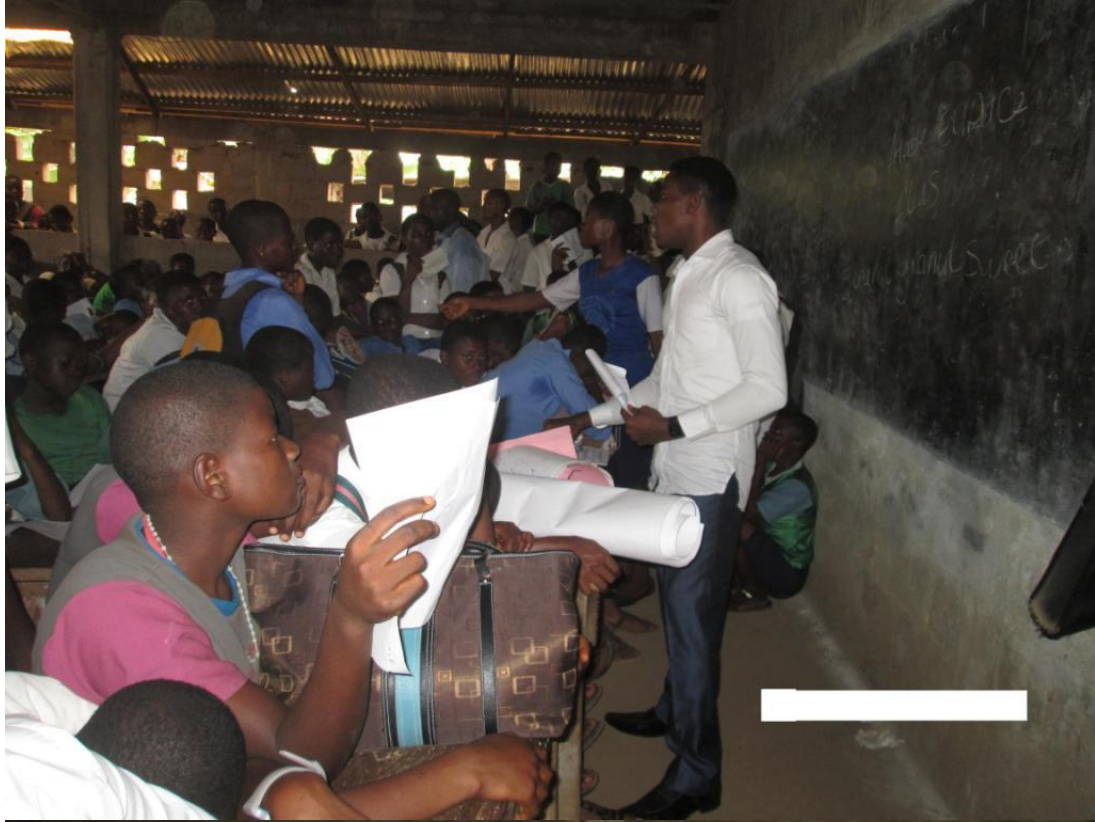


# TALK ON HIV/AIDS BY THE FIRST SPEAKER









**A PHOTO WITH THE STUDENTS OF PYC AFTER THE END OF THE PROGRAMME**









**TALK ON MALARIA BY SECOND SPEAKER**





**YOUTH EMPOWERMENT COMMUNITY INITIATIVE GROUP (YECIG)**  
**WORKSHOP ON MALARIA WITH PRESBYTERIAN YOUTH CENTRE (PYC) ON**  
**WEDNESDAY FEBRUARY 5<sup>TH</sup> 2014**

**Malaria** is a serious disease caused by a parasite. Malaria is characterized by the cycle of chills, fever, pain and sweating. Historical records suggest malaria has infected human since the beginning of mankind's. **C. LAVARAN** in 1880 was the first to identify the parasite in human blood and in 1889 **R. ROSS** discovered that mosquitoes transmitted malaria of the 4 common species that causes malaria, the most serious type is the **PLASMODIUM FALCIPARUM MALARIA** that infect about 154 to 189 million people per year, resulting to approximately 660,000 death worldwide. Africa, Asia, Central and South America are the areas with high number of malarial infections.

