

International Conference on
GASTROINTESTINAL CANCER AND THERAPEUTICS

4th World Congress on
DIGESTIVE & METABOLIC DISEASES

26th Annual Congress on
CANCER SCIENCE AND TARGETED THERAPIES

October 29-30, 2018 | San Francisco, USA

Prevalence of diabetes mellitus and its associated factors among HIV patients Harar Town, Harari Regional State in eastern Ethiopia

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Statement of problem: The introduction of antiretroviral therapy saves and improves millions of HIV patients. However, there is a problem of the different associated chronic metabolic syndrome. Diabetes mellitus is increasing in incidence among people living with HIV. There are pocket studies conducted on some parts of the Ethiopia which indicates the magnitude of the problem is increasing among HIV patients but not conclusive. Therefore this study was aimed to determine the prevalence of Diabetes mellitus and its associated factors among HIV patients attending antiretroviral therapy clinics in Harar town, eastern Ethiopia.

Methodology: A cross-sectional study was conducted among 424 HIV patients in selected health institutions delivering antiretroviral therapy in Harar town from March 10 up to April 20, 2017. Data were collected using a structured questionnaire and measuring blood pressure. In addition, patients fasted and their blood was collected for blood glucose and other supportive chemistry tests. Data were entered and analyzed using SPSS statistical software version 16.

Findings: The prevalence of diabetes mellitus in this study is 6.6%. Age less than 40 years (AOR =3.17; 95% CI: 1.12–9.23), duration on antiretroviral therapy for more than 5 years (AOR: 2.49; 95% CI:2.43-7.71), presence of hypertension (AOR =19.46; 95% CI:7.25-52.17), Low density lipoprotein > 130 mg/dl (AOR : 6.30, 95% CI: 2.83-7.49) ,cholesterol > 200 mg/dl (AOR: 8.56; 95% CI: 3.83-19.12); triglycerides > 150 mg/dl (AOR : 12.514.72, 95% CI: 5.53-28.5) were found to be factors associated with prevalence of diabetes mellitus.

Conclusion: The magnitude of diabetes mellitus among all HIV-infected patents was higher in this study compared to other studies conducted in Ethiopia. Therefore, creating awareness and continues mentoring of HIV patients about chronic diseases like diabetes mellitus and hypertension and other supportive clinical chemistry profile are required for improving the quality of life of HIV patients.

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