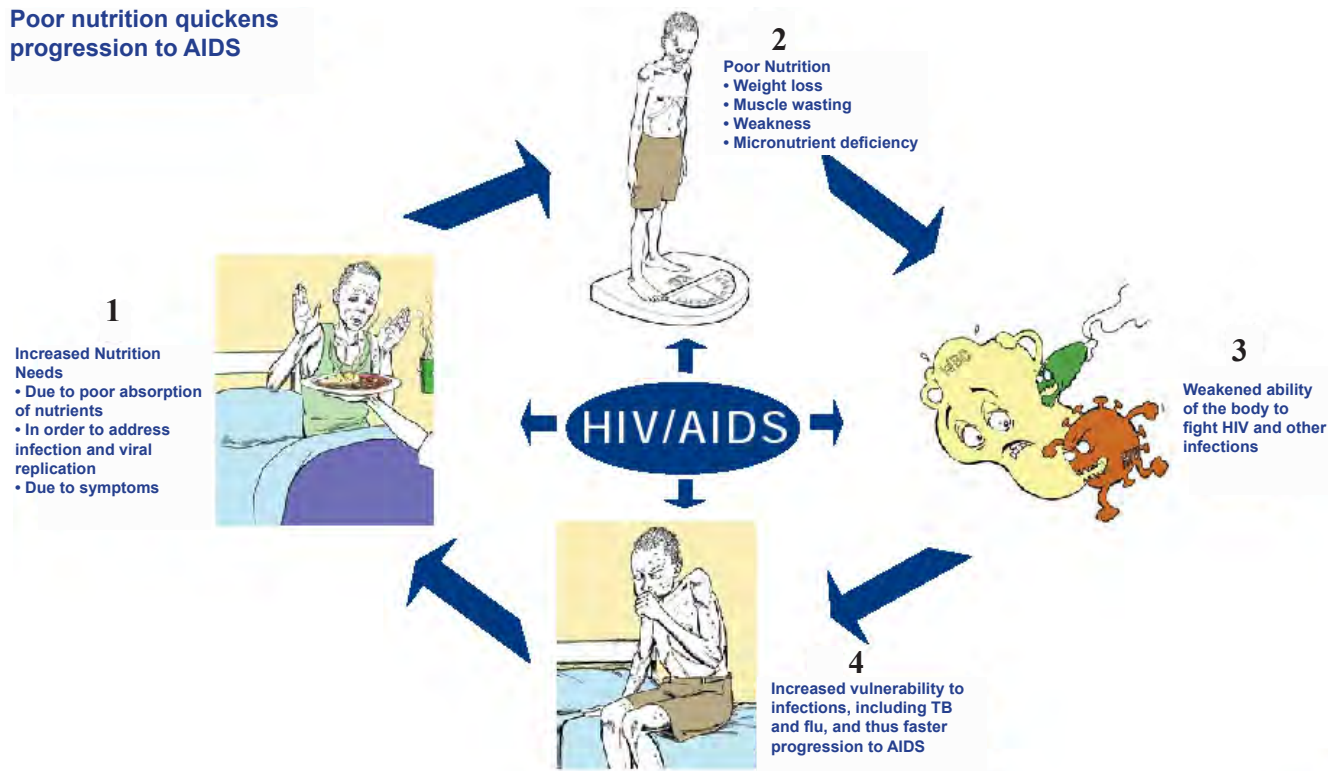


# HANDOUT 4.2. COUNSELLING CARD ON POOR NUTRITION

## THEME 1 POOR NUTRITION QUICKENS PROGRESSION OF HIV TO AIDS

### 1.2 GOOD NUTRITION IS IMPORTANT FOR THE WELL-BEING OF PLWHA

Poor nutrition quickens progression to AIDS



Ask the client what he/she sees in the picture.

Explain to the client how poor nutritional status affects progression of HIV to AIDS.

#### 1. The picture to the left

- HIV and frequent infections increase the nutritional needs of the PLWHA.
- But the PLWHA cannot take in enough food to get the needed nutrients. This is usually due to loss of appetite, poor absorption of nutrients, and changes in the way food is utilised in the body resulting from HIV and frequent infections.

#### 2. The picture above

- Poor intake of food leads to loss of weight, body weakness, nutrient deficiencies and poor nutritional status.
- Poor nutritional status weakens the body's ability to fight diseases even further and increases vulnerability to infections and to the impact of HIV.

#### 3. The picture on the far right

- HIV destroys the body's natural ability to fight disease and infection.
- As a result, the body's ability to fight infections is greatly reduced.

#### 4. The picture below

- With its ability to fight infections weakened, the body becomes vulnerable to infections that normally may not have affected the person.
- Frequent infections make the body weaker and lead to faster progression from HIV to AIDS.