



Asian Pacific Journal of Tropical Medicine

journal homepage: www.apjtm.org



doi: 10.4103/1995-7645.268165

Impact factor: 1.77

An update on HIV in transgenders of Pakistan

Aisha Khan¹, Qudsia Rasib¹, Sajida Riaz¹, Isthiaq Ali², Naveeda Riaz³, Muhammad Sohail Afzal⁴, Muhammad Asif Gondal¹, Haroon Ahmed¹✉

¹Department of Biosciences, COMSATS University Islamabad (CUI), Islamabad, Pakistan

²Department of Microbiology, Quaid-i-Azam University, Islamabad, Pakistan

³Department of Biotechnology, International Islamic University (IIUI), Islamabad, Pakistan

⁴Department of Life Sciences, University of Management & Technology (UMT), Lahore, Pakistan

Objective: HIV is a worldwide contagious disease and recent emergence in transgenders reflecting the alarming situation in Pakistan. Transgender people are one of the most affected groups by the HIV epidemic and are 49 times more likely to be living with HIV than the general population. HIV is an emerging disease in Pakistan. Transgender people in Pakistan often face legal, economic, social and religious exclusion. Even though research on HIV/AIDS has conducted since several years ago, still we have a little knowledge about HIV in transgender people. This study aims to investigate the current status of HIV infection among Pakistan transgender population. **Methods:** Overall cases of HIV in 2017 were retrieved from all four provinces of Pakistan by using all available published data. **Results:** In 2017, totally 66 264 positive HIV cases were reported in transgenders from Punjab ($n=52\ 656$), Sindh ($n=13\ 596$) and KPK ($n=22$) provinces of Pakistan. In Sindh province majority of the patients were from Karachi ($n=9\ 123$) followed by Hyderabad ($n=1\ 062$), Sukkur ($n=1\ 609$), Larkana ($n=1\ 130$), Mirpurkhas ($n=289$) and Nawabshah ($n=383$), respectively while in Khyber Pakhtunkhwa (KPK), the number of HIV/AIDS transgender patients increased up to 450, out of which 22 cases were registered under provincial AIDS control program in 2017. **Conclusions:** More efforts by international agencies are needed to combat HIV among transgender communities in Pakistan. Government and NGOs should collaborate to find some strategies for control and prevention of HIV. Social and human rights activists should help and encourage them mainly at the point where their legal rights are not respected. Transgender communities and health department should go hand in hand. Initiatives should be taken to link social justice, human rights, health and advocacy to prevent HIV among transgender in near future.

Keywords: HIV; Update; Transgenders; Pakistan

Article history:

Received 19 September 2019

Received in revised form 25 September 2019

Accepted 28 September 2019

Available online 7 October 2019

✉Corresponding author: Haroon Ahmed, Department of Life Sciences, University of Management & Technology (UMT), Lahore, Pakistan.

E-mail: haroonahmed@comsats.edu.pk; haroonahmad12@yahoo.com

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.

For reprints contact: reprints@medknow.com

©2019 Asian Pacific Journal of Tropical Medicine Produced by Wolters Kluwer- Medknow. All rights reserved.

How to cite this article: Khan A, Rasib Q, Riaz S, Ali I, Riaz N, Afzal MS, et al. An update on HIV in transgenders of Pakistan. Asian Pac J Trop Med 2019; 12 (Suppl 1): 21.