

IT Professional Elective 3

Quiz No. 6

BSIT-S-T-4A

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Reflection Paper about HIV Seminar

The local government of Taguig conducted a comprehensive seminar on Sexually Transmitted Infections (STIs) and HIV/AIDS. The seminar featured educational sessions addressing HIV, and various STI.

The topic of discussion revolved around the basics of STI, HIV, and AIDS. They present the statistics of the reported HIV cases whereas of February 2023 there are 2,392 cases in Taguig which leads them to raise awareness about these health issues. Moreover, sexually transmitted diseases, or STIs, are defined as conditions that are mostly transmitted via sexual contact as well as those that can be transmitted through non-sexual ways. The seminar mentioned five prevalent types of sexually transmitted infections (STIs), encompassing bacterial, viral, protozoal, fungal, and skin parasite categories. Additionally, the seminar gave emphasis to the importance of identifying common signs and symptoms of this disease, such as painful urination, severe itchiness, unusual yellow discharge, and abdominal pain. Furthermore, the discussion highlighted the common bacterial STI. First is the Gonorrhea which has the symptoms pain during urination, genital discharge, and in some cases, pelvic inflammatory disease. Then Chlamydia which is known as silent STI because it is frequently asymptomatic. And the Syphilis which can be transferred through mother to child, also with blood transfusion. Moreover, the difference between AIDS (acquired immunodeficiency syndrome) and Human Immunodeficiency Virus (HIV) are being discussed. HIV is a virus that attacks the immune system while AIDS is a condition caused by HIV. The ways on how this virus can be transmitted has also been discussed, this includes the sexual transmission, blood transfusion from an HIV-infected donor and even HIV-infected mother to her child. The speaker introduces the ABCDE ways on preventing oneself in these contagious diseases. ABCDE stands for abstinence, be monogamous, correct and consistent use of condom, do not inject drugs, and education and early detection which advocating protection to ourselves.

In conclusion, the seminar raised community awareness and responsibility while also deepening our understanding of STIs and HIV/AIDS. It acts as a reminder for us to be proactive about protecting our sexual health. I have learned that HIV is the virus which can lead to the development of AIDS if not effectively treated or ignored. Then, Sexually Transmitted Infections are a separate category of infections, which can also have serious health consequences, and they are different from HIV and AIDS. STIs can increase the risk of HIV transmission, but not all STIs lead to AIDS. The seminar helps us and the community to be more knowledgeable and committed to breaking the HIV/AIDS and STI chains of transmission. The seminar serves as a timely reminder to be mindful of our actions especially in these cases. We better protect ourselves than to have this lifetime diseases.