

# Abordando la prevención de la infección por VIH: desde la educación sexual a la PrEP

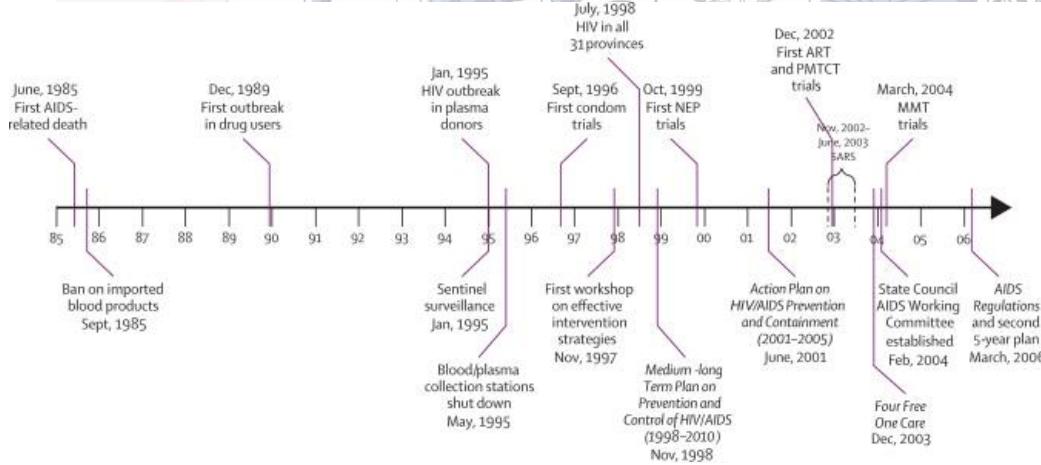
*“Dime y lo olvido,  
Enséñame y lo recuerdo,  
Involúcrame y lo aprendo”  
B. Franklin*

Alejandro Bertó Moran  
[gerencia@adharasevilla.org](mailto:gerencia@adharasevilla.org)

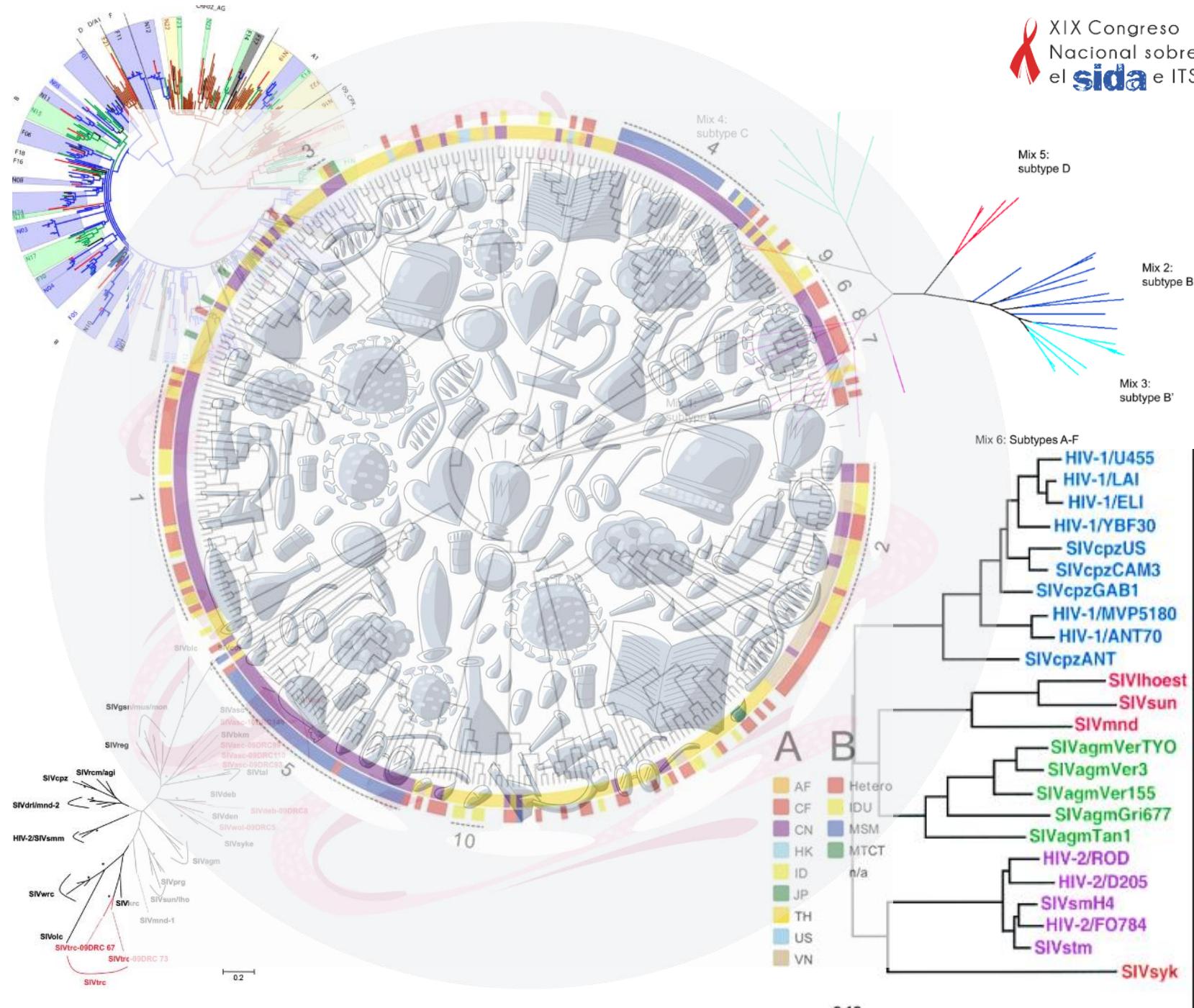
# INTRODUCCIÓN



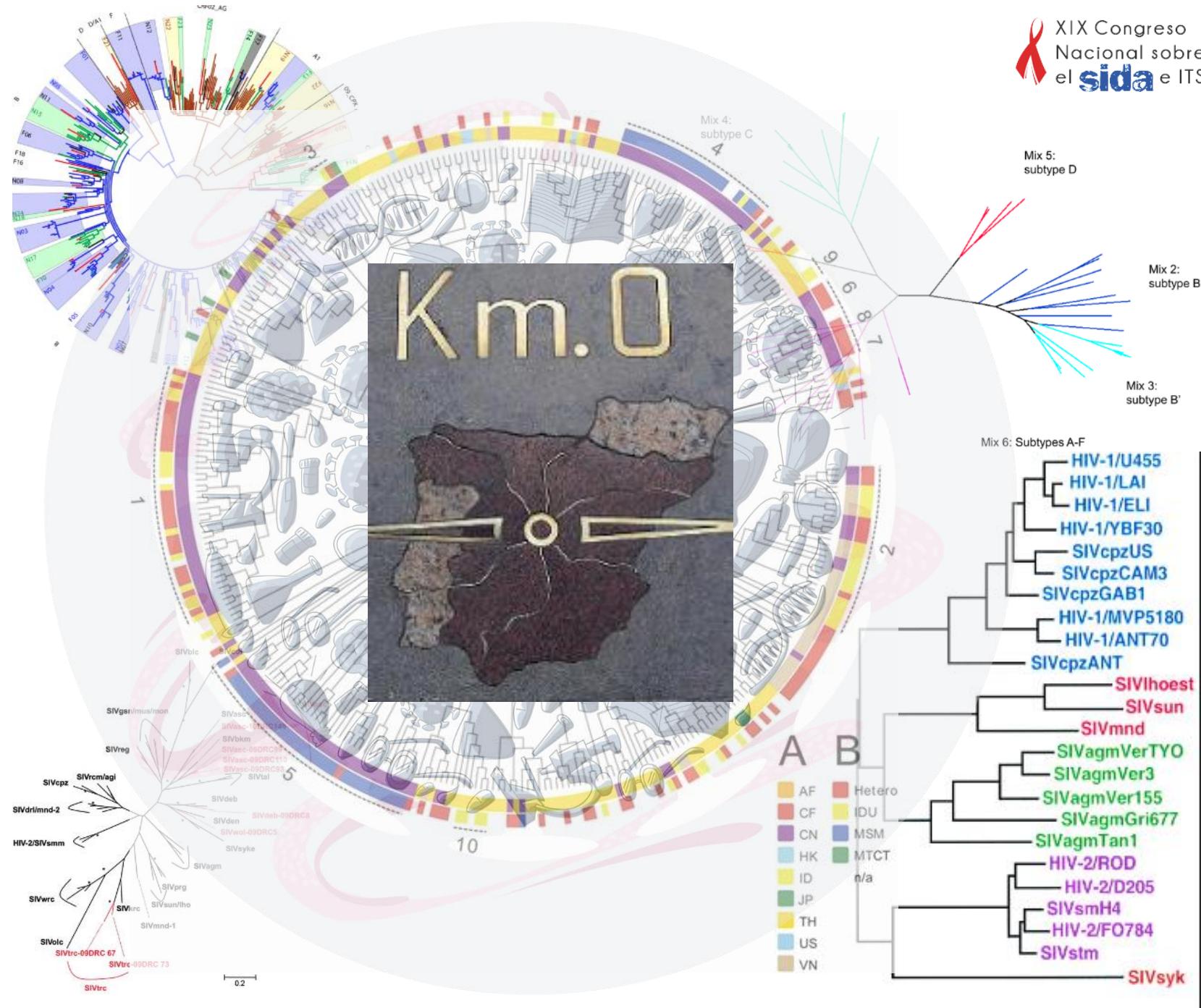
# INTRODUCCIÓN



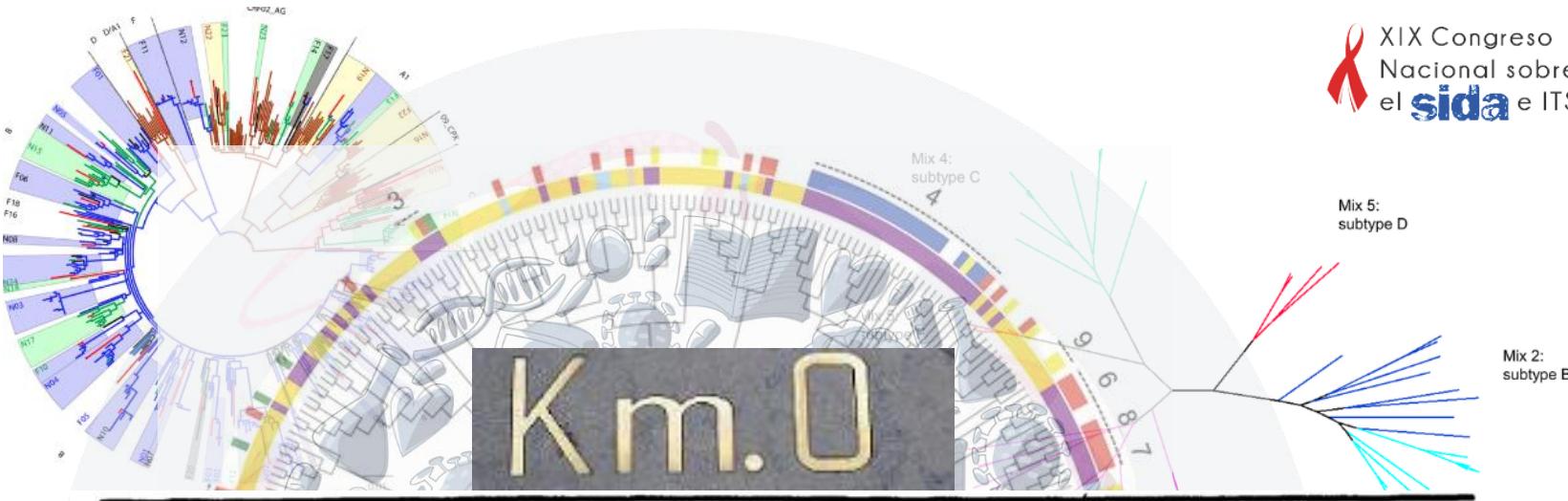
# INTRODUCCIÓN



# INTRODUCCIÓN



# INTRODUCCIÓN



## AIDS Virus Identified

The Centers for Disease Control in Atlanta has announced that the virus

Health, say that HTLV-3 closely resembles the virus isolated by Gallo in 1980.

have made concerted efforts to pass on to individuals what is known that might help prevent contracting AIDS," "With a little help from the hard-pressed efforts will be more effective." Who gets the credit for discovery of HTLV-3, even the gets the importance of identification of human lymphoma virus (HTLV) foundation. "Without it wouldn't have been any strew," said a French researcher. After the identification of HTLV began to wonder if between HTLV and AIDS victims were less. Because AIDS is spread in the same way as Hepatitis—through dirty needles, and that a virus was AIDS. AIDS patients have a subnormal level of white blood cells attacked by HTLV. Tragically, by the prevalence of AIDS among Haitians; HTLV is prevalent throughout the Caribbean and South America.

and his colleagues had found evidence of HTLV, which they which was found in

one-third of AIDS victims. A more prevalent sampling was found of an enzyme which indicates the presence of a retrovirus. HTLV is a retrovirus. Further research, including preservation of T-cell samples which were being destroyed by the virus nearly as soon as it appeared, resulted in the isolation of HTLV-3.

