.

## **K**

### **KAPOSI SARCOMA**

A previously uncommon form of cancer that attacks the connective tissue, bones, cartilage and muscles of the body. The cancer may spread and also attack the eyes. If the cancerous area is near the surface of the skin, lesions inches in length may develop. This disease was initially seen only in elderly men and natives of Central Africa. Experimental work has shown that the AIDS-related Kaposi's sarcoma and the Central African variety respond differently to some types of medications. Radiotherapy and chemotherapy are usually recommended. 2. A type of cancer characterized by abnormal growths of blood vessels that develop into purplish or brown lesions. It is suspected that the cause of Kaposi's sarcoma is a newly found herpes virus. This type of cancer is still uncommon except people living in AIDS and does not occur in HIV+ persons.

### **KARNOFSKY SCORE**

A score, between 0 and 100, assigned by a clinician based on observations of a patient's ability to perform common tasks. Thus, 100 signify normal physical abilities with no evidence of disease. Decreasing numbers indicate a reduced ability to perform activities of daily living.

### **KILLER T CELLS**

Because viruses lurk inside host (e.g., human) cells where antibodies cannot reach them, the only way they can be eliminated is by killing the infected host cell. To do this, the immune system uses a kind of white blood cell, called killer T cells. These cells act only when they encounter another cell that carries a "marker" (i.e., a protein) that links it to a foreign protein, that of the invading virus. Killer T cells can themselves become infected by HIV or other viruses, or transformed by cancer. Also known as cytotoxic T cells (or cytotoxic T lymphocytes). See NK (natural killer) Cells; Null Cells; T Cells.

### **KNOWLEDGE , ATTITUDE AND BEHAVIOUR PRACTICES (KAP)**

Standard for questionnaire surveys; used extensively as a prime HIV AND AIDS educational research methodology.

### **KUPFFER CELLS**

Specialized macrophages in the liver. See Macrophage.

## L

### **LESBIANS**

A subclass of homosexuals where females have sex with females.

### **LEUKOCYTES**

Any of the colorless or white cells in the blood that have a nucleus and cytoplasm and help protect the body from infection and disease through specialized neutrophils, lymphocytes, and monocytes. All white blood cells are leukocytes.

### **LIFE SKILLS TRAINING**

Refers to an interactive process of teaching and learning which enables learners to acquire knowledge and to develop attitudes and skills which support the adoption of healthy behaviors.

### **LUBRICANTS**

Substances used to lubricate genitals for sexual activity

### **LUBRICATION**

Moistening of the vaginal walls

### **LYMPH**

A clear, watery, sometimes faintly yellowish fluid derived from body tissues that contains white blood cells and circulates throughout the lymphatic system, returning to the venous bloodstream through the thoracic duct. Lymph acts to remove bacteria and certain proteins from the tissues, transport fat from the small intestine, and supply mature lymphocytes to the blood.

### **LYMPHOID ORGANS**

Include tonsils, adenoids, lymph nodes, spleen, thymus, and other tissues. These organs act as the body's filtering system, trapping invaders (foreign particles, e.g., bacteria and viruses) and presenting them to squadrons of immune cells that congregate there. Within these lymphoid tissues, immune activity is concentrated in regions called germinal centers, where the thread-like tentacles of follicular dendritic cells (FDCs) form networks that trap invaders.

### **LYMPHOMA**

Any of various usually malignant neoplasms of lymphatic and reticuloendothelial tissues that occur as circumscribed solid tumors and that are composed of cells that resemble lymphocytes, plasma cells, or histiocytes. Also called *malignant lymphoma*.

### **LYMPH NODES**

Small, bean-sized organs of the immune system, distributed widely throughout the body. Lymph fluid is filtered through the lymph nodes in which all types of lymphocytes take up temporary residence. Antigens that enter the body find their way into lymph or blood and are filtered out by the lymph nodes or spleen respectively, for attack by the immune system. See also Antigen; Lymphocyte.

### **LYMPHOCYTE**

A white blood cell. Present in the blood, lymph and lymphoid tissue. See also B Lymphocytes; Lymph; T Cells.

