

# Q/



## ASK THE DOCTOR

You asked and **Dr Vincent Karuhanga** is here to respond to all your questions.

Send your questions to: [hearttoheart@ug.nationmedia.com](mailto:hearttoheart@ug.nationmedia.com)

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# I have been HIV positive for three years now but my wife has always tested negative. She now has a 2-year-old son who keeps falling sick. Could the baby be HIV positive?

**Oscar**

**Dear Oscar**

HIV transmission commonly happens through unprotected sex, a sick mother infecting her baby when in the womb or when breastfeeding it or through infected blood transfusion.

In some cases, a man or woman may not have yet got HIV infection from a sick sexual partner in what is called discordant couples but continuing to have unprotected sex is likely to lead to infection of the other partner.

It is likely both of you knew that you were infected but went ahead to have unprotected sex, the reason you got pregnant and had a son.

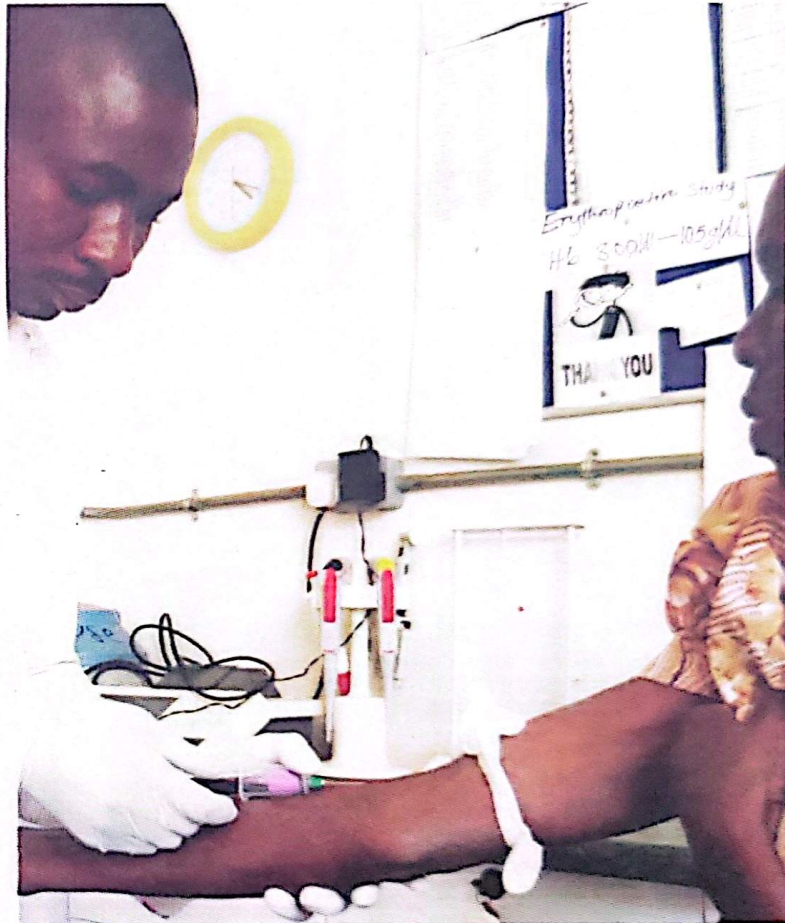
However, it's good that she did not breastfeed the baby even when she was negative because you never know she may have got in-

fectured while breastfeeding.

Breastfeeding if a mother is positive risks the baby infection as well. Many women have HIV positive partners but because of ignorance or poverty, the women cannot refuse having unprotected sex with their sexual partners.

HIV germ is not found in the sperms, and if the mother is actually HIV negative then the son is likely to be HIV negative despite the father being positive. If the mother is HIV positive the son may get the germ during pregnancy, birth or breastfeeding.

You need to visit an HIV counsellor or your doctor to counsel you more about preventing your wife from getting HIV infection from you since it might be mere luck that she is still not getting HIV infection despite unprotected sex.



Can a woman get pregnant when I had intercourse with her during her period?  
**SK**

**Dear SK,**

Though it is rare, it can happen especially if a woman has a short cycle and stays longer in periods. When a woman starts a period, she is expected to start the next period after 21-35 days. The normal period may last between three-five days or two to seven days without health issues.

Since a woman ovulates 14 days to the next period, taking seven days in periods means she is likely to ovulate on the day of the last period. Given that sperms can stay alive for two to five days in the fallopian tubes, then a woman can get pregnant while in her period.

Sometimes women may have irregular periods and not know their normal periods and may get pregnant having intercourse in their abnormal periods. Also, at ovulation, women may have a day or two of light periods. Playing sex then will lead to pregnancy.

Some women, if not interested in sex may use tomato sauce to deceive their partners that they are menstruating. However, given that at ovulation many women get a big urge to have sex, they may not resist the presence of tomato sauce and play sex. Then they will more easily get pregnant.