Gallo believes that HTLV-3 is a derivative of HTLV, which was apparently born in Africa. The slave trade then brought the virus to the Caribbean and southern Japan, where HTLV-associated cancers are commonly found. Gallo thinks that the HTLV-3 strain evolved in Africa, where isolated communities resulted in limited attention being given to diseases like AIDS or cancer. Kaposi's sarcoma, a skin cancer associated with AIDS, has been prevalent in central Africa for decades. According to Belgian Dr. Peter Piot, the recently-discovered incidence of AIDS in parts of Africa is "at least as common as it is in the highest-incidence areas of the U.S., like New York and San Francisco."

Immunologist Michael Gottlieb, the first doctor to report a case of AIDS,

continued on page 10



TH  
US  
VN

L

HIV-2/FO784  
SIVstm  
SIVsyk

# 1980 Los Ángeles

**CDC**  
Centers for Disease Control and Prevention

**MMWR™**

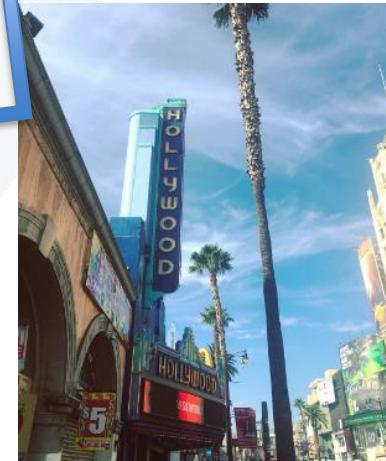
MORBIDITY AND MORTALITY WEEKLY REPORT

Pneumocystis Pneumonia — Los Angeles

In the period October 1980–May 1981, 5 young men, all active homosexuals, were treated for biopsy-confirmed Pneumocystis carinii pneumonia at 3 different hospitals in Los Angeles, California. Two of the patients died. All 5 patients had laboratory evidence of previous or current cytomegalovirus (CMV) infection and candidal infection. Case reports of these patients follow.

Patient 1: A previously healthy 33-year-old man developed P. carinii pneumonia, oral mucosal candidiasis in March 1981 after a 2-month history of fever associated with elevated liver enzymes, leukopenia, and CMV viruria. The serum complement fixation titer in October 1980 was 256; in May 1981 it was 32. The patient's condition deteriorated despite courses of treatment with trimethoprim-sulfamethoxazole, clindamycin, and acyclovir. He died May 3, and postmortem examination showed no evidence of neoplasia.

- Dr. Gottlieb
- HSH joven, sin tto conocido
- PCP
- Inmunodeficiencia acentuada



# 1980 Nueva York

CENTERS FOR DISEASE CONTROL



MORBIDITY AND MORTALITY WEEKLY REPORT

## *Epidemiologic Notes and Reports*

### Kaposi's Sarcoma and *Pneumocystis Pneumonia* Among Homosexual Men – New York City and California

During the past 30 months, Kaposi's sarcoma (KS), an uncommonly reported malignancy in the United States, has been diagnosed in 26 homosexual men (20 in New York City [NYC], 6 in California). The 26 patients range in age from 26-51 years (mean 39 years). Eight of these patients died (7 in NYC, 1 in California)—all 8 within 24 months after KS was diagnosed. The diagnoses in all 26 cases were based on histopathological examination of skin lesions, lymph nodes, or tumor in other organs. Twenty-five of the 26 patients were white, 1 was black. Presenting complaints from 20 of these patients are shown in Table 1.

Skin or mucous membrane lesions, often dark blue to violaceous plaques or nodules, were present in most of the patients on their initial physician visit. However, these lesions were not always present and often were considered benign by the patient and his physician.

July 3, 1981 / Vol. 30 / No. 25

- Epidemiologic Notes and Reports**
- 305 Kaposi's Sarcoma and *Pneumocystis Pneumonia* Among Homosexual Men – New York City and California
  - 308 Cutaneous Larva Migrans in American Tourists – Martinique and Mexico
  - 314 Measles – U.S. Military

• Dr. Alvin Friedman-kien

- 2 HSH jóvenes, sin tto conocido
- Sarcoma Kaposi



# 1980-1981



- Dr. Jeffrey Greene (Bellevue, residente): s. Kaposi + PCP + HSH
- Sandra Ford (Atlanta, CDC): pentamidina para PCP



# 1980 Nueva York

## Homos prone to rare cancer

DOCTORS in New York and California have diagnosed among homosexual men 41 cases of a rare and often rapidly fatal form of cancer.

Doctors who found 20 cases of Kaposi's sarcoma in New York and six cases in California are alerting other physicians who treat large numbers of homosexual men to help identify more cases and to shorten the delay in offering chemotherapy.

Eight of the victims died less than two years after the diagnosis was made.

There is no national registry of cancer victims in the United States. The nationwide incidence of Kaposi's sarcoma in the past had been estimated by the national centres for disease control to be less than six one-hundredths of a case per 100,000 people annually, or about two

cases in every 3 million people, according to a spokesman, Dr. James Curran.

In the US, it primarily has affected men older than 50 years. But in recent months, doctors at nine medical centres in New York and seven hospitals in California have been diagnosing the cases among younger men, all of whom said during diagnostic interviews that they were homosexual.

Many of the patients also have been treated for viral infections such as herpes, cytomegalovirus and hepatitis B, as well as parasitic infections such as amoebiasis and giardiasis. Many patients also reported that they had used drugs such as amyl nitrite and LSD to heighten sexual pleasure.

Dr. Curran said there was no apparent danger to non-homosexuals from contagion.

**THE NEW YORK TIMES,**  
**FRIDAY, JULY 3, 1981**

A20

L

## RARE CANCER SEEN IN 41 HOMOSEXUALS

**Outbreak Occurs Among Men in New York and California — 8 Died Inside 2 Years**

By LAWRENCE K. ALTMAN

Doctors in New York and California have diagnosed among homosexual men 41 cases of a rare and often rapidly fatal form of cancer. Eight of the victims died less than 24 months after the diagnosis was made.

The cause of the outbreak is unknown,

# 1980 Nueva York

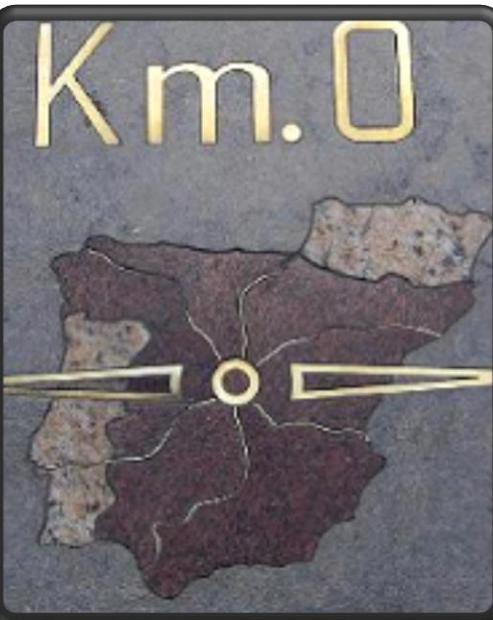
## Homos prone to rare cancer

DOCTORS in New California have diagnosed homosexual men with a rare and often rapidly fatal form of cancer.

Doctors who found Kaposi's sarcoma in four homosexual men and six cases in women, alerting other physicians to treat large numbers of homosexual men to help diagnose the cases and to shorten the time offering chemotherapy.

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million people, spokesman, Dr. Curran said. The victims primarily have been men older than 50 years. In the last 12 months, doctors at hospitals in New York and hospitals in California have been diagnosing the cases among homosexual men, all of whom have had extensive medical histories, including gynaecological, dermatological, and oncological evaluations. All patients also have evidence of viral infections, particularly cytomegalovirus and herpes simplex, as well as immunological abnormalities such as lymphocytopenia and cardiasis. Many

patients also reported that they had used drugs such as amyl nitrite and LSD to heighten sexual pleasure.

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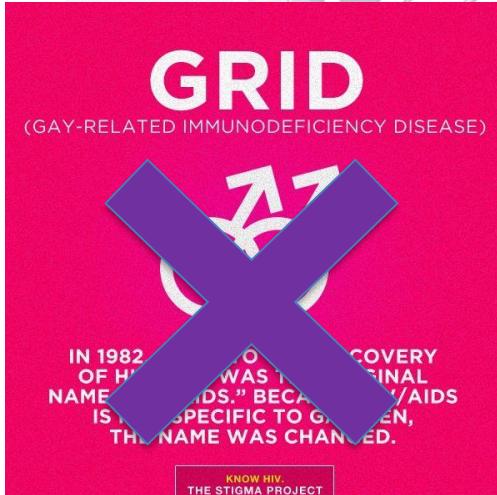
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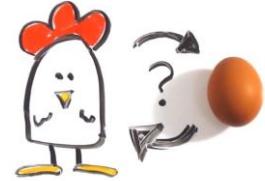
# 1983-1984

## Luc Montagnier

- LAV → Virus asociado a linfadenopatía

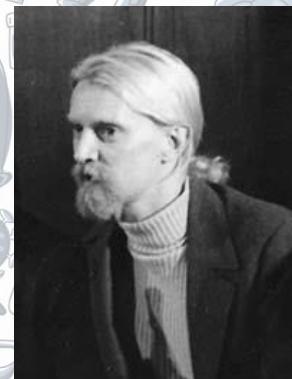


¿EL HUEVO O LA GALLINA?



## Robert Gallo

- HTLV III → Virus T linfotrópico tipo III



## Bruce Voeller

1982

GRID  
AIDS



# First “AIDS TEST”

# 1985

- “It is inappropriate to use this test as a screen for AIDS or as a screen for members of groups at increased risk for AIDS in the general population. The presence of HTLV III antibody is NOT a diagnosis of AIDS.”

