



Risky Behaviors Drive HIV Rates Higher Among Male Youth

While the annual rate of HIV infections has stabilized, new cases are nearly doubling among young people ages 13 to 24, reports the Centers for Disease Control and Prevention.^{3,6} Studies estimate 1,000 youths are infected with HIV each month with about half of them unaware they have the virus.¹⁴ The 45% rise of new HIV diagnosis within the age group is driven mostly by gay and bisexual black males who engage in risky behaviors, have multiple sex partners and inject drugs.^{7,14} The CDC and American Academy of Pediatricians urge routine HIV screening for adolescents since only 13% of high school students receive the tests.⁷

For more in-depth information, visit CDC website.*

HIV Resources

Women and HIV Overview at Aids.gov (aids.gov/hiv-aids-basics/just-diagnosed-with-hiv-aids/overview/women/)

Federal Vision for the National HIV/AIDS Strategy (aids.gov/federal-resources/national-hiv-aids-strategy/overview/)

HIV/AIDS Basics at Aids.gov (aids.gov/hiv-aids-basics/)

*References & Links

A full list of references and useful links is available at QDOnPoint.com/HIV.

Early Detection of HIV Infections Can Help Defend Against AIDS

When Bill was screened for Human Immunodeficiency Virus (HIV) as part of his preventive care, he never imagined the simple test might save his life. When results showed the viral infection, his physician was able to quickly initiate treatment to significantly delay onset of acquired immune deficiency syndrome (AIDS).¹ The diagnosis also reduced the risk of Bill sexually spreading HIV, which infects some 1.2 million people in the U.S., an estimated 1 in 4 unaware they have the virus transmitted by bodily fluids.^{2,3} Bill and other adults or adolescents may be asymptomatic and avoid risky behaviors, but acquire HIV from unprotected sex, contact with tainted blood via cuts or wounds, or by sharing needles for illicit drug injections. To halt HIV/AIDS, the U.S. Preventive Services Task Force proposes at least one screening to identify early HIV in people 15 to 65 years old and frequent testing of high-risk groups.⁴



HIV is spread mostly by men having sex with men (53%), but the virus that attacks immune system T-cells has shifted toward young black people, heterosexual women, and those who share needles.^{5,6,7} Early antiretroviral therapy (ART) at CD4 lymphocyte count thresholds determined by screening can significantly lower risk of AIDS-related events.¹ Literature review showed initiating ART in new HIV cases led to a 10- to 20-fold risk reduction for AIDS.^{5,8,9,10} Timely therapy before CD4 counts drop to dangerous levels of 0.200 x 10⁹ cells/L reduced risk of death when compared to no therapy after 3.3 years of follow-up.^{4,7,11}

Covered universal screening is a strategic tool to control the HIV epidemic.^{1,2,12,13}

See screening goals at the U.S. Preventive Services website*.

Spotlight On: Women Rank Third in HIV Risk

About 1 in 4 HIV infections occur in women, predominantly black or Latina, making them third in risk after gay and bisexual men.¹⁵ Most women get HIV from unprotected heterosexual sex, so protection is essential.^{3,11,13} CDC guidelines call for HIV screening of women at first prenatal exam, 28th week, and when giving birth, but only 53.7% were tested in 2010, a dip from 2000 (59.3%).^{11,15} Detection triggers treatments to greatly reduce the odds of mothers transmitting HIV to their babies.¹⁶

For details, see the CDC report: HIV Among Women*.



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