

Mother-to-Child Transmission of HIV in India

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Editorial

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INTRODUCTION

Mother-to-child transmission (MTCT) is the primary route of HIV infection in children. Without intervention, transmission rates can be as high as 30–45%. India has adopted the Prevention of Parent-to-Child Transmission (PPTCT) program to reduce MTCT rates [1].

PPTCT Program

HIV testing during antenatal care, provision of lifelong ART to HIV-positive pregnant women, and safe delivery practices are central components of PPTCT. Studies show MTCT rates have declined to below 5% in many states [2]. Exclusive breastfeeding with maternal ART is also recommended to balance infant nutrition with reduced risk of HIV transmission [3].

CHALLENGES

Barriers include inadequate antenatal care coverage, stigma, and lack of follow-up testing for infants [4]. Innovative community-based interventions are helping improve PPTCT service uptake.

CONCLUSION

Strengthening antenatal testing and ART coverage is essential to achieve the goal of eliminating pediatric HIV in India.

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