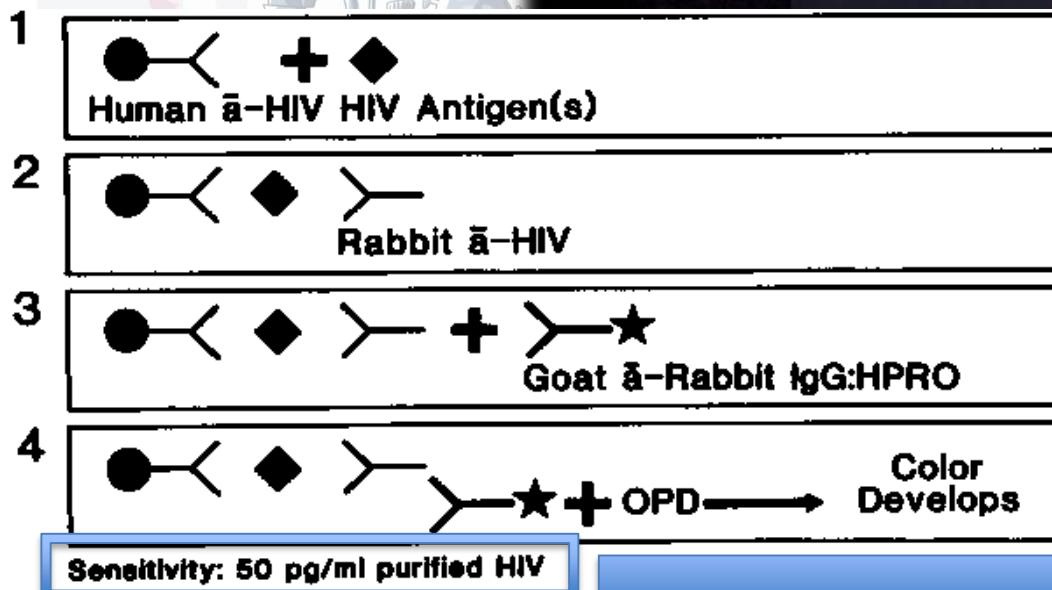


FIG. 2. Diagram of HIV antigen EIA design. Courtesy of Abbott

**Abbott**  
A Promise for Life

- Elevado ratio de falsos positivos

# Y ¿ESPAÑA?



# CRONOLOGÍA



Centro Consultivo de VIH/Sida y otras ITS



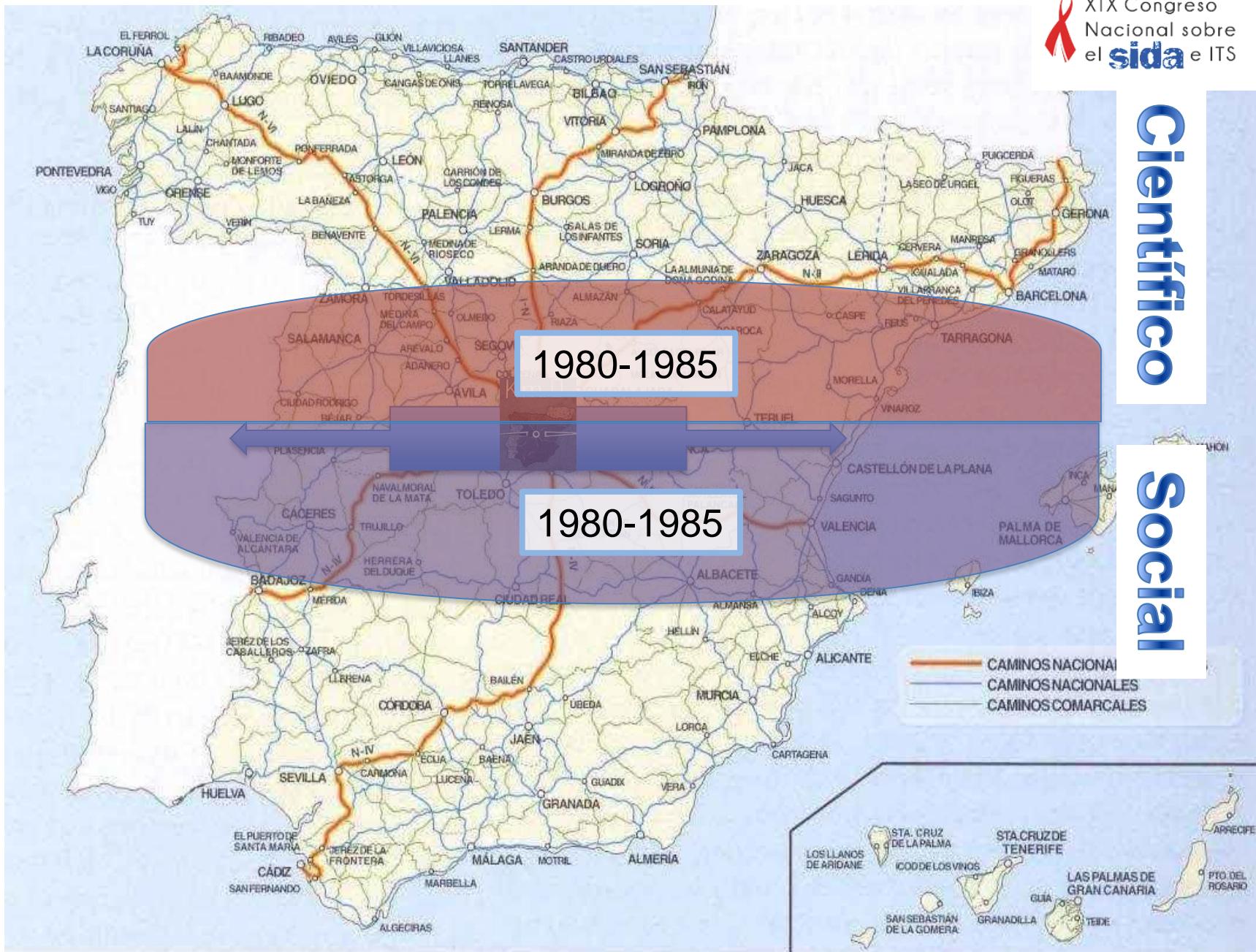
# Social

# Científico

XIX Congreso  
Nacional sobre  
el **sida** e ITS



# CRONOLOGÍA



# 1980-1985

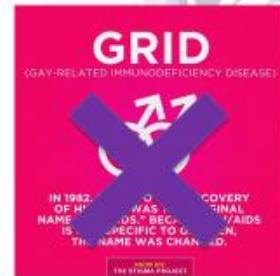


- 1983: CDC vías de transmisión

## 1983-1984

### Luc Montagnier

- LAV → Virus asociado a linfadenopatía



### Robert Gallo

- HTLV III → Virus T linfotrópico tipo III



### Bruce Voeller

1982

¿EL HUEVO O LA GALLINA?



- 1984: > 4 publicaciones Science

## 1985

“It is inappropriate to use this test as a screen for AIDS or as a screen for members of groups at increased risk for AIDS in the general population. The presence of HTLV III antibody is NOT a diagnosis of AIDS.”

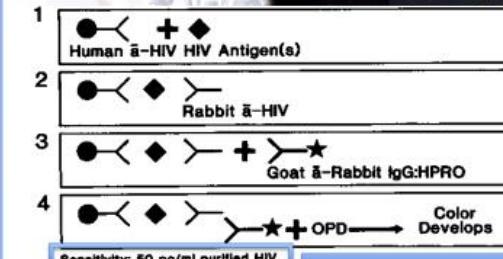


FIG. 2. Diagram of HIV antigen EIA design. Courtesy of Abbott

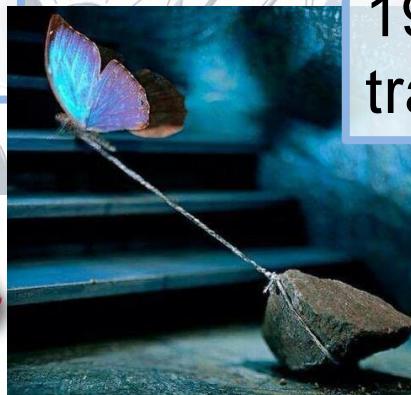


- Elevado ratio de falsos positivos

# 1980-1985

- 1983: CDC vías de transmisión

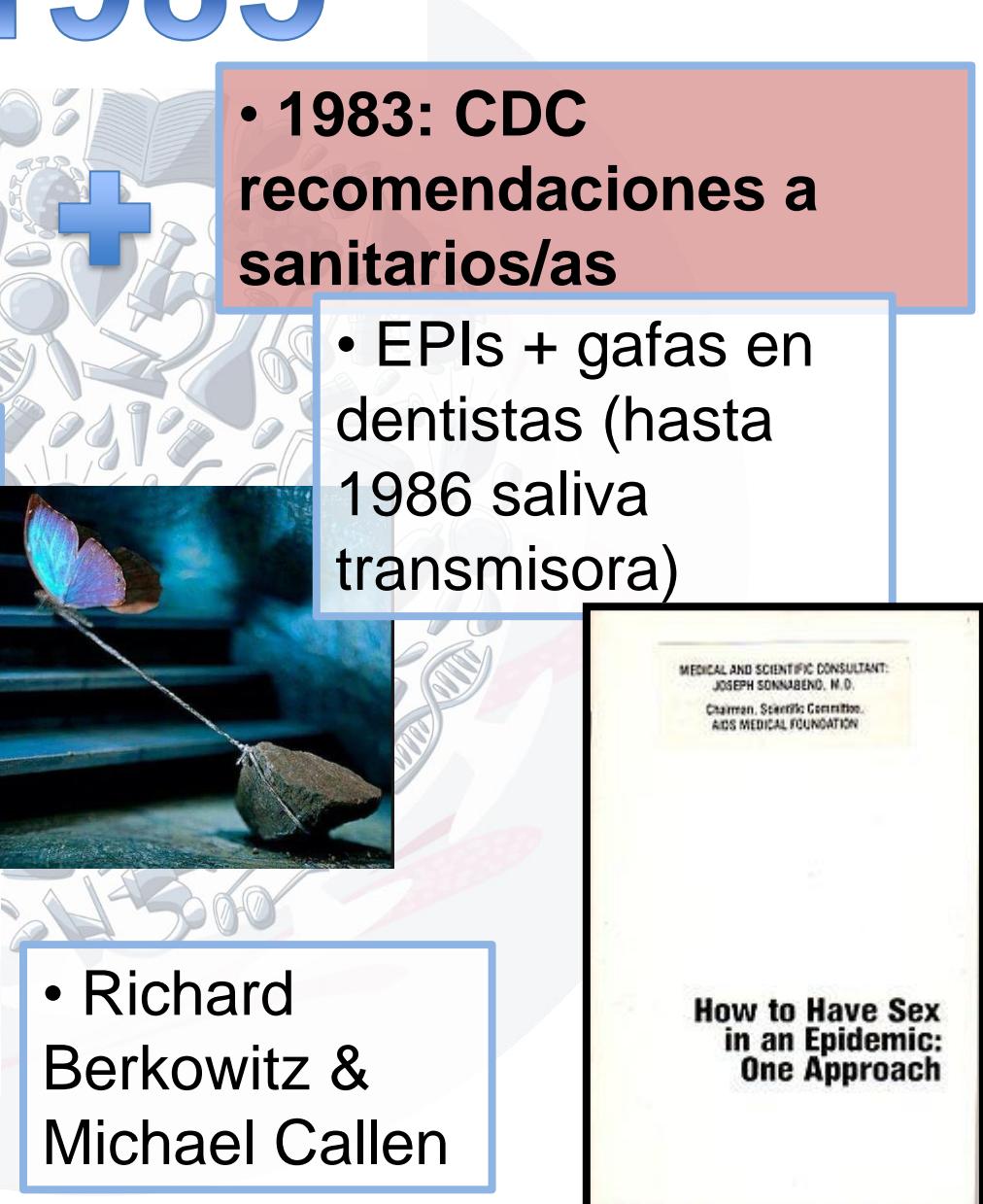
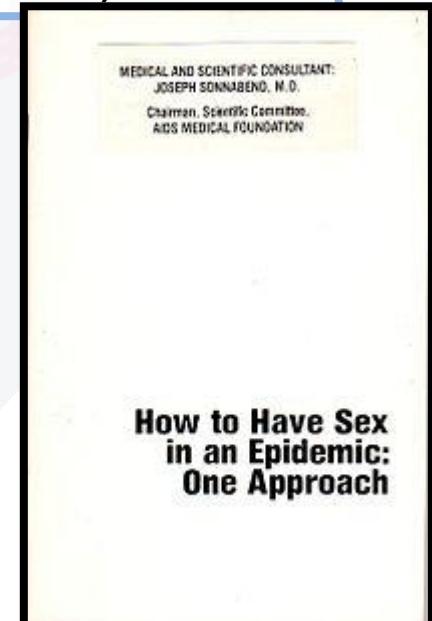
- HSH, UDI, Hemofilia, Haití



