



The Strategies for HIV/AIDS Treatment and Prevention

Eric Engels*

Department of Microbiology, RUSH University Medical Center, Chicago, Illinois, USA

ARTICLE HISTORY

Received: 02-Jan-2023, Manuscript No. EJMJIH-22-88884; Editor assigned: 04-Jan-2023, PreQC No. EJMJIH-22-88884(PQ); Reviewed: 18-Jan-2023, QC No. EJMJIH-22-88884; Revised: 27-Jan-2023, Manuscript No. EJMJIH-22-88884 (R); Published: 03-Feb-2023

Description

The HIV/AIDS pandemic, which first emerged in the early 1980s, has claimed over 38 million lives globally. However, significant progress has been made in HIV/AIDS treatment since then. The development of highly active antiretroviral therapy (HAART) in the mid-1990s marked a turning point in the fight against HIV/AIDS. Today, people living with HIV/AIDS can lead relatively healthy lives with access to effective treatment. However, challenges remain, and the road ahead is long.

HAART is a combination of drugs that target different stages of the HIV life cycle. The therapy can reduce viral load to undetectable levels, prevent the progression of HIV to AIDS, and decrease the risk of transmission. HAART has transformed HIV/AIDS treatment from a palliative care approach to a chronic disease management approach.

The introduction of HAART has also led to a reduction in AIDS-related mortality rates. In 2020, approximately 690,000 people died from AIDS-related illnesses worldwide, down from 1.5 million in 2010. Moreover, the number of people living with HIV/AIDS who have access to treatment has increased significantly. In 2020, around 28.7 million people living with HIV/AIDS had access to antiretroviral therapy, up from 7.7 million in 2010.

However, despite these achievements, significant challenges remain. Stigma and discrimination against people living with HIV/AIDS persist in many parts of the world. Discrimination can limit access to HIV testing, treatment, and care. It can also discourage people from disclosing their HIV status and seeking care, leading to late diagnosis and poor health outcomes. Another challenge is the cost of HIV/AIDS treatment. While generic antiretroviral drugs are available, the cost of treatment can still be

prohibitive, especially for people living in low and middle-income countries. The World Health Organization (WHO) recommends that people living with HIV/AIDS receive lifelong antiretroviral therapy. However, the cost of lifelong treatment can be a significant burden for individuals, families, and health systems.

Moreover, despite the progress in HIV/AIDS treatment, there is still no cure for the disease. While HAART can suppress the virus and prevent the progression to AIDS, it cannot eliminate HIV from the body. HIV persists in a reservoir of infected cells that can reactivate if antiretroviral therapy is stopped. Finding a cure for HIV/AIDS remains a top priority for researchers and scientists.

Another challenge is the emerging issue of drug resistance. Over time, HIV can develop resistance to antiretroviral drugs, which can compromise the effectiveness of treatment. The development of drug resistance is a particular concern in settings where access to HIV testing and monitoring is limited. In such contexts, people living with HIV/AIDS may not receive regular viral load testing and may continue to take drugs to which their virus is resistant.

In conclusion, HIV/AIDS treatment has come a long way since the emergence of the pandemic in the 1980s. The development of HAART has transformed the lives of people living with HIV/AIDS and reduced AIDS-related mortality rates. However, significant challenges remain, including stigma and discrimination, the cost of treatment, the lack of a cure, and the emerging issue of drug resistance.

Addressing these challenges will require a concerted effort from governments, civil society, the private sector, and individuals. The road ahead is long, but with continued commitment and investment, we can achieve the goal of ending the HIV/AIDS pandemic.