

Dr. Malloy: HIV Screening Recommended For All

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Did you know that the CDC now recommends that all people from 13 to 64 years old be tested for HIV ([human immunodeficiency virus](#)) at least once? Yes, that's all people, not just those who may be at higher risk. Testing should be available in all health care settings including emergency rooms, prenatal clinics and primary care offices.

These new guidelines are meant to detect HIV infection early and prevent its spread. More than 250,000 are HIV positive and don't know it. This is one-fourth of all those who have HIV infection. These one-fourth account for transmitting the infection to at 50 percent of the new cases.

Knowing one is HIV positive allows antiviral treatment to begin, which can prolong life by 14 years or more. Treating HIV-positive [pregnant women](#) can reduce the transmission of the virus to their babies from 25 percent to less than 1 percent.

HIV testing is always voluntary and everyone can opt-out if they wish. Those who want completely private testing can do it at home.

The FDA has approved the "Home Access HIV-1 Testing System." Using this method, you mail in a drop of blood with your coded identification. Results are available in less than a week when you call a toll-free number and give your code.



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