

		50		haphazardly. For this toilets must be managed.
Our Population and Environmental Education	6 th	58-59	Sexually Transmitted Infections	<p>Diseases that are transmitted through sexual intercourse are called sexually transmitted infections (STIs). There are many kinds of STIs. Among them, HIV/AIDS is more risky and dangerous. Here will we will study briefly about syphilis and gonorrhoea.</p> <p><u>Syphilis</u></p> <p>Syphilis is caused by Treponema Palladium bacteria. It is transmitted through sexual contact, blood transfusion and from infected mother to her fetus during pregnancy. Symptoms of the disease are as follows:</p> <ul style="list-style-type: none"> • At the tip of penis or vagina, warts like painless ulcers are seen which is called chancre. • Such ulcers disappeared within 4-6 weeks and slowly yellowish/reddish rashes on genital organs, fever, sore throat, headache, indigestion, body weight loss, alopecia appeared. • In the final stage, problems may occur in heart, eyes and brain. <p><u>Gonorrhoea</u></p> <p>Gonorrhoea is caused by Gonococcus of neisser. It affects reproductive organs, ureter, anus, throat, uterus etc. It is sexually transmitted and also by using clothes that have been used by gonorrhoea-infected persons. Following symptoms are seen in this disease.</p> <ol style="list-style-type: none"> 1. Frequent urination and pain on urination 2. Pus like yellowish/white discharge coming out from ureter. 3. Inflammation of reproductive organs and urethra. 4. red scar/spot around reproductive organs 5. Red patches seen around the reproductive organs 6. May bring infertility in female <p><u>Preventive Measures of STI</u></p> <ol style="list-style-type: none"> 1. Sexual relationship must be limited only between husband and wife. 2. Make public aware of the dangers of STD.

				<ol style="list-style-type: none"> 3. Do not use needle or clothes that have been used by infected people. 4. Clean sexual organs 5. Whoever gets disease whether husband or wife, both of them should undergo testing? 6. If either of the couple gets infected, avoid sexual intercourse unless they get cured. If they have to, always use condom. 7. Avoid unsafe sex 8. Disease is curable if treated promptly.
Our Health and Physical Education	7 th	21-23	Basic Hygiene	<p><u>Water Source</u></p> <p><u>Surface Water</u></p> <p>Rainwater is the major source of surface water. Water in rivers, lakes, ponds etc is the surface water. Surface water must be processed before supplying.</p> <p><u>Causes of Water Pollution</u></p> <p>If the water we drink is polluted, disease like typhoid, dysentery, ascariasis, and diarrhoea may occur. Drinking water must be pure. The water which looks clear may not also be pure/safe for drinking. Unsafe water is called polluted water. Causes of water pollution are as follows:</p> <p><u>Causes of House Water Pollution</u></p> <p>If tanks, drums, pots filled with water are kept open without covering with lids/covers, dust, microorganisms, germs, houseflies, insects etc may enter inside it and drinking such water may cause disease.</p> <p><u>Causes of Water Source Pollution</u></p> <p>If water source is polluted, the water distributed from there gets polluted. Followings are the causes of water source pollution.</p> <ul style="list-style-type: none"> • While defecating around water source, outlets, and rivers ponds, water gets contaminated with faecal germs/microorganisms that cause many diseases. • If drainage water and wastes coming out from urban areas, hospitals, and industries get mixed up with river water, water becomes polluted. Similarly, buffalo wallowing, bathing, washing clothes, wastes disposal, carcass disposal etc in river, ponds, and lakes may pollute water.

