

Stay  
Safe.  
Be  
Safe.

Help  
Prathama Blood Centre  
to organise  
'Awareness Drive'  
at your premise.

Get in touch with:  
Medical Officer :  
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**PRATHAMA BLOOD CENTRE**  
ADVANCED TRANSFUSION MEDICINE RESEARCH FOUNDATION

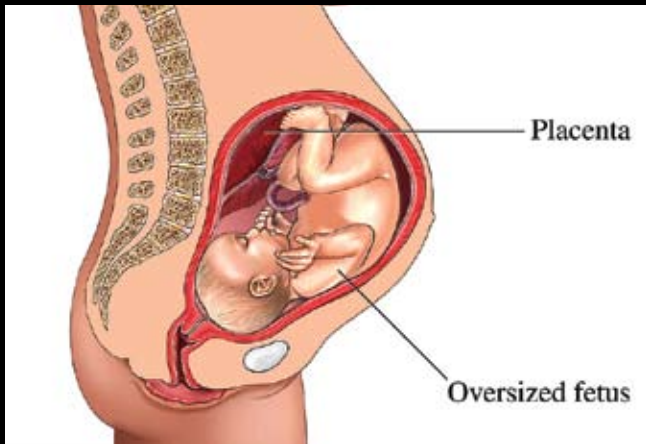
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**RISK BEHAVIOURS**



**PRATHAMA  
BLOOD CENTRE**  
AHMEDABAD

Risk behaviours are those activities in our day to day life that can lead us to killer diseases like AIDS, Hepatitis and Syphilis. Millions of people in our country are risking their lives due to lack of knowledge and needed understanding. Not only their lives but the lives of dependant also at stake as these diseases spread through close contact. Let us understand such Risk Behavior, avoid it and spread the knowledge to others.



- Unprotected sex.
- Sex outside marriage.
- Sharing same needle for IV injections
- Use of contaminated needles and its multiple use.
- Sharing personal utilities.
- Unsafe blood transfusion.
- Lack of awareness.

Due to such practices, people fall prey to deadly killer diseases, viruses like HIV1 & 2, Hepatitis B, Hepatitis C & STD like Syphilis.

# 1. HIV / AIDS

Acquired Immuno Deficiency Syndrome (AIDS) is a disease of the human immune system caused by HIV (Human Immuno-deficiency Virus). In 2006, it was estimated that 2.5 million people are affected by HIV in India. It is found high among people who visit sex workers, multiple or un-known or un-reliable sex partners, men having sex with men, drug users and transgender. There is no cure to AIDS.

## Treatment & Prevention

The HIV infected person remains asymptomatic for the initial few years; it manifests by six to eight years. At this stage, medical treatment and psycho-social support is needed. Anti Retroviral Treatment (ART) can stop people becoming ill for many years and can keep the HIV in the body at low level. It has to be taken everyday for the rest of life. It is available at many community care centers. Remember, it is not cure. Hence we encourage all our blood donors to follow safe sex practices, be faithful to one partner, use latex condoms, avoid drug abuse and always insist for safe and reliable blood transfusion when in need.

## Transmission

HIV is transmitted by infected person through body fluids like blood, semen, vaginal fluid, preseminal fluid, and breast milk. Transmission can happen by sexual contacts (anal, vaginal or oral), unsafe blood / blood product transfusion, organ transplant, contaminated needles, mother to child during pregnancy, and breast feeding. HIV progressively reduces the effectiveness of the immune system of body and leaves the person susceptible to infections and tumors. HIV is not transmitted through everyday social contact.



प्रथमा

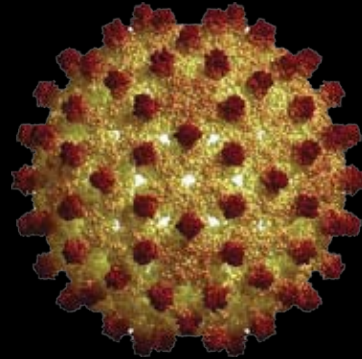


## 2. Hepatitis B

Hepatitis means inflammation of liver. Hepatitis B is life threatening liver infection caused by the virus. As per WHO, Hepatitis is 50 to 100 times more infectious than HIV. Approximately 8 % of world's population carries HBV infection. Every year 6 lac people die due to acute or chronic liver diseases including liver cancer. About 4 crore HBsAg carriers are found in India and roughly 1 lac die every year.

