

9-1-2023

## Chronic Illness Education 2023: Increasing prevention and knowledge of HIV among at-risk youth in the metro Detroit area

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### Recommended Citation

Abrahams, Carly; Apostolakis, Nicholas; Cabatu, Angelica; Cobani, Era; Mack, Curtis; Ruprecht, Michal; and Vaishampayan, Zachary, "Chronic Illness Education 2023: Increasing prevention and knowledge of HIV among at-risk youth in the metro Detroit area" (2023). *Patient Education Projects*. 663.

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# Increasing prevention and knowledge of HIV among at-risk youth in the metro Detroit area

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**Learning Community:** Red 39

**Age Group:** Youth (13-24 years old)

**Curriculum Tie-In:** Endocrine/Reproductive



# Infographic

Canva link:

[https://www.canva.com/design/DAFhCYkzDJg/QleanIWmUeE-eU0HTWSGPA/edit?utm\\_content=DAFhCYkzDJg&utm\\_campaign=designshare&utm\\_medium=link2&utm\\_source=sharebutton](https://www.canva.com/design/DAFhCYkzDJg/QleanIWmUeE-eU0HTWSGPA/edit?utm_content=DAFhCYkzDJg&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton)



## HERE'S WHAT AT-RISK YOUTH IN METRO DETROIT NEED TO KNOW ABOUT HIV

IN ORDER TO ENHANCE THE UTILIZATION OF KNOWLEDGE AND PREVENTION STRATEGIES

Human immunodeficiency virus or HIV is a virus that attacks the body's immune system. If HIV is not treated, it can lead to Acquired Immunodeficiency Syndrome or AIDS.

**~1/4 OF ALL NEW HIV INFECTIONS IN THE UNITED STATES EACH YEAR ARE AMONG 13- TO 24-YEAR-OLDS**

CENTERS FOR DISEASE CONTROL AND PREVENTION

Here are some prevention strategies you can utilize to reduce your risk of HIV:

- 1** Use **needle exchange programs** in your community. Clean needles can reduce your risk of infection. Find a program near you on [CDC.gov](https://www.cdc.gov)
- 2** Use **pre-exposure prophylaxis or PrEP**, which is a medication that could be taken daily to prevent infection. Reach out to your doctor to learn more about this treatment.
- 3** Get **tested regularly**. Testing will help to reduce spread of HIV throughout the community. Find testing at [gettested.cdc.gov](https://www.cdc.gov/gettested) or go to the Detroit Health Department, which provides free at-home testing for residents of Detroit.
- 4** Reduce your risk of infection from sex with the **use of condoms**. Condoms should be used during intercourse to prevent the spread of disease amongst partners. Safe sex = great sex!
- 5** **Find support** in those around you, from your friends, your family, your doctor, or online. Talking openly about HIV may help you to feel supported and encouraged to make healthy decisions that keep you safe.



By taking these steps, you can reduce your risk for HIV. Reach out to your doctor to learn more about what you can do or to receive more information.

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Red 39

Include a 3 sentences summary of how the learning from this project impacts your group's development as future physicians.

The learning from this project impacts our group's development as future physicians in a variety of ways. First, we now understand not to use medical jargon when dealing with patients. If we want our words to have an impact, we must speak in a way they understand entirely. Further, this project helps us to better understand the vulnerable populations in our community, the risks they have, and the prevention strategies we may utilize to best support them in the future.