				<ul style="list-style-type: none"> • Wastes disposal due to flood in rivers make water polluted. • Excess of chemical minerals mixed in water sources may pollute water. <p><u>Health Loss/Effects due to Water Pollution</u></p> <p>Due to human’s careless activities, water sources like rivers, lakes, ponds, water outlets get polluted. Polluted water contains different kinds of germs/microorganisms, chemicals and other different dirt and drinking such water directly without boiling and filtering will also ingest such microorganisms and chemicals. The microorganisms then reach inside the body and multiply. Diseases like cholera, dysentery, influenza, cough, typhoid, jaundice etc are transmitted due to polluted water. Similarly, polluted water may contain eggs of roundworms, hook worms etc. Drinking such water leads to worm ingestion. Polluted water also contains different kinds of chemicals which cause negative effects on our health. Bathing with polluted water may cause skin and eye-related diseases.</p> <p>Using polluted water means to invite disease. Therefore, always drink only clean/safe water. Drinking water haphazardly from any place because of thirsty, bathing and swimming haphazardly at any places are injurious to health.</p> <p>Boiled water must be used for drinking. Boiling water for at least 10 minutes kill microorganisms present in water. Boiled, processed water and tested water only are regarded as safe/healthy drinking water. Water taken from haphazard places is not regarded as safe water and must not be used for drinking. Such water may cause different kinds of diseases. At home, water collecting pots must always be kept clean. These pots must be covered with lids.</p>
Our Health and Physical Education	7 th	24	Basic Hygiene	<p><u>Classification of Solid Wastes</u></p> <p>Things which remain after being used and meant for throwing are called wastes. Such wastes come out from kitchen, garden, rooms, sheds, fields etc. If these wastes are collected at one place, then they are known as wastes. There are different types of such wastes. Wastes can be classified as decomposable/degradable and non-decomposable/non-degradable wastes.</p> <p><u>1. Decomposable/Degradable Wastes</u></p> <p>They are also called organic wastes. Such wastes include plants, grasses, carcass, thrown foods, etc. these wastes later on get converted</p>

				<p>into soil.</p> <p><u>2. Non-Decomposable/Non-Degradable Wastes</u></p> <p>They are also called inorganic wastes. They include plastics, glasses, metals, utensils, stones etc. Such wastes cannot be decomposed as organic materials.</p> <p><u>Use of Toilets</u></p> <p>A small house made for safe defecation is known as toilet. Due to use of safe toilet, environment may not get dirty or polluted. This helps in preventing different kinds of communicable diseases and gastrointestinal-related diseases. Any kinds of toilet like pit toilet, water seal toilet can be made based on types of areas (rural, urban areas), house, and availability of expenditure, and water.</p> <p><u>Importance /Necessity of Toilet</u></p> <p>In developing countries like ours, most of the diseases fall under communicable disease category. Such kinds of diseases are caused mainly due to polluted water, lack of cleanliness, hygiene and unsafe food. While defecating around water source, vegetable gardens, paths, yards, wells, ponds etc, disease like dysentery, round worms, diarrhoea, and typhoid get transmitted. The water gets contaminated with the microorganisms present in patient's stool/faeces or urine. And those who drink such water get the disease. Similarly, defecating haphazardly, on one hand, makes that place polluted and, on the other hand, the microorganisms present in those wastes get spread. Eating such foods cause different kinds of diseases. Therefore to prevent the environment from becoming polluted, we must keep our city, village, and ward, home clean and beautiful. Everyone must make toilets and make habits of defecating in toilets in order to prevent diseases like ascariasis, dysentery, diarrhoea and typhoid.</p> <p><u>Environmental Loss Due to Not Using Toilets</u></p> <p>Defecating haphazardly outside, playing grounds, rivers, make environment polluted. It pollutes water, soil and air. At dirty places, germs, flies, mosquitoes easily multiply. While raining, the germs may spread to water source and vegetable gardens. While drinking such polluted water, while eating such vegetables, microorganisms and worm's eggs are also ingested. Ingested eggs get suitable environment inside the stomach and intestine. Their number goes on increasing as a result of which stomach-related diseases occur.</p>
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Our Health and Physical Education	7 th	29-30	Tuberculosis	<p><u>Introduction</u></p> <p>There are many kinds of tuberculosis (TB). Among them, here we will discuss lung TB (pulmonary TB). Earlier, people used to be scared of TB as many people died from the disease. Due to the discovery of drugs, due to economical and educational progress, and development of safe habits, this disease has been decreasing in developing countries also. TB is caused by tuberculin bacteria. People who smoke or drink alcohol more and those who do not take nutritious diet as per their hard work mostly suffer from TB.</p> <p><u>Symptoms</u></p> <p>Loss of appetite, cough, weight loss, mild fever in evening time, chest pain, blood seen in sputum.</p> <p><u>Mode of Transmission</u></p>

