

COSMO AGAINST AIDS

Famous actor and public figure, who is actively engaged with the issue of HIV, addressed Cosmo-Russia readers with a call to stop doing nothing and protect, at least themselves, from AIDS.

Richard Gere:

"Dear Russian Cosmo readers! We live in a very complicated world – complicated particularly today and particularly for women. It is important to know, that women can protect themselves and prevent the disease. And, of course, it is important that women insist on the use of condoms.

We must fight AIDS together. Many think, that AIDS affects only commercial

sex workers, drug users, but it is not so. For example, in the US, women affected by this disease belong to a class of very high social status.

For me this became real because some of my closest friends are ill. One of my friends lived with the virus for 15 years, and finally his immune system was so weak that he died of the common flu. Take care of yourselves!

NEW NUMBERS

ACCORDING TO UNAIDS, A UN ORGANIZATION WHICH DEALS WITH THE ISSUE OF AIDS, MORE THAN 860,000 PEOPLE IN RUSSIA ARE LIVING WITH HIV TODAY.

Considering that the total population, according to the latest census, is 145,200,000, the percent of those infected from the entire population is 1.7. This means that for every 100 people, three are 1.7 infected individuals, for a small company with a staff of 200, there are, at minimum, 3 infected individuals.

EASY TARGET – YOU

According to the organization "AIDS Foundation East-West", which works to prevent the spread of HIV/AIDS in Russia, the group most vulnerable to the disease is young people aged 15-25. They do not use drugs and are not in commercial sex work, and therefore mistakenly think that HIV is not something that can affect them. Considering themselves invincible, they do not use condoms, thinking that it is enough to use contraceptive pills.

HOW TO LIVE WITH IT?

Those, who are already infected with HIV often do not talk about it at work, and often not even with their sexual partner – just insist on the use of condoms. This silence is due to the fact that in Russia, the attitude towards people living with HIV is extremely negative or pitying. At the same time, they are just like all others. In today's world, living with HIV is similar to living with diabetes: it is difficult and uncomfortable, since one has to constantly take medical tests and take medicines, which maintain the immune system. It is possible to die from diseases, related to AIDS, but most carriers of the virus live not like people on death row, but as any person with a chronic illness. Understanding of this is very important to lowering, and gradually making nonexistent, discrimination of people living with HIV.

It is very important to know, that HIV is not passed through kissing, sharing a common towel, common dishes or through contact sports. HIV can be transmitted only through blood, breast milk and sexual contact

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