

## AIDS and HIV infection

Human immunodeficiency virus (HIV) is spread by having sex, sharing injection drug equipment, or receiving a transfusion or transplant from an infected person. It can be spread from mother to fetus, to infant at the time of delivery, or by breastfeeding. Rarely, HIV spreads by inadvertent exposure to bodily fluids of an infected person such as a contaminated needle stick in a healthcare worker. The acquired immunodeficiency syndrome (AIDS) represents the late stage of HIV infection with immune system impairment, marked by low CD4-positive lymphocyte counts and opportunistic or atypical infections. There is no cure for HIV infection, but treatment can prolong life and reduce transmission.

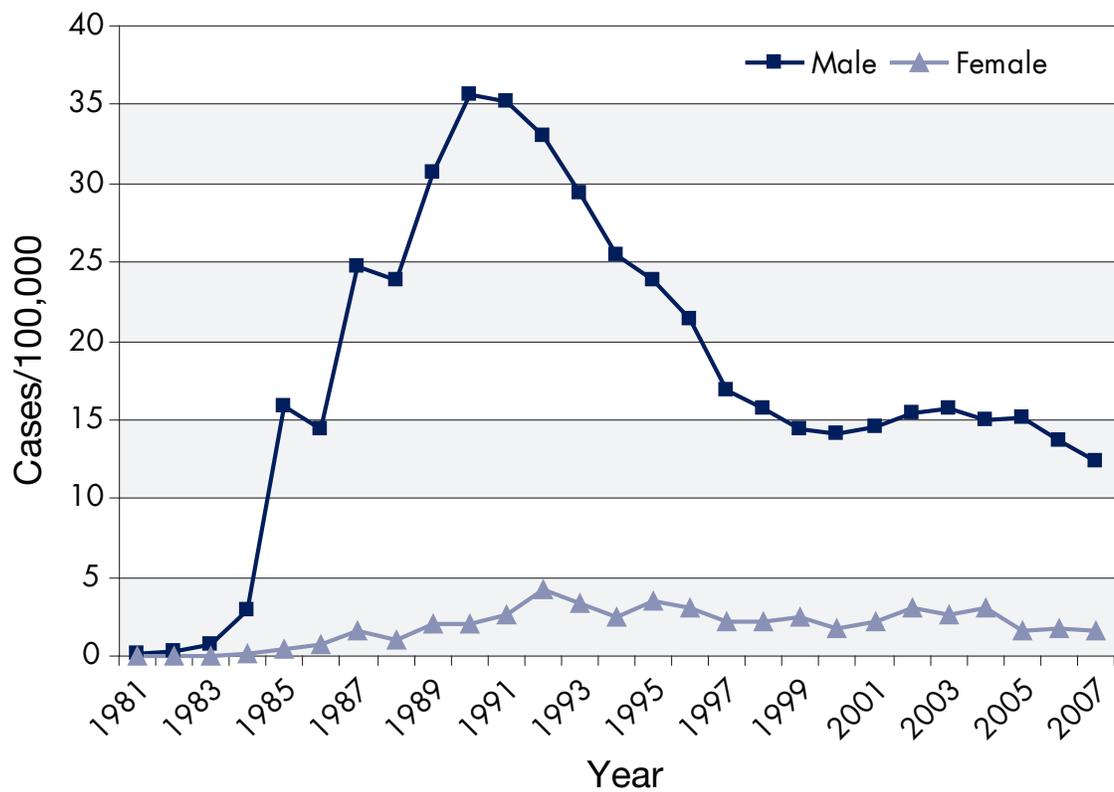
HIV infection can be avoided by abstaining from sex outside of a monogamous relationship with an uninfected partner and by not injecting recreational drugs. Using a condom during intercourse and not sharing injection drug equipment also reduce risk of acquiring HIV. A pregnant woman who is infected with HIV can minimize transmission of infection to her fetus by taking medication during pregnancy and refraining from breastfeeding. Caesarean section may also prevent transmission when the mother's infection is not well controlled.

As of July 2008, 8,252 cases of HIV infection (including cases that had, and cases that had not yet progressed to AIDS) had been diagnosed among Oregon residents between 1981 and 2007 and reported to the Oregon HIV/STD/TB Program; 3,330 of these case-patients had died, leaving 4,922 living with HIV infection. Approximately 60% of these infections had progressed to AIDS by the end of 2007. In addition, approximately 1,250 people are estimated to be infected, but not yet diagnosed; almost 2,000 people with HIV infection who resided in another state at the time of their diagnosis had moved to Oregon by the end of 2007.