## **M**

### **MACROPHAGE**

A large immune cell that devours invading pathogens and other intruders. Stimulates other immune cells by presenting them with small pieces of the invader. Macrophages can harbor large quantities of HIV without being killed, acting as reservoirs of the virus.

### **MALE CONDOM**

A flexible sheath designed to cover the penis during sexual intercourse for contraceptive purposes or as a means of preventing STIs.

### **MANDATORY**

Anything that is a compulsion ( compulsory).

### **MASTURBATION**

A means of sexual self-pleasuring that involves stimulation of one's own genitals using hands or objects.

### **MEN WHO HAVE SEX WITH MEN (MSM)**

A term used originally by the CDC for describing gay and bisexual men.

### **MENARCHE**

A woman's first menstrual period. Early menarche (before age 12) is a risk factor for breast cancer, possibly because the earlier a woman's periods begin, the longer her exposure to estrogen

### **MENSTRUATION**

Cyclic flow of blood out of the uterus through the vagina.

### **MICROSPORIDIOSIS**

Microsporidiosis is a disease that is due to infection with microscopic organisms called microsporidia. These are small simple single-celled (protozoan) parasites that form spores. These parasites must live within other cells and are found in the intestine, liver, kidney, cornea, brain, nerves, and muscles. These spores spread to other cells or are eliminated in the stool or urine.

Microsporidia have not been studied very thoroughly as agents of disease, partly because they are quite small. They are difficult to diagnose without the aid of an electron microscope, a piece of equipment that is not in a routine diagnostic microbiology laboratory. A number of animals, including insects, birds, and mammals, can serve as reservoirs of infection for microsporidia.

### **MISCONCEPTIONS**

Wrong ideas or concepts; misunderstanding about something.

### **MOLLUSCUM CONTAGIOSUM**

An infectious disease of the skin caused by a virus of the family Poxviridae and characterized by the appearance of small, pearly, umbilicated papular epithelial lesions containing many inclusion bodies.

### **MOTHER TO CHILD TRANSMISSION( MTCT)**

The transmission of HIV to child from mother through breast feeding.

### **MYCOBACTERIUM AVIUM COMPLEX**

Mycobacterium avium complex, or MAC, is a serious bacterial infection that HIV+ people can get. MAC is related to tuberculosis. MAC is also sometimes called MAI, which stands for Mycobacterium avium intracellulare. MAC infection is usually found only in people with under 50 T4 cells. The symptoms of MAC can include weight loss, fevers, chills, night sweats, swollen glands, abdominal pains, diarrhea and overall weakness. MAC usually affects the intestines and inner organs first, causing liver tests to be high. Swelling and inflammation also occur.

### **MYTH**

Myths are firm beliefs having no scientific reason. Here, myths mean the fake and baseless stories associated with HIV AND AIDS

## **N**

### **NATURAL KILLER( NK) CELLS**

Natural Killer (NK) cells are a subpopulation of lymphocytes involved in cellular immune responses that are not restricted by the major histocompatibility complex (MHC). Normally NK cells comprise ~ 15% of Peripheral Blood Lymphocytes (PBL). They are also located in various tissues including the placenta and decidua in pregnancy

### **NEGOTIATION SKILLS**

Negotiation skills are the ability to communicate, discuss and agree on something among people with differing objectives.

### **NEONATAL**

Concerning the first four weeks of life after birth.

### **NEVIRAPINE (NVP)**

A non-nucleoside analogue that is used as an antiviral drug in the treatment of HIV infection

### **NON-HODGKIN'S LYMPHOMA**

A lymphoma made up of B cells and characterized by nodular or diffuse tumors that may appear in the stomach, liver, brain, and bone marrow of persons with HIV. After Kaposi's Sarcoma, NHL is the most common opportunistic cancer in persons with AIDS.

### **NON-NUCLEOSIDE ANALOG REVERSE TRANSCRIPTASE INHIBITORS (NNRTIs)**

This is the third class of antiretroviral drugs that were developed

### **NUCLEOSIDE ANALOG REVERSE TRANSCRIPTASE INHIBITORS (NARTIs)**

This was the first class of antiretroviral drugs developed.

