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IF I COULD INVENT SOMETHING NEW

HIV (Human Immunodeficiency Virus) has been around long before I was born. I often hear grownups talk about it; in the news, documentaries and it is still being thought in schools. When I came across the Heirs life essay, if I could invent something new, I thought deeply and the cure for HIV came to mind. Maybe because I want to become a Doctor in future in order to save lives, but that is a story for another day.

HIV (Human Immunodeficiency Virus) is a virus that attacks the body's immune system, making it harder to fight off infections and diseases. AIDS, (Acquired Immunodeficiency syndrome) is more advanced than HIV. Currently there is no cure for HIV but ART. (Antiretroviral therapy) which can be used to manage it. It is a combination of medications that work together to suppress the virus, slows down its replication, boosts the immune system and reduces the risk of transmission.

There are ways HIV spreads and some of them are through the following:

Sharing of needles, syringes and sharp objects (knives blades etc.) circumcision, making hair for women and barbing hair for men by making use of clippers and combs, of an infected person, female genital mutilation; a tradition in some parts of the nations of the world. A harmful practice often rooted in cultural and social traditions. Mother to child transmission during pregnancy or breastfeeding, buying and eating of fruits and natural drinks not knowing if the utensils used are properly sterilized and the process of its preparation, blood transfusions of an HIV infected person, but most of all through unprotected sexual contact. This is widely common in youths and teenagers alike.

INVENTING A CURE FOR HIV WOULD ENTAIL THE FOLLOWING

Prevention is better than cure, so the need for information on how to prevent HIV would go a long way in solving this age old menace. I would sensitize adolescents like myself, teenagers and youths alike on the following measures:

- The need for abstinence, self-control, knowing how the body works by understanding our emotions and detailed information on sex education to be taught in schools, churches and market places. The need for parents to talk and be close to their children about HIV and its prevention. Knowing we are at a curious stage and the right information we do not get from our parents, we would definitely get outside and it might not be the right information.
- The need for hygiene and disposing used needles, syringes blades and discourage sharing of same.
- Making sure people know their status by getting tested regularly.
- Avoiding mother to child transmission through proper treatment and care
- The need for using protection during sexual contact and discouraging multiple sexual partners.
- Loving one another and being your brother's keeper

In conclusion making continuous research to ensure there is a breakthrough in its prevention, treatment, total cure and elimination through hard work.