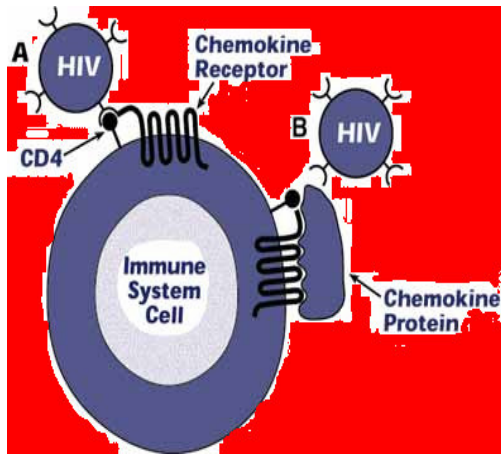


HIV monitoring Ilaalada HIV - ka



How HIV effects the Immune System

In normal individuals, an army of specialized cells patrols the bloodstream, attacking and destroying any invading bacteria or viruses called macrophage and a Helper T Cell. In AIDS patients, this army of defenders is vanquished. One special kind of white blood cell, called a CD4+ T cell is required to rouse the defending cells to action. In AIDS patients, the virus homes in on CD4+ T cells, infecting and killing them until none are left. Without these crucial immune system cells, the body cannot mount a defence against

invading bacteria or viruses. AIDS patients die of infections that a healthy person could fight off. Consequently, the infected patient must constantly **monitor** their health with the vital support of anti-HIV treatments.

Sidee HIV-ku u waxyeelleeyaa difaaca jirka aadamaha

Sida caadada ah jirka aadamaha waxaa gaar ka haya oo dhiiga ka mid ah ciidan difaaca jirka, waxaana loo yaqaan Makrofoog iyo unugga T. Waxay u dhigmaan sahanka ciidanka markay arkaan cadow soo weerarey jirka ayay difaac halkooda ka galaan oo isku duubaan. Waxay u geeyaan CD4 unug, kaasoo ah abaanduulha ugu sareeya ciidanka difaaca jirka go'aanna ka gaara habka loola dagaalamayo viruska jirka ku soo biirey. Sidaa awgeed shaqadii sahanka Makrofooga waxay tahay inuu tusiyo abaanduulaha ama CD4, cadowguu soo qabtay Marka la keeno viruska HIV agagaarka CD4 ayuu ku boodaa oo xoogiisoo idil isugu geeya inuu bartamaha u fariisto intuu abaanduuluhu qiimqynayo siduu ula dagaalami lahaa. HIV-ku wuxuu ku tarmac oo wershah ka samaystaa unugga

difaaca jirka ilaa uu unuggu gabo howshiisa. Howl gabka ku yimaada unugga difaaca jirka ayaa sababa u ah in qofka AIDS-ka qaba uusan u adkaysan Karin cudurada yar sida hargabka. Sidaa awgeed waxa laga doonaya qofka HIV-ka qaba inuu **ilaaliyo** naftiisa, isticmaalana daawooyinka la siiyo.

What's monitoring?

Waa maxey ilaalo?

- You need to monitor your health with physical check-ups and blood test at your HIV clinic.
- Waxaad u baahan tahay inaad baarto dhiigaaga ood ilaaliso caafimaadkaaga.
- The CD4 count is a blood test that measures the health of your body's immune system and how it is coping with HIV.
- Tirada CD4 waa baarista dhiiga ee kuu sheegaysa inta ay le'eg tahay awooda difaaca jirka iyo sida uu ula qabsaday halkganka la dagaalamka cudurka.
- The viral load test measures the amount of HIV in your blood

and how much it is making more copies of itself.