- Richard Berkowitz & Michael Callen

- 1983: CDC recomendaciones a sanitarios/as

- EPIs + gafas en dentistas (hasta 1986 saliva transmisora)



# 1980-1985

**“Nothing about Us, Without Us”**

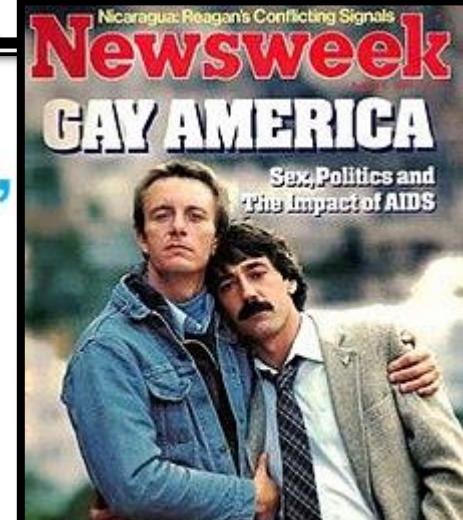
1983: Principios de Denver



Vigilancia  
epidemiológica



World Health Organization



Bobbi Campbell



# 1980-1985

**Debate Grows on U.S. Listing Of Haitians in AIDS Category**

**THE NORMAL HEART**  
A PLAY BY LARRY KRAMER  
INTRODUCTION BY ANDREW HOLLERAN FOREWORD BY JOSEPH PAPP.

"KRAMER'S ASTOUNDING DRAMA ABOUT AIDS IS TOO URGENT TO IGNORE!" —LIZ SMITH

**GMHC**  
GAY MEN'S HEALTH CRISIS

**Vandals strike Ryan White's grave**

**State Permits Closing of Bathhouses to Cut AIDS**

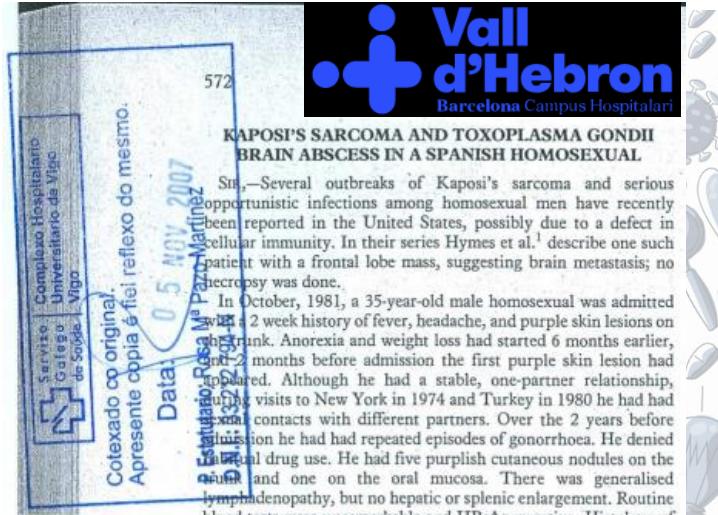
**QUARANTINE**  
Socreds unveil plan to target AIDS victims Page 3

**Quarantine plan for AIDS**

## Exclusión militares con VIH

# Avances sociales

# 1980-1985



## MINISTERIO DE SANIDAD Y CONSUMO

Bancos de sangre.-Resolución de 6 de septiembre de 1985, de la Subsecretaría, por la que se declara obligatoria la prueba de detección de anticuerpos frente al virus asociado a la linfadenopatía/tipo III de virus linfotípico humano (LAV/HTLV-III), asociado al Síndrome de Inmunodeficiencia Adquirida, por las industrias fraccionadoras de plasma y los fabricantes e importadores de hemoderivados.

A.13 28613

Material médico-sanitario. Control y homologación.-Resolución de 6 de septiembre de 1985, de la Subsecretaría, por la que se establece el procedimiento y las condiciones necesarias para obtener la autorización para realizar la prueba de detección de anticuerpos frente al virus asociado a la linfadenopatía/tipo III de virus linfotípico humano (LAV/HTLV-III), asociado al Síndrome de Inmunodeficiencia Adquirida (SIDA).

A.14 28614

## La historia de Rafael

LAS TRES H DEL SÍNDROME EN ESPAÑA / 1

EGO-DÍAZ 1983

Sanciones en la RFA contra los enfermos de SIDA que mantengan relaciones sexuales



SANIDAD

200 muertos en Estados Unidos por un mal desconocido

CIENCIA

Una enfermedad nueva, la deficiencia inmunológica, causa un muerto en Sevilla

ENTREVISTA:

El incremento de la prevención del SIDA, única vía para combatir la enfermedad ante la falta de medidas curativas

Investigadores de EE UU creen posible que el virus causante del SIDA se transmita a través de la saliva

SANIDAD

Expertos sobre el SIDA creen que la enfermedad se extenderá también entre los heterosexuales

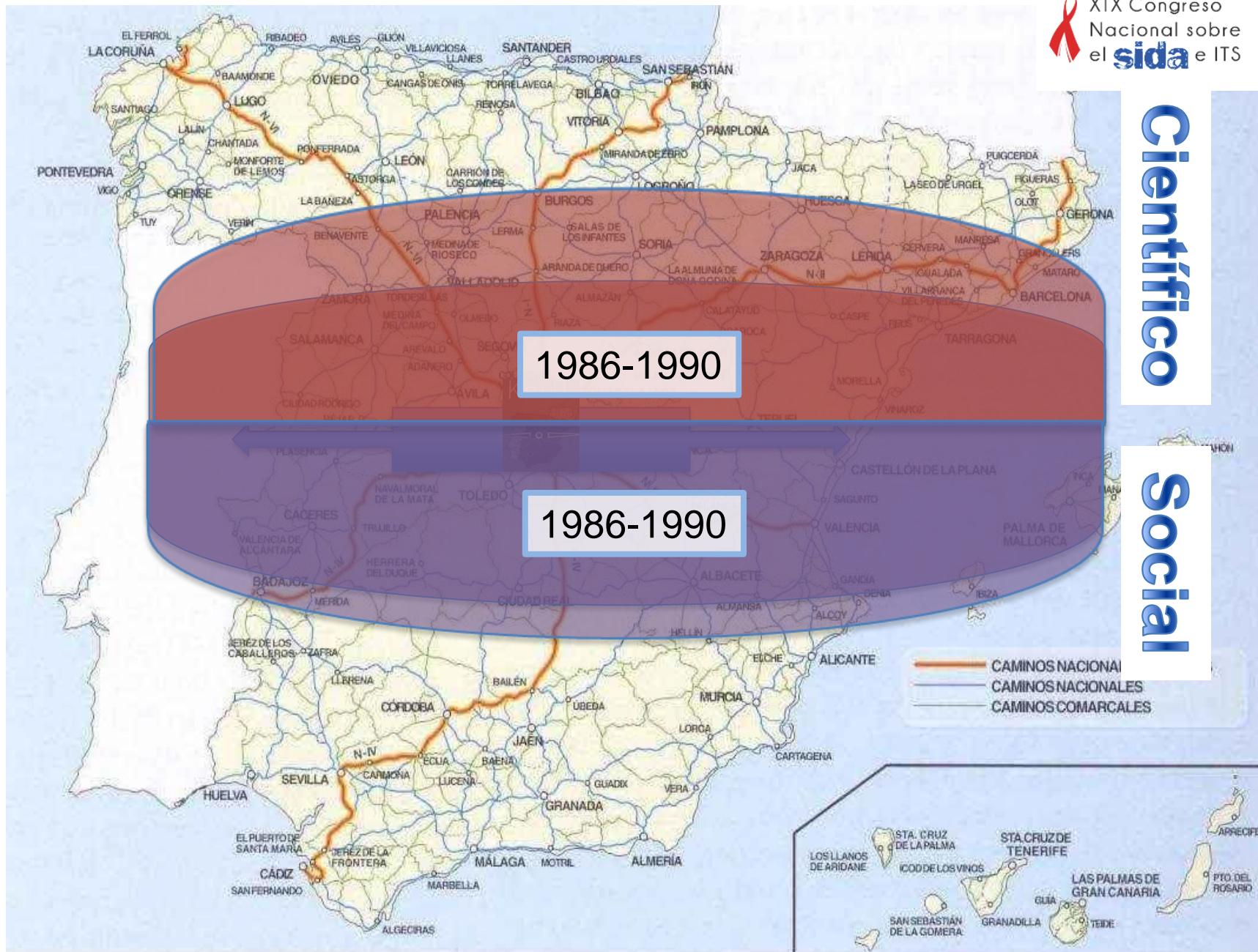
# CRONOLOGÍA



Centro Consultivo de HIV/SIDA y ITS

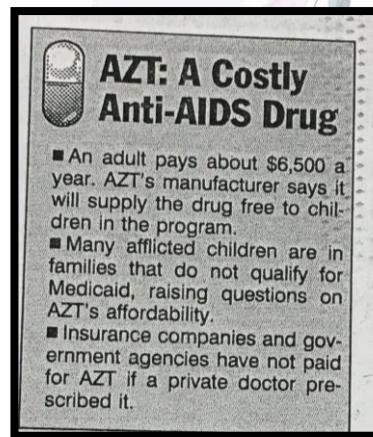
Científico

Social



# 1986-1990

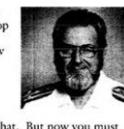
- HTLV III → VIH
- 1987 → AZT



- Campañas educación sexual (preservativos + pruebas VIH)

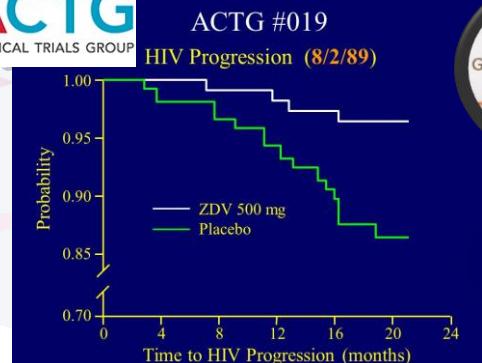
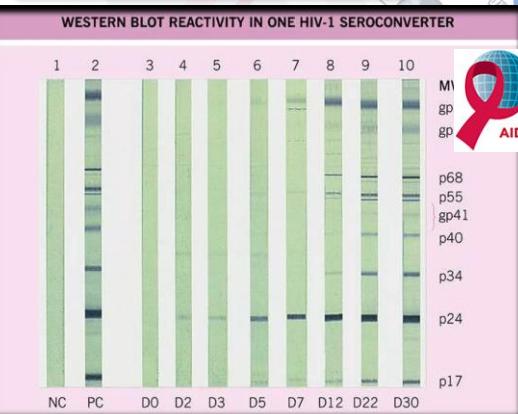
## Understanding AIDS