### **NUCLEOTIDE ANALOG REVERSE TRANSCRIPTASE INHIBITORS (NtARTIs)**

Normally nucleoside analogs are converted into nucleotide analogs by the body. Taking them directly allows conversion steps to be skipped, causing less toxicity.

### **NUCLEUS**

The central controlling body within a living cell, usually a spherical unit enclosed in a membrane and containing genetic codes for maintaining the life systems of the organism and for issuing commands for growth and reproduction. 2. The nucleus of a cell is an organelle (i.e., a cellular organ) that is essential to such cell functions as reproduction and protein synthesis. It is composed of nuclear sap and a nucleoprotein-rich network from which chromosomes and nucleoli arise and is enclosed in a definite membrane.

### **NULL CELL**

A lymphocyte that develops in the bone marrow and lacks the characteristic surface markers of the B and T lymphocytes. Null cells represent a small proportion of the lymphocyte population. Stimulated by the presence of antibody, null cells can attack certain cellular targets directly and are known as natural killer (NK) cells.

## **O**

### **OPPORTUNISTIC INFECTIONS**

An illness caused by an organism that usually does not cause disease in a person with a normal immune system. People with advanced HIV infection suffer opportunistic infections of the lungs, brain, eyes and other organs. 2. Opportunistic infections common in AIDS patients include *Pneumocystis carinii* pneumonia, Kaposi's sarcoma, shigellosis, histoplasmosis and other parasitic, viral, and fungal infections, and some types of cancers. See also Kaposi's Sarcoma; Histoplasmosis; *Pneumocystis* Pneumonia.

### **ORAL HAIRY LEUKOPLAKIA (OHL)**

A whitish lesion that appears on the side of the tongue and inside cheeks. The lesion appears raised, with a ribbed or hairy surface. OHL occurs mainly in persons with declining immunity and may be caused by Epstein-Barr virus infection. OHL was not observed before the HIV epidemic.

### **ORAL REHYDRATION SALT (ORS)**

Oral rehydration salts (ORS) are widely considered to represent the best method for combating the dehydration caused by diarrhoea. They consist of a solution of salts and other substances such as glucose or molasses, which is administered orally. Total production is around 500 million ORS sachets per year, with the children's rights agency UNICEF distributing them to children in around 60 developing countries. ORS represents a cheap and effective way of reducing the millions of deaths caused each year by diarrhoea.

### **OROPHARYNGEAL**

Relating to that division of the pharynx between the soft palate and the epiglottis. Pharynx is a tube that connects the mouth and nasal passages with the esophagus, the connection to the

stomach. Epiglottis is a thin, valvelike structure that covers the glottis, the opening of the upper part of the larynx (the part of the throat containing the vocal cords), during swallowing.

## **P**

### **PALLIATIVE**

A treatment that provides symptomatic relief, but not a cure.

### **PANCYTOPENIA**

Deficiency of all cell elements of the blood.

### **PANDEMIC**

A disease prevalent throughout an entire country, continent or the whole world. See also Epidemic

### **PAPILLOMA**

A benign tumor (as a wart or condyloma) resulting from an overgrowth of epithelial tissue on papillae of vascularized connective tissue (as of the skin). 2. An epithelial tumor caused by a virus. See also Condyloma; Epithelium

### **PARALLEL TRACK**

A system of distributing experimental drugs to patients who are unable to participate in ongoing clinical efficacy trials and have no other treatment options. See also Clinical Trial

### **PELVIC INFLAMMATORY DISEASE (PID)**

Inflammation of the female genital tract, especially of the fallopian tubes, caused by any of several microorganisms, chiefly chlamydia and gonococci, and characterized by severe abdominal pain, high fever, vaginal discharge, and in some cases destruction of tissue that can result in sterility.

### **PEER EDUCATION**

To educate, to motivate, to provide information from one pair to another pair, one peer to another peer, one friend to another friend, one co-worker to another co-worker, one IDU to another IDU, one MSM to another MSM and one SW to another SW is called Peer Education. It is a strategy usually for HIV and AIDS prevention projects.

