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I graduated as a nurse from Colombia's Universidad del Valle, and currently work in the HIV/AIDS area within the health promotion group PROMESA, which is based in the university's nursing school. I am particularly drawn and sensitive to the topic of sexual and reproductive health, especially HIV/AIDS, because, as a young woman, it is sad for me to see how this disease seems to be winning because of our carelessness, lack of knowledge or feelings of being vulnerable to it. During my last year of pregraduate studies, I conducted research on protective and risk factors for middle and upper-class women in Cali, as a complementary work to the previous "Amanecer" study, which sought the same variables in women from lower socioeconomic levels. This study, conducted along with excellent researchers, teachers and classmates from my school, was titled "HIV/AIDS Risk in Women: Not a Question of Class," and was presented during the 2003 National Nursing Research Seminar in Manizales, where we came in second place.

I'm currently working as a nurse in the Promotion and Prevention area of the Sexual and Reproductive Health program conducted by the Boehringer Ingelheim Laboratory, a privately funded multinational organization that offers free programs such as the one I just mentioned to schools, universities, businesses and the general public throughout Colombia. Programs such as the one I work for, which provides sexual and reproductive health tools to users while simultaneously positioning products as a sort of social educational publicity campaign, are key components of the fight against VIH/AIDS in countries where there is a great need, but investment in sexual health education strategies is lacking. I'd like to invite anyone, whatever their job post or position, some with greater power, means and resources than others, to motivate, sensitize and have an impact on the minds and hearts of those at risk for HIV infection, meaning EVERYONE, because HIV/AIDS does not discriminate and has no mercy. Even though our efforts may seem small, they will be one more grain of sand on the beach of this immense ocean we all live in.