

# GAAWII MAAMDA AWII ININGAADMIGAG

## HIV naandowechigewin nigaasidoon HIV aashowewin

**HIV gaawii maamda awii iningaademigag owi nikiiyaa mazhiwewin apii owa bemaadizid eyaangh HIV megwaa naandowechigewin debinang miinwaa owi minik HIV etenig miskwiing aabaji gichi dibasaamigad.**

Apii HIV naandowechigewin naazhinong owi minik aakoziwi-manijoozhens zhiwe miskwiing noondaaj minik 200 mazinaakoziginan owi milliliter owi miskwe, azhinkaademigad **aakoziwi-manijoozhens gibaakogaademigad**. Apii gwaya aakoziwi-manijoozhens gabaakogaademigag, gaawii maamda awii iningaademigag HIV gewe bkaan bemaadizijig owi nikiiyaa mazhiwewin.<sup>1,2,3,4,5,6</sup>

### Gaawii naagsinag = Gaawii aazhowsinag (G=G)

Owi G=G wiindamaagewin agii zhichigaademigad awii gagaandinigaadeg owi nigajitowin e'waabmdowemigag **nikiiyaa HIV naandowechigewin age nigaasidoon HIV awii bwaa iningaademigag owi nikiiyaa mazhiwewin.**

Gaawii naagsinag aakoziwi-manijoozhens enigokwaag adamoomigad owi epiitaag HIV zhiwe owa bemaadizid miskwiim apaji dibasaamigad **gaawii naagsino zhiwe gikinwaaji nda-gikenjigewinan.**

Owi onji ani aabajitemigag niigaaniing zhiwe nda-gikenjigewin, owi mayaa minik owi HIV etemigag "gaawii naagsinag" gnimaa adaa aabaji aanjsemigad, dash gichi piitendaagwod awii makwendamong owi **wegwen gwa nda-gikenjigewin makigewin e'waabmdowemigag gindaasowin noondaaj 200 mazinaakoziginan/ml adamoomigad owi HIV gaawii maamda awii iningaademigag gwaya bkaan bemaadizid.**

**AAKOZIWI-MANIJOOZHENS GIBAAKOGAADMIGAG**



Noondaaj  
**200**  
mazinaakoziginan/ml



### Aakoziwi-manijoozhens enigokwaag

Owi aawon **minik etemigag HIV zhiwe miskwiing**. Aapiichin aakoziwi-manijoozhens enigokwaag nda-gikenjigewin ensa niinwin apiinish nigodwaaswi giizis aawon goweta nikiiyaa ezhi gikenjigaademigag endogwen owa bemaadizid agii digoshing **aakoziwi-manijoozhens gibaakogaademigag.**

**Gechi shpaamigag e'nakiimigag naandowechigewinan temigadoon awii naagidowenjigaadeg HIV. HIV naandowechigewin gaawii gowete naadmaagesino bemaadizijig eyaangjig HIV awii mina bimaadiziwaad, dash age bekish nigaasidoon HIV awii bwaa iningaademigag gewe bkaan bemaadizijig.**



Owi woshme gikendamowin, azhaan [Canada.ca/HIV](https://Canada.ca/HIV).

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- Rodger AJ, Cambiano V, Bruun T, Vernazza P, Collins S, van Lunzen J, et al. Mazhiwewin bwaa nikaazang biinda-ojiganan miinwaa niizaanag owi HIV aashowewin gewe bezhig ayaang HIV miinwaa bezhig ayaanzig HIV minwendijig apii owa HIV ayaang wiijikiwen nikaazad gibaakogaademigag antiretroviral mashkikiin nikaazang. JAMA. 2016;316(2):171-181.
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