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Prevalence of Zidovudine induced megaloblastic anemia among HIV/AIDS patients attending University of Gondar Hospital, Northwest Ethiopia

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S everal study showed that Human Immune Deficiency/HIV infection is frequently associated with hematologic abnormalities. The use of antiretroviral treatment (ART) regimen containing Zidovudine (AZT) is associated with hematological toxicity to varying degrees of cytopenias particularly megaloblastic anemia. However, there is scarcity of data which assesses prevalence of AZT induced megaloblastic anemia among HIV patients taking ART in Ethiopia. So, the aim of this study was to assess the prevalence of Zidovudine induced megaloblastic anemia in HIV/AIDS patients taking ART at University of Gondar Hospital, northwest Ethiopia. A retrospective study was conducted among HIV/AIDS patients who had followed up between January 2012 and February 2013. Data was collected from patients chart and statistical analysis was done on SPSS version 20. From the total of 319 participant, majority were females (202(63.3%)) and in the age group 25-44 years (255(79.9%)). Prevalence of AZT induced anemia was 11.3% at the 6 month of AZT based treatment. Most of (29(80.6%)) the patients developed macrocytic anemia. Sex, baseline CD4, presence of opportunistic infection, HIV clinical stage, baseline hemoglobin are not associated with the incidence of anemia, but age shows association (p-value=0.042). This study showed that high prevalence of macrocytic anemia was observed after 6th months of treatment with AZT based ART. Prospective cohort study should be conducted to assess the incidence of anemia among patients taking AZT.

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