

## Prevalence of Dyslipidemia in HIV Seropositive Patients in Patiala Region of Northern India

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### Background

Dyslipidemia which has been closely linked to the pathophysiology of cardiovascular disease is a key independent risk factor for cardiovascular disease. Highly active antiretroviral (HAART) has dramatically reduced AIDS morbidity and mortality; however the studies have shown that HAART is associated with increase in incidence of dyslipidemia. So it is very necessary to screen every individual seropositive with HIV who is going to start HAART to minimize the comorbid risk of cardiovascular disease in AIDS and ensure proper planning of health actions for both primary and secondary prevention of cardiovascular disease.

### Aims & Objectives

To find the Prevalence of Dyslipidemia in HIV Seropositive Patients In Patiala Region Of Northern India.

### Material & Methods

Cross-sectional study was conducted on 200 HIV positive patients who have just started HAART therapy from period of November 2012 to May 2013 at GMC Patiala ART centre. The patients were screened for Total Serum Cholesterol levels and Serum Triglycerides level

in their serum.

### Results

There were 200 total number of screened patients out of which 64.5% were males. Elevated levels of Serum Triglycerides were found in 25% of screened population. 29.5% of total females and 23.25% of males were having high TG's.

Serum Cholesterol was elevated in 6% of patients. 7.04% of females and 5.42% of males from total screened females and males respectively had high cholesterol.

Dyslipidemia was found to be more prevalent with female sex in our study.

### Conclusions

The prevalence of dyslipidemia is high in HIV positive patients in Patiala region, which necessitates the community based intervention strategy to prevent and manage cardiovascular risk factors. Regular monitoring of lipid profile in patients with HAART therapy is recommended and start of proper lipid lowering agents be instituted with appropriate combination of HAART to decrease morbidity, delay mortality and improve the quality of life of these patients.