				<p>Bacteria are present in sputum, clothes and beddings of TB patients. This disease is transmitted through overcrowding, clothes, sputum or other materials being used by the patients.</p> <p><u>Preventive Measures</u></p> <ol style="list-style-type: none"> 1. New born baby must be immunized with BCG vaccine within 12 months of their birth. 2. Always keep your house, room and yards clean. 3. Avoid smoking and alcohol drinking. 4. Always take balanced and a nutritious diet. 5. Start prompt treatment after you are diagnosed with the disease and take full dose of medicines. 6. TB patient must be kept in a separate room. 7. While coughing, sneezing, mouths should be covered with handkerchiefs. 8. Don't spit and don't throw sputum haphazardly. 9. Sputum and nasal discharge of the TB patients must be burned or burrowed in pits.
Our Health and Physical Education	7 th	37-38	HIV/AIDS	<p><u>Introduction</u></p> <p>HIV/AIDS is a condition resulting from the weakening of body's immune system due to HIV. AIDS itself is not a disease. Full form of HIV is Human Immuno-deficiency Virus and AIDS is Acquired Immune Deficiency Syndrome. When HIV enters inside body, it starts weakening body's immune system. Later on, symptom of different diseases start to appear and this condition is known as AIDS. It is a fatal disease and there are no drugs that can cure AIDS.</p> <p>The first case of AIDS was detected in 1981 in USA. In Nepal, this virus was detected in 1988 among four people. As of December 31, the number of HIV infected person reached 2131. Till date, there have been 149 deaths from AIDS. This figure is limited only to those who willingly underwent blood test, but the actual number of people living with HIV /AIDS is estimated to be much higher. In Nepal, HIV infection is increasing day by day.</p> <p>There are also other diseases related to sex. They are called sexually transmitted diseases. In short, they are called STD. Among STDs, syphilis and gonorrhoea are the major one. STD affects mostly genital organs of male and female and gets transmitted through sexual contact</p>

			<p>with infected person. This disease can be cured with drugs treatment. If STD infected person get HIV infection, its negative effect will be more compared to others.</p> <p><u>Stages of HIV/AIDS</u></p> <p><u>1st Stage</u></p> <p>This is the window period. During this stage, HIV infection is initiated, but shows no virus on blood test. Usually this period lasts from 6 to 12 weeks.</p> <p><u>2nd Stage</u></p> <p>This stage is HIV infected stage and is also called carrier stage. During this stage, person looks healthy but on blood test they are found HIV positive. Such person may live upto 10-15 years.</p> <p><u>3rd Stage</u></p> <p>This stage is the stage of having developed AIDS. In this stage, symptom of different diseases appeared. People who have reached this stage may not live more than 2/3 years.</p> <p><u>Mode of Transmission</u></p> <p>HIV is present in blood, semen and vaginal secretion of HIV infected person. HIV/AIDS get transmitted through sexual contact with such person and receiving their blood or organs. It can also be transmitted by using needle/syringe, skin piercing instruments that have been used by other people without sterilization. Like wise, transmission is also possible from mother to her new born baby. But the disease may not get transmitted by shaking hand with infected person, using same toilet, through mosquito or flea bite to healthy person.</p> <p><u>Symptom of AIDS</u></p> <ul style="list-style-type: none"> • Weight loss by more than 10 % of body weight • Fever for greater than 1 months • Diarrhoea for greater than 1 month • When a person get any disease it wont be cure fast <p><u>Preventive Measures of HIV /AIDS</u></p>
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Our Health and Physical Education	7 th	39	Hepatitis B	<p><u>Introduction</u></p> <p>Hepatitis B is a dangerous communicable disease. It causes inflammation of liver and thus affects its function. If not treated in time, cancer may develop and death may occur. Therefore, hepatitis B has been regarded more dangerous and life threatening disease than AIDS. The disease is caused by hepatitis B virus.</p> <p><u>Symptoms</u></p> <ul style="list-style-type: none"> • Nausea, vomiting, loss of appetite • Liver pain, liver become big due to its inflammation. • Eyes, skin and nails become yellow due to mixing of bile in blood. • Body weakness • Jaundice like symptoms • Liver cancer or full liver damage leading to death <p><u>Mode of Transmission</u></p> <ul style="list-style-type: none"> • Through infected blood transfusion • Using skin piercing instrument and needle/syringe without proper sterilization. • Unsafe sexual contact • From infected mother to her baby <p><u>Preventive Measures</u></p> <ul style="list-style-type: none"> • During blood transfusion, only do it after undergoing blood test. • Do not use skin piercing instrument and needle/syringe haphazardly. • Avoid unsafe sexual practice/contact • Hepatitis B mother should not get pregnant.