## Transmission

Hepatitis B virus is transmitted by blood or other body fluids of infected person to others. Though it is transmitted the same way as HIV, it is 50 to 100 times more infectious because HBV can survive outside body for 7 days. Unsafe needle use, early childhood infection, unsafe blood transfusion, unsafe sexual contact can cause Chronic Hepatitis B and eventually lead to liver cirrhosis or liver cancer. Symptoms include yellowness of skin and abdominal pain, extreme fatigue etc.



## Treatment & Prevention

There is no specific treatment to Hepatitis B where liver cancer is almost fatal. You can however prevent it by Vaccination. Hepatitis B vaccination can provide effective protection against infection. The first dose should be given to child as soon as possible after child birth. Every one who is at risk of Hepatitis B should take vaccination that comes in 3 doses and gives life long protection.

Prathama Blood Centre has launched "Hepatitis B Vaccination Program" to protect voluntary blood donors from this virus. It is free for Prathama's five times blood donors and for others it is available Rs at 50. To get maximum protection start early and get vaccine shots as per suggested schedule.

- First Dose: Today
- Second Dose: 1 month after 1st dose
- Third Dose: 6 months after 1st dose
- Booster Dose: 5 years after 1st dose

### 3. Hepatitis C

Hepatitis C is transmitted similar to Hepatitis B but slightly different virus. There is no vaccine for HCV and research is in progress. Almost 30 crore people are infected with this virus world wide. Majority are not aware of their infection status as they find no symptoms. They develop symptoms anywhere between 15 to 150 days. However, infected persons are source of transmission to others.



### Transmission

HCV is transmitted mainly through blood. Unsafe blood transfusion, unsafe sex, sharing needles, syringes, and personal utilities like toothbrushes or razors are some of the means of transmission. The infection is often without symptoms, but once established, chronic infection can progress to liver cirrhosis, eventually leading to liver cancer or liver failure. Symptoms include loss of appetite, weight loss, mild flue like illness, nausea, jaundice, itchy skin etc.

### Treatment & Prevention

Vaccine for Hepatitis C is not available as the virus can mutate like HIV. To reduce the burden of HCV infection strict observation of preventive measures is the solution. Recently, Interferon and antiviral drugs have proved effective against Hepatitis C. It is advisable to ensure safe blood source while transfusing, avoid unsafe sex practices, use condom and pick standard single use needles and syringes. Also avoid sharing personal utilities like razors.



## 4. Syphilis

Syphilis is a sexually transmitted disease caused by bacteria called *Treponema pallidum*. It infects the genital area, lips, mouth, or anus of both men and women. At early stage one finds a single, small, painless sore. Sometimes it causes swelling in nearby lymph nodes. If you do not treat it, syphilis usually causes non-itchy skin rash, often on your hands and feet. The symptoms are irregular.

### Transmission

The route of transmission is by sexual contact. Although the bacterium is usually transmitted through the mucous membranes of the genital area, the mouth, or the anus, it also can pass through broken skin on other parts of the body. If not treated, symptoms may disappear but infection remains hidden in body and progresses with increasingly serious symptoms. Syphilis makes it easy to transmit other infections like HIV, Hep B and HCV. It can also lead to death in rare cases.

### Treatment & Prevention

Syphilis is however curable when treated in primary stage. The first choice of treatment is penicillin G. Tetracycline is used in patients, allergic to penicillin. However, avoid unsafe sexual activities and use a latex condom correctly and consistently. Since latex condoms protect covered parts only, the exposed parts should be washed with soap water as soon as possible after the act. Syphilis/AIDS cannot be contracted through toilet seats, daily activities, hot tubs or sharing utensils or clothings.

## 5. You are at risk

- If you are exposed to blood or body fluids
- If your mother have had Hepatitis B, Hepatitis C or HIV history
- If you have had sex with an infected person
- If you were tattooed or pierced with unsterilized tools
- If you are accidentally exposed to used needle
- If you share razors or toothbrush
- If you share drug needles or syringes
- If you are on hemodialysis
- If you indulge in sexual relationship outside marriage

## You are not at risk

- If you shake hands or hug an infected person
- If you share toilet seats or towels
- If you use latex condom correctly and consistently
- If you maintain steady or reliable sex partner
- If you take blood from reliable blood centre
- If you and your partner is faithful to eachother

## Precautions

- Do not donate blood, body organs, other tissues or semen if you are infected.
- Avoid multiple sexual partners.
- Do not share tooth brushes, razors etc.
- Cover cuts and sores on the skin.
- Get family members vaccinated for Hepatitis B.
- Check the reliability of blood / blood products before transfusion.
- Stay away from drug abuse
- Always use disposable syringes & needles
- Update yourself on transmittable diseases