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Enteric parasitic infections in HIV-infected patients with low CD4 counts in Toto, Nigeria

D. T. Abaver
University of Abuja, Nigeria

Abstract

Enteric parasites are a major cause of diarrhoea in HIV/AIDS patients with low CD4 counts. Parasitic infections in HIV-infected individuals can reduce their quality of life and life span, especially those who are severely immunosuppressed with a CD4 T-lymphocyte count < 200 cells/µl. This study presents CD4 counts and enteric parasitic infections in HIV-infected individuals. A total of 480 subjects were recruited at the General Hospital, NasssarawaToto, Nigeria. Stool samples collected were analyzed macroscopically and microscopically for consistency and the presence of enteric parasites; while the accompanying CD4 values were enumerated using the coulter manual CD4 count method. The overall prevalence rate of enteroparasites was 24% (115/480). The parasites detected were *Hookworm* (6.5%), *Entamoebahistolytica* (4.4%), *Schistosomamansoni* (2.9%), *Giardia lamblia* (2.5%), *Entamoeba coli* (2.3%), *Isospora belli (1.7%), Strongyloides stercoralis* (1.0%), *Faciola spp.* (1.0%), *Dipylidium caninum* (0.6%), *Cyclospora spp.* (0.4%), *Ascaris lumbricoides* (0.4%), and *Enterobius vermicularis* (0.2%). Most (80%) of the patients infected with these parasites had a CD4 count of less than 200 cells/µl. Similarly, majority (65%) of patients with diarrhoea had a CD4 count of less than 200 cells/µl. Patients with CD4 counts of 201 cells/µl and above were less affected. However, these differences were not statistically significant ($p>0.05$). Low CD4 counts in HIV-infected patients can lead to enteric infections. This information strengthens the importance of monitoring CD4 counts and intestinal parasites. Routine CD4 testing will greatly improve the prognosis of HIV positive patients.

Biography

Dr. Dominic Targema Abaver has completed his Ph.D. at the age of 40years from University of Abuja in parasitology; He is chief superintendent of of immigration Nigeria Immigration service, a paramilitary organization in the ministry of interior. He has published number of papers on HIV/AIDS, Immunology and parasitology in reputed journals, such as African Health Science, Pakistani Journal of Medical sciences, etc. He is amember of Nigeria society of parasitology and a fellow, Institute of Cooperate Administration.

dominicabaver@yahoo.com