

One Healthy Life

HIV TESTING & COUNSELING

Although African Americans make up only 13 percent of the total US population, we represented 50 percent of the HIV/AIDS cases in 2003. The mission of the African American Health Program is to help eliminate health disparities in the black population in Montgomery County, MD.

AIDS (Acquired Immunodeficiency Syndrome) was first reported in the United States in 1981 and has since become a major worldwide epidemic. AIDS is caused by HIV (human immunodeficiency virus). HIV is spread most commonly by having unprotected sex with an infected partner.

If you test positive for HIV, the disease can be managed so that you stay well, delay the onset of AIDS, and prevent some life-threatening conditions from emerging. From testing to treatment, the AAHP is actively addressing HIV/AIDS in the black community.

FACTS

- More than 900,000 cases of AIDS have been reported in the United States since 1981. As many as 950,000 Americans may be infected with HIV, one-quarter of whom are unaware of their infection.
- The epidemic is growing most rapidly among minority populations and is a leading killer of African-American males ages 25 to 44.
- According to the Centers for Disease Control and Prevention (CDC), AIDS affects nearly seven times more African Americans and three times more Hispanics than whites.
- In recent years, an increasing number of African-American women and children are being affected by HIV/AIDS.



ONE HEALTHY LIFE: *Sylvia*

“Like most people, I knew something about AIDS and HIV, but I believed it could never happen to me. When a friend told me about the quick and confidential test offered by the African American Health Program, I decided it couldn't hurt. When the test came back positive, I was shocked. A counselor was available right then to help me. Ever since, the AAHP has continued to offer me information, referrals and support. I'm not saying it's been easy, but today I am living with confidence, with hope—and yes, with AIDS.”

*Gain Confidence.
Take the Test.*

RESOURCES

U.S. Centers for Disease Control and Prevention

Call the CDC National AIDS Hotline for information and assistance.

P: 1-800-CDC-INFO (232-4636)

1-888-232-6348 (TTY), in English, en Español
www.cdc.gov

Maryland AIDS Administration

www.dhmh.state.md.us/AIDS

U.S. National Institute of Allergy and Infectious Diseases

www.niaid.nih.gov/factsheets/treat-hiv.htm

Henry J. Kaiser Family Foundation

www.kff.org/hiv/aids

The Body: The Complete HIV/AIDS Resource

www.thebody.com

WebMD HIV & AIDS Guide

www.webmd.com/hiv-aids/guide/HIV-AIDS-overview-facts

AIDS InfoNet Fact Sheets

www.aidsinfonet.org/factsheets.php

AIDSinfo (US Department of Health and Human Services)

www.aidsinfo.nih.gov

HIV & AIDS Glossary

www.webmd.com/HIV-AIDS

Local Resources for HIV/AIDS Testing and Education

• African American Health Program

14015 New Hampshire Ave.

Silver Spring, MD, 20904 P: 301-421-5425

• Montgomery County Health Department Dennis Avenue Health Center

2000 Dennis Ave.

Silver Spring MD, 20902, P: 240-777-1760

• Identity Inc, 414 East Diamond Avenue Gaithersburg MD, 20877

P: 301-933-7305.

• Maryland AIDS Hotline

P: 1-800-638-6252

- In 2003, African American females had more than 25 times the HIV/AIDS rate of non Hispanic white women and were 22 times more likely to die of HIV/AIDS as the same group.
- In 2003, two-thirds of U.S. AIDS cases in both women and children were among African-Americans.
- In Montgomery County, 192 newly diagnosed HIV cases and 131 AIDS cases were reported in a 12-month period ending in June 2005, according to the Maryland AIDS Administration.

PREVENTION

- Unfortunately, there is no vaccine or cure for HIV/AIDS. Prevention and testing are the first lines of defense.
- If you are not infected, prevent infection by avoiding behaviors that can put you at risk.
- Preventive activities are not limited to behavioral actions such as abstinence. The AAHP recommends the use of male latex condoms or female polyurethane condoms during oral, anal or vaginal sex. Only water-based lubricants should be used with male latex condoms.
- Preventive activities also include becoming educated about the disease, participating in at-risk reduction skills programs, and organizing HIV education for peers and family members.
- Getting tested and knowing your status is key. Early testing alerts you to high-risk behaviors that could spread the virus to others.
- Injection drug users are counseled to stop using drugs and to enter substance abuse treatment programs, including relapse prevention.
- For injection drug users who cannot or will not stop injecting drugs, personal and public health risks can be reduced by never reusing or sharing syringes, water, or drug preparation equipment. Only use syringes obtained from a reliable source (such as pharmacies or needle exchange programs) and safely dispose of syringes after one use.

FOR MORE INFORMATION CONTACT THE: AFRICAN AMERICAN HEALTH PROGRAM

P: (301) 421-5445 F: (301) 421-5975 www.onehealthylife.org