



The Optimum Food for AIDS Patients' Health Support

Abu Bakir Emad Hamdy and Mohammad Salih Emad
College of Pharmacy, Al-Kitab University.
<http://www.uoalkitab.edu.iq/eng/>



As a person with the Human Immunodeficiency Virus/Acquired Immunodeficiency Syndrome (HIV/AIDS), is susceptible to many types of infection, like those that can be brought on by disease-causing bacteria and other pathogens that cause foodborne illness. This could be due to untreated or contaminated water, unpasteurized ("raw") milk, and raw or undercooked meat, poultry, or shellfish. Major pathogens that cause foodborne illness in patients with immunodeficiency are listed in table 1.

Table 1: The most common pathogens that affecting patients with immunodeficiency through food.

Pathogens name	Presence in food	Caused disease
<i>Listeria Monocytogenes</i>	Hot dogs and sausages	Fever, chills, headache, backache, and sometimes upset stomach
<i>Escherichia coli</i>	Grounded beef, contaminated raw fruits and vegetables,	Severe diarrhea, and developed kidney failure which leads to death
<i>Noroviruses</i>	Shellfish	Nausea, vomiting, and stomach
<i>Salmonella</i>	Raw or undercooked eggs	Stomach pain, diarrhea (can be bloody)

If the person is sure about the safety of a food in the refrigerator, he/she must take no risk. Wise choices in the food selections are important. All consumers need to follow the Four Basic Steps to Food Safety as shown in figure 1.



Figure 1: The four basic steps to stay safe as an AIDS/HIV patient

References:

- 1) Food Safety for HIV/AIDS Patients, accessed online on 22 Nov. 2018 at <https://www.foodsafety.gov/risk/hiv/index.html>

Acknowledgment:

Students would like to thank Al-Kitab University for the financial support to release this poster. Also would like to express gratitude to associate professor Nohad Al-Omari as well as assistant lecturer Reem Abou Assi for scientific and technical support.