

“Prevalencia del síndrome metabólico en Pacientes VIH Seropositivo que estén bajo Tratamiento Antirretroviral en el CAPASITS en la cd. de Reynosa Tamps”

" Prevalence of metabolic syndrome in HIV patients under antiretroviral treatment in CAPASITS from Reynosa Tamps".

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Introduction: Highly effective antiretroviral therapy has been demonstrated a decrease in morbidity, mortality, life expectancy and quality of life of HIV-infected patients. However, HIV-infected persons, over time of receiving antiretroviral treatment, may develop different metabolic disorders, such as adipose tissue, lipid metabolism and the development of arterial hypertension, increase in BMI, decrease in HDL cholesterol and insulin resistance which can with lead to the development of metabolic syndrome. *Methodology: A cross-sectional observational study was carried out, the sample consisted of 122 HIV patients on ART. All patients signed an informed consent form. Sociodemographic data and clinical history were collected. Subsequently, anthropometric data (height, weight and waist circumference) and vital signs (blood pressure) were measured.* Results: A total population of n=122 participated in this study, of which the majority was male with 62.3% (n=76) and 37.7% (n=46) female. The mean age of the patients was 37.54 (± 11.48) years, with a range of 19 to 60 years. The frequency of Metabolic Syndrome of HIV seropositive patients under antiretroviral treatment is observed, where 41%(n=50) have metabolic syndrome, while 59% (n=72) do not present metabolic syndrome. In women, the metabolic syndrome is present in 64% (n=32) while in men it is present in 36% (n=18) with statistical significance (value of $p = .000$).

Conclusion: There is a high prevalence of metabolic syndrome in our study population 41% in which the female gender predominated in patients receiving antiretroviral treatment in the CAPASITS of the city of Reynosa, Tamaulipas.

Keywords: HIV, metabolic syndrome

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