				<ul style="list-style-type: none"> • Infected person must be treated separately. • Go for health check up immediately, if u suspect of this disease. • Avoid smoking and alcoholism • Take vaccines against this disease to prevent the disease.
Our Health and Physical Education	7 th	43-44	Injury Prevention	<p>–</p> <p><u>Safety</u></p> <p>To prevent from sudden accident is called safety. Prevention is also called safety. Prevention is one of the different measures to protect from different accidents. Nowadays, in urban areas, if we don't become a bit careful, road accidents, electric shock, fire burnt may occur. Similarly, in rural areas, cases like falling down from trees, sloppy areas, poisonous snake bites have been increasing day by day. Such accidents can be averted if we remain careful and conscious about them. We must be careful at home, streets, schools and playgrounds.</p> <p><u>At Home</u></p> <ul style="list-style-type: none"> • Keep sharp objects like knives, chisels away from children's reach. • Match box or lighter must be kept in such place where children may not reach. • Lights should be put on stairs if it's dark. • Grills on windows and railings on stairs must be kept. • Inflammable objects must not be kept near cooking stove or kitchen. • After finishing your work, things should be kept in their original places. • Medicine's bottle should be labeled. • Keep insecticides, medicines and kerosene oil away from children. • Don't keep naked wire/non insulated wire at home. <p><u>On Streets</u></p> <ul style="list-style-type: none"> • While walking on streets walk carefully looking around right, left and front sides and always keep to the left while walking. • If you walk on roads, always walk in the foot paths. • Always cross roads from zebra crossings. • While crossing road, always look right and left sides. • If there are piercing or stepping objects on streets, you should remove them

				<ul style="list-style-type: none"> Do not play on roads. <p><u>At Schools</u></p> <ul style="list-style-type: none"> Never be restless inside and outside class rooms. Do not walk over chair, table, desk and bench. If there are pits on play grounds, they must be filled out, and while playing always be careful and follow game's rules. At schools also like at home you may fall down from windows and stairs. Therefore, while looking out from windows, climbing stairs, do not play with friends and go slowly. Do not rush while leaving classrooms and always stand in a queue for your turn. Don't swim unless you know swimming well. Although you swim well, don't swim when you are tired.
Our Health and Physical Education	7 th	55-56	Substance Abuse	<p><u>Drugs, Alcohol and Tobacco</u></p> <p><u>Drugs</u></p> <p>Drugs are those substances when used affect brain and nerves and result in the weakening and excitement of body. Opium, heroine, cocaine, bhang (cannabis), are drugs. Regular use of drugs negatively affects a person's as well as community health. This results to early death of people. Therefore, avoid using drugs.</p> <p><u>Alcohol</u></p> <p>Jaand (local wine made from fermented rice), beer, whisky, brandy etc which are used during different festivals, ceremonies, parties, occasions, moments of happiness and tragedy etc for entertainment and satisfaction is called alcohol. Their use results in negative effects on health. Problems like loss of appetite, indigestion, gastritis occur. It affects organs like heart, liver, kidney. Alcohol is injurious to health and therefore, must not be taken.</p> <p><u>Smoking</u></p> <p>Taking tobacco or tobacco-related substances in the form of smoke is called smoking. It includes cigarette, beedi, chewing tobacco, cigar, kakkad etc. Smoking affects blood vessels, lungs and heart. Tobacco contains a chemical substance called nicotine. A person may die from one drop of nicotine. Therefore, smoking is very much injurious to</p>