### A Message From The Surgeon General



C. Everett Koop, M.D., Sc.D.  
Surgeon General

- Sida pediátrico → modelo interdisciplinar

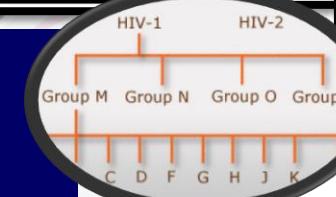


Surgeon  
General's  
Report  
on  
ACQUIRED  
IMMUNE  
DEFICIENCY  
SYNDROME



## Confronting AIDS

Directions  
for Public Health,  
Health Care,  
and Research



- 1990 → AZT sida pediátrico

# Avances sociales

# 1986-1990

- Cleve Jones

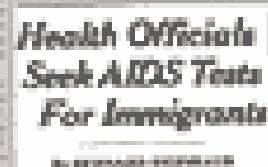


TS 1987-2012

- Larry Kramer

- 1987-2010 →

VIH listas  
exclusión  
inmigración



- Enmienda de Helms: abstinencia sexual + prohibición conductas homosexuales & UDI



1988



- Regan & Chirac

- David Purchase



- Anthoni Fauci.  
Acceso PVV a ttos experimentales



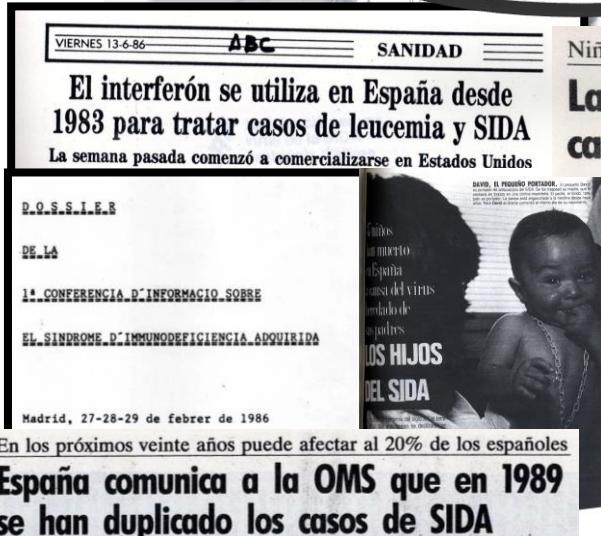
# Avances sociales



# 1986-1990



Gais positius



Niños y mujeres se incorporan a los grupos de riesgo

**La OMS afirma que se han duplicado los casos de SIDA en España durante 1989**



1990

**Póntelo.  
Pónselo.**

1988

# CRONOLOGÍA



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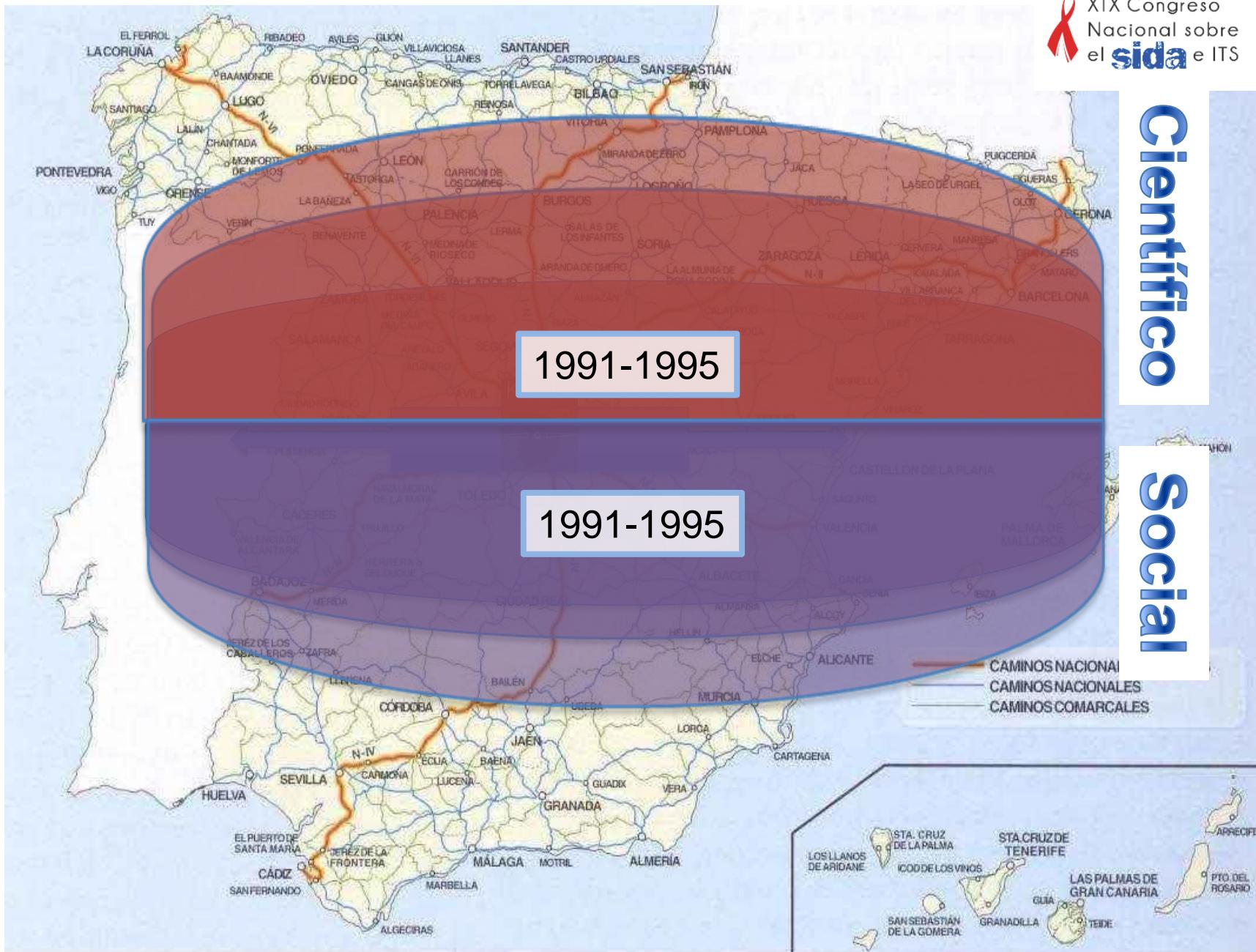
Científico

Social

1991-1995

1991-1995

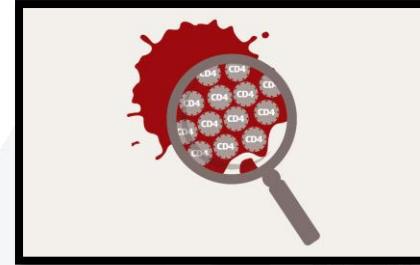
- CAMINOS NACIONALES
- CAMINOS NACIONALES
- CAMINOS COMARCALES



# 1991-1995

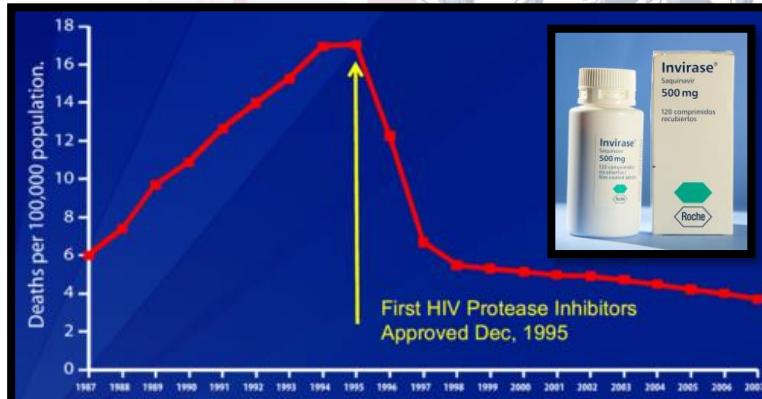
**HAART**  
Highly Active AntiRetroviral Therapy

XIX Congreso  
Nacional sobre  
el **sida** e ITS



- Sida < 200 CD4+

- 3 nuevos indicadores:
  - Neumonías recurrentes
  - Tuberculosis
  - Cáncer cérvix



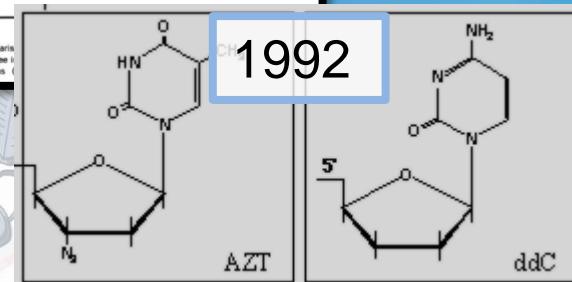
## 1994 CONCORDE Study

THE LANCET  
Articles

Concorde: MRC/ANRS randomised double-blind controlled trial of immediate and deferred zidovudine in symptom-free HIV infection

Concorde Coordinating Committee\*

**Summary**  
Concorde is a double-blind randomised comparison of zidovudine treatment in symptom-free individuals infected with human immunodeficiency virus (HIV). The study compared immediate treatment with deferred treatment for up to 10 years. The primary outcome measure was death or AIDS diagnosis.

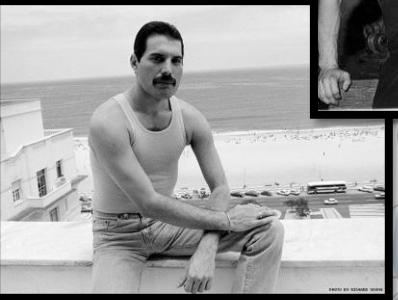


- Aprobación más rápida

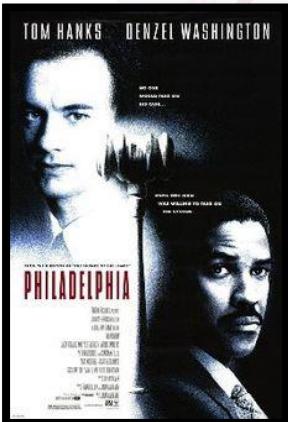
- Análogos nucleósidos + inhibidores proteasa = HAART



# 1991-1995



- FDA: aprueba c. insertivo



As gay young people, we are marginalized. As young people who are HIV-positive and have AIDS, we are totally written off.