- Baarista tarmada HIV-ka waxay sheegtaa tirada HIV-ka ku jira dhiiga iyo deg-deguu u tarmanayo.
- The results of CD4 test and viral load tests can be affected by a variety of things (such as a recent vaccination or illness, sexually transmitted infections, menstruation or if you are taking anti- HIV treatments)
- Waxa ka soo baxa baarista CD4 (unugga difaaca jirka) iyo baarista tarmadka HIV-ka waxaa shaki gelin kara wax yaabo badan sida (talaal aad is talaashey ama cudur kugu dhacay, hurgun aad ka qaadey galmo, caado kugu dhacdey ama haddaad qaadata daawada ka hortaga HIV-ka)
- It is important to get a series of results over time to show if you should start or change anti-HIV treatments or begin treatments to prevent Opportunistic.
- Waa lama huraan inaad samayso baaritaan badan mudo dheer si aad u hesho jawaab dhab oo aad ka saan qaado si aad u bilowdo

ama aad u bedesho daawooyinka ka hortaga HIV-ka iyo kuwa kale ee ka hortaga cudurada kale ee joogtada ah sida hargabka.

- You could also ask having a resistance test done, especially if you are taking about starting HIV treatment. This will tell you HIV is resistant to any combination therapy drugs.
- Waxaad waraysataa inaad iska baarto awooda ka hortaga daawooyinka, gaar ahaan hadaad ku fekerayso inaad qaadato daawooyinka HIV-ka. Taasi waxay kuu shegaysa inuu HIV-kaaga awood u lee yahay iyo in kale qaadashada dawooyinka isla jira.

What's combination therapy?

Maxay tahay daawaynta isla jirta ? (ama isku lifaaqan)

- Anti-HIV treatments work by stopping HIV from replacing (making more copies of itself)

- Daawada ka hortaga HIV-ka waxay dhintaa awooda taranka hiv-ka.
- HIV uses certain chemicals, called enzymes, at different stages in its replication process, it is these enzymes which different classes of anti -HIV treatments inhibit or interfere with
- HIV-ka wuxuu isticmaalaa dhacaan khaas ah oo la yiraahdo insiim, wuxuu ugu baahan yahay marar kala duwan ee qaybaha tarankiisa.
- The main classes or types of anti-HIV treatments are:
 - Noocyada ugu dooroon ee daawada ka hortagga HIV-ka waa:
 - I. NRTIs – Nucleoside analogue reverse transcriptase inhibitors
 - II. NNRTIs – Non -nucleoside reverse transcriptase inhibitors
 - III. PIs – Proteaseinhibitors
 - Other classes of anti-HIV treatments being studied include NtRTIs – Nucleotide reverse transcriptase inhibitors and fusion inhibitors.
 - Waxa kale oo jira qayb la dersahayo oo la yiraahdo NtRIs

- The most effective way of using anti-HIV treatments involves taking three or more anti – HIV treatments together
– this is called “combination therapy”
- Sida ugu wax yeelo fiican isticmaalka dawawooyinka ka hortagga HIV-ka waa wada qaadashada dhowr dawo isku mar.
- The different treatments interrupt HIV replication at different stages in the process, so together they make it much harder for HIV to replicate itself.
- Daawooyinka kala duwan waxay joojinayaan taranka HIV-ka. Wada qaadashada daawooyinka waxay curyaaminaysaa taranka HIV-ka.
- You will probably need to keep taking combination therapy continuously to allow it to carry on stopping the HIV in your body reproducing itself.
- Waxaad u baahan tahay inaad si joogta ah u qaadato dawaaoyinka isku dhafka ah ama isla jira si aad si joogta ah ula dagaalanto taranka HIV-ka.

When should I start combination therapy?

Goormaan bilaabaa daawada isku dhafka ah?