				<p>health.</p> <p>Use of drugs, alcohol, and tobacco impairs physical, mental and social health. Therefore, to be healthy, one should always stay away from such substances. Use of such substances also leads to waste of money. Nobody likes a person who takes drugs, alcohol or tobacco. Once you are involved in drug abuse, it's difficult to come out from there. Every time, quarrel/ disputes occur in a family. Excessive drinking alcohol or smoking leads to a loss of appetite. Therefore, body becomes weak and many diseases occur. Persons who are involved in drug abuse show following symptoms like late sleep, late wake-up, late returning to home, loss of body wt, not caring at home etc. Excessive alcohol drinking leads to blood vessels, heart, lungs and stomach-related diseases.</p> <p><u>Ways to Stay Away from Drugs, Alcohol and Tobacco</u></p> <ol style="list-style-type: none"> 1. Avoid contact with drug users, smoker and drinkers. 2. If you see anybody taking drugs or smoking, avoid keeping curiosity. 3. Don't follow your peers and if you see them smoking or taking drugs and advise them to stop doing that. 4. Avoid close relationship with drug users. 5. To stay away from these bad habits, utilize your leisure time by involving in sports, cleanliness, and reading newspaper. 6. Avoid saying following when you are at picnic or party: "I will try once only today. Later, I won't". Later on, this can become your habits.
Our Health and Physical Education	7 th	59-61	Maternal and Child Health	<p><u>Family Planning</u></p> <p>Family planning means determination family members, giving birth to child in limited number, use of contraceptives for birth spacing, management of health, balanced diet and education for children, search of financial sources and their good utilization.</p> <p>If the number of children or family size is big, it creates negative effects on parents and children's health status. If there are many children, their desires/necessities also increase. No matter how much parents earn, it has to be divided among many children and it would be difficult to manage proper education, balanced diet, health benefits etc. The condition of low income family (parents) who have many children will be even worse. To limit the number of children, there are several</p>

				<p>ways. To decrease the number of children and for birth spacing, late marriages, delay in delivering first baby, keeping birth spacing of 3-4 years between the first and the next baby can be done. Women can use temporary family planning devices such as pills, Depo-Provera injection, nor-plant, copper T etc. woman can do laparoscopy and minilap while men can do vasectomy (permanent) and use condom (temporary).</p> <p>Different kinds of temporary devices are used to delay the first baby or birth spacing. If couple needs no more children, then they can undergo permanent family planning method. In this way, if the number of children is made limited, then the mother, father, and children's health status will be good.</p> <p>With less income also, family's needs can be met. When many children are born, parent's high income will also become less. If the number of children is less, it's easier to meet the requirements like children's education, health, balanced diet, clothes, amusements etc. The higher/more the number of children, higher will be their necessities. If we fail to meet family member's necessities, there won't be peace at home.</p> <p><u>Safe Motherhood</u></p> <p>In our country, due to maternal problems, many women die during pregnancy stage, labor stage and postnatal stage. The main reasons for this are lack of education, superstitious beliefs, lack of health facilities, lack of balanced diet etc. The discrimination towards women also very much affects woman's health.</p> <p>Healthy mother gives birth to a healthy child. During pregnancy stage, health service, balanced diet, good family relationship etc greatly affect the health of mother and child. Pregnant woman must not smoke or drink and must not take any medicines without doctor's prescription. Pregnant woman must eat beans, rice, green vegetables, milk, fruits, fish, meat etc more than their normal diet. Pregnant woman must not carry and lift heavy loads, and do hard work. Always taking rest must not also be done by pregnant woman. Delivery should be done in hospitals. If there are no hospital facilities, delivery should be done with the help of skilled birth attendant. If paid attention to these things, women's health will improve as well as maternal and infant mortality rate will decrease.</p>
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				<p>diarrhoea. During diarrhoea many children die because of dehydration. In children, the disease is mainly due to dirty environment, polluted food, milk, water, lack of cleanliness of kitchen, utensils etc. In many villages, diarrhoea patients are not allowed to drink liquid substances because they think that it will cause more diarrhoea. Due to this, patient dies because of dehydration. Therefore, during diarrhoea, Oral rehydration solution (ORS) must be provided in equal proportion of their fluid loss. If ORS is not available, pulses soup, fruit juice, salt, sugar and water (made in fixed proportion) can be provided. If this primary treatment also doesn't work, then the child should be taken to health post or hospital.</p>
Our Population and Environmental Education	8 th	5	Basic Hygiene	<p><u>Population and Environment</u></p> <p><u>Water</u></p> <p>Safe water is needed for healthy life. Without water, people can't survive. Therefore, we must conserve water source. Industrial chemicals and wastes get mixed with water source and water gets polluted. Safe water keeps human life healthy and polluted water causes different kinds of diseases. If uncontrolled human activities go on increasing, water pollution level goes on increasing. Due to lack of safe water, people will be compelled to drink polluted water. From this, human life will become painful.</p> <p><u>Effects of Human from Environmental Destruction</u></p> <p>Water pollution affects environment. Collecting urban and rural wastes haphazardly and chemical substances coming out from industries pollute water source. Use of polluted water causes many kinds of diseases. For this, there can be a chance of spreading epidemic. Finally people suffer from diseases like cholera, typhoid, dysentery etc.</p> <p><u>Effects on Environment due to Human Activities</u></p> <p>People throw wastes haphazardly. Due to wastes, human and animals get different kinds of diseases. Due to wastes, air, water and surrounding place gets polluted.</p>

