

HIV/AIDS, STDs and STIs

October 03-05, 2016 Orlando, Florida, USA

Atherogenic metabolic profile in HIV patients

Rebeca Antunes Beraldo, Gabriela C Meliski, Bruna R Silva, Giovanna S Donofre, Anderson M Navarro, Andre Schmidt, Valdes R Bollela and Maria C Foss-Freitas
University of Sao Paulo, Brazil

Introduction: Several studies have found an association between HIV infection and the development of cardiovascular diseases. The probable etiologic mechanisms include inflammatory and chronic infectious process of the disease, in addition to the adverse effects of highly active antiretroviral therapy (HAART), which would promote metabolic changes towards an atherogenic profile.

Objective: To evaluate the metabolic profile of HIV patients on HAART.

Methodology: Biochemical tests of lipid profile and fasting glucose were performed. Systemic blood pressure was measured and ankle brachial index (ABI) exam was performed to evaluate peripheral atherosclerotic disease (PAD). Waist circumference (WC) was measured. The criteria suggested by The National Cholesterol Education Program III (NCEP-ATP III) to identify metabolic changes were used. It was also calculated Framingham risk score (FRS). Duke treadmill score (DTS) was calculated based on results from the exercise test, including ST-segment depression, chest pain and exercise duration.

Results: We evaluated 448 patients (53.6% male) with a mean age of 44.13±9.93 years. Among the metabolic disorders, the most frequent changes were reduced HDL cholesterol (66.29%) and hypertriglyceridemia (45.98%). PAD (according to ABI) was present in 27.68%, while hypertension was present in 24.77%. The majority (62.50%) of patients had abdominal obesity. According to FRS, 34.37% of patients had absolute risk of heart attack in 10 years >10%. Also, according to DTS, 10.0% were at moderate risk.

Conclusions: The atherogenic metabolic profile of most of the patients highlights the importance of early intervention to prevent cardiovascular complications.

Biography

Rebeca Antunes Beraldo is currently a PhD student of HIV and Cardiovascular Disease at Ribeirao Preto Medical School, University of Sao Paulo, Brazil. She has completed her Master's degree in 2013. She has been working with HIV patients since 2010, during her specialization period just after graduation in Nutrition at University of Sao Paulo. She has experience in HIV and clinical nutrition area with emphasis on the assessment of nutritional status. She has published 8 papers in reputed journals and has revised many articles of high impact factors' journals.

rebecaberaldo@yahoo.com.br

Notes: