

## The Commander in Chief Talks with a HIV Positive Client

By Captain David Marle Elisama

The Commander in Chief of the SPLA, 1st Lt. General Salva Kiir Mayardit asked to meet with someone who received a positive result from the testing conducted at one of the Counseling and Testing Centers. Capt. David Marle introduced him to a couple living with HIV. Upon meeting them, the Commander in Chief praised them for getting tested and disclosing their HIV positive status enabling them access to the care and treatment needed for people living with HIV or AIDS (PLHA). He commented further that knowing your HIV status will help to make sure that you do not mistakenly spread HIV to comrades or civilians. He also encouraged them to continue treatment to foster a prolonged life and continued service in the SPLA.



*The Commander in Chief on a tour of the new offices for the SPLA HIV/AIDS Secretariat.*

## HIV and Sexually Transmitted Infections

By Lisa Hawley

What is the link between HIV and STIs? People who are infected with sexually transmitted infections (STIs) are two to five times more likely than uninfected individuals to acquire HIV if they are exposed to the virus through sexual contact. In addition, if an HIV-positive individual is also infected with another STI, that person is more likely to transmit HIV through sexual contact than other HIV-infected persons (Wasserheit, 1992).

### What are STIs?

Sexually transmitted infections (STIs) are infections spread during sexual contact (vaginal, oral or anal) or skin-to-skin contact.

### What are some symptoms of STIs?

A person should be checked for an STI if they have any of the following symptoms on his or her vagina, penis or anus: blisters, itching, burning while urinating or greenish yellow discharge. It is possible to have an STI and not know it, so a person should seek medical care if he is concerned.

## Prevention of STIs

To reduce the risk of STIs a person can abstain (to not have) sex, use condoms (male or female) correctly and consistently during vaginal, oral or anal sex or practice safer sex. Safer sex activities includes kissing, mutual masturbation (using hands to sexually excite a partner) and dry humping (pretending to have sex while wearing clothing).

## The HIV/AIDS Secretariat and Medical Corps Join Forces

By Carol Akura

SPLA leadership recognizes the importance of the fight against HIV and AIDS. To facilitate the conquering of this disease, the SPLA HIV/AIDS Secretariat will become a part of the Medical Corps Directorate. This natural partnership will be beneficial. Already, in a meeting held between the SPLA Secretariat, Medical Corps, US Centers for Disease Control and IntraHealth, capacity building of medical personnel in the area of HIV/AIDS in care and treatment was identified as a first step. Efforts will be made to create stronger links between the counseling and testing services and to establish systems of care and treatment within the SPLA. Additionally medical corps personnel will be trained in counseling and testing, supervision and quality assurance of HIV testing services and comprehensive management of HIV and AIDS. Eventually all medical corps personnel will be oriented to HIV and AIDS care creating a stronger, more supportive environment for comrades who are HIV positives and their families.



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You would check if your gun to see if it were loaded or not before aiming it at anything; similarly you should check your STI and HIV status before engaging in sexual activity.



Is this weapon loaded?

In the next issue of the HIV/AIDS Bulletin:

- Gender and HIV/AIDS
- SPLA HIV/AIDS Advisory Council
- Scaling Up the HIV/AIDS Secretariat's Partnerships

The table below describes some common STIs, their symptoms and prevention methods.

