Good example of cause and effect essay

Health & Medicine, Disease

When there are two events or conditions, with one being the cause of the other being the effect, then this will be referred to as the cause and the effect (Smith 3). The cause is that condition that makes the other condition to happen, while the effect is that which happens. For instance, when it comes to a disease such as HIV/AIDS, HIV is the cause, while AIDS is the effect (Smith 13). In this case, a single cause leads to a single effect. It should be noted that some causes may have multiple effects. Apart from that, a single can also be attributed to multiple effects.

However, medical sciences have reported with certainty that diseases will only occur if an agent that is known to be one of the causative factors is present. In this regard, the definition of the cause and the effect claim that, a causing agent of that particular disease must be present, for the effect to occur (Smith 7). Narrowing down to our case of HIV/AIDS, history depicts that the effect of HIV, which is AIDS was initially recognized in the year 1981. Since then, AIDS has been a major pandemic all over the world. AIDS is caused by the Human Immunodeficiency virus as earlier in stated. Through its destruction of the cells related to the immune system, that is the CD4+ cells, HIV continuously damages or rather interferes with the ability of the body in fighting infections and cancers (Hall, Brian, & Clay 21).

A person who is infected with HIV is diagnosed with AIDS if a person’s immune system has been seriously compromised or rather manifested with severe HIV infection (Smith 9). For this reason, the centers that deal with both disease control and prevention, have off late come up with a definition of AIDS among adults. The center refers to AIDS as the existence of at least one of the 26 prevailing conditions that are the indicators of severe

immunosuppresion, and one which is associated with the infections related to HIV (Smith 21). Such a condition may include pneumocystisis carinii pneumonia (PCP). This condition is very common among people with HIV infections. Opportunistic infections can also provide a definition of AIDS. Such infections do not necessarily cause harm to the healthy individuals. When it comes to children, the definition of AIDS among the HIV infected ones is similar to that of the adults, apart from some common infections that only manifest themselves in children (Smith 21).

In ascertaining the evidence as to whether HIV causes AIDS, three postulates were developed to prove this relationship. The first postulate relates to the epidemiological association between the cause and the effect (Smith 22). In this case, various studies all over the world indicated that all the AIDS patients are virtually HIV- seropositive. This means that such persons have antibodies that are responsible for carrying the HIV infection (Smith 25). The second postulate was on isolation. The current techniques on culture have permitted isolation of HIV in almost all the AIDS patients, and in most individuals who are confirmed to be HIV seropositive in both the early stage and the late stage of the disease (Smith 23).

The third postulate that was used in proving whether HIV causes AIDS was termed as transmission pathogenesis. In this regard, several experiments were carried out among three laboratory workers who had no other risk factor apart from developing AIDS or rather severe immunosuppression (Smith 29). These individuals developed the risk factor after they were accidentally exposed to cloned HIV that was highly concentrated. In all this three cases or rather individuals; there was the isolation of HIV from an

infected individual. Sequencing then followed, and this indicated the infecting strain related to the virus (Smith 27).

There are many causes of HIV/AIDS. These causes can either be categorized as biological or behavioral. Behavioral factors that may lead to the transmission of HIV/AIDS include having unprotected sex with someone who is infected with HIV or those people of unknown HIV status. Apart from that, HIV can be transmitted from the mother to the child through a woman's breastfeeding behavior. Biological factors can also lead to the transmission of HIV. For instance, children can inherit the infection from their parents before birth. Transmission of HIV/AIDS in a biological perspective is usually attributable to the exchanges of body fluids such as blood. This exchange must be between an infected person and a non-infected person.

When it comes to the population that is endemic to the transmission of HIV, it should be noted that the disease does not affect a specific population (Stolley, &John 13). A person can be infected with HIV regardless of his or her gender, race or age. Apart from that, the condition is also associated with some notable symptoms. These include fever, weight loss, extreme fatigue, nausea, vomiting, as well as coughing and shortness of breath (Stolley, & John 15). The herpes infection can also cause sores on the mouth, anal as well as genital openings. Flaky skin that is associated with persistent skin rash is the other symptom of HIV/AIDS (Stolley, & John 17).

Diagnosis of HIV/AIDS is done through testing of blood and saliva for the antibodies related to the virus (Hall, Brian, & Clay 26). These tests include CD4 count, which determines the number of white blood cells that have been destroyed or are targets of the virus (Hall, Brian, & Clay 27). Viral load is the

other type of test. This test measures the level of virus in the blood. Drug resistance test is the other possible test on HIV (Hall, Brian, & Clay 29). In this case, the test will be able to identify whether the prevailing strain of HIV will offer resistance to anti- HIV medications. All these tests focus on the treatment of the disease.

Prognosis of HIV/AIDS should also be put into consideration. Research depicts that the potent treatments in relation to HIV are now availed. For this reason, the level of illness and death associated with HIV has now fallen drastically. This is because of the powerful combination of the anti-HIV drugs that have come into being since 1996. Doctors have also been able to acquire knowledge and skills that may be required in the treatment of the infections that are associated with HIV (Hall, Brian, & Clay 23).

In terms of treatment, it should be noted that the treatment on HIV does not in any way cure the disease, but stops the HIV virus from multiplying (Cunha 11). Apart from that, the treatment also aims at lowering the viral load in blood to levels that are very low. The benefits of HIV treatment is that it strengthen the immunity system, thereby enabling it to fight infections. It is, therefore, recommended that any person who is ill of HIV should seek treatment. The treatment of HIV should be taken when the level of CD4 count is less than 350 (Stolley, &John 15). Last but not least, it is important to note that HIV /AIDS is not a communicable disease.

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