

Tanzania AIDS Week in Review



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U.S. Ambassador Alfonso E. Lenhardt with Zanzibar President Dr. Ali Mohamed Shein, other government officials and warehouse staff to launch the new Central Medical Stores warehouse funded by the United States Agency for International Development (USAID) and the Danish International Development Agency (Danida) in Zanzibar on January 6, 2013.

American People Partners with Danish Development Agency to Modernize Central Medical Warehouse in Z'bar

THE U.S. Ambassador to Tanzania Alfonso E. Lenhardt attended the opening ceremony of the new Central Distribution Warehouse in Stonetown, Zanzibar.

The event was also attended by Guest of Honor, His Excellency President of Zanzibar Dr. Mohamed Shein, Second Vice President, Ambassador Seif Ali Iddi, Deputy Minister of Health, Dr. Sira Ubwa Mambo, and other senior Zanzibari officials.

This state-of-the-art structure was funded by the American people through the United States Development Agency (USAID) through the President's Emergency Plan for AIDS Relief (PEPFAR) and the Danish International Development Agency (Danida).

The USD \$1.4 million venture increases the warehouse area of the Central Medical Stores (CMS) by 552 percent. In addition to increasing its physical space, warehouse management training is being provided to all Central Medical Stores

staff. Continued support will be provided by a Supply Chain Management Advisor to be based at the Zanzibar Central Medical Store to provide technical and inventory management assistance.

In his remarks at the opening ceremony, President Shein thanked the American people and Danida for their support to Zanzibar's health sector. Ambassador Lenhardt addressed guests by saying:

"It is essential to the United States that Zanzibar has the tools to successfully manage health treat-

ment for its citizens, starting from having the right health commodities on hand to be able to provide the high quality care that Zanzibar's deserve.

Because of this, the American people's substantial commitment to the supply chain system will ensure lifesaving commodities are available to all of Zanzibar's residents."

The old warehouse's size and location did not meet standards for the effective management of the medical commodity supply chain with inventory restrictions and failed to meet good warehouse practices.

It was therefore recommended to construct a prefabricated structure which is now fully equipped with a computerized inventory system, air conditioning, security systems, racking, material handling, and spanning 1,050 meters.

USAID is proud to have partnered with Danida to continue to support the government of Zanzibar and the supply chain system that ensures access to health solutions for all Zanzibari residents.

Source: U.S. Embassy, Tanzania

Our Vision:

A recognized strong media association in and out the country that can bring about enhanced and effective HIV and AIDS media coverage and contribute to a reduction of the spread of HIV in Tanzania

Nusu ya watu hawajui kutumia kondomu

NUSU ya watu wanaotumia kondomu kwa ajili ya kujikinga na mimba ama magonjwa ya zinaa, hawajui namna ya kuitumia mipira hiyo, utafiti umeleza.

Utafiti huo mpya ulifanywa na Dk Stephanie Sanders wa Taasisi ya Kinsley inayohusika na Utafiti wa Masuala ya Jinsia, Jinsi na Uzalishaji katika Chuo Kikuu cha Indiana.

Kwa mujibu wa utafiti huo uliofanywa katika nchi 14 ikiwamo Tanzania katika kipindi cha miaka 16 iliyopita kuanzia mwaka 1995 hadi 2011, watu wengi wamekuwa wakifanya makosa kwa namna mbalimbali katika kutumia kondomu ikiwamo uvaaji.

“Makosa yanayofanywa mara kwa mara na watumiaji wa kondomu ni pamoja na kuingiza kinga hiyo nusu katika uume wakati wa ngono au kuitoa kabla tendo hilo halijamalizika au kusubiri mpaka isinyae,” imesema sehemu ya utafiti huo.

Makosa mengine ni kutoacha nafasi katika ncha ya kondomu kwa ajili ya mbegu za kiume na kuzifungua vibaya katika pakiti yake.

Jambo hilo linalosababisha kucha kuzitoboa na hatimaye kupitisha mbegu au majimaji kwenda kwa mwanamke,” umeleza utafiti huo.