Name	Symptoms	If Untreated	Prevention Method
<p><b>Gonorrhea</b> Gawn-or-e-uh</p> <p><b>Description</b></p> <p>A germ, <i>Neisseria gonorrhoeae</i>, spread through vaginal, oral or anal sex with an infected person. It can also be spread from mother-to-child during birth.</p>	<p><b>Men:</b> Symptoms may appear 3-5 days after infection or in 30 days and might be hard to identify.</p> <ul style="list-style-type: none"> <li>• Burning while urinating</li> <li>• Thick greenish yellow discharge from the penis or anus</li> <li>• Swollen testicles</li> </ul> <p><b>Women:</b> Symptoms are usually mild and go unnoticed.</p> <ul style="list-style-type: none"> <li>• Burning while urinating</li> <li>• Thick greenish yellow discharge from the penis or anus</li> <li>• Bleeding between menstrual cycles</li> </ul>	<p><b>Men</b></p> <ul style="list-style-type: none"> <li>• Increased risk of HIV</li> </ul> <p><b>Women</b></p> <ul style="list-style-type: none"> <li>• Permanent infertility (inability to have children)</li> <li>• Stomach pain and fever</li> <li>• Increased risk of HIV</li> </ul> <p>For both-germ can spread to blood stream or joints and cause further illness</p>	<ul style="list-style-type: none"> <li>• Abstain from sex</li> <li>• Be faithful to your partner or partners</li> <li>• Use condoms correctly and consistently</li> <li>• Engage in safer sex activities (kissing, mutual masturbation, dry humping, etc)</li> <li>• Test both people and seek treatment as needed, before engaging in sexual activity</li> </ul>
<p><b>Syphilis</b> Siff-uh-liss</p> <p><b>Description</b></p> <p>A bacterium called <i>Treponema pallidum</i> that is spread by touching the sores of an infected person (which can be located on that penis, vagina, anus, lips and in the mouth). It can also be spread from mother-to-child before or during birth.</p>	<p><b>Men and Women:</b> There are three stages each with its own symptoms:</p> <ul style="list-style-type: none"> <li>• Primary stage: A painless open sore appears between 10 days and three months after exposure.</li> <li>• Secondary stage: A rough, reddish-brown skin rash on the hands and feet that eventually goes away. Swollen glands, headaches and hair-loss may occur.</li> <li>• Late stage: difficulty coordinating muscle movements, paralysis, numbness, gradual blindness, and dementia</li> </ul>	<p><b>Men and Women</b></p> <ul style="list-style-type: none"> <li>• Internal organs, including the brain, nerves, eyes, heart, blood vessels, liver, bones, and joints or death.</li> </ul>	<ul style="list-style-type: none"> <li>• Abstain from sex</li> <li>• Be faithful to your partner or partners</li> <li>• Use condoms correctly and consistently</li> <li>• Engage in safer sex activities (kissing, mutual masturbation, dry humping, etc)</li> <li>• Test both people and seek treatment as needed, before engaging in sexual activity</li> </ul>
<p><b>Chlamydia</b> Cla-mid-ee-ah</p> <p><b>Description</b></p> <p>A germ called <i>Chlamydia trachomatis</i> spread through vaginal, oral or anal sex with an infected person. It can also be spread from mother-to-child during birth.</p>	<p>If symptoms occur (sometimes they do not), they usually do so within 1 to 3 weeks.</p> <p><b>Men</b></p> <ul style="list-style-type: none"> <li>• Yellowish color discharge from the penis</li> <li>• Burning feeling when urinating</li> <li>• Rectal pain or discharge</li> </ul> <p><b>Women</b></p> <ul style="list-style-type: none"> <li>• Yellowish discharge from the vagina</li> <li>• Burning feeling when urinating</li> <li>• Pain during intercourse</li> <li>• Bleeding between menstrual periods</li> <li>• Rectal pain or discharge</li> </ul>	<p><b>Men</b></p> <ul style="list-style-type: none"> <li>• Pain and fever</li> <li>• Inability to have children</li> <li>• Increased risk for developing HIV</li> </ul> <p><b>Women</b></p> <ul style="list-style-type: none"> <li>• Inability to have children</li> <li>• Increased risk for developing HIV</li> </ul>	<ul style="list-style-type: none"> <li>• Abstain from sex</li> <li>• Be faithful to your partner or partners</li> <li>• Use condoms correctly and consistently</li> <li>• Engage in safer sex activities (kissing, mutual masturbation, dry humping, etc)</li> <li>• Test both people and seek treatment as needed, before engaging in sexual activity</li> </ul>