

COMPARISON OF LIPID PROFILES BETWEEN ART NAIVE AND ART- EXPERIENCED HIV INFECTED ADULTS IN HARARE, ZIMBABWE

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Human immunodeficiency virus infection is often associated with a variety of changes in biochemical and metabolic parameters, including changes in lipid profiles. The aim of the study was to determine and compare the changes in lipid profiles among HIV positive outpatients who are antiretroviral therapy experienced and those who are antiretroviral therapy naïve over 9 months at an HIV treatment clinic in Harare Zimbabwe.

A sample of 215 patients were investigated, 30 antiretroviral naïve and 185 who had been on antiretroviral treatment for a mean 3.9±3.4 years. At baseline, the participants of both groups had lipid and glucose values within

normal ranges. Levels of total cholesterol and high-density lipoprotein were slightly higher in the antiretroviral therapy -experienced group whilst low density lipoprotein, blood pressure and smoking habits were evenly distributed in the two groups. After 9 months, those on antiretroviral therapy had a low-density lipoprotein and high density lipoprotein level which was higher than those who were antiretroviral therapy naïve after controlling for baseline diastolic blood pressure, and body mass index. There was an overall decrease in total cholesterol/high density lipoprotein ratio in both groups over time though the difference was not statistically significant.