SATURDAY FEBRUARY 12 1994

Educate athletes on

the dangers of Aids

The term “HIV deseare” de-

scribea all mesofentatione of in-

fectoon prior to the development

f Ardu, whereaa Aide ra the fotol

‘ta,ge of HIV infection,

Themajorityofpeopleiofected

w,th mv appear healthy, leed

normal liven and ore unaware

that they are infected, Moat eu-

thorium helieve all patienta in-

fectad with 14W will eventoally

develop Aide and that ttv infer-

lion is oltimataly fatal 100 per

cent, The reeporrne to tho di.eaae

differs from one individual te an-

othett appesuimately 00 per cent

nf 111V infectad patiente develop

Aida within eight yearn of infer-

lion, Howevar, more recently one,

two and five pase survival rates

for Aide ere 00 per cent 30 per

cent and 15 percent respectively.

Again, recent promising sew

methcataona and treetmente can

preleng the asymptomsoc data

of 141V disease and life span of

Aide patiente.

Athlete, need to be told the

hand 0f persono who are more et

rink thm should be cautioua in

their dealings with such persona.

e The homnaenuals or biaeuuat

“

mole.

a tntenvenooe dreg abueera —

tina grvup is eeeponaihlo fore aig-

eifltant portion of the heteresen-

ual spread of 111V.

a Peoatitotea and those who fee-

quent them.

a lllood trsnuflraivn recipiente.

a finpevtacted ramial contacte of

any member of the above listed

first feue groupe,

Wherese activitien like body

maaaage, hugaing, petting, dey-

biasing and mutual mmtoehation

may be regarded as safe, vtbem

like wet-biasing, urine costact

with atdn, penile-vaginal contact

with condom before ejaculation

are just probably considered .fe.

Other activities which are connd-

cred joint poueihly rafe are neo-

vaginal contact, peeile-vaginel

contactwithcondomaodejacula-

tion and ano-genital contact with

condom among others.

However, ano-inanoal cootact,

oral or erial contact with ornee

and hoth ano-gomal and penile-

vaginal contact witheot condoms

are definitely unsafe.

llaaically, ao has been asid time

and again, HW teansmi.aion oc-

cuve when body finida of an is-

footed individual are enchanged

with those of an uninfected mdi-

vidual. The most common prima-

cy veatoes include blood and

bleed producta, menee, vaginal

secretiona, breast milk and amni-

otis fluid found in a pregnant

atome,

Though 11W has bees cultured

in salivo and toses, there in not

any ducumeoted evidence mdi-

rating these are s cause for

infection. ,

The highest risk are mdivid-

rial. without condoms engaging

is receptive and macdive

anngenitol sew and women engag-

ing in penile-vaginal contact

without condures.

Athletes involved in unaporting

activitie. file the uso of anahelir

atenido eisa trasrumioaios when

th, ebere nendlm. Teten app11-

cutroo at parleurs thet do net uee

diopc.able reedier or adequately

steeiliue oes dlcea hetween cliente

also prmen.s a needle tennamio-

mon eioh.

Though I ne risk of infection ii

there on thr field, the mejor rink

if off the firld. it is more ne lera

an eetahlielied (oct that preCes-

sionel sod high preSle athletes at

all levels idus have abundant

actual oppcetositie.. It lisa bees

quoted recently in an Aida brille-

tin that a woman who had admit-

ted having bad aerial relations

with shout 00 national hockey

leaver plaj ers in Canada had

died of Aica.

Dire to the tetelity nf this dia-

nue and tI,e rate at which it is

spreading, t is imperative that

emphasis te placed on preves-

taon, It ir rmpvrtant to toll eth-

leles that cbetinence ie the only

foul prong method to prevent

HIV tranamiseion. However,

niece the najority of high nehool

eiudeste and moat adulte ase eco-

osIly active and thou unlihely to

abstain foca information

practicing safe, sen may have

more impart.

Avoiding promiscuity end

choosing non-promioroouo seoual

partners greatly decresoee the

risk of HIV trsnsmisoioo.

Condoms offer the beet protec-

lion from 11W traaamiuainn dar-

ing vaginal or anal intarcoarne,

and it in estimated that the rial ie

reduced from 1:000 to 1:5,005.

It in worth noting that natuesi

membrane condoms mny provide

a more satoral feel than teten

condoms, but they do not provide

a harrier to some eenually tracs-

milled dioeaaes incinding Hepati-

lis ‘B’ and Mlv disease,

fleme other condoms are lubri-

cased to revent tearing during

friction. Ilowever, some are pre-

lubricated witha speemicidal liq-

nid, and this adds an additional

protection se an 111V barrier

ninre norrozynol-l insctivatas

141V thus muy provide sume peo-

tedien in ease the cundnm

roptureu,

Athletea who have engaged in

high rink behaviour should be

ealsed to voluntarily be tested as

this will

in the eenue that if they tent

ponitiva,

e They may get scceoo te the err

mevoos medication non ovsilahla

to proloog their livra.

aThoy will snerrise control of

mv tranumimion to their eec

poetnere.

• They will enrol ins one-os-one

counaolling foe mere epecific pa

tient education.

• They may get peace of mind as

a result of being more knowledge-

alilo about MIV etolas.

It should be ompbaaiuad that

the 11W-infected sthleteu should

avoid putting others at eish. It is

important that physicians heap

an open forum regarding odorat-

ing end counsellin athletes

about Aida, this rhoold he aros-

tinuoue process, Csutios should

be of paramount importance in

situations where bloody irjunm

ocote as in boning or wrestling

among others.

Prsnh bleach nolution rouet be

used to clean bloody erjrapment:

and ruefacen libe wemthng mate

before play in resumed. All ea-

posed wounds should he well