

HOROSCOPE



ARIES (MAR. 21-APRIL 20)

Your energy will be high. Your mate may be unsure about your intentions. Don't let jealous friends put you down. Your lucky day this week will be Friday.



TAURUS (APR. 21-MAY 21)

Colleagues can help with the job. Attend trade shows to look at new products. Don't judge those you live with. Your lucky day this week will be Wednesday.



GEMINI (MAY 22-JUNE 21)

Put your efforts into job advancement. Travel will be to your advantage. Try not to say the wrong thing. Your lucky day this week will be Wednesday.



CANCER (JUNE 22-JULY 22)

Don't hide your true feelings. Uncertainty regarding your mate may emerge. You are best not to nag or criticize. Your lucky day this week will be Monday.



LEO (JULY 23-AUG 22)

Admiration from the workplace is evident. It's a favourable time for moneymaking opportunities. Be open about your feelings. Your lucky day this week will be Friday.



VIRGO (AUG. 23-SEPT. 23)

Communicate properly with your lover. Your abilities will lead to a promotion. Try to surprise your family. Your lucky day this week will be Sunday.



LIBRA (SEPT. 24-OCT. 23)

Try to join groups of interest. Your outgoing nature will win hearts. Secret information will be eye opening. Your lucky day this week will be Thursday.



SCORPIO (OCT. 24-NOV. 21)

Keep opinions to yourself. Exercise will be effective. Romance will come through involvement with fundraising organisations. Your lucky day this week will be Wednesday.



SAGITTARIUS (NOV. 22-DEC. 21)

Don't let your family put demands on you. Don't make any drastic changes. You will get along well in social situations. Your lucky day this week will be Monday.



CAPRICORN (DEC. 22-JAN. 20)

Put a little extra effort in at work. Complete your old hobbies. Don't lose focus on what is important. Your lucky day this week will be Tuesday.



AQUARIUS (JAN. 21-FEB. 19)

Your willingness to help others will be tiresome. Get together with colleagues will be worthwhile. Travel may be confusing. Your lucky day this week will be Wednesday.



PISCES (FEB. 20-MARCH. 20)

You will do well in social settings. Mingle with those who have similar interests. Be discreet about any information you uncover. Your lucky day this week will be Sunday.

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Understanding HIV and AIDS

Human Immunodeficiency Virus (HIV) is a form of virus that may cause an infection, but AIDS is a condition or a syndrome. Being infected with HIV can lead to the development of AIDS, which stands for acquired immunodeficiency syndrome. AIDS develops when HIV has caused serious damage to the immune system.

AIDS is the final stage of an HIV infection, when your body can no longer fight life-threatening infections like pneumonia, tuberculosis and meningitis.

HOW IS HIV TRANSMITTED?

HIV is most commonly found in two bodily fluids - blood and genital fluids like semen. It is transmitted through sexual contact (e.g. intercourse via any route), parenteral exposure to contaminated blood, transfusion of infected blood, pricks or cuts by needles/blades that are contaminated by infected blood, sharing of needles/syringes (mainly by substance abusers) and from mother to child (while the child is in the womb, during labour and through breastfeeding).

HOW IS HIV NOT TRANSMITTED?

There is no risk of transmitting HIV through kissing, spitting, being bitten, being sneezed on or through mouth-to-mouth resuscitation. There is also no risk in sharing baths, towels, cutlery, or in using the same toilets or swimming pools. Contact with unbroken healthy skin and with animals/insects, too, does not result in the transmission of HIV.

SYMPTOMS TO LOOK OUT FOR

Symptoms can include fever, sore throat, body rash, tiredness, joint pain, muscle pain and swollen glands (lymph nodes). Once the immune system becomes severely damaged, symptoms can comprise weight loss, chronic diarrhoea, night sweats, skin problems, recurrent infections and serious life-threatening illnesses.

DIAGNOSING HIV

HIV can only be diagnosed through medical tests. If you think you might be at risk, you should immediately seek medical advice. The earlier HIV is diagnosed, the earlier you can start treatment, delay the severity of the illness and prevent the disease spreading to your near ones.

The most common form of HIV test is a blood examination, in which a small amount of blood is taken



and tested for HIV. This can provide a reliable result within four weeks of exposure to HIV.

TREATING HIV

Unfortunately, there are still no cures for AIDS. However, there are treatments that can prolong life of people tested HIV positive and can help them lead a productive life.

PREVENTION OF HIV

HIV is widely spread through unscreened blood transfusion so it is essential that all blood is meticulously checked before

transfusion.

A condom is the most effective form of protection against HIV and other STIs. It can be used for vaginal and anal sex, and for oral sex performed on men. HIV can be passed on before ejaculation, through pre-ejaculatory fluid and vaginal secretions, and from the anus. Safe sex should be practiced by people having risky sexual behaviours.

Needles/syringes should not be shared among substance abusers. Other injecting equipments such as spoons and swabs should not be shared either as this exposes one to HIV and other viruses found in the blood, such as hepatitis C.

Clean and sterile needles should be used while making tattoos.

HIV AND PREGNANCY

Treatment is available to prevent a pregnant woman from passing HIV to her unborn child. If left untreated, there is a one in four chance that the child will be infected with HIV. However, through proper medical care the risk can be lowered to one in hundred.

Due to advances in medicine, there is no increased risk of passing the virus to your baby with a normal delivery.

However, for some women, a caesarean section may still be recommended. If you have HIV, do not breastfeed your baby

because the virus can be transmitted through breast milk.

If you or your partner have HIV, speak to a doctor as there are options for safely

conceiving a child without putting

either of you at risk of infection.

World AIDS Day is observed on 1st December each year and is dedicated to raise worldwide awareness of the Acquired Immuno deficiency Syndrome (AIDS) pandemic caused by the spread of the Human Immunodeficiency Virus (HIV) infection. It is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV and to remember the people who have died.

If you have any questions regarding gynaecology and reproductive health please mail to: lifestyleds@yahoo.com. All mail will be forwarded to the expert panel of Maya.com

TIPS

Winter sun protection

Just because the weather is getting colder a lot of us have the tendency to skimp on sunscreen. It is colder, not as much sun outside, and let's face it often most of it is laziness. However, just because the sun is shying away a little it does not mean it is gone. We still need to wear SPF religiously. The sun's rays may be less visible, but the harmful UV rays which are the main reason we wear SPF in the

first place, are still lingering around and at full speed. So to counter these UV rays we must keep our sunscreen routine going, with at least an SPF 30 or more. Also remind yourself to reapply every few hours, and apply at least 20 minutes before stepping out. Contrary to popular belief, sunscreens need to be applied underwater as well. We know that winter might not be the season you planned on

having that coveted cosy swim, but heated pools were created for a reason and we believe you know it as well. So, if you are planning on a little dive, remember to slather on some sunscreen. The results will last a long time and you will have flawless skin, without sunburns sneaking up on you in the cold.

By Anisha Hassan