

# Quality of Life in HIV/AIDS

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## Editorial

Quality of life in HIV/AIDS has been defined as an important aspect indicator in global care for HIV-infected people, especially as HIV/AIDS transforms from a fatal illness to a chronic condition [1]. Many of the HIV patients struggle with number of social problems such as stigma, poverty, depression, substance abuse, and cultural beliefs which can affect their Quality of life both physical and mental health also causes numerous problems in useful activities. This will leads to disturbance in the mental health of the affected person.

Quality of life is a term that is popularly used to tell about the daily life and their routine works of a person and his happiness causing things to get satisfied in his life. This will mainly leads to damage their position of life in the society when the person came to know that they are affected with this disease [2]. In which they live and in relation to their goals, standards, expectations and concerns Quality of life is a term that is popularly used to convey an overall happiness and satisfaction with life as a whole. This disease not only affects the normal immune system it will surely affect the mental strength of the person and physical health of the person.

The main measure that we have to take about the person is we must not disappoint him at any cause because it will lead to mental illness as it the most dangerous diseases which are found in the present days. Even though lots experimental researches are going still need a more attention to grab proper treatment for this kind of syndrome [3]. The person who is affected with the HIV/AIDS should maintain their physical health and need to make sure they are undergoing a good diagnosis under the perception of the doctor, because when the person is strong there will be

chances of gaining his immune levels which help in fighting with the virus present in the body. The mental health of the person will mainly lead to get damage of brain cells which will lead to depression and lose their independent thinking. Sometimes it can severely damage the central nervous system which will stop the functioning of the body. So, person affected with this syndrome should maintain good mental strength and health. In the society many of the people suppress the persons who are affected with HIV/AIDS. These kinds of people are not even allowed any meeting and functioning places. This will lead to lose their hope in the life and a kind of fear will rise in them which will lead mental illness.

The person who is affected with this syndrome shouldn't not perform any activities because it will lead affect your partner also that might leads him/her to get affected with the syndrome. Partner intimacy will leads to affect many problems to your partner if not intimacy with the partner should be done with precautions [4]. When the person is affected with this syndrome the first thing he will slowly loses his immune system and later on his central nervous system. Which will leads to damage the health condition of the person and that will resembles to decrease the life span of the person. As the person already knows that they are already affected with the virus they should maintain them strong and need to go through good diagnosis at the same time he should be strong in mental and physical health. Partner intimacy must be avoided only because the only way to stop the spreading of the virus from the body [5].

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