**INCUBATION PERIOD**

- The incubation period for malaria symptoms is about 1 to 3 weeks but maybe extended to eight to 10 months after the initial infected mosquitoes bites occur.

**MODE OF TRANSMISSION**

- The disease is transmitted to human when an infected Anopheles Mosquitoes bites a person and inject the malaria parasites (sporozoites) into the blood
- Can also be transmitted through mother to babies during pregnancy

**SIGNS AND SYMPTOMS**

- The symptoms characteristics of malaria include flu-like, illness with fever, shaking-chill, muscle aches, headache, tiredness, and respiratory difficulties. Some patient develops nausea, vomiting, cough and diarrhea. Cycle of chills, fever and sweating that repeat everyone, 2 or 3 days are the most typical symptoms.

**PREVENTION OF MALARIA**

- Keep your environment clean
- Avoid standing water around your homes
- Clear bushes around your environment
- Use treated mosquitoes bed net (Tent)
- Take malaria vaccine
- The use of prophylactic drug
- Preventive medication for travelers

**HOW IS MALARIA DIAGNOSED**

- Like many other disease, malaria can be diagnosed in the laboratory.

**HOW CAN MALARIA BE TREATED**

- Understand that prevention is the best cure and know that there is no vaccine for malaria.
- Malaria can be treated with prescription drugs and the type of drugs and length of treatment depend on the following:
  - Type of malaria
  - The victim's age
  - Where the person was infected
  - How sick the person is at the start of treatment.
  - If the person is pregnant

The Cameroon Development Cooperation (CDC) recommended malaria drugs include:

- Atovaquone/proguanil
- Chloroquine
- Doxycycline
- Mefloquine
- primaquine

**YOUTH EMPOWERMENT COMMUNITY INITIATIVE GROUP (YECIG)**  
**WORKSHOP ON HIV/AIDS WITH PRESBYTERIAN YOUTH CENTRE (PYC) LIMBE ON**  
**WEDNESDAY FEBRUARY 5<sup>th</sup> 2014**

HIV means HUMAN IMMUNO DEFICIENCY VIRUS and this virus caused AIDS (ACQUIRED IMMUNE DEFICIENCY SYNDROME). This virus is contracted through sexual intercourse, blood exchange, shared intravenous syringe, from mother to child during pregnancy or breast feeding. The first cases were discovered in Africa in the 1950s and 1960s and it spread rapidly throughout the globe affecting more than 36 million people by 2001.

As the world marks 30 years of AIDS, UNAIDS estimates 34 million (30.9 million-36.9 million) people are living with HIV and nearly 30 million (25 million-33 million) people have died of AIDS related causes since the first case of AIDS was reported on 5<sup>th</sup> June 1981. Every day 6,300 people contract HIV, nearly 262 every hour. While cases have been reported in all regions of the world, almost all those living with HIV (97%) reside in low and middle income countries, particularly in sub-Saharan Africa.

**INCUBATION PERIOD**

- -The incubation period is 3 months to 3 years; it can extend up to about 15 years.

**MODE OF TRANSMISSION**

- -Unprotected sex with an infected person
- Contaminated blood during blood transfusion, injections, contaminated blades used for tribal marks
- From infected mother to child, this occurs either through placenta during delivery or through breast milk after birth.

**SIGNS AND SYMPTOMS**

The clinical manifestation differs with various patients. These are typical signs of the disease if a combination of these signs appears and the person gets sick more often, He or She may be suffering from AIDS but confirmation may only be given in the laboratory.

