

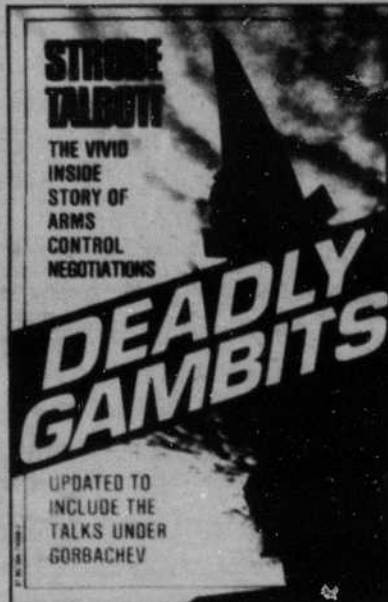
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— *the Wall Street Journal*



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## Health center offers pamphlet about AIDS

By Linda Hahn

Of the Emerald

AIDS — acquired immune deficiency syndrome — in itself is not a disease. It is a group of signs that indicate a problem, an impairment of the immune system resulting in the loss of the body's ability to fight disease, said Dr. James Jackson of the University's Student Health Center.

"AIDS is caused by a virus which attacks the cells in the body which are responsible for providing the immune defense system," he said. "Hence, exposed individuals come down with unusual infections and other illnesses."

AIDS is characterized by the presence of at least one of more than a dozen different diseases and a distinct viral infection — HTLV III. These illnesses are neither new nor associated only with AIDS, Jackson said. These specific diseases fit into three general categories — pneumonia, tuberculosis and cancer, he said.

Fighting these diseases is a constant battle, he added.

"You may get medicine to fight separate infections, but then you'll get hit by another," Jackson said. "The immune system is turned off by AIDS. So far, there's no treatment to turn it back on."

The health center has produced a pamphlet on AIDS that lists the symptoms of the syndrome. These include exhaustion, chills, swollen glands, weight loss, pink or purple blotches, unexplained sore throat, persistent diarrhea, headaches and susceptibility to bruising.

The health center also provides testing for the presence of AIDS antibodies, which would indicate exposure to the HTLV-III virus. The virus is very sensitive and dies when it comes in contact with air. AIDS can only be transmitted through bodily

fluids.

Presently, there are only two known methods of transmitting AIDS — through sexual contact or through sharing needles. There is speculation that it can be transmitted through tears or saliva, but that has not been proven.

Exposure to the virus does not necessarily lead to death. Five to 10 percent of those exposed will come down with the actual disease for which there is no cure, and for these people, death is almost a certainty.

Twenty percent will contract a mild form from which they can recover, and about 60 to 70 percent will be carriers who won't develop symptoms but can spread the disease.

AIDS research is far from complete. For example, there are different speculations as to why some people get AIDS and others don't, or why some get a mild case and others don't.

Lately, theories have proposed that the healthier a person is, the less their chance to catch AIDS. If their immune system is not already weakened, they have a better chance of fighting infection, according to an Oct. 24 *Wall Street Journal* article. This theory has not been proven.

The risk of catching AIDS can be lessened by reducing the number of sexual partners and taking preventative measures when there is involvement.

"The practical advice is to wear condoms," Jackson said. That advice is directed to either homosexual or heterosexual encounters. "Whether it is oral, anal or vaginal, prevent contact (with the other person). It is not 100 percent guaranteed, but it is practical advice."

The AIDS pamphlet suggests that questions be asked about the health status of sexual partners.



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