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## American pediatricians reverse longstanding advice against HIV-positive mothers breastfeeding

New guidelines from the American Academy of **Pediatrics** now allow people with HIV to breastfeed their babies if they are taking medication to suppress the virus. These medications have been proven to reduce the risk of transmitting HIV through breast milk to less than 1%. Dr. Lisa Abuogi, a **Pediatric** HIV expert, emphasizes the importance of shared decision-making between healthcare providers and parents.

While **Antiretroviral** therapy significantly decreases the risk of **Transmission**, complete elimination of risk can only be achieved by avoiding breastfeeding altogether. Additionally, exclusive breastfeeding for the first six months is recommended to prevent disruptions in the infant's gut, which can increase the risk of HIV **Infection**.

The updated policy reflects a shift in recommendations, with the National Institutes of Health and the Centers for Disease Control and Prevention also modifying their guidelines. In developing countries, the World Health Organization recommends breastfeeding for women with HIV due to limitations in safe **Alternatives**. However, in developed nations, formula and donor milk are widely available, making breastfeeding less necessary.

These changes have provided hope for individuals like Ci Ci Covin, who was previously denied the option to breastfeed but successfully nursed her second child with medical support. The new guidelines are expected to influence healthcare providers to support breastfeeding for HIV-positive individuals, reflecting evolving perspectives on the matter.

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### Vocabulary List:

1. **Antiretroviral** // (adjective): Relating to or denoting drugs that inhibit or destroy retroviruses used especially in the treatment of HIV.
2. **Transmission** // (noun): The action or process of transmitting something.
3. **Pediatric** // (adjective): Relating to the branch of medicine dealing with children and their diseases.
4. **Infection** // (noun): The process of infecting or the state of being infected.
5. **Deny** // (verb): State that one refuses to admit the truth or existence of.
6. **Alternative** // (noun): One of two or more available possibilities.

### Vocabulary quizzes

**Multiple Choice ( Select the Correct answer for each question. )**



1. What is the process of passing something from one person or place to another?  
Option: A) Inhaling  
Option: B) Modulators  
Option: C) Transmission  
Option: D) Therapies
2. What term is used to describe the sudden increase in occurrences of a disease in a particular time and place?  
Option: A) Deterioration  
Option: B) Outbreak  
Option: C) Monitoring  
Option: D) Alternative
3. What is the term for identifying a disease or illness through its signs and symptoms?  
Option: A) Pediatric  
Option: B) Deterioration  
Option: C) Diagnosed  
Option: D) Deny
4. What type of medication is used to treat retroviruses?  
Option: A) Contaminated  
Option: B) Antiretroviral  
Option: C) Adapting  
Option: D) Circulating
5. Which term relates to birds?  
Option: A) Pediatric  
Option: B) Infection  
Option: C) Avian  
Option: D) Modulators
6. A condition that is present at birth is referred to as:  
Option: A) Link  
Option: B) Pediatric  
Option: C) Cognitive  
Option: D) Congenital
7. Which word means to grow or develop well?  
Option: A) Alternative  
Option: B) Thrived  
Option: C) Sirenomelia  
Option: D) Modulators



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8. What is a rare and fatal congenital malformation characterized by fusion of the lower limbs?  
Option: A) Contaminated  
Option: B) Sirenomelia  
Option: C) Monitoring  
Option: D) Deny
9. What medical procedure involves moving an organ or tissue from one body to another?  
Option: A) Transmission  
Option: B) Cognitive  
Option: C) Thrived  
Option: D) Transplant
10. If something is polluted infected or harmful due to the presence of unwanted substances it is considered:  
Option: A) Contaminated  
Option: B) Influenza  
Option: C) Link  
Option: D) Alternative

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. The virus was \_\_\_\_\_ in the community leading to a surge in cases.
12. The doctor's words were \_\_\_\_\_ to the patient providing comfort and hope.
13. After the surgery the patient required close \_\_\_\_\_ to ensure recovery progress.
14. The researchers were trying to establish a \_\_\_\_\_ between the new drug and improved outcomes.
15. When traditional treatments failed the patient sought an \_\_\_\_\_ therapy.
16. The doctor identified the \_\_\_\_\_ agent responsible for the disease outbreak.
17. The virus showed signs of \_\_\_\_\_ to the host environment making treatment more challenging.
18. The patient's \_\_\_\_\_ functions were assessed after the head injury.



19. The patient's condition continued to worsen indicating \_\_\_\_\_ despite treatment.
20. The patient refused to \_\_\_\_\_ the severity of their symptoms delaying diagnosis.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. Breathing in air smoke or other substances.
22. Relating to the branch of medicine dealing with children and their diseases.
23. Substances that regulate or control a particular process.
24. The process of becoming progressively worse.
25. To refuse to admit the truth or existence of something.
26. To connect or bring into relation.
27. Adjusting to new conditions or modifying to fit different circumstances.
28. Treatments to relieve or heal a disorder or illness.
29. A rare condition where a baby is born with its legs fused together.
30. Resulting in death.

**Answer**

**Multiple Choice:** 1. C) Transmission 2. B) Outbreak 3. C) Diagnosed 4. B) Antiretroviral 5. C) Avian 6. D) Congenital 7. B) Thrived 8. B) Sirenomelia 9. D) Transplant 10. A) Contaminated

**Gap-Fill:** 11. circulating 12. reassuring 13. monitoring 14. link 15. alternative 16. pathogenic 17. adapting 18. cognitive 19. deterioration 20. deny

**Matching sentence:** 1. inhaling 2. pediatric 3. modulators 4. deterioration 5. deny 6. link 7. adapting 8. therapies 9. sirenomelia 10. fatal

**CATEGORY**

1. Health - LEVEL3

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