

Death is the thing most people fear the most. I myself however do not, death can mean a lot of things. To me death is a restraint on life, a barrier which holds people from living life to its fullest. I hate being restrained, being set boundaries. However death also deserves respect, because if you do not respect death, you die, literally!

What causes death? Well, there are a lot of things that cause death. Disease, old age, Natural and un-natural occurrences, and suicide. The focus of this essay is to tell my views on the leading cause of death. What is the leading cause of death? I believe it is AIDS.

AIDS, Acquired Immune Deficiency, is the disease that renders the body's immune system unable to resist invasion by several microorganisms that cause serious infections. AIDS is transmitted by blood, through intimate sexual contact, from infected mothers to their babies in the uterus, and perhaps through infected mother's milk.

Currently there is no cure for AIDS, however research is showing hopeful signs. Research has made breakthroughs the past years and have come up with ways to slow things down, but not cure AIDS.

There are many ways to prevent AIDS. I believe the leading way is abstinence. No sex until your sure of your sexual partners past sexual history should you consider sex. If you must have sex then have safe sex. Safe sex includes using any instrument or object which does not allow bodily fluids to be exchanged. Preventing AIDS is something we all can do. No one is forced to have sex (unless raped), no one is forced to do drugs with infected needles and no one wants it, so people should get smart and wake up! AIDS, say it, think it over in your head, AIDS will kill people, and AIDS will kill you.

Death and AIDS go hand in hand. However we all must be optimistic for the future of everyone. As well as being optimistic one must be understanding for all those who have AIDS, we are only human.