### **PENETRATIVE SEX**

Sexual activity involving penetration of the penis

### **PEOPLE LIVING WITH HIV AND AIDS (PLWHA)**

PLWHA is the term commonly used to anyone living with HIV and AIDS

### **PREVENTION OF MOTHER TO CHILD TRANSMISSION(PMCT)**

It is the prevention of mother to child transmission of HIV and AIDS.

### **PRIMARY HEALTH CARE (PHC)**

The medical care a patient receives upon first contact with the health care system, before referral elsewhere within the system.

**PLACE BO**

1. A substance containing no medication and prescribed or given to reinforce a patient's expectation to get well.
2. An inactive substance or preparation used as a control in an experiment or test to determine the effectiveness of a medicinal drug.

**PLATELET**

A minute, irregularly shaped, disklike cytoplasmic body found in blood plasma that promotes blood clotting and has no definite nucleus, no DNA, and no hemoglobin. Also called *blood platelet*, *thrombocyte*.

**PNEUMOCYSTIS CARINII PNEUMONIA( PCP)**

PCP(Now known as *Pneumocystis jiroveci* pneumonia) is a form of pneumonia which is caused by a microorganism called *Pneumocystis jiroveci*. It is relatively rare in normal, immunocompetent people but common among people infected with HIV (the virus which causes AIDS). In that population, before the advent of effective treatment, it was a common immediate cause of death, and can still be the first indication of AIDS, though it does not generally occur unless the CD4 count is less than 200/mm<sup>3</sup>.

**POLYMERASE**

Any of several enzymes that catalyze the formation of DNA or RNA from precursor substances in the presence of preexisting DNA or RNA acting as templates (i.e., patterns). See also Ribonucleic Acid.

**POLYMERASE CHAIN REACTION (test) (PCR)**

A laboratory process that selects a DNA segment from a mixture of DNA chains and rapidly replicates it; used to create a large, readily analyzed sample of a piece of DNA. It is used in DNA fingerprinting and in medical tests to identify diseases from the infectious agent's DNA. See also DNA. 2. As related to HIV: A sensitive laboratory technique that can detect and quantify HIV in a person's blood or lymph node.

**POST-EXPOSURE PROPHYLAXIS (PEP)**

Post-exposure prophylaxis (PEP) is any treatment started immediately after exposure to a disease-causing virus, in order to prevent the disease from breaking out. PEP is commonly used, and very effective, to prevent the outbreak of rabies after a bite by a rabid animal. The treatment consists of repeated injections of rabies vaccine and immunoglobulin.

**PREVALENCE**

A measure of the proportion of people in a population affected with a particular disease at a given time.

**PROPHYLAXIS**

Treatment that helps to prevent a disease or condition before it occurs or recurs.

**PROTEASE INHIBITORS (PIS)**

Protease inhibitors inhibit the activity of protease, an enzyme used by HIV to cleave nascent proteins for final assembly of new HIV virions, and so prevent viral replication. This was the second class of antiretroviral drugs developed.

## Q

### **QUALITATIVE ASSAY**

A test that determines the presence or absence of a substance.

### **QUANTITATIVE ASSAY**

A test that measures the amount of a substance in a specified sample size.

### **QUIESCENT**

Inactive, resting, in a state of LATENCY.

## R

### **RECEPTOR**

A molecule on the surface of a cell that serves as a recognition or binding site for antigens, antibodies, or other cellular or immunological components.

### **RECOMBINANT**

An organism whose genome contains integrated genetic material from a different organism. Also used in relation to compounds produced by laboratory or industrial cultures of genetically engineered living cells. The cells' genes have been altered to give the capability of producing large quantities of the desired compound for use as a medical treatment. Recombinant compounds often are altered versions of naturally occurring substances.

### **REGULATORY T CELLS**

T cells that direct other immune cells to perform special functions. The chief regulatory cell, the CD4+ T cell or T helper cell, is the chief target of HIV.

### **RETROVIRUS**

HIV and other viruses that carry their genetic material in the form of RNA and that have the enzyme reverse transcriptase. Like all viruses, HIV can replicate only inside cells, commandeering the cell's machinery to reproduce. Like other retroviruses, HIV uses the enzyme called reverse transcriptase to convert its RNA into DNA, which is then integrated into the host cell DNA. See also DNA; Reverse Transcriptase; Ribonucleic Acid.