Utafiti huo umeonyesha kuwa makosa mengine ni kuigeuza kondomu ndani-nje, kuihifadhi katika sehemu isiyostahili na kurudia kuitumia katika tendo lingine la ngono.

Kuivua vibaya: Asilimia 57 ya watu waliohojiwa, walikiri kuvua kondomu kimakosa baada ya tendo la ngono. Kati yao asilimia 27 walikuwa wanawake na asilimia 31 ni wanaume.

Pamoja na makosa hayo ya uvaaji wa kondomu, watafiti nchini India wanatarajiwa kufanya utafiti mwingine mkubwa kuhusu suala hilo kubaini sababu yake. Watafiti hao waliamua kufanya



Kondomu ya Kiume na ya Kike

uchunguzi baada ya kubainika kuwapo kwa wanaume ambao maumbile yao ni makubwa au madogo kuliko mipira hiyo ya kiume.

Hata hivyo, kondomu zinazopatikana nchini Tanzania hazitofautiani ukubwa.

Dk Sanders alisema makosa yanayofanywa wakati wa kutumia mipira hiyo yanachochewa na watumiaji wenyewe na kusekana kwa msisitizo wa elimu ya namna ya kuzitumia kondomu hizo kutoka kwa watengenezaji au taasisi za Ukimwi.

Makundi tofauti yalijumuisha wa katika utafiti huo wakiwemo wanandoa, wafanyabiashara ya ngono na wanafunzi wa vyo.

Kati ya asilimia 17 na 51.1 ya watu walioulizwa maswali katika utafiti huo walikiri kuwa huingiza kondomu nusu katika uume wakati wa tendo la ngono.

Dk Sander alisema: “Kuvaa kondomu nusu uume hakuzui maambukizi kwa sababu majimaji huwepo wakati wote wakati wa kitendo hicho na si wakati mwanamume au mwanamke anapomwaga mbegu zake tu.”

Matokeo mengine yalionyesha kuwa kati ya asilimia 1.5 na

24.8 ya watu waliowahi kufanya mapenzi kwa kutumia mipira walikiri kuchelewa kuvua mipira hiyo wakati wa tendo.

Aidha, ulibainisha kuwa zaidi ya asilimia 25.3 walikosea kuvaa kondomu kwa kuikunjua kabla ya kuivaa badala ya kufanya hivyo inapoingizwa katika uume.

Zaidi ya nusu ya watumiaji hao walikiri kuwa walishindwa kuacha nafasi katika ncha au chuchu ya kondomu ambapo mbegu hutakiwa kukaa.

Kati ya asilimia nane na 40.7 walisema wamewahi kukumbana na mkasa wa kondomu kupasuka katikati ya tendo hilo.

“Utafiti wa kina zaidi unahitajika kufanyika katika nchi zinazoendelea kwa sababu huko tuligundua tatizo la kutumia mara mbili kondomu hasa kutokana na umaskini na elimu duni,” alisema Dk Sander.

Utafiti huo ulisema matangazo mengi ya kondomu yanajikita katika kueleza ubora wa kinga hiyo na kusahau kuonyesha matumizi sahihi na salama.

Kauli ya Tacaids

Kaimu Mkurugenzi wa Tume ya Kudhibiti Ukimwi (Tacaids), Dk Morris Lekule amekiri tatizo

hilo na akaeleza kuwa kama jitihada za makusudi hazitafanyika kubadili tabia za watu, hili ni janga kwa nchi zinazoendelea.

Aliambia Mwananchi jana kuwa Watanzania wengi hawajui matumizi sahihi ya mipira hiyo na kuna uzembe katika kulishughulikia suala hilo katika ngazi ya kitaifa.

“Hiyo ni kweli kabisa. Wengi hawajui kutumia mipira ya kiume na ni jambo muhimu watu waelimishwe, uzembe ni wa hali ya juu sana,” alisema Dk Lekule.

Alisema kazi ya Tacaids ni kufanya tathmini ya kondomu zinavyosambazwa maeneo mbalimbali nchini na kudhibiti kiasi kinachotakiwa. Haijijuhishi na kufuatilia namna zinavyotumika.