- Diarrhea greater than 1 month
- Fever more than 1 month
- A gradual body weight loss
- Cough more than 1 month

**MINOR SIGNS AND SYMPTOMS**

- Skin Rashes
- Ring Worm
- Eczema
- Body Weakness
- Mouth Thrush (Wounds in the Mouth often)

**HIV/AIDS PREVENTION**

- Abstinence
- Fidelity
- Screening of donor blood before transfusion
- Use of sterilized instrument like needles, blade, syringe, shaving machine etc
- Use of disposable syringe
- Avoid blood contact
- -Use of condoms

**WHERE VIRUS IS FOUND**

- Blood
- Semen
- Vagina Secretion
- Breast Milk



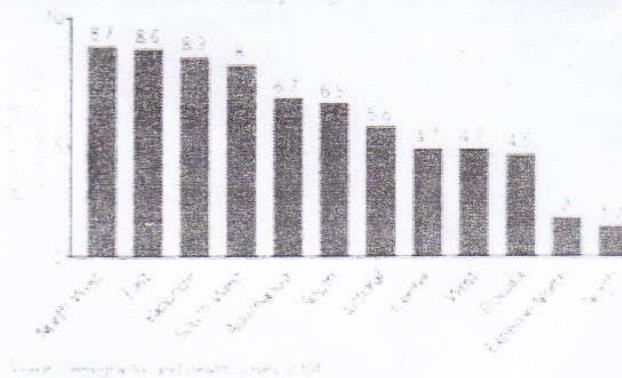
# YOUTH EMPOWERMENT COMMUNITY INITIATIVE GROUP (YECIG) WORKSHOP ON HIV/AIDS WITH PRESBYTERIAN YOUTH CENTRE (PYC) LIMBE ON WEDNESDAY FEBRUARY 5<sup>TH</sup> 2014

The AIDS pandemic slows down economic development efforts and erodes the social fabric throughout sub-Saharan Africa. The National AIDS Control Committee/Central Technical Group (CNLS/GTC) estimates that there are 141 new HIV infections per day in Cameroon, which means six newly infected persons each hour, everyday. HIV/AIDS and poverty has over the last decades been ravaging the lives of many young persons in Africa and Cameroon in Particular. Recent statistics from Cameroon's ministry of public health indicates that 61% of HIV patients are in the age group of 15 and 24 years old. The number of infected girls is four times more than the boys. The government of Cameroon has been working very hard to remedy the situation by providing Anti retroviral drugs to infected persons. The main mode of HIV infection in Cameroon is through sexual intercourse. About 90 percent of new infections are estimated to occur as a result of unprotected sexual relations. Multiple partners and non-use of condoms increase the risks of HIV transmission. About 6 percent of new infections are from mother-to-child transmission, and about 4 percent of new infections come from the blood supply and other accidental transmission. The following figure represents the trend in HIV prevalence in Cameroon, observed between 1990 and 2012.

Figure 1: Adult Prevalence by region in Cameroon

Figure 1 shows that the North-West region is most affected by HIV, followed by the East. Yaoundé and Douala which are respectively the political and economic hubs of the country have both been rightly included, as it is important to observe how such hubs perform in terms of HIV prevalence and the results are alarming. Extreme-North and North regions represent the lowest share of the population living with HIV.

Adult HIV Prevalence by Region



HIV and AIDS critically affect Cameroon's social and economic development. Regarding the health sector, HIV and AIDS programs' expenses absorb an important part of the national health budget. Costs for AIDS patients will increase as more patients have access to care and treatment. There is also an increased demand for qualified health professionals who care for AIDS patients and support the national treatment program, shifting personnel

from other preventive care and other disease responses. HIV/AIDS also increases poverty level in households, as fewer resources are available for other tasks, such as children's education. Poverty also arises from a decline in workers' productivity (CNLS/CGT 2010: 16-17).

In Cameroon, an estimated 4.3% current prevalence rate of the total population. This is one of the 20 priority countries support programs UNAIDS but still ranked countries with generalized epidemics where funding requirements for 2013 amounted to 27 billion CFA francs (54 million U.S. dollars).