
American pediatricians reverse longstanding advice against HIV-positive mothers breastfeeding

Description

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.

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

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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