“Kutumia kondomu ni muhimu, lakini matumizi salama ni muhimu zaidi hasa katika nchi zinazoendelea,” alisema Dk Lekule.

Wasemavyo watumiaji

Musa Makyao Mkazi wa Tabata jijini Dar es Salaam alisema anayafahamu baadhi ya mambo muhimu ya kuzingatia wakati wa kuvaa mipira ya kiume, lakini alisahau kuzingatia wakati wa kuvua.

Yohana Ibrahim, ambaye yeye hutumia kondomu kama njia ya uzazi wa mpango alikiri kuwa kondomu iliwahi kupasuka wakati wa tendo la ndoa.

Mary John, mkazi wa jijini Dar es Salaam alisema yeye havi kondomu, huhakikisha kuwa anamvalisha mwenza wake kabla ya tendo, lakini huwa hazingatii kanuni za matumizi salama ya mipira hiyo.

Shirika la Afya Duniani (WHO) linathibitisha kuwa kondomu inaweza kuzuia mimba na magonjwa ya zinaa kwa asilimia 98, imebainishwa kuwa watumiaji wengi wa mipira hiyo hawaitumii ipasavyo jambo linalosababisha maambukizi ya virusi vya Ukimwi, mimba na magonjwa mengine ya zinaa.

Charzo: Mwananchi

UTAFITI mpya wa kitabu umebaini kuwa saratani ya shingo ya kizazi, inasababishwa pamoja na mambo mengine na ngono kama ilivyo kwa ugonjwa wa Ukimwi, madaktari bingwa wa magonjwa ya maradhi hayo wamesema.

Hayo yalielezwa na daktari bingwa wa uchunguzi wa magonjwa katika Kitengo cha Patholojia katika Hospitali ya Taifa Muhimbili, Dk Henry Mwakyoma na Daktari Bingwa wa Magonjwa ya Saratani katika Taasisi ya Saratani ya Ocean Road, Dk Crispin Kahesa.

Madaktari hao wametaja mambo mengine yanayoweza kusababisha saratani ya shingo ya kizazi kuwa ni kujiingiza kwenye mapenzi katika umri mdogo, kuolewa mara nyingi, kuwa na wapenzi wengi, kusafisha sehemu za siri kwa bidhaa zenye kemikali na kuzaa mara nyingi.

Katika kiwango cha kimataifa, wastani wa mwanamke kuzaa bila kuwa katika hatari ya kupata ugonjwa wa saratani, ni watoto wanne.

Dk Mwakyoma alisema saratani ya shingo ya kizazi inatokana na aina 40 ya virusi, aina mbili ikiwa ni virusi vinavyosambaa kwa njia ya ngono.

“Human papilloma virus (HPV) Squamous cell carcinoma kirusi namba 16 na Adenocarcinoma namba 18, ni kati ya virusi

Ngono inasababisha saratani ya kizazi

40 vinavyosababisha saratani ya kizazi na vyenyewe vinachangia tatizo hilo kwa asilimia 70.”

Alisema saratani ya uzazi ndiyo inayoongoza ikilinganishwa na nyingine nchini na asilimia 80 ya wagonjwa, wameambukizwa kwa ngono.

“Saratani hiyo husambaa kwa ngono kutoka mwanamke mmoja kwenda kwa mwingine. Mwanamke mwenye saratani ya kizazi akifanya ngono, mwanamume huchukua virusi na kumwambukiza mwingine atakayefanya naye ngono,” alisema na kuongeza:

“Wagonjwa wengi na wale ambao tayari wana maambukizi, wamekuwa wakikutwa na virusi hawa wa aina mbili ambao wamekuwa wakienezwa zaidi kwa njia ya zinaa. Inawezekana mwanamume akawa ametoa kirusi kwa mwanamke mmoja kwenda kwa mwingine.”

“Hata hivyo, kuna wanaume ambao tayari wameshakuwa na maambukizi ya HPV wanatembeka na virusi, hawa tunawaita (high risk sexual male partner) wanaume hawa utakuta kila akioa mke anakufa kwa saratani ya shingo ya uzazi, lakini kamwe virusi hao hawawezi kumwathiri yeye.”

