

Sunrise Update

DECEMBER 1, 2017



Say YES to the test.

“Testing is paramount in protecting yourself, your family and loved ones as well as your community in ensuring that, if you are infected, you receive appropriate treatment as well as helping stop the spread of these viruses. It has become routine to test for HIV, just as you would test blood glucose or lipid profiles.”

~ Dr. Chhetri,
Medical Health Officer

Support and services are available. For information, contact:

- Your physician, nurse practitioner, or health care provider
- Your local public health office
- Turning Point Program (Yorkton)
- Stepping Stone Wellness Clinic (Kamsack)
- Healthline at 811

www.sunrisehealthregion.sk.ca

Sunrise Health Region

@SunriseRegion

Routine Testing Protects Everyone

The Public Health Agency of Canada estimates that 65,040 Canadians were living with HIV in 2014, of who an estimated 52,220 were diagnosed; an estimated 20% of people in Canada with HIV are undiagnosed and unaware that they are living with HIV.

HIV (or human immunodeficiency virus) affects our immune system and, if not treated, can be a precursor to AIDS. It is carried in bodily fluids and transmitted in a variety of ways including unprotected sex and sharing anything that might have blood on it including drug use equipment or tattooing and body piercing equipment.

Saskatchewan rates of HIV infection, per capita, are higher than the other provinces and higher compared to the national average.

Hepatitis C is a viral infection that causes liver inflammation, sometimes leading to serious liver damage. The virus spreads through contaminated blood. Approximately 1 in 4 people who get a hepatitis C infection will find that the virus will clear by itself but the remaining individuals can develop a chronic infection; many display no symptoms. Now, **medications work dramatically better** and have a cure rate of about 95%.

Knowing if you have HIV or hepatitis C is **the most powerful thing you can do** to get timely treatment and reduce the spread of these viruses. If you are interested to get tested (with the suggested age range in Saskatchewan between 13 to 70 years old), just ask!

World AIDS Day 2017 is on December 1 2017 with the theme **My Health, My Right**. This is a day dedicated to commemorate those who have passed on and to raise awareness about AIDS and the global spread of the HIV virus. The Canadian AIDS Treatment Information Exchange (CATIE) is Canada's leading source for HIV and hepatitis C information. **Knowledge is power.**