— Pedro Zamora —

AZ QUOTES



- Prohibición PVV acceso a trabajos sanitarios



- 8º AIDS Boston → Ámsterdam (no inmigrantes VIH)

- Guías: necesidades mujeres y grupos minoritarios



# Avances sociales



Centro Consultivo de VIH/Sida y otras ITS



# 1991-1995



XIX Congreso  
Nacional sobre  
el **sida** e ITS



## EA TG

European  
AIDS Treatment  
Group



EUROPEAN COMMUNITY ADVISORY BOARD – ECAB

The European Community Advisory Board – ECAB



Plan galego anti VIH/sida e outras  
infeccións de transmisión sexual (ITS)

1992



feat  
DE ACTIVACIÓN  
DEL TRATAMIENTO DEL VIH

2003

EL PAÍS, sábado 30 de noviembre de 1991

España, segundo país de  
Europa en casos de sida por  
millón de habitantes

Hospital Universitario  
La Paz

Hospital Carlos III  
Hospital Cantoblanco

Fundación Lucia para el sida pediátrico

Salas de consumo higiénico

## GTT

Grupo de trabajo sobre tratamientos del VIH

1990-1997

## DOCTOR FAX

## EL BLUES DEL METABÚS

## ASAUPAM



DIA MUNDIAL DE LA SIDA  
DRETS I DEURES, COMPROMISOS



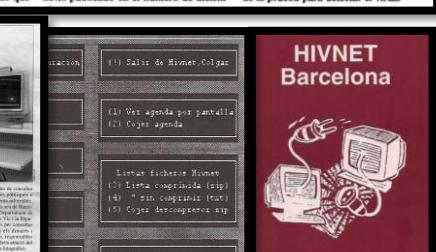
Aumenta en España el porcentaje de  
casos de sida que se diagnostican tarde

Un estudio destaca la importancia de hacerse a tiempo la prueba para detectar el virus

EMILIO DE BENITO, Madrid  
Un 35,3% de las personas que dieron positivo en la prueba del VIH entre 1998 y 2000 desarrolló el sida dentro de un mes después. Entre 1994 y 1996, antes de que

se generalizara la sensación de seguridad por el uso de los cocteles de antirretrovirales, el porcentaje era de un 24,1%, según un estudio de un grupo de científicos españoles publicado en el número de diciembre de la revista AIDS. Los investigadores subrayan que más del 11% de ellos (986 personas) fallecieron antes de tres meses. Su conclusión es que hay que fomentar el uso de la prueba para detectar el virus

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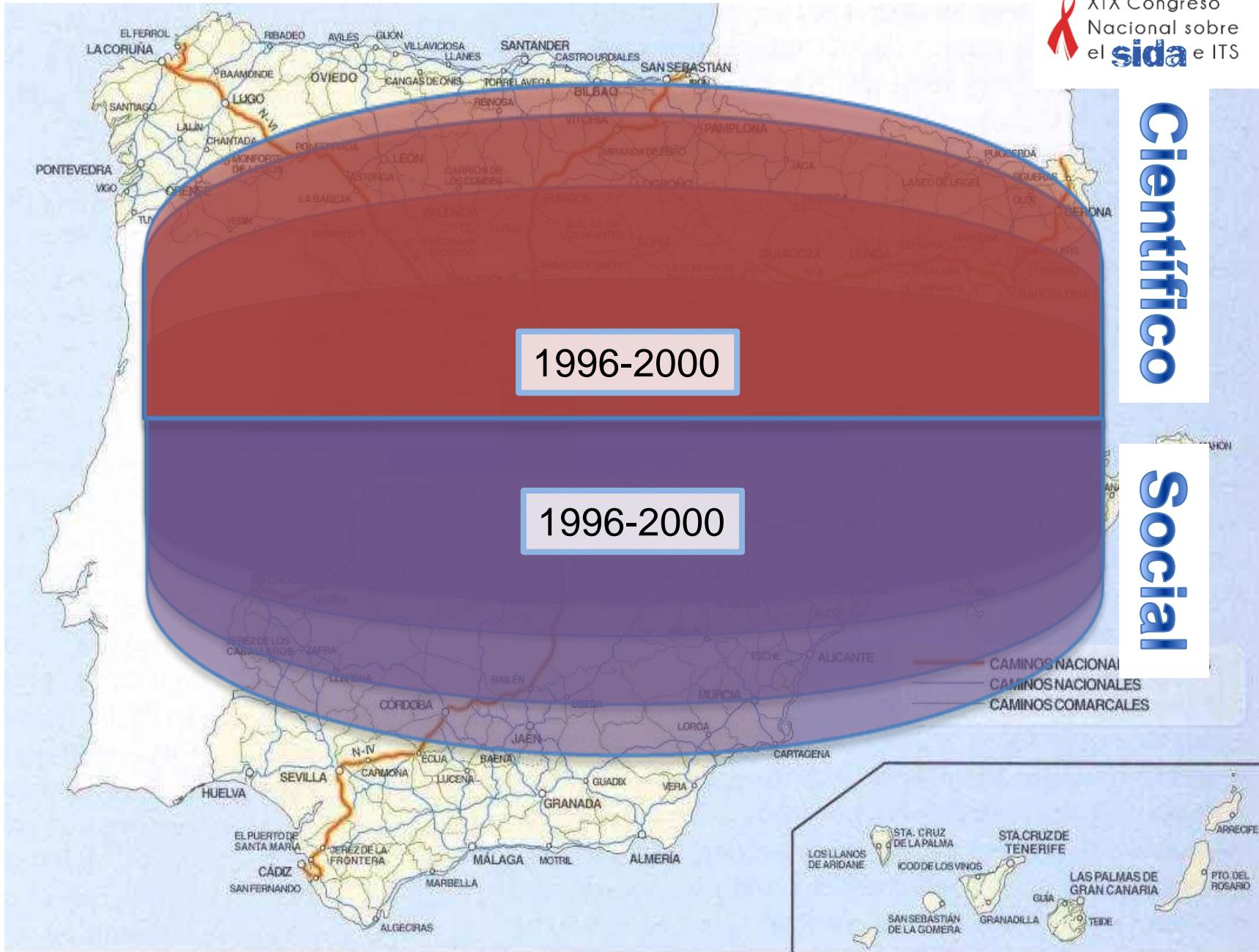


Fuente: Projecte del NOMS hispanosida/ M. Meuelbroek & F. Pujol

# CRONOLOGÍA



Centro Consultivo de HIV/SIDA y otras ITS



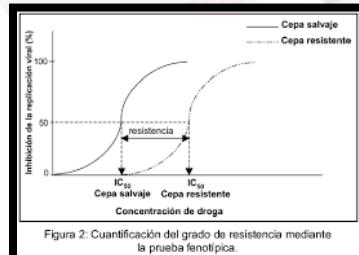
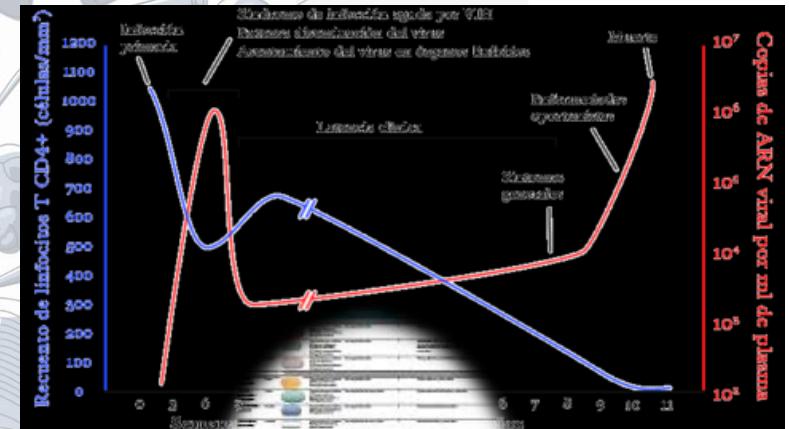
# 1996-2000



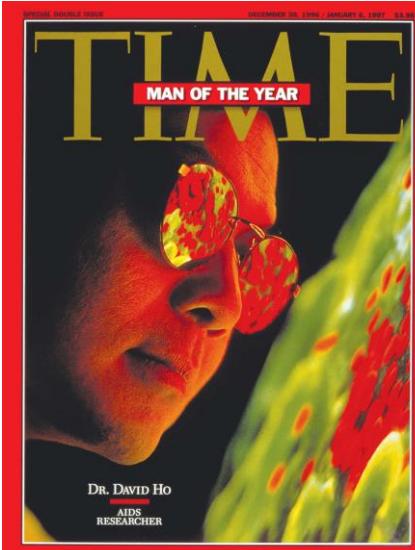
- Primer combo



- 1r Auto-test VIH
- 1<sup>a</sup> máquina carga viral sangre
- Comercialización Nevirapina
- 1r test VIH orina



# 1996-2000



- “Hit early, hit hard”

**UNAIDS**  
**1996**

**ONUSIDA**

2000: Objetivos de Desarrollo del Milenio

- Accesibilidad ARV

**90-90-90: Tratamiento para todos**

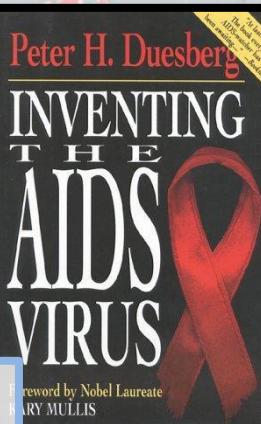
Prop. 90% de personas con VIH en tratamiento  
El 95% que son VIH positivo  
Tasa de adherencia al tratamiento superior al 90%  
Prop. 90% de personas en tratamiento para VIH que no tienen detectables en sangre

Las objetivos 90-90-90 del tratamiento del VIH  
se cumplirán en 2020

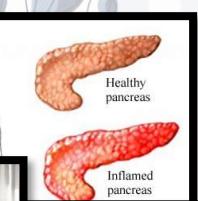
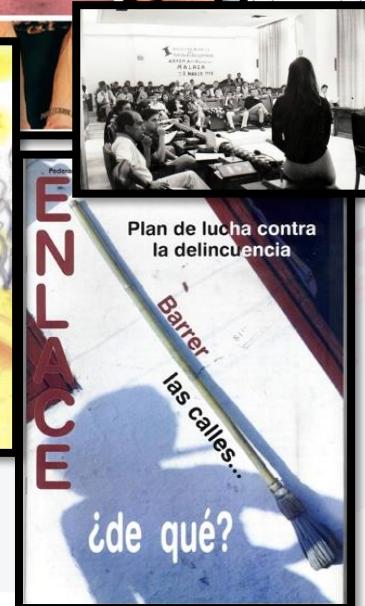
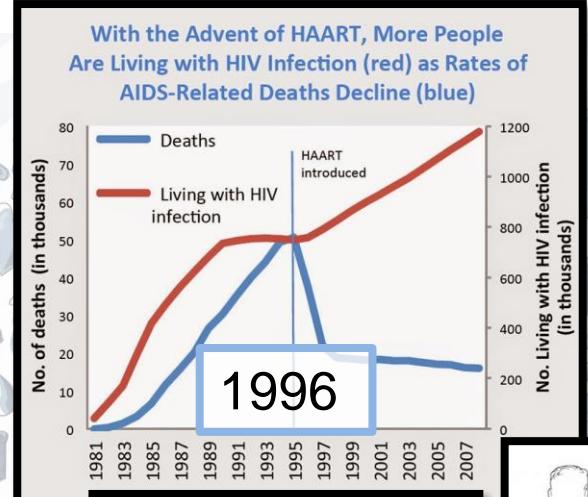
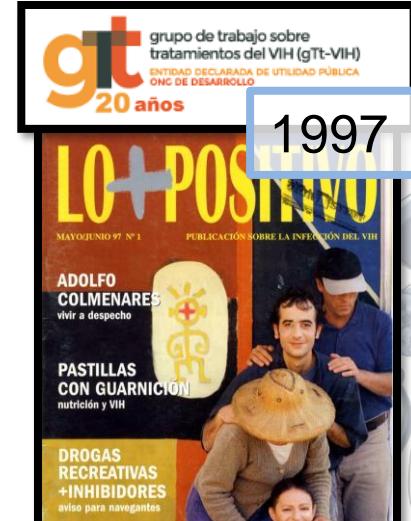
**Objetivos de la Respuesta Rápida**

Para 2020	Para 2030
<b>90-90-90</b> Tratamiento	<b>95-95-95</b> Tratamiento
<b>500 000</b> Nuevas infecciones	<b>200 000</b> Nuevas infecciones
<b>CERO</b> Discriminación	<b>CERO</b> Discriminación