Alisema kuanza ngono mapelema nako kunachangia kwa kiasi kikubwa maambukizi ya saratani hiyo, kwani binti anakuwa katika hatari zaidi ya kupata maambukizi mapema na hivyo kuweza kumwathiri mapema zaidi, tofauti na yule aliyeanza baadaye.

“Idadi kubwa ya wanawake wamekutwa na saratani mapema sana, ukilinganisha na umri wao, lakini wengi wao wamekuwa wakikutwa na ugonjwa huu kuanzia umri wa miaka 35 kwenda juu. Hii inamaanisha kuwa walipata maambukizi hayo walipokuwa na miaka 20-25.”

Dk Mwakyoma alisema licha ya hivyo mgonjwa anaweza asitambue tatizo hilo mpaka miaka 10 hadi 15 baadaye ambapo tatizo linajitokeza hadharani.

Unapopata maambukizi ya HPV inakuchukua muda mpaka kujulikana, kwa kawaida mwanamke anaishi miaka 10 hadi 15 na baadaye anagundulika na tatizo hili, lakini itategemea na kushuka kwa kinga zake.

Kama ikitokea hapo katikati ukajitokeza ugonjwa mwingine kama HIV basi saratani nayo itajitokeza.”

Alisema utafiti walioufanywa Septemba 2011 kuhusu tatizo la HIV na saratani ya shingo ya

uzazi unaonyesha kuwa idadi kubwa ya wanawake waliokuwa na maambukizi ya HIV na CD4 ziliposhuka tu, saratani ya kizazi nayo iliibuka, hiyo inamaanisha kuwa tatizo hilo ni kubwa tofauti na linavyodhaniwa.

Dk Kahesa kwa upande wake alisema virusi vya HPV huambukizwa kwa mwanamke moja hadi mwingine, pale mwanamume anapofanya tendo hilo na mwanamke mwenye maambukizi na kwenda kufanya tendo hilo na mwanamke mwingine.

Kinga

Madaktari hao wameeleza kinga ya maradhi hayo kuwa ni pamoja na matumizi ya kondomu na uaminifu wa wapenzi katika uhusiano wao.

Naibu Waziri wa Wizara ya Afya na Ustawi wa Jamii, Dk Seif Rashid alitoa wito kwa Watanania kujijengea tabia ya kupima mara kwa mara ili kubaini maambukizi mapema.

Alisema ongezeko la watu wanaouguua saratani ya shingo ya uzazi imetokana na ongezeko kubwa la watu, ikiwa ni pamoja na tabia ya kuchangia ngono kwa wapenzi.

Alisema chanjo ya saratani ya shingo ya uzazi inayotarajiwa kuanza kutolewa kwa mabinti wa miaka tisa mpaka 12 baadaye mwaka huu, ni moja ya juhudi ya Serikali katika kupambana na ugonjwa huo

Chanzo: Mwananchi

Groundbreaking vaccine research reveals more clues about HIV

The only HIV vaccine trial to achieve moderate success took place four years ago, yet it continues to reveal new information about the virus and renew hopes for a future vaccine.

In 2009, researchers released the findings of a six-year HIV

vaccine study carried out in Thailand known as RV144. Conducted among 16,000 HIV-negative men and women, the trial found that HIV infection rates were 31 percent lower among participants who received the vaccine than in those who had not. It was an encouraging protection rate, but short of the minimum 50 percent prevention rate

required to slow the epidemic, which afflicts an estimated 34 million people worldwide, according to researchers at Duke University in the US.

Now, researchers say they have a better understanding of why the vaccine might have worked - and possible new targets for future vaccines.

Released in a recent edition of

the journal *Immunity*, the study found that the vaccine prompted an immune response from four different antibodies. Researchers from Duke University, the US Military HIV Research Programme and the Thailand Ministry of Public Health used data collected from three of the trial's participants to determine that these antibodies worked on an important site on the surface of HIV-infected cells.