### **REVERSE TRANSCRIPTASE**

This enzyme of the HIV virus (and other retroviruses) converts the single-stranded viral RNA into DNA, the form in which the cell carries its genes. The antiviral drugs approved in the US for the treatment of HIV infection-AZT, ddC and ddI-all work by interfering with this stage of the viral life cycle. See also AZT; ddC; ddI; DNA; Ribonucleic Acid.

### **REVERSE TRANSCRIPTASE INHIBITORS (RTIs)**

Ribonucleic acid, exists in the nucleus of the cell and forms copies of DNA in the formation of proteins.

### **RIBONUCLEIC ACID (RNA)**

A strand of nucleotides (chemical building blocks) that transmit genetic information. RNA performs the same functioning in retroviruses that DNA does in viruses.

### **RISK BEHAVIORS**

Behaviors involving risk of getting HIV AND AIDS e.g. unsafe sexual and injecting practices, use of contaminated needles, blades etc

## **S**

### **SECRETIONS**

1. The process of secreting a substance from a cell or gland.
2. A substance, such as saliva, mucus, tears, bile, or a hormone, that is secreted

### **SEROCONVERSION**

Development of antibodies in blood serum as a result of infection or immunization.

### **SEX**

1. Differentiation between Men and Women on Biological basis.
2. The sexual urge or instinct as it manifests itself in behavior.
3. Sexual intercourse.

### **SEX WORKERS (SWs)**

People who sell their bodies or provide others with sex services for favors or money

### **SEXUAL ANATOMY**

Any of the organs of reproduction or generation, including, in the female, the vulva, clitoris, ovaries, uterine tubes, uterus, and vagina, and in the male, the penis, scrotum, testes, epididymides, deferent ducts, seminal vesicles, prostate, and bulbourethral glands.

### **SEXUAL CONTACT**

Sexual intercourse or sexual activity between individuals.

### **SEXUAL INTERCOURSE**

Sexual activity that involves penetration of penis in vagina.

### **SEXUAL PARTNER**

A sexual partner is a person with whom one engages in sex acts

### **SEXUAL TRANSMISSION**

Transmission by having sex (vaginal, oral, or anal) or by other sexual contact. In case of HIV it means transmitting the disease through sexual intercourse.

### **SEXUAL VIOLENCE**

Violence induced sex, where sex is without consent

### **SEXUALITY**

The state of sexual orientation; sex appeal.

### **SEXUALLY TRANSMITTED DISEASE**

Also called venereal disease. A contagious disease usually acquired by sexual intercourse or genital contact. Historically, the five venereal diseases were: gonorrhea, syphilis, chancroid, granuloma inguinale and lymphogranuloma venereum. To these have been added scabies, herpes genitalis and anorectal herpes and warts, pediculosis, trichomoniasis, genital candidiasis, molluscum contagiosum, nonspecific urethritis, chlamydial infections, cytomegalovirus and AIDS. See also Herpes Simplex Virus II.

### **SEXUALLY TRANSMITTED INFECTIONS (STIs)**

Sexually Transmitted Infections: The infections or diseases transmit through Sex including Harpies, Gonorrhea, Hapetitis (A, B & C) and Syphilis etc.

### **SHEMALE (SMX)**

The terms shemale (or *chicks with dicks*) refer to transwomen (male-to-female transgender or transsexual people) who have female breasts, through hormone replacement therapy and/or through breast augmentation and usually other female secondary sex characteristics, but who have not undergone genital reassignment surgery.