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Our Population and Environmental Education		43		<p><u>High Child Mortality Rate</u></p> <p>It's important to take proper care of children. Due to lack of knowledge, superstitious belief and culture also, the child mortality has been increased. Due to high mortality rate, people tend to give birth to more number of children. possible causes of high child mortality may are as follows:</p> <ul style="list-style-type: none"> • Lack of health service and facilities • Lack of proper care of children die to lack of education and knowledge • Unavailability of nutritious food. • Child birth from immaturred mother due to early marriage. • Engagement of females at household works during pregnancy and postnatal stage.
Our Population and Environmental Education	8 th	79	Basic Hygiene	<p><u>Environmental Cleanliness</u></p> <p>When population increases, use of air water and land, surrounding resources go on increasing. The number of motors, motorcycles, vehicles also increases. Wastes coming out from human dwellings /community pollute water and use of surroundings /places will also increase due to which wastes increase in surroundings. In this way, our environment gets polluted. To prevent wastes and pollution, environment must be cleaned in a proper way. Environmental cleanliness programs must be started first from our own house. In this way, it is important to continue/start environmental cleanliness program /campaign in villages, cities and districts. If we can do this, then only our environment will be clean and healthy. For environmental cleanliness following things must be paid attention:</p> <ul style="list-style-type: none"> • Keep house clean. • Proper management of household wastes. • Conservation and improvement of water source or other natural sources. • Industrial chemicals and wastes from toilets must be thrown at specific places. • Cleanliness program must be conducted in the form of campaign from time to time.
Our Health and Physical	8 th	28-30	HIV/AIDS	<u>Introduction</u>