These antibodies essentially marked infected cells for death

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Arusha ARV plant sued over 8bn/- debt

BARCLAYS Bank Tanzania Limited has filed a suit against the Tanzania Pharmaceutical Industries Limited and three other individuals, including the company's Managing Director, Ramadhani Madabida, demanding repayment of over 8bn/- loan

Madabida is also CCM's Dar es Salaam Regional Chairman. Other defendants in the suit that has been set for mention before Judge Kassim and Nyangarika of the High Court's Commercial Division on February 12, this year, are Salum Shamte and Zarina Madabida, who are alleged to have guaranteed the company to secure the loan.

According to the plaint of the suit lodged by the bank through Kesaria and Company Advocates, the company, as principal borrower has failed to repay the loan by their due dates or at all.

According to the document of claims, as of November 8,



Tanzania Pharmaceutical Industries Limited's Managing Director, Ramadhani Madabida

2012, the debt stood at US dollars 4,551,492.86 (the term loan), US dollars 74,294.86 (outstanding letter of credit) and unauthorized overdraft of 10,501,993/-.

The document further indicates that the debt also includes US dollars 307,825.49 in interest accrued up to November 8, 2012 and another US dollars 45,631.254 being an outstanding default interest.

"Despite previous demands and reminders for repayment of the indebtedness (agreement on debt) the defendants have failed and, or neglected to honour their obligations to the plaintiff," the plaint of the suit further reads.

On diverse dates between 2002 and 2008, the bank allegedly availed credit facilities to the company for different

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Weekly quotable quotes!!

We have continued with our efforts on the prevention of adolescent early pregnancies especially for the young girls who are in secondary schools. We have partnered with Engender Health Acquire on the establishment of community clubs aimed at educating society regarding its responsibility to protect children from early pregnancies and HIV/AIDS infections," Mama Salma Kikwete at end of the year's Sherry Party.

VICHOCHEO VYA MAAMBUKIZI

- Majumba ya video
- Picha chafu za ngono
- Kipatokidogokwawanafamilia kinachopelekea biashara ya ngono
- Unywaji wa pombe na vileo vingine
- Kutetereka kwa ndoa
- Mila Potofu
- Tabia ya kufunga ndoa bila kupima

SOURCE: Advocacy and Communication Department, TACAIDS

HIV FACTS AND STATISTICS IN TANZANIA

- The 2007-08 Tanzania HIV and Malaria Indicator Survey (THMS) included HIV testing of over 15,000 men and women. According to the survey, 5.7% of Tanzanians age 15-49 are HIV-positive.
- HIV prevalence is higher among women than men in both urban and rural areas. Urban residents are almost twice as likely as rural residents to be HIV positive.
- Women get infected earlier than men. For women, prevalence increases with age until it reaches a peak at age 30-34 (10.4%). The peak for men occurs between ages 35-39 (10.6%).
- Tanzania's HIV prevalence has declined slightly in recent years. The current HIV prevalence rate is 5.7%, with 6.6% for women and 4.6% for men. By contrast, the 2003-04 Tanzania HIV Indicator Survey (THIS) found an overall HIV prevalence of 7.0%, with 7.7% for women (6,000 tested) and 6.3% for men (4,900 tested). These results show a statistically significant decline in HIV prevalence among men but not among women.
- HIV prevalence is highest in Iringa (16%), Dares Salaam, and Morogoro (9% each). Infection rates are lowest in Zanzibar (less than 1%).

Drivers of the epidemic

1. Promiscuous sexual behaviour
2. Intergerational sex
3. Concurrent sexual partners
4. Presence of other sexually transmitted infections such as herpes simplex x 2 virus.
5. Lack of knowledge of HIV

transmission

Contextual factors shaping the epidemic in the country

1. Poverty and transactional sex with increasing numbers of commercial sex workers
2. Men's irresponsible sexual behaviour due to cultural patterns of virility
3. Social, economic and political gender inequalities including violence against women
4. Substance abuse such as alcohol consumption
5. Local cultural practices e.g. widow cleansing
6. Mobility in all its forms which leads to separation of spouses and increased establishment of temporary sexual relationships
7. Lack of male circumcision

SOURCE: TACAIDS

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WAMA and Engender Health Acquire partner to protect girls from HIV/AIDS

WANAWAKE na Maendeleo (WAMA), a non-governmental Organization, in partnership with Engender Health Acquire are establishing community clubs to educate the society to protect girls' children from early pregnancies and HIV/AIDS infections.