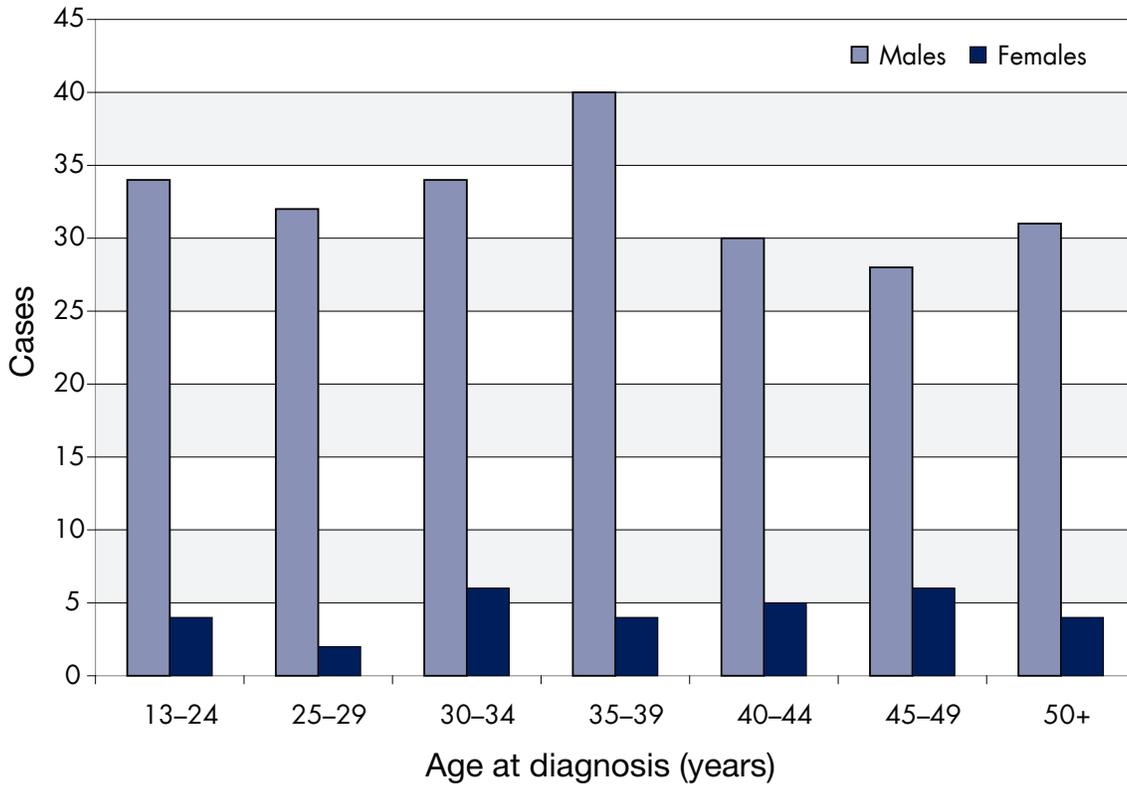
Men accounted for 88% of prevalent cases. Whites accounted for 80%, blacks and/or African Americans, 7%, and Hispanics, 10%. Among men, annual incidence of new HIV diagnoses was 11.2 cases per 100,000 whites, 21.3 cases per 100,000 blacks and/or African Americans and 18.6 per 100,000 among Hispanics. Among females, these rates were 1.3, 2.6 and 3.3 respectively.

Seventy percent of infected men in Oregon acquired their infection by sex with other men, while 9% of men with HIV acknowledged both sex with other men and previous injection drug use, obscuring their most likely transmission mode. Injection drug use was the most likely transmission mode for 9% and heterosexual transmission the most likely mode for 8%. Among women with HIV infection, heterosexual transmission was believed to be the most likely mode for 69% and injection drug use for 25%.

Incidence of HIV infection by sex and year of diagnosis: Oregon, 1981–2007



New cases of HIV infection by age and sex at diagnosis: Oregon, 2007



Persons living with HIV or AIDS by county of residence: Oregon, 1998–2007

