

**Task: TEXT B**

**Read the text first, and then prepare to report on the main points of each section to your colleague based on your notes.**

**What is the treatment?**

When planning to take a test, we should be prepared for all the implications of the result. If your result is positive, there is a range of treatments you may be offered. Often there is a combination of various drugs, which may manifest numerous side effects, yet at the same time it can significantly inhibit the progress of the disease. On one hand, users of the therapy have to stick to a rigid regime, on the other hand the medication have been shown to reduce the virus and help rebuild the immune system.

**History**

In 1981 and 1982, the first cases of AIDS were identified among gay men in the United States, however, scientists later found evidence that the disease existed in the world for some years prior, i.e., subsequent analysis of a blood sample of a Bantu man, who died of an unidentified illness in the Belgian Congo in 1959, made him the first confirmed case of an HIV infection. One of the latest theories says that the virus was first passed onto people from a particular sub-species of chimpanzee in the Central Africa. Human infection occurred in the second part of the 20<sup>th</sup> century as a result of hunting and eating chimps, scientists believe. Africa belongs to areas with the largest spread of the disease.

**Reducing the risk**

The main advice from health specialists includes using a condom during sexual intercourse. Injecting drug users are advised not to share needles. In many areas of the UK, health officials operate a needle exchange scheme where clean needles can be obtained free of charge.

**Social implications**

Fear of getting infected and negative ideas about people who are infected resulted in a kind of stigma surrounding HIV and AIDS. It is a life-threatening disease, and therefore people react to it in strong ways. HIV infection is associated with behaviours (such as homosexuality, drug addiction, prostitution or promiscuity) that are seen as highly problematic in many societies. HIV infection is often thought to be the result of personal irresponsibility. Religious or moral beliefs lead some people to believe that being infected with HIV is the result of moral fault (such as promiscuity or 'deviant sex') that deserves to be punished.

**Be ready to ask your partner about**

- some basic facts
- associated diseases
- transmission
- high risk groups

*Source: [CNN](#)* In an article, "1959 and all that: Immunodeficiency viruses," by Simon Wain-Hobson of the Pasteur Institute in *Nature* (Volume 391, 5 February 1998, pp. 532-533), Wain-Hobson wrote: "Where did HIV [Human Immunodeficiency Virus] come from? Both of the AIDS viruses, HIV-1 and HIV-2, originated in Africa... As is often the case with microbes, a jump from one species to another is probably to blame... chimpanzees (for HIV-1) and sooty mangabeys (for HIV-2)... When did the AIDS epidemic begin?... the Big Bang seems to have occurred around, or just after, the Second World War. Emerging microbial infections often result from adaptation to changing ecological niches and habitats." Cases of *Pneumocystis carinii* pneumonia (PCP, a lung infection) and Kaposi's sarcoma (a rare skin cancer) were reported by doctors in New York and Los Angeles in 1981, then the Centers for Disease Control and Prevention (CDC) began tracking a growing population of young men, women, and babies, whose immune systems were nearly destroyed. Late in 1982, the condition began to be referred to as AIDS. *Source: [American Red Cross](#)* For a few at first, their awareness of AIDS began with the publishing of a little noticed entry on page two of the CDC's *Morbidity and Mortality Weekly Report* of June 5, 1981, where a strange outbreak of killer pneumonia was spreading among gay men. Since this report, AIDS has graduated from a seemingly local phenomenon to a global epidemic. *Source: [CNN](#)*

In 2008, globally, about 2 million people died of AIDS, 33.4 million were living with HIV and 2.7 million people were newly infected with the virus. [HIV infections and AIDS deaths are unevenly distributed geographically](#) and the nature of the epidemics vary by region. Epidemics are abating in some countries and burgeoning in others. More than 90 percent of people with HIV are living in the developing world.

There is growing recognition that the virus does not discriminate by age, race, gender, ethnicity, sexual orientation, or socioeconomic status – everyone is susceptible. However, [certain groups are at particular risk of HIV](#), including men who have sex with men, injecting drug users, and commercial sex workers.