- Your HIV clinic will advise you about this based on series of CD4 and viral load test results
- Isbitaalkaaga ayaa ku war gelinaya wixii la xiriira baaritaankaaga ee ku saabsan awooda la dagaalamka CD4 iyo barista taranka HIV-ka.
- Consider the benefits and risks of being on treatment such as;
 - possible short and long –term side effects
 - suurtagalka mar dhow iyo mar dambe ay wax ku yeelaynayso daawadu
 - whether you feel ready to start and continue treatment
 - inaad diyaar u tahay iyi in kale inaad bilowdo isdaawada aadna sii wadato
 - how combination therapy will fit into your life-style
 - siday u saamayn lahayd isdaawaynta isku dhafka ah qaab nololeedkaaga

- opinions vary on when it is best to start combination therapy. you can start combination therapy if you;
- Way kaladuwan yihiin fekrada ku saabsan goortaad bilaabi lahayd daawooyinka isku dhafka ah. Waxaad bilaabi kartaa haddaad;
 - are experiencing symptoms or have a rapidly increasing viral load or failing CD4 count
 - haddaad dareemayso inuu dhaqso u kordhayo tarmada HIV-ka ama uu yaraanayo CD4
- have CD4 below 200
- CD4 uu ka yar yahay 200
 - have no illnesses but have a CD4 count between 200–350
 - aadan qabin jiro laakiin tirade CD4 uu ka yar yahay 200 – 350
 - every individual is different. You and your Doctor should choose a combination therapy that suits your needs best and will;
 - Dadku waa kala duwan yihiin sidaa awgeed takhtarkaaga ayaa kuu doori kara markaad bilaabayso daawada isku dhafka ah si;
 - effectively reduce your viral load
 - aad u yarayso taranka HIV-ka
 - only have potential side effects you can cope with
- wax yeelada ay kuu leedahay daawadu waa inay noqotaa mid yar oo loo adkaysan karo
 - be possible for you to take correctly and fit in with your lifestyle
 - waa inay suurto gal kuu tahay inaad si sax ah u qaadan kartid isla markaana ay qaab nololeedkaaga wax ka bedelin
 - fit with other treatments you may take
 - waa inaad la qaadan karta daawooyinkaaga oo kale
- find more about how different combinations might work or not work for you, now and in future. Things to ask about are
 - waa inaad baartaa sida daawooyin badan oo kala duwan say u wada shaqayn lahaayeen ama isu diidayaan markaad jirkaaga u eegto, waqtiga aad joogtid iyo kan fooda kugu soo hayaba
 - resistance (especially cross resistance with other drugs)
 - Diidmada ay is diidayaan daawooyinka
 - efficacy (how well the drug is believed to work)
 - khaasatan siday daawado u wada shaqayn lahaayeen
 - convenience (how many drugs, how many doses and any food restriction)

- Inaad ku qanacsan tahay (daawooyinka, qiyaastooda iyo inay cuntadu kuu xadidan tahay)

Will I have to take it for ever? Ma inaan weligay daawo ku socdaa?

- once you start combination therapy, you will probably have to keep taking it for the rest of your life, to keep the HIV in your body under control, it isn't a cure for HIV
- mar hadaadn bilowdo inaad qaadato daawada isku dhafka ah waa inaad joogto u qaadato inta ka hartey noloshaada si aad u ilaaliso HIV-ka jirkaaga ku jira. Ogsoonow ma laga bogsado HiV-ka
- the aim of you taking combination therapy is to reduce the viral load levels in your blood to "undetectable" levels and to increase your CD4 count
- qasdiga aad u qaadanayso dawada isku dhafka ah waa inaad dhinto Taranka HIV-ka dhiigaaga ku jira oo aan loo jeedin iyo inaad kor u qaadiid tirade CD4
- an 'undetected' viral load does not mean that HIV has been removed completely

but that it cannot be detected below the lowest limit of the testing kit being used

- Taranka HIV-ka aan la arki Karin ma aha macnihiisu inaad HIV-ki ka ka bogsatay ee waxa weeye qalbka shay-baarka ayaan lagu arki Karin intaa ka badan
- even if your viral load levels become 'undetectable' in your blood, HIV can still be present in other parts of your body so it may be possible for you to pass on HIV
- haddii taranka HIV-ka aan laga arki Karin dhiigaaga, HIV-ka wuxuu ku jira meela kale e e ka mid ah jirkaaga
- if you achieve an 'undetectable' viral load, this does mean you should stop taking the treatments. Viral load levels usually return to pre-therapy levels after a time
- Haddaad isku aragtid taranka HIV-ka ee qarsoon ma aha macnaheedu inaad iska dayso isdaawaynta,ama isu malayso inuu cudurkii kaa tagay, waayo taranka HIV-ka mar kale ayuu sare u soo kici karaa,

What's it mean being diagnosed HIV positive?