### **SIMIEN IMMUNODEFICIENCY VIRUS( SIV)**

Simian immunodeficiency virus (SIV) is a retrovirus that is found, in numerous strains, in primates; the strains infecting humans are HIV-1 and HIV-2, the viruses that cause AIDS. The origin of HIV is now generally attributed to SIV from African primates. HIV-2 is most closely related to SIV-sm, the SIV strain from Sooty Mangabey. HIV-1 is closely related to the chimpanzee strain of SIV, SIV-cpz. The most likely route of transmission from monkeys to humans involves the contact with the blood of hunted animals. SIV monkey strains are transmitted sexually and usually do not cause disease in their natural hosts. Scientists take this as evidence that host and virus have evolved together for a long time. However, SIV strains may cause an AIDS like immune deficiency known as SAIDS (Simian Acquired Immunodeficiency Syndrome) if they cross species boundaries

### **SPIRITUAL**

1. Of, relating to, consisting of, or having the nature of spirit; not tangible or material.
2. Of, concerned with, or affecting the soul.
3. Of, from, or relating to God; deific.
4. Of or belonging to a church or religion; sacred.

### **STIGMA**

To consider PLWHAs as a symbol of disgrace, shame or discredit. Stigma also includes many misconceptions and myths attached with HIV and AIDS which lead to discrimination of people living with HIV and AIDS.

### **SUBCLINICAL INFECTION**

An infection or phase of infection, without readily apparent symptoms or signs of disease.

### **SUPPORT GROUPS**

A group of people, sometimes led by a therapist, who provide each other moral support, information, and advice on problems relating to some shared characteristic or experience

### **SURVEILLANCE**

Close or continuous observation or testing (e.g., serosurveillance), used, among others, in epidemiology. Immunological surveillance, or immunosurveillance, is a monitoring process of the immune system that detects and destroys neoplastic (e.g., cancerous) cells and that tends to break down in immunosuppressed individuals. See also Epidemiologic Surveillance.

### **SUSCEPTIBLE**

Vulnerable or predisposed to a disease.

### **SWAB**

1. A small piece of absorbent material attached to the end of a stick or wire and used for cleansing or applying medicine.
2. A specimen of mucus or other material removed with a swab.

### **SYMPTOMS**

Any perceptible, subjective change in the body or its functions that indicates disease or phases of disease, as reported by the patient.

### **SYNCYTIA**

("Giant Cells"). Dysfunctional multicellular clumps formed by cell-to-cell fusion. Cells infected with HIV may also fuse with nearby uninfected cells, forming balloonlike giant cells called syncytia. In test tube experiments, these giant cells have been associated with the death of uninfected cells. The presence of so-called syncytia-inducing variants of HIV has been correlated with rapid disease progression in HIV-infected individuals.

### **SYNDROMES**

A group of symptoms and diseases that together are characteristics of a specific condition

### **SYNDROMES MANAGEMENT**

An approach to STI/RTI management in which diagnosis is based on the clinical assessments not laboratory tests.

### **SYPHILIS**

A disease (usually sexually transmitted) resulting from infection with the spirochete, a bacterium

## T

### **TABOOS**

A ban or an inhibition resulting from social custom or emotional aversion.

### **TATTOOING**

A permanent mark or design made on the skin by a process of pricking and ingraining an indelible pigment or by raising scars. It increases the danger of HIV as same instruments are used on different bodies.

### **TERATOGENICITY**

The production of physical defects in offspring in utero (i.e., causing birth defects).

### **T-HELPER CELL (T4/CD4 CELL):**

A type of white blood cell that activates T-killer cells and helps stimulate antibody production. Physicians regularly measure T-helper cell counts (CD4 counts) in HIV-positive people to monitor immune system function. The normal range for T-helper cells is 480-1800, but may vary in individuals. HIV first enters cells by attaching itself to the CD4 receptor on the surface of T-helper cells.

### **THIRD GENDER**

People who did not fit into the existing gender categories, also known as binary gender system or heteronormativity:

- female genitalia = female identity = female behavior = desire male partner
- male genitalia = male identity = male behavior = desires female partner .

The **third gender** included (in modern terms):

- Intersexual people
- Gays and lesbians
- transgendered people

### **THRUSH**

A contagious disease caused by a fungus, *Candida albicans*, that occurs most often in infants and children, characterized by small whitish eruptions on the mouth, throat, and tongue, and usually accompanied by fever, colic, and diarrhea.