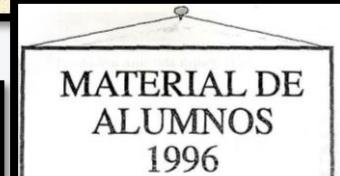
**Developing / Developed World**



# 1996-2000

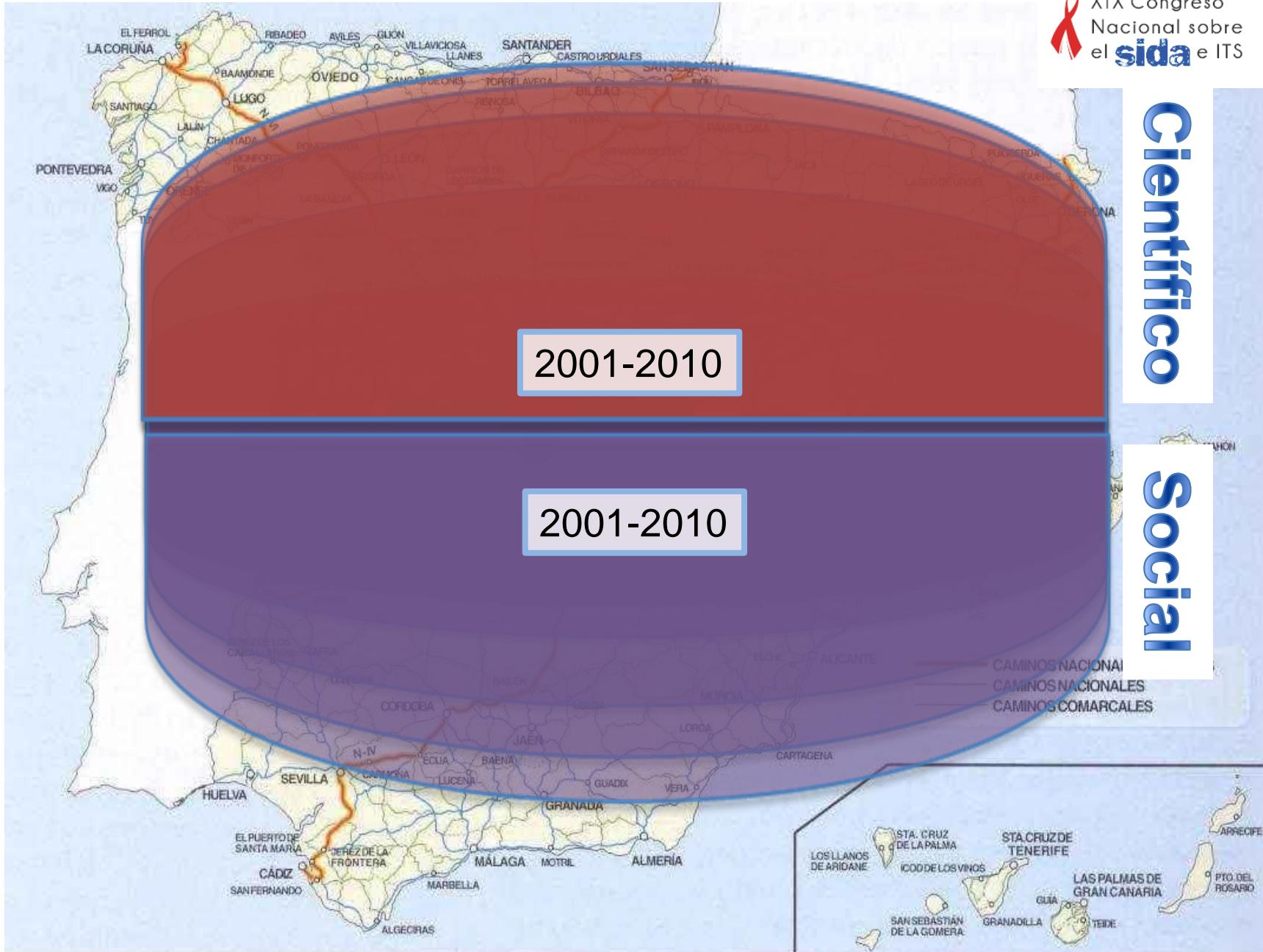


SANIDAD  
624 nuevos casos de sida cada mes en España en 1996



Fuente: Proyecto del NOMS hispanosida/ M. Meuelbroek & F. Pujol

# CRONOLOGÍA



# 2001-2010

**2002**

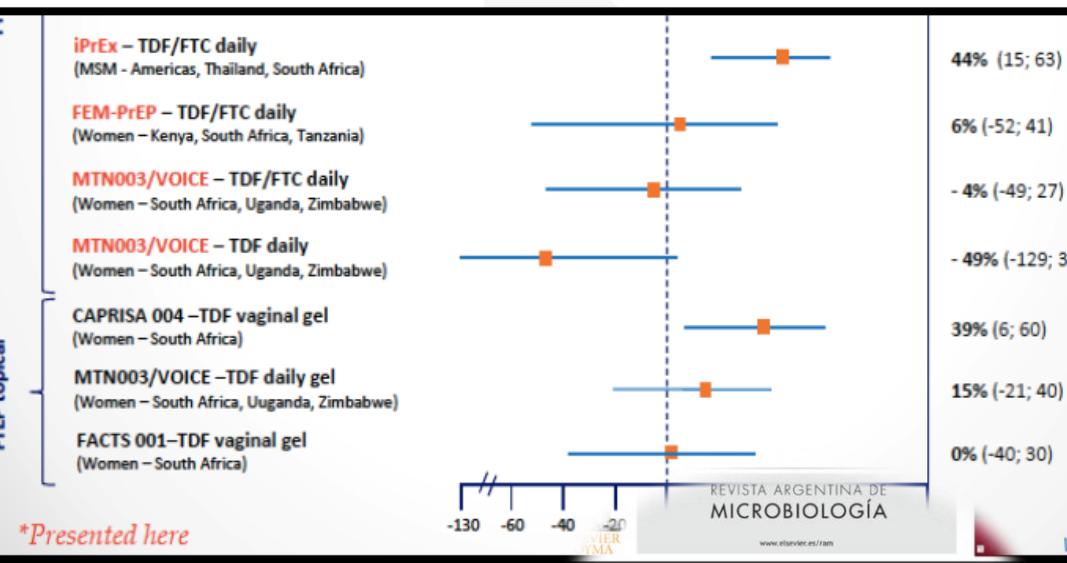
= EL PAÍS

SOCIEDAD  
El hospital de Bellvitge practica el primer trasplante a un seropositivo

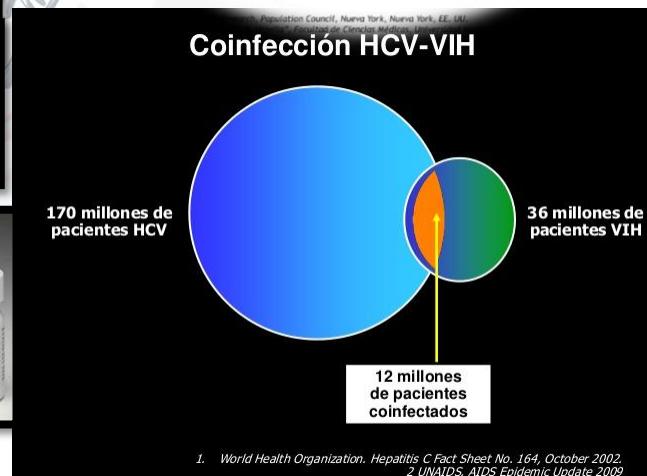
El receptor es un hombre de 36 años con cirrosis descompensada

## ➤ iPrEx: 2010

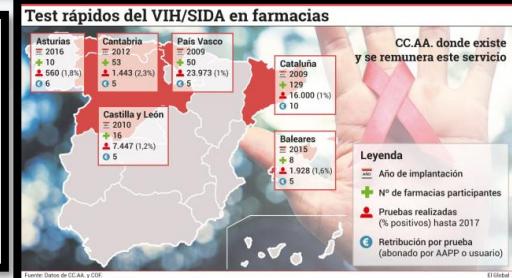
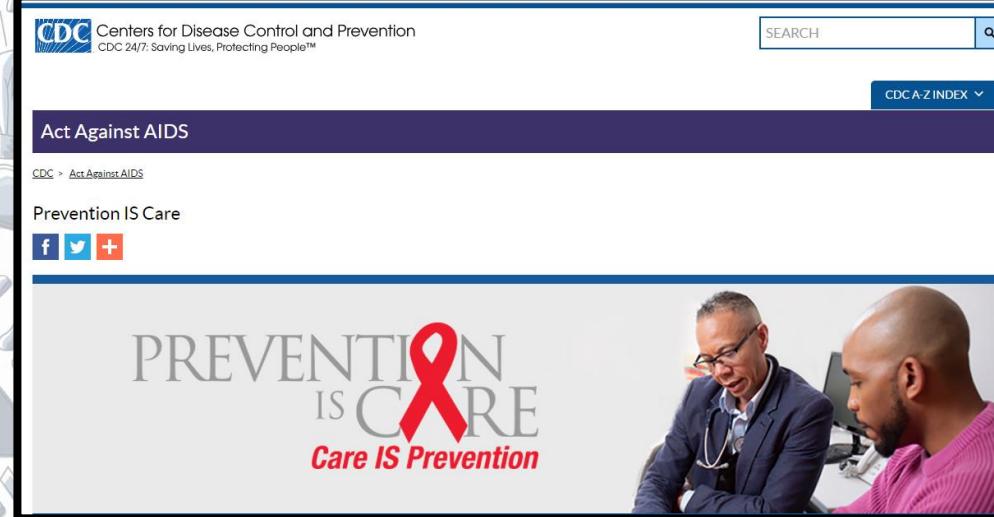
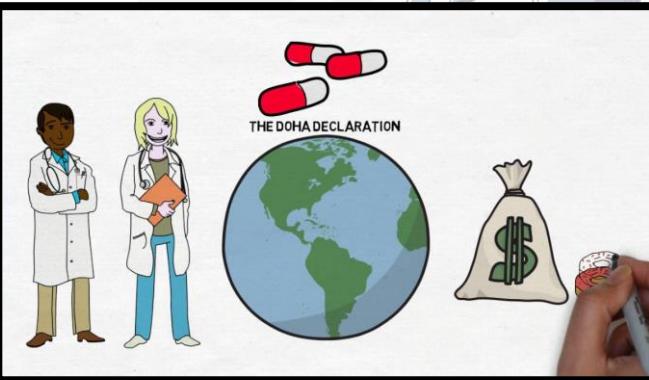
- ✓ 64 (no PrEP) vs 36
- ✓ Adherencia >90% = 73% eficacia
- ✓ PrEP: 31% no se detectó fármaco y 39% tomas inconstantes



TÍTULO ESPECIAL  
Microbicides para la prevención de infecciones de transmisión sexual: estado actual y estrategias para la evaluación preclínica y nuevos candidatos

Fernández Romero<sup>a,b</sup>, Pedro I. Gil<sup>b</sup>, Viviana Ré<sup>c</sup>, Melissa Robbiani<sup>c</sup>  
Paglini<sup>b,\*</sup>

# 2001-2010



# 2001-2010

**BOE**  
LEGISLACIÓN CONSOLIDADA

Real Decreto 1971/1999, de 23 de diciembre, de procedimiento para el reconocimiento, declaración y calificación del grado de minusvalía.

