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MICRONUTRIENTSUPPLEMENTATIONREDUCESHIV RELATED MORBIDITY AMONG WHO STAGE I/II ANTIRETROVIRAL (ART)-NAÏVE PATIENTS IN KADUNA, NORTHWEST NIGERIA

Obiako O. R.^{1,2}, **Akase I. E**², **Musa B. O. P**^{1,2}, **I. Abdu-Aguye**^{1,2}, **Maiha B. B**¹ and **Muktar H. M**^{1,2}

¹Ahmadu Bello University, Nigeria

²Ahmadu Bello University Teaching Hospital, Nigeria

Background: If untreated, HIV infection progresses from stage one (seroconversion) to stage four (AIDS) within a median period of five years, thus importance of early treatment to halt this progression. This research studied the effect of micronutrient supplementation on clinical indices among untreated HIV infected patients.

Materials & Methods: 90 ART-naïve adult patients attending HIV clinics in Kaduna and Zaria were recruited after informed consent. Inclusion criteria were WHO stage 1 and 2, CD4+ >500 cells/ μ L, absence of immunosuppressive and/or psychiatric illness. After sociodemographic data, clinical evaluations and laboratory investigations, each patient was given one capsule of SYNOVITTM supplement to take daily and re-evaluated every 12 weeks for 48 weeks. Patients who became pregnant, defaulted from one clinic visit or whose CD4+ reduced below 500 cells/ μ L were excluded.

Results: Patients comprised 75% females and 25% males respectively. They were aged 39 ± 4.0 years and most were married, attained secondary education and earned less than 18,000.00 naira (\$49.3) monthly. 63% of patients completed the study successfully at 48 weeks. Body mass index (kg/m^2) increased from 25.8 at baseline to 27.1 at 48 weeks ($p<0.005$) while general (non HIV-specific) morbidity and HIV-specific morbidity reduced from 31% and 18% at baseline to 10% ($p=0.00$) and 5% ($p=0.002$) at 48 weeks respectively.

Conclusion: These results showed that micronutrient supplementation reduced both HIV and non HIV specific morbidities in ART-naïve patients.

orobiako87@gmail.com