Waa maxay macnaha haddii HIV kugu dhaco?

- Being diagnosed HIV positive means that you have been infected with HIV and that your immune system has produced antibodies in response to the infection – the HIV test looks for these antibodies in your blood
- Haddii lagugu sheego HIV taasi macnaheedu waxay tahay inaad qaadey cudurka loo yaqaan HIV taasi waxay tahay qaybta difaaca jirkaaga ayaa soo siidaayay dhacaan muujinaya inuu dagaal la galay cudur soo fool saarey
- It doesn't necessarily means you are ill or that you have AIDS or that you are dying- many people diagnosed HIV-positive can remain healthy for years or more
- Ma aha macnuhu inaad jiran tahay ama aad qabto AIDS ama aad dhimanayso, dad badan oo lagu sheegay HIV ayaa sanado badan caafimaadkooda wax iska bedelin
- Every person is different. It might well take many years after you become infected with HIV before it causes enough damage to your immune system for you to get sick
- Dadku waa kala duwan yihiin. Waxaa suurto gal ah waxba inuusan iska- kaa bedelin ka dib markuu kugu dhacay

HIV-ka ama uusan dhaawac gaarsiin qaybta difaaca jirka

- This means that you would not be unwell, but you should monitor your health regularly rather than wait become ill
- Macnuhu wuxuu yahay ma xanuunsanayso, laakiinse waa inaad cafimaadkaaga si joogta ah u ilaalisaa oo aadan sugin inaad xanuunsato
- It is possible for HIV- positive people to pass on the virus to others through unprotected sex, sharing injecting equipment or from an infected women to her baby during pregnancy or through breast- feeding
- Waa suurto gal in dadka HIV qaba ay u gudbin karaan cudurka dad kale, waxayna ku dhici karta in la yeesh galmo aan dhowrsoonayn, in la wadaago irbada sidoo kale hooyadu waxay u gudbin karta ilmaheeda ay caloosha ku sido ama markay naaska nuujinayso
- It doesn't mean that you can no longer have sex, continue in a current relationship or start new relationship in the future. However, you may want to think about protecting yourself and others from HIV or other sexually transmitted infections

- Ma aha macnuhu inaad an la yeelan Karin galmo qofkaad la nooshahay ama qof aad markaa isbarataan. Si kasta ha ahaatee waxaad u baahan tahay inaad iska difaacdo cudurada kale ee galmada ku faafa adiga ama qofkaad la yeelanayso galmada
- It doesn't mean that you may want to change some things in your life in order to increase your chances of living well with HIV
- Ma aha macnuhu inaad wax ka bedesho noloshaada si aad si wacan ula noolaato HIV-ka

What's HIV and what's it do? Waa maxay HIV muxuuna sameeyaa?