### **TRAFFICKING**

Trafficking is a term to describe a transnational illegal activity, involving transporting usually drugs, small arms or people. The trafficking in human beings is not the same as people smuggling. A smuggler will facilitate illegal entry into a country for a fee, but on arrival at their destination, the smuggled person is free; in people trafficking, the trafficking victim is kidnapped and enslaved.

### **TRANSFUSION**

The process of transfusing fluid (such as blood) into a blood vessel. 2. The transfer of whole blood or blood products from one individual to another

### **TRANSMISSION**

In the context of HIV disease: HIV is spread most commonly by sexual contact with an infected partner. The virus can enter the body through the mucosal lining of the vagina, vulva, penis, rectum or, very rarely, the mouth during sex. The likelihood of transmission is increased by factors that may damage these linings, especially other sexually transmitted diseases that cause ulcers or inflammation. Studies of SIV infection of the genital membranes of nonhuman primates suggest that the sentinel cells known as mucosal dendritic cells may be the first cells infected. Infected dendritic cells may migrate to lymph nodes and infect other cells. HIV also is spread through contact with infected blood, most often by the sharing of drug needles or syringes contaminated with minute quantities of blood containing the virus. Children can contract HIV from their infected mothers either during pregnancy or birth, or postnatally, via breastfeeding. Current research indicates that the AIDS virus may be 100 to 1000 times more contagious during the first two months of infection, when routine AIDS tests are unable to tell whether people are infected. See also Lymph Nodes; Immunodeficiency Virus.

### **TRANSMISSION ROUTES**

Different ways of transmission e.g. by air, water, pollen, direct contact etc

### **TRANSMITTED INFECTIONS**

Infections which are transmitted via different transmission routes

### **TUBERCULOSIS (TB)**

A bacterial infection caused by *Mycobacterium tuberculosis*. TB bacteria are spread by airborne droplets expelled from the lungs when a person with active TB coughs, sneezes or speaks. Repeated exposure to these droplets can lead to infection in the air sacs of the lungs. The immune defenses of healthy people usually prevent TB infection from spreading beyond a very small area of the lungs. If the body's immune system is impaired because of infection with HIV, aging, malnutrition or other factors, the TB bacterium may begin to spread more widely in the lungs or to other tissues.

## **U**

### **ULTRASENSITIVE**

Usually refers to VIRAL LOAD tests that can detect 50 or fewer copies of HIV RNA per cubic millimeter.

### **UNPROTECTED SEX**

Unprotected sex refers to any act of sexual intercourse in which the participants use no forms of protection from sexually transmitted diseases. It can thus be contrasted with "safe sex".

## V

### **VACCINE**

A substance that contains antigenic components from an infectious organism. By stimulating an immune response (but not disease), it protects against subsequent infection by that organism. See also Antigen; Vaccination.

### **VACCINATION**

1. Inoculation with a vaccine in order to protect against a particular disease.
2. A scar left on the skin by vaccinating.

### **VAGINAL CANDIDIASIS**

A common yeast infection of the vagina. A yeast infection may be the first sign that a woman is HIV+. Symptoms include severe itching, burning, and a thick discharge, often white in color. It is possible that an infection such as unrecognized TB may be causing a vaginal yeast infection.

### **VAGINAL INTERCOURSE (COITUS)**

A heterosexual act where penis is inserted in the vagina.

### **VERTICAL TRANSMISSION**

Transmission of a PATHOGEN such as HIV from mother to fetus or baby during pregnancy or birth. Also called perinatal transmission.

### **VIOLENCE**

1. Physical or mental force exerted for the purpose of violating, damaging, or abusing: crimes of violence.
2. The act or an instance of violent action or behavior.
3. Abusive or unjust exercise of power.

### **VIRAL CULTURE**

A laboratory method for growing viruses.

### **VIRAL LOAD (VL)**

The amount of HIV in the blood; branch DNA is a new testing measure that determines the progression of AIDS (compared to the CD-4 count that measures the number of T -helper cells in the blood).

### **VIREMIA**

The presence of virus in the bloodstream.