Speaking at the annual get-together Sherry Party at the end year 2012's diplomatic party, the First Lady Mama Salma Kikwete told Wives of Ambassadors and Diplomats in Dar es Salaam that establishment of community clubs would help parents protect girl children from early pregnancies and HIV/AIDS infections

The diplomatic party is marked yearly by the First Lady to invite wives of foreign ambassadors working in Tanzania to share views and chart out end-of-the year's performances and welcome the new Year.

"We have continued with our efforts on the prevention of adolescent early pregnancies especially for the young girls who are in sec-



The First Lady, Mama Salma Kikwete

ondary schools. We have partnered with Engender Health Acquire on the establishment of community clubs aimed at educating society regarding its responsibility to protect children from early pregnancies and HIV/AIDS infections." She said. She further said that the project would assist advocate on the need for parents to prioritize education for their children.

"We have also continued with PMTCT program through a spe-

cial campaign named "Save the Unborn Child" in which we are partnering with Colombia University's ICAP Project,

Elizabeth Glaser Pediatric AIDS Foundation (EGPAF) to implement a major community advocacy program for the Prevention of Mother to Child HIV infections" she added.

She reminded the invited guests that during the previous similar gathering, she shared with them

her vision which included her intention to increase education opportunities to the girl child.

"I also spoke about contributing to the reduction of Maternal Mortality by improving Maternal and Child health as well as contributing to Women's Economic Empowerment and assisting Orphans and other vulnerable children" Mama Salma said.

She said she was pleased WAMA foundation had made strides towards realization of its vision. The WAMA Foundation, she added, continues to place women and development high on its agenda, adding that it was grateful for the support and cooperation it was receiving from partners and stakeholders.

"We are particularly impressed with the efforts of the government of United Republic of Tanzania in giving deserved attention to maternal and child health and the whole question of women's rights and welfare in Tanzania" the First Lady added.

She said WAMA was looking forward to complimenting government efforts in addressing maternal and child health, women's rights and welfare of the needy and underprivileged women and girls who have not yet been reached.

Source: Perege Gumbo

Arusha ARV plant sued over 8bn/- debt

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amounts in the form of overdrafts, performance bonds, letters of credit, bank guarantees and indemnities and term loans. Subsequently, the plaintiff of the suit states, in 2009, 2010 and 2011, the facilities were varied on, or amended as agreed by the parties.

The bank alleges that Tanzania Pharmaceutical Industries Limited is liable for payment of the amount as principal borrower while other three defendants are jointly and severely answerable to Barclays bank with the company pursuant to their obligations under their respective personal guarantees.

It is, therefore, requesting the court to enter judgment in its favour on the claims, interest on the amount accruing at the rate of 12 per cent from November 8, 2012 until judgment or sooner payment and other interest on the decretal sum at the rate of seven per cent per annum post-judgment.

Source: Daily News

Groundbreaking vaccine research reveals more clues about HIV

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by natural killer cells, part of the body's immune response.

The research could change the way future HIV vaccines are designed.

According to study co-author and Duke Human Vaccine Institute director Barton Haynes, the findings show the importance of often ignored "variable" sites on the surface of infected cells for vaccine research. Traditionally, most researchers have shied away from pinning their hopes on such sites because they differ across strains of HIV, he said.

He cautions, however, that re-

searchers cannot say for certain this kind of immune response was the reason behind the Thai trial's limited success.

This study follows similar results from South African research that may have identified yet another novel vaccine target. The South African research looked at broadly neutralizing antibodies that target and bond with specific sugars, blocking the virus from infecting healthy cells. According to Haynes, an ideal HIV vaccine candidate would be able to induce both types of immune responses.

Source: PlusNews