

# Testing and Treatment

## 1. Vocabulary Building

antibody	抗体	Public Health Centers	保険場
donation	献血	result	結果
accurate	正しい	reading	計測
expose	さらす	figure	数
treatment	治療	effective	効果がある



## 2. Reading

Many people worry about getting an HIV test. They have a lot of questions such as “Where should I go to have the test?” or “How much does it cost?” Other people do not want to give their name because they are worried about their friends or family finding out they have had the test. Here in Japan, the process is really very simple.

Public Health Centers in Japan offer a test called the HIV Antibody Test. Antibodies are proteins that the body makes whenever there is a virus. The antibodies try to search for and destroy the virus in the body. The HIV test looks for antibodies to the HIV virus. If you have HIV antibodies, it means you have the virus.

The HIV test is free at the Public Health Center, and you do not have to give your name. They take a small sample of your blood and give you a number. You come back in one week and they will give you the results of the test.

There is some very important information to understand about the test. If someone has been infected with the virus, it takes a while for the body to make enough antibodies to allow the test to give an accurate reading. It is recommended that the person having an HIV test wait until 12 weeks *after* she or he thinks they may have been exposed to the virus.

One other piece of advice: *never* use blood donation to find out your HIV status. Blood donation centers do not have information about hospitals and support services for someone who might test positive (positive means there are HIV antibodies in the person’s blood).

If someone tests positive, they are introduced to a hospital where doctors and counselors can take good care of them. There are many very effective medicines available today, and more are being developed. Although the medicines are not cheap, the Japanese national health care insurance covers most of the expense.

At the beginning of July 2006, there were 7,838 reported cases of HIV in Japan and 3,842 cases of AIDS\*. Researchers say that these figures are only the tip of the iceberg. There are many people in Japan who do not think they could have the virus so they do not get tested. Perhaps they do not know enough about the virus, or perhaps they are afraid to find out whether or not they have been infected. It is important to be tested soon after you think you might have been exposed so that if it turns out you do have the virus, doctors can give you good advice about treatment.

### A few notes about treatment

Very effective medicines are available in Japan, and new medicines are being developed. Currently, a drug “cocktail” is often used. It is a combination of three or more drugs. The first one stops HIV from entering cells. The second one stops HIV from changing into RNA. The third stops HIV from making copies of itself.

One problem is that there are often very strong side-effects (副作用) when a person takes these medicines. However, if a patient continues to take the medicine, the disease becomes manageable.

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\* 1, 438 cases of HIV infection from unheated blood products are not included in these figures.

### 3. Act Out the Scene - Reality Bites ©2004 Universal Studios



- Vickie: You don't even know I'm sitting here... maybe... Probably dying of A.I.D.S. And I'm totally alone.
- Lelaina: Vickie... Well, uh... you're not alone. Hey. Look, I'm sorry for everything I said... and I'm sorry for being such a bitch... but I have to tell you, you're not alone. You're not, and you're not dying of A.I.D.S.
- Vickie: You don't understand. Every day, all day... it's all that I think about, OK? Every time I sneeze... it's like I'm four sneezes away from the hospice. And it's like it's not even happening to me. It's like I'm watching it on some crappy show... like "Melrose Place" or some shit, right? And I'm the new character. I'm the H.I.V.-A.I.D.S. character... and I live in the building, and I teach everybody that it's OK to be near me, it's OK to talk to me. And then I die... and there's everybody at my funeral... wearing halter tops and chokers or some shit like that.
- Lelaina: Vickie, stop, OK? Just stop. You're freaking out, and you know what? You're gonna have to deal with the results. Whatever they are, we're gonna have to deal with them... just like we've dealt with everything else.
- Vickie: This isn't like everything else.
- Lelaina: I know that, all right? But it's gonna be OK, you know? I know it's gonna be OK. "Melrose Place" is a really good show.

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#### Discuss the Scene

How does Lelaina try to support her friend?