<p>Education</p>				<p>HIV/AIDS is the most dangerous and risky infection that is transmitted through unsafe sexual intercourse. AIDS is caused by a retrovirus called HIV. After HIV infection, body's immune system weakens and symptoms of many opportunistic infections start to appear. Since AIDS can not be cured and death is inevitable, the disease is called fatal disease. Although, there are no drugs that can cure AIDS, ARV drugs are in use that can reduce the effects of such infections. Evidence has shown that if an HIV infected person practices proper habit, behaviors, take nutritious and balanced diet, gets good care, help and direction from friends and family, he/she may not progressed to AIDS stage even after 10-15 years of infection.</p> <p>AIDS was first seen in USA in 1981. In Nepal, HIV was reported from 4 people in 1988. According to UNAIDS, as of October 2003, 60,000 people are estimated to be living with HIV/AIDS. According to government data, as of October 2003, the number of HIV-infected people was 3204. This figure includes only those who voluntarily under went for blood test. Among them, 2323 were male and 881 female. The number of AIDS cases were 701 of whom male were 491 and female 210. So far, there have been more than 150 AIDS related deaths.</p> <p>AIDS has become a worldwide problem and its prevention and control has become very challenging. Due to its epidemic, millions of people in the world are estimated to be infected with HIV/AIDS. The most affected region in the world is sub-Saharan Africa where one fourth of the countries populated have been suffering from AIDS. According to UNAIDS, by the end of 2002, the number of adults and children living with HIV/AIDS were 42 million. The number of new HIV infections and AIDS-related deaths were 5 million and 3.1 million, respectively. The second largest country having people with HIV/AIDS. Due to the open border between India and Nepal, thousands of Nepalese girls are trafficked to Indian brothels. Due to unsafe sexual practices, such trafficked girls return to Nepal being HIV-infected. Similarly, thousands of people who go for labor in India get infected through unsafe sexual practices and when they return to Nepal, they transmit the disease to their wives due to which the HIV infection rate has been increasing in Nepal. UNAIDS has categorized Nepal as a country having "concentrated epidemic." if this situation goes n increasing, by 2010, AIDS will be the major killer of deaths in Nepal.</p> <p><u>Mode of Transmission</u></p> <ol style="list-style-type: none"> 1. Unsafe sexual intercourse with HIV infected persons
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Our Health and Physical Education	8 th	31-33	Sexually Transmitted Infections	<p><u>Syphilis</u></p> <p><u>Introduction</u></p> <p>Syphilis is a highly contagious disease. Due to the transmission of this disease through sexual intercourse between male and female, the disease is called sexually transmitted disease. Syphilis occurs mostly among young aged male and female. Due to unsafe sexual practices of young aged people, they are more vulnerable to this disease. In our country, there is stigma and discrimination about the disease. Therefore, many people try to hide this disease. Due to personal status also people do not treat the disease. Consequently, syphilis has spreaded much more widely in the country. Syphilis infected person</p>

				<p>has a higher chance of acquiring HIV/AIDS.</p> <p><u>Cause</u></p> <p>Syphilis is caused by Treponema Pallidum.</p> <p><u>Mode of Transmission</u></p> <p>This disease is transmitted through sexual contact with syphilis-infected person (male or female) from vagina or penis of women or male respectively. Similarly, Syphilis is transmitted through blood transfusion and from infected mother to her baby.</p> <p><u>Symptoms</u></p> <p>Syphilis symptoms can be classified under 3 stages.</p> <p><u>1st Stage Symptoms</u></p> <p>After the first week of bacteria entry inside the body, small water blisters appear around male's penis and female's vagina. The skin around the blisters becomes red. Similar nature of hard blisters can also appear. Lymph glands of thigh swell. If blisters rupture, white water like materials comes out and there will be formation of ulcers. Temperature around reproductive organs as well as body temperature will be higher than the normal temperature.</p> <p><u>2nd Stage Symptoms</u></p> <p>Immediate treatment after the appearance of 1st symptoms may lead to the cure of the disease. But, if not, then it will undergo 2nd stage with more complications. It may take 2-3 to 5-6 months to reach this stage. During this stage, the skin around penis and vagina becomes red and looks like swollen, Red scar, blisters or ulcers may appear on face, lips, chin and cheeks. Body pain, joint pain, fever, inflammation of glands, pain due to hepatomegaly and splenomegaly and body becomes weak.</p> <p><u>3rd Stage Symptoms</u></p> <p>This stage may occur in between 10-12 months. During this stage, disease will be much more complicated due to which its effects are seen in body's bone, heart and even brain. During this stage, large ulcers appear on male's and female's cheeks and chin, affects blood circulation and bacteria reach to brain and leads to mental disorders.</p>
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