**Mesa estatal minusvalías**

**gt 20 años**  
grupo de trabajo sobre tratamientos del VIH (gt-VIH)  
ENTIDAD DECLARADA DE UTILIDAD PÚBLICA  
ONG DE DESARROLLO

**2001: La noticia del día**

**España, el país de la UE con más casos nuevos de sida en el 2001**

	Bélgica	Dinamarca	Alemania	Grecia	España	Francia	Irlanda	Italia	Luxemburgo	Holanda	Austria	Portugal	Finlandia	Suecia	Reino Unido	TOTAL UE
Nuevos casos de sida en el 2001	107	73	558	86	2.297	1.527	15	1.681	4	44	43	1.044	17	41	666	8.210

Fuente: Projecte del NOMS hispanosida/ M. Meuelbroek & F. Pujol

**2002**

**2003**

**2004**

**2006**

**Coordinadora Estatal de Vih-Sida**

**FEAT**  
FORO ESPAÑOL DE ACTIVISTAS EN TRATAMIENTOS DEL VIH

**SIMIcondón®**  
"CONDÓN SÍ, SIDA NO"  
EL SEXO ES TU DECISIÓN, EL USO DEL CONDÓN TU OBLIGACIÓN.

**BCN checkpoint**  
HOMES - SEXUALITAT - SALUT

**SALUD SEXUAL**

# CRONOLOGÍA



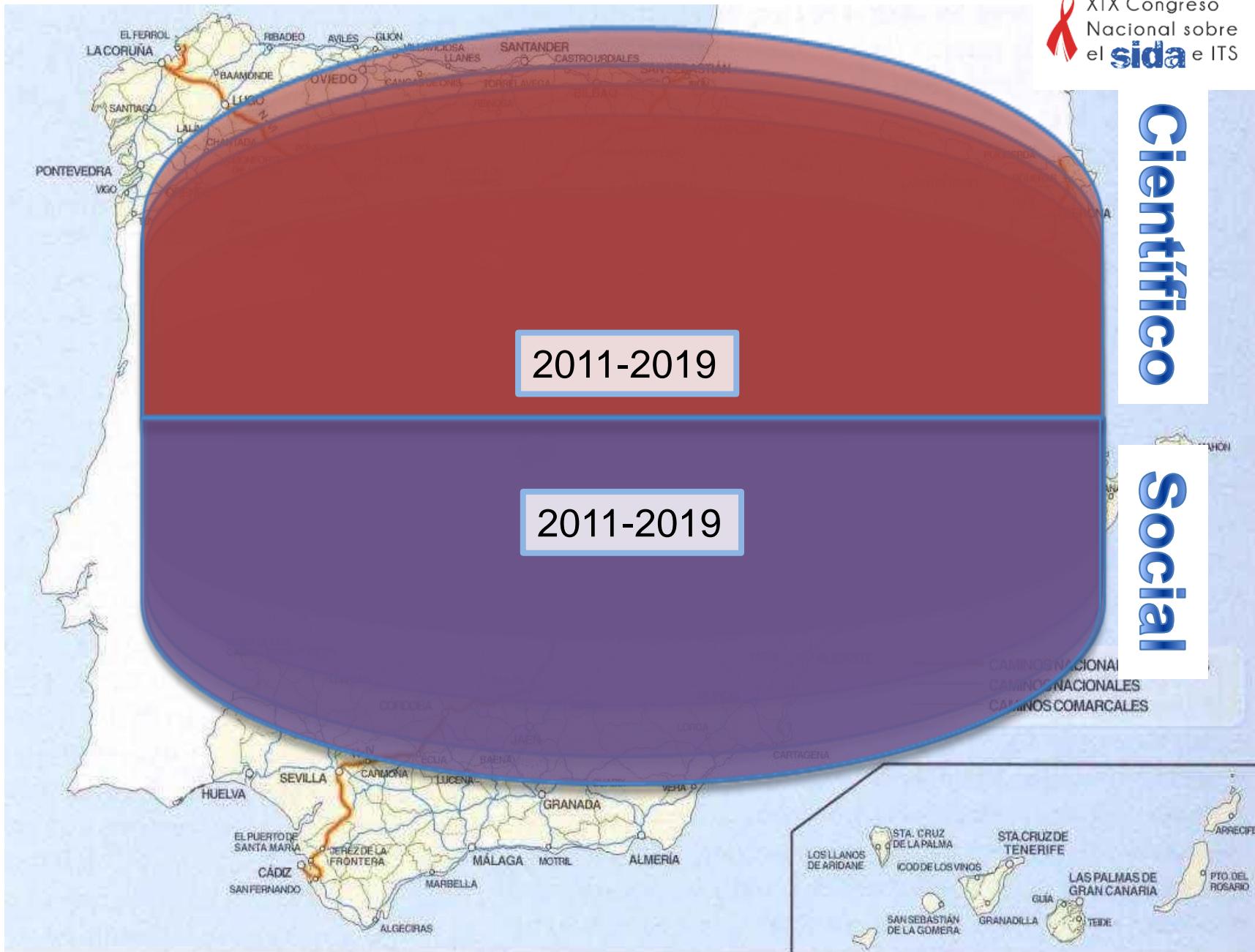
Centro Consultivo de HIV/Sida y otras ITS

Científico

Social

2011-2019

2011-2019



# Avances científicos

# 2011-2019

UNIVERSITY OF WASHINGTON  
INTERNATIONAL CLINICAL RESEARCH

PARTNERS PrEP STUDY INDETECTABLE = INTRANSMISIBLE

DÍA EUROPEO DE LA SALUD SEXUAL

Science BREAKTHROUGH OF THE YEAR HIV Treatment as Prevention

HIV MEDICINE

Original research

Relative risk of cardiovascular disease in HIV: a systematic review and meta-analysis

The Aging of the HIV Epidemic in the US CDC Surveillance Data

Number of People Living with HIV

Age Group	2011	2015	2020
50 and Older	37%	50%	70%
Age 50 and Older	37%	50%	70%

CDC 27-09-2017

ONUSIDA 06-07-2017

FLS 05-04-2017

Las personas con VIH en tratamiento eficaz NO PUEDEN TRANSMITIR EL VIH

IAPAC

Fast-Track Cities

UNDetectable = Untransmittable

U=U series

AIDS 2018

NIH Director's Blog

U=U

ipergay ANRS

After Marrow Transplants, 2 More Patients Appear H.I.V.-Free Without Drugs

CRIOI

PROUD

MRC Clinical Trials Unit

Public Health England

CASCADA DE DIAGNÓSTICO Y TRATAMIENTO DE LA INFECCIÓN POR VIH EN ESPAÑA

U=U

FAST-TRACK SEVILLA por una ciudad sin VIH y sida

SEVILLA CHECKPOINT

NIH National Institutes of Health

Health Information Grants & Funding News

News Releases

Wednesday, May 27, 2015

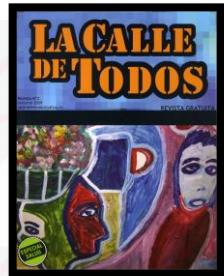
Starting antiretroviral treatment early improves outcomes for HIV-infected individuals

NIH-funded trial results likely will impact global treatment guidelines.

# Avances sociales



SEVILLA  
CHECKPOINT

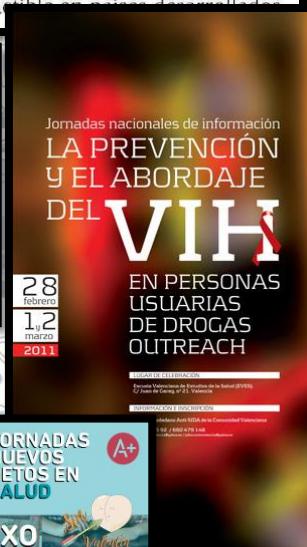


XIX Congreso  
Nacional sobre  
el **sida** e ITS

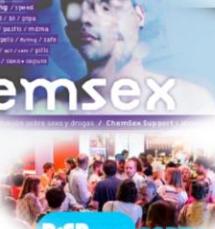
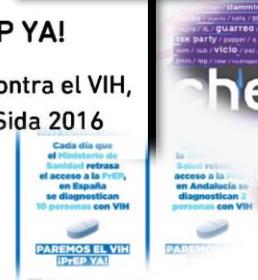


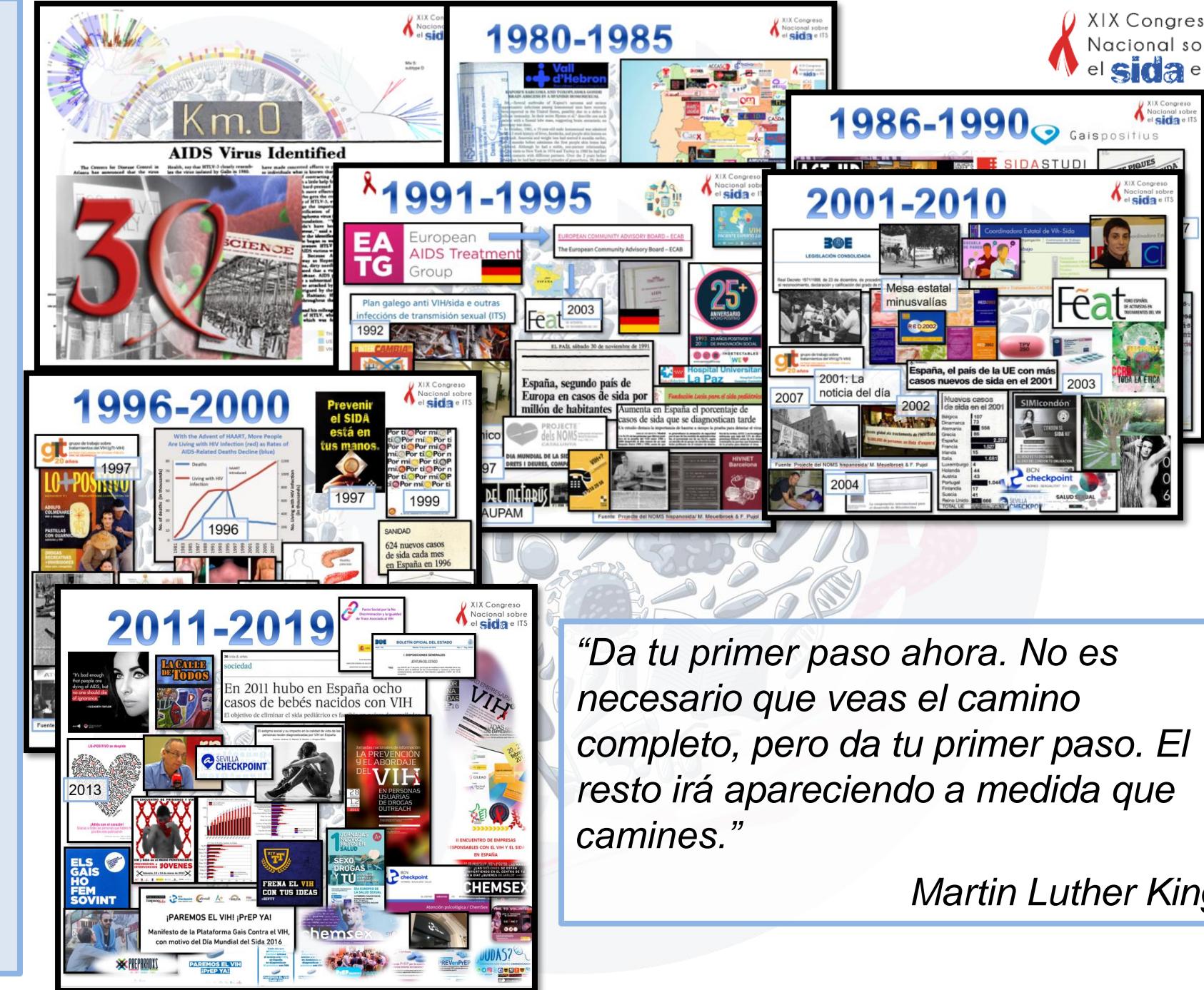
En 2011 hubo en España ocho casos de bebés nacidos con VIH

El objetivo de eliminar el sida pediátrico es fatto



Manifesto de la Plataforma Gais Contra el VIH,  
con motivo del Día Mundial del Sida 2016





*“Da tu primer paso ahora. No es necesario que veas el camino completo, pero da tu primer paso. El resto irá apareciendo a medida que camines.”*

*Martin Luther King*