What could she have done differently?

What are some ways to support a friend who is waiting for the results of an HIV test?



## 4. Looking at YOU

In many areas of our lives, we do not have a great deal of control. For example, we must pay taxes, follow traffic rules when driving, and pay our bills on time. In other areas, we have a lot of control. We have control over the decisions we make.

You have the control in your life. Of course, you can say, “My mother told me to,” but who really controls you? You do. You determine what you do in life.

How much do others influence you? How much are you worried about what others think about you and the things you do? How important is status to you? Everyone needs to feel good about themselves, but how much do we need to depend on the opinions of others?

*Take a few minutes to complete this chart. Check ✓ your answers. (You do NOT have to show this to anyone else.)*

	Unnecessary (I do NOT want to have / do this)	Not very important	Neutral	Very important	Essential (I HAVE to have / do this)
Listen to the most popular music					
Use common slang/ vocabulary					
Conform my opinions to my friends’ opinions					
Wear the latest fashions					
Have brand goods like bags, shoes, wallets, etc.					
To have a girlfriend/boyfriend so I can be like everyone else					
Watch the most popular TV shows					
Wear the latest make-up styles					
Read trendy magazines					
Check my e-mail regularly and respond quickly					
Follow the latest gossip about stars (タ レント)					

Now try this. Close your eyes and think back to this morning. You were on the train, the bus, or walking to school. Who did you see around you? How many people can you remember? What kind of shoes was each person wearing? What brand of bag did each person have? How many of the people around you did you know? How many of the people on the train/bus, etc. will remember YOU? How many will remember—or care—what YOU were wearing, carrying, listening to?

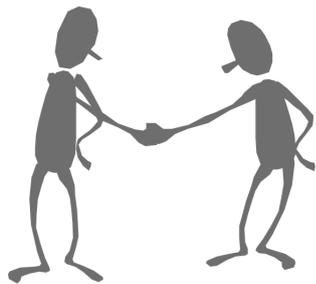
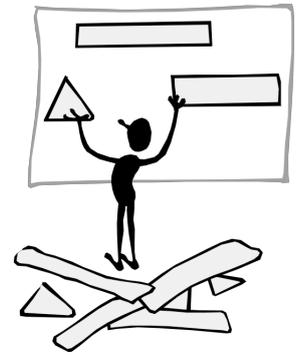
People don’t really look at you or the things you have, but they DO remember how you treated them.

## 5. Putting it Together

### What have you learned in this unit?

Review the reading passage. Discuss the following with a partner or in small groups.

1. Where can someone go to get an HIV test? How much does it cost?
2. Why do you have to wait 3 months from the time you think you were infected until you get a test?
3. Why shouldn't you donate blood to find out if you have HIV?
4. Why do some people avoid getting tested for HIV?
5. Are there good medicines for HIV in Japan?



### Questions for discussion

Discuss the following questions with a partner or in small groups.

1. Some people might be afraid to have an HIV test. What are some of their fears?
2. What advice would you give them?
3. What was the most interesting thing you learned in this unit?
4. If you could tell your friends or family something about getting test for HIV, what would you want them to know?
5. Do you think more people should get tested? Why/why not?
6. What is a good way to tell the public about getting tested for HIV?
7. Have you seen or heard information about testing in the mass media?
8. What role does the media play in helping to spread information about HIV and about testing?
9. Do you know any musical groups that have written or sung songs about HIV/AIDS? Tell about them.
10. If you could make a short video to help give information about HIV/AIDS and about getting tested, what kinds of things would you want to include in your video?
11. If you could design a poster to encourage people to get tested, what kinds of things would you want to include in your poster? Where would you put your poster?
12. YOUR QUESTION:



### Further discussion

Look at the cartoon on the left. What would you say to the junior high school students? What would you say to the parent? If YOU were a parent, how would you want your children to learn about HIV/AIDS?