

Antiretroviral treatment of hiv aids essay examples

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Arguably, HIV/AIDS is one of the global issues that affect all people regardless race, culture or nationality. In fact, no drugs have been discovered that can completely treat HIV/AIDS when one has already been infected. Undeniably, the discovery of antiretroviral became as a relief to those who are both infected and affected. Antiretroviral drugs refer to medications used to treat retrovirus infections, especially HIV (Aidsmap, 2010). For its effectiveness, a combination of drugs as well as following instructions from medical practitioners will help in treating HIV. AIDS pandemic today in the world has been given minimal attention by media and public as compared to 1990s. This leads to misconceptions that the problem is no longer there, yet in the real sense its prevalence is increasing tremendously.

Undeniably, taking antiretroviral drugs will not at all course cure HIV infection; but, it gives individuals with HIV a chance to stay longer and healthy. The purpose of taking antiretroviral medication is to thwart the development of AIDS. As a matter of fact, antiretroviral drugs stop the production of HIV in the body; hence, reducing the damaging of body immune system (Wittkop, et. al, 2011). Therefore, individuals with HIV need to continuously use antiretroviral drugs, not to eliminate the virus, but to remain healthier and live longer. Probably the main purpose of antiretroviral medication include control HIV amount in the human body, protect and restore functioning of the immune system by giving room to CD4 cells to restock, reduce the probability of early death and HIV-related illnesses, as well as long term improvement of quality of life to those living with AIDS (FDA, 2010).

HIV is a retrovirus, which are a group of various viruses that are responsible for AIDS. Doctors have the mandate to decide when to prescribe antiretroviral medication to an HIV positive individual. The doctors are guided by the amount of CD4 T-cells in the human body. HIV attacks the T-helper cell in immune system (Mather, 2006). The cell helps in co-ordinating other cells in the immune system to fight illnesses. Antiretroviral medications work unswervingly on HIV, in that it reduces its multiplication rate in the human body. As a result, it reduces the rate at which CD4 T-cells are destroyed by the virus. Therefore, when HIV multiplication is managed, it permits the human immune system to recover, as well as preventing further damage (Clercq, 2001). The results of how antiretroviral medication work and control of HIV infection improves general health, reduces chances of other opportunistic infections, as well as weight gain. The antiretroviral drugs should be managed well for it to be effective (McCance-Katz et. al, 2006).

Perhaps, taking antiretroviral medication is exceedingly difficult task to undertake. The entire therapy should be individualized for it is not appropriate for every individual. Patients who are HIV positive need to be educated on demands, benefits and risks of not maintaining the program of prescription, as well as its usage (CDC, 2008). The complexity of the medication regime makes it difficult for HIV/AIDS patients to maintain medication schedule. Its assignments and the extent of prescribed medics interfere with the lives of the patients (Douglas, 2007).

Additionally, the stress of living with the virus overwhelms individual suffering from the virus. Hence, the stress makes them reluctant in taking

their medications. Studies show that stressed individual miss their doses and mismanage medication schedule more than the less distressed patients (Gendelman, 2005). Some other factors include change in daily schedules, too busy, lack of information, forgetfulness, as well as being away. In most developing countries, there are situations in which hospitals run out of antiretroviral drugs; hence, the patients cannot manage their medication schedule (WHO, 2009).

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