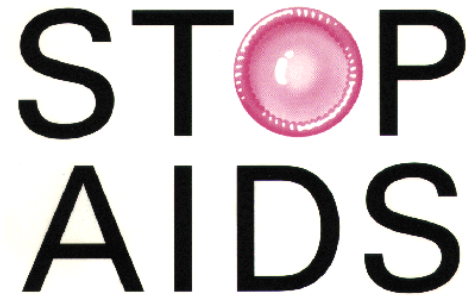


**Health and Wellness:
SEX and AIDS Testing**

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Few topics attract attention like the word SEX. Sexual relations can be a wonderful thing between two consenting adults. Unfortunately, approximately 1.1 million people in the United States are living with HIV, the virus that causes AIDS. Frightfully, many of those 1.1 people are unaware of their infection. There are about 2.5 million new infections worldwide each year and some 34 million people are infected.



As we all know, although most parents are not proponents of teenage intercourse, some minors do engage in sexual relations. The most effective ways to protect oneself from HIV and other sexually transmitted diseases (STDs) are to abstain from sex and not use needles. **Realizing that abstinence is not a realistic option for everyone, the main purpose of this article is to educate adults and minors alike about how to prevent an infection.**

IMPORTANT NOTE: If a person is infected with HIV/AIDS, there is a “**HIV Window Period**” when a person does not test positive. Because antibodies for each person are detectable with variation, the window period lasts up to six months. Thus, it is best to wait six months from the last possible exposure for the HIV Window Period to elapse and then get tested.

Steps which **ALL** minors and adults should take to avoid a positive HIV/AIDS diagnosis:

Abstinence
Is
Definitely
Smart

$$E=MC^2$$

$$b^2 9^4 + 8 - 17$$

$$15x - 12$$

$$d = 7^{12} + 14^{13}$$



- 1) Ensure chosen protection avoids HIV/AIDS and an unwanted pregnancy;
- 2) Test participant(s) who have engaged in sexual relations already, even if only once; and
- 3) Re-test six months from original test date or six months from abstaining. If either party engages in sexual relations during the HIV-window period, that six-month waiting period restarts.

The wait will be worth it! Recognizing that there are other sexually-transmitted diseases and related topics, this short article is focused on AIDS prevention. As always, you are encouraged to read as much as you can about this important topic. Here are a few links to get you started:

- (1) <http://m.uhs.umich.edu/hivtesting>
- (2) <http://teenaids.org/>
- (3) <http://medicine.yale.edu/news/article.aspx?id=5625>

Disclaimer for this article and all others written by Laura Seigel, MSW: These articles are intended as a reference only. The information provided is designed to save and improve lives by assisting readers to make informed decisions about health issues. It is not intended as a substitute for any medical treatment. If anyone reading this article suspects a medical problem, please seek competent medical care in a timely fashion.

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