### **VAGINITIS**

Inflammation of the vagina. Also called colpitis

## **VIRUS**

Organism composed mainly of nucleic acid within a protein coat, ranging in size from 100 to 2000 angstroms (unit of length; 1 angstrom is equal to 10<sup>-10</sup> meters); they can be seen only with an electron microscope. During the stage of their life cycle when they are free and infectious, viruses do not carry out the usual functions of living cells, such as respiration and growth; however, when they enter a living plant, animal or bacterial cell, they make use of the host cell's chemical energy and protein- and nucleic acid-synthesizing ability to replicate themselves. Viral nucleic acids are single- (or) double-stranded and may be DNA (deoxyribonucleic acid) or RNA (ribonucleic acid).

After viral components are made by the infected host cell, virus particles are released; the host cell is often dissolved. Some viruses do not kill cells but transform them into a cancerous state; some cause illness and then seem to disappear, while remaining latent and later causing another, sometimes much more severe, form of disease. Viruses, known to cause cancer in animals, are suspected of causing cancer in humans. Viruses also cause measles, mumps, yellow fever, poliomyelitis, influenza and the common cold. Some viral infections can be treated with drugs

## **VOLUNTARY CONFIDENTIAL COUNSELING AND TESTING( VCT)**

This is an important technique using for Blood Testing of HIV AND AIDS. For this trained Counselors or Trained Professionals conduct two types of Counseling first one is called Pre-Testing Counseling and second one is called Post Test Counseling. First one is conducted with a person/client before blood testing of HIV for make sure confidentiality, providing facts about HIV AND AIDS, telling about myths and misunderstanding associated with HIV AND AIDS etc. And the Post Counseling is conduct after blood testing for HIV and in case of HIV positive this counseling is used for increasing willpower, telling treatment of HIV AND AIDS, support and care of PLWHA and make sure confidentiality etc.

## **VULNERABILITY**

It is a predisposition to risky behavior because of various demographic, on medical factors such as HIV and AIDS virus.

## **VULNERABLE POPULATION**

Those groups of population which are more likely to be affected by HIV and AIDS because of their social behaviors are called vulnerable population, for example, injecting drugs users, female sex workers etc.

## **W**

### **WESTERN BLOT**

A special confirmatory laboratory test for the presence of specific antibodies.

### **WILD TYPE VIRUS**

Naturally occurring HIV with an optimal genetic makeup and no artificially or lab-induced mutational defects. This term also refers to HIV that has not been exposed to ANTIVIRAL drugs and therefore has not accumulated MUTATIONS conferring drug RESISTANCE.

### **WINDOW PERIOD**

The window period is the time from infection until a test can detect any change. The average window period with antibody tests is 22 days. Antigen testing cuts the window period to approximately 16 days and NAT further reduces this period to 12 days.

## **X**

## **Y**

### **YEAST INFECTION**

An infection with a yeast-like fungus of the Candida family, generally Candida albicans. Candidiasis of the esophagus, trachea, bronchi, or lungs is an indicator disease for AIDS. Oral or recurrent vaginal Candida infection is an early sign of immune system deterioration. See Opportunistic Infection; Thrush; Vaginal Candidiasis. (See Also CANDIDIASIS)

## **Z**

### **Zidovudine (ZDV/AZT, Retrovir)**

A nucleoside analog from GlaxoSmithKline. AZT is also approved for preventing maternal-fetal HIV transmission. Possible side effects include bone marrow suppression leading to anemia, leukopenia or neutropenia, nausea, muscle weakness and headaches.

### **ZINC FINGERS**

Chains of amino acids found in cellular protein which bind to DNA or messenger RNA, and play important roles in a cell's life cycle. They are called zinc fingers because they capture a zinc ion, which contributes to the array's binding to RNA or DNA. There are two zinc fingers in HIV's nucleocapsid. Zinc fingers are involved in binding and packaging viral RNA into new virions budding from an infected host cell. The nucleocapsid protein and the zinc fingers also play a role during the process of reverse transcription. See Reverse Transcriptase

### **ZINC FINGER INHIBITORS**

A class of experimental anti-HIV drugs which prevents the nucleocapsid part of the gag protein of HIV-which contains the zinc finger amino acid structures-from capturing and packaging new HIV genetic material into newly budding virions.

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