- HIV (Human Immunodeficiency Virus) is a virus which attacks part of the immune system- the body's defence against illness and disease
- HIV waa (fayruuska burburiya difaaca jirka aadamiga) waa fayruus weerara qaybta difaaca jirka ee ka difaacda cudurada soo fool saara
- HIV can not reproduce on its own, so it needs to get inside certain immune system cells and convert them into "factories" to make more copies of itself
- HIV-ku keligii ma tarmi karo oo wuxuu u baahan yahay inuu galo unugga imuunka ama difaaca jira, wuxuuna u bedelaa wershad uu ku tarmo
- HIV particularly uses a type of white blood cell – called CD4 or T- 4 cells for this purpose. These are an important part of your immune system
- HIV-ku khaasatan wuxuu isticmaalaa unugga dhiiga cad oo loo yaqaan unugga CD4 ama T-4 kuwaas oo ah qayb muhim u ah difaaca jirka
- Your immune system might keep HIV infection under control – perhaps for several years – and you may not feel unwell or experience any symptoms – however after infection, HIV will continue to make more copies of itself
- Waxaa laga yaabaa in qaybtaada difaaca jirkaga uu mudo HIV-ka gacanta ku dhigo adiguna aadan dareemin xanuun, HIV-kuna intaa wuu kordhayaa
- Over time the number of CD4 cells will decline, reducing your immune system's ability to fight off a range of infections (often called Opportunistic Infections)
- Mudo ka dib tirade CD4 hoos ayay u dhacaysaa, awooda difaaca jirka uu iska difaaca cudurada soo fool saara way yaraanaysaa

How can I live well with HIV? Sidee baan u noolaan karaa anoo qaba HIV?

- It's helpful to live as well as you can when you're HIV positive
- Waa hagaasan tahay inaad si wacan u noolaato adoo qabto HIV
- Avoid making too dramatic changes to your life too soon – after all, you are the same person you were before you received your HIV diagnosis
- Iska ilaali inaad si deg-deg ah wax uga bedesho noloshada, waayo isla qofkaad ahayd baad tahay weli
- Give your self time to adjust to this change in your life – talking with trusted friend, a counsellor or the living well Phone line can help you deal with some of the emotions you might be feeling
- Waqti sii naftaada oo la qabso isbedelka kugu yimi, la tasho saaxiib aad ku kalsoon tahay ama gudiga caafimaadka ee degaankaga, u dirso tekleefon ururada caafimaadka
- Educate your self about HIV, healthy living, treatment and other ways to help you stay living well with HIV – you can do this through reading publications, and talking to other people with HIV . Remember through, that all of us deal

with HIV in different ways. What might be right for one person may not be right for you

- Wax ka baro HIV-ka, sidaad isu daawayn lahayd oo caafimaadkaaga uga warqabi lahayd. Waxaad aqoontaa ka kordhisan kartaa qoraalada laga soo saaro HIV-ka ama inaad la sheekaysato dad kale oo HIV qaba
- Develop a good relationship with HIV Doctor and other staff at your HIV treatment centre such as the nurses, pharmacist, dietician, and health adviser
- La yeelo xiriir wacan dhamaan takhtarkaaga iyo kalkaalisoooyinka ku caawina ee jooga isbitaalka aad ka tirsan tahay
- Maintain a healthy, balanced diet with regular meals and get regular exercise
- Dayac –tir caafimaadkaaga, cunu qaadashadaada habay oo si joogta ah u dhaqdhaqaaq ama u jimicso
- Maintain a health sex life
- Samay galmo caafimaad haboon
- Manage stress through relaxation techniques, and by getting the right amount of rest or exercise
- Iska ilaali inaad isku buuqdo oo isdeji, waqti hel aad ku nasato ama jinaystiko aad ku ciyaarto
- You don't have to do this on your own.

- Uma baahniid waxaan oo idil inaad keligaa samayso.

Contact to Somali Health Team to find more about all services available to you.

Email: admin@somalihealthteam.com

or visit our website:

www.somalihealthteam.com

Somali Health Team support you in living well with HIV.

Prevention

Because no vaccine for HIV is available, the only way to prevent infection by the virus is to avoid behaviors that put a person at risk of infection, such as sharing needles and having unprotected sex.

People should either abstain from having sex or use male latex condoms or female polyurethane condoms, which may offer partial protection, during oral, anal, or vaginal sex.

Only water-based lubricants should be used with male latex condoms.

Please take a look Somali Health Team's pack, *how to use a condom*.