

Mission

The HIV and AIDS Research Unit strives to promote and sustain a collaborative response to the HIV and AIDS pandemic through governance, teaching and learning, research, community engagement and service provision.

Vision

The Vision of the HIV and AIDS Research Unit within the ambit of the vision of the NMMU is to significantly reduce the threat posed by the HIV and AIDS pandemic through a managed comprehensive and well-coordinated institutional response informed by cutting-edge research. The HIV and AIDS Research Unit underpin the values, educational purpose and philosophy of NMMU.

In addition:

- ▶ To provide research and academic leadership in the broad domain of HIV and AIDS.
- ▶ To identify, negotiate and sustain strategic research partnerships with relevant stakeholders in the HIV and AIDS within the institution, locally, provincially, nationally and globally.
- ▶ To facilitate trans-disciplinary HIV and AIDS research in all faculties in order to contribute towards best practice in comprehensive field of HIV and AIDS.
- ▶ To develop responsive policies and procedures congruent with the mission and vision of the NMMU related to HIV and AIDS in a higher education context.
- ▶ To conduct cutting-edge Research and publish in books and accredited journals; nationally and internationally.
- ▶ To source, manage and monitor financial resources and assets in the Unit

Sexual reproductive health

Sexually transmitted infections

- ▶ STI's are diseases that are mainly passed from one person to another (that is transmitted) during sex.
- ▶ There are at least 25 different sexually transmitted diseases (STD's) with a range of different symptoms.
- ▶ You will have to go for an HIV test and next time use a condom
- ▶ Any sexually active person can get an STI from someone who has one of these diseases. It is possible to get more than one STI at a time.
- ▶ People who have an STI may look and feel healthy, but they can still infect others.

These are some common symptoms of genital infections:

- ▶ Unusual discharge from the vagina
- ▶ Sores
- ▶ Itching
- ▶ Painful intercourse
- ▶ Frequent or painful urination
- ▶ Swollen glands

Why STI's are dangerous?

- ▶ STI's cause serious health and fertility problems if not treated early.
- ▶ STI's (evidenced by sores and irritations) make it easier for HIV to enter the body during sexual contact. When an STI is present, the chance of HIV infection increases by 200%.
- ▶ STI's can cause early death,
- ▶ Heart problems
- ▶ Skin problems or diseases,
- ▶ Mental disorders and
- ▶ Foetal abnormalities.



Teenage pregnancy

You can get pregnant

- ▶ When you've started to menstruate
- ▶ When you have sex
- ▶ When you do not use protection

How to prevent teenage pregnancy

- ▶ Abstinence - to decide not to have sex until you are married
- ▶ Delaying Sex – to decide not having sex until you are older, more responsible and in a stable relationship
- ▶ Contraception – using available methods to prevent pregnancy when having sex

Methods of contraception

- ▶ Oral Contraception..... "the pill"
- ▶ Injectable contraception....."the injection"
- ▶ Male and female condoms
- ▶ Dual protection
- ▶ Emergency contraception (should be used within 5 days of unprotected sex, or condom breakage)- Toll free no: 0800246432
- ▶ Male and female sterilisation

How else can i protect myself?

- ▶ Choose your friends carefully.
- ▶ Friends should respect your decision not to have sex.
- ▶ Beware of friends who try and pressure you into having sex.
- ▶ Beware of partners who claim 'You must sleep with me to prove you love me.'

If you think you are pregnant:

- ▶ Do a pregnancy test
- ▶ Go to a doctor or clinic
- ▶ Speak to an adult you trust

IF YOU FALL PREGNANT DON'T TAKE ANY ALCOHOLIC DRINKS TO PREVENT FETAL ALCOHOL SYNDROME!



STI's can cause

IN WOMEN

Sharp pain in the lower abdomen that comes and goes for a long time.

Menstrual problems

Infertility
(not being able to bare children)

IN MEN

Difficulty when passing urine

Infertility
(not being able to father children)

HIV & AIDS Research

Some of our institutional finding are as follows: