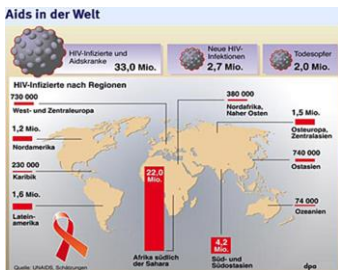


## AIDS

AIDS is a syndrome caused by the HIV virus. A person's immune system is too weak to fight off many infections, and the disease develops when the HIV infection is very advanced.



(Aids in the world)

The path of infection of HIV:

- Unsafe sex
- Blood or blood products
- Mother-Child- Infection
- Injection needles and medical appliances
- Treatment

Global North	Global South
possibility to get postexpositions-prophylaxe (when you are infected)	too poor to buy treatment when being infected
mother-child – infection: stop nursing	need to nurse babies, because people are too poor for bottled milk
possibility to get a HIV- test if you think you are infected	no access to treatment and too poor
prevent HIV with condoms	no money to buy Condoms

to prevent AIDS

- use Condoms
- if a condom rips or if you have a new partner: Do a HIV test!

[https://www.ekd.de/download/ekd\\_texte91.pdf](https://www.ekd.de/download/ekd_texte91.pdf)

<http://www.bpb.de/nachschlagen/zahlen-und-fakten/globalisierung/52720/aids-epidemie-nach-regionen>

## Civilisation Illnesses / Diseases of the Global South



Source: [www.nytimes.com](http://www.nytimes.com)

### Illnesses caused by civilization

Illnesses caused by civilization are dependent on affluence. For example, in Germany there are diseases like hypertension, diabetes, cancer, dementia. The most important reasons are alcohol, sugar, nicotine, fast-food and unhealthy diets, stress, pressure to perform, exaggerated hygiene and a lack of physical exercise. In contrast to Africa we have endless access to medical care.

### How can we prevent illnesses caused by civilization?

- regular medical visits
- more sports
- healthy diet, e.g. more vegetables, water, less sugar and fast-food
- more education about healthy lifestyle

### Diseases of the Global South

People in the Third World have no access to medical care; also, there is not enough clean water so they can't look after their health. Furthermore, in Africa there is not enough medical care or treatment. Besides, there are illnesses that do not exist in the North, e.g. malaria and cholera.

### What should they do to prevent diseases?

- inoculate babies and adults against diseases
- build wells for clean water
- ensure access to education

There is the problem that they have not got enough money to do all this and no equipment. But there are organisations that can help, for example the International Red Cross and the Red Crescent Movement, the WHO or Greenpeace.

## Access to medical treatment

In the Global North we have different kinds of preventive treatments, first of all for people (universal, selective, and indexed prevention), but also prevention by the government (info campaigns etc), while in the Global South such a treatment cannot be offered.

### Global North

- Universal prevention: Every citizen gets these treatments, for example every pregnant woman has to go to a medical check-up.
- Selective prevention: People with a risk to get for example cancer have special tests for cancer.
- Indexed prevention: People who are conspicuous, for example young people who already had a drug problem.

- Primary prevention: information campaigns, for example AIDS campaigns, which tell you how to prevent AIDS
- Secondary prevention: attempts to discover illnesses as early as possible, for example with medical check ups
- Tertiary prevention: attempts to prevent the illness from getting worse or from deuteropathy, for example with rehabilitation

### Global South

- Everyone who has money is treated; if you do not have the money you do not get the treatment.
- There is also often a problem to get to a hospital or to a doctor.
- There is also a huge lack of doctors
- Even when the people know that they are ill they do not do anything so that is why they often infect people around them (for example tuberculosis)

- Aid agencies help out in the country with information campaigns, for example UNESCO. The aid agencies try to prevent illnesses by telling people where to get clean water (for example in Africa most people get ill because they do not have enough to eat and any clean water)



(HIV-Prevention in Germany)



(HIV-testing)

## Hygiene



**Hygiene is very important to keep diseases from spreading and prevent epidemics. But what does it mean for us? How important is hygiene in other parts of the world?**

In our part of the world hygiene is often taken for granted. In some parts of the world people have to walk for hours to get drinkable water, or in other cases if there is no drinkable water, to find it at all. In places like this, with clean water being a rarity, a lot of different diseases spread, with cholera being one of the most dangerous ones.

In our part of the world, we do not have to worry about dirty water or the possibility of dangerous diseases spreading. We take hygiene for granted, including medical care like hospitals. Blood-poisoning does not necessarily mean certain death like in other parts of the world. Keeping wounds clean is very important, but not always easy.

Hygiene is very important, but also hard to maintain in poor parts of the world. It becomes hard when clean water is such a rarity. Clean water is a crucial factor in hygiene and the key to better health. "Why?", you may ask. There are a lot of bacteria in dirty water and you attract diseases like for example cholera by drinking it or washing wounds. Cholera is a big problem in the developing world and is estimated to kill tens of thousands each year.

Living with too good hygiene is not good though. If your immune system never has to defend itself against bacteria and diseases it will become weak and not be able to defend itself against threats to the body with allergies being among the most common ones.

<https://en.wikipedia.org/wiki/Hygiene>