

# 29<sup>TH</sup> ANNUAL AMERICAN DENTISTRY CONGRESS

March 22-23, 2018 | New York, USA

## Oral lesions in relation to CD4 counts in a group of HIV infected persons

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Oral lesions in HIV infections may serve as markers for immune deterioration and disease progression and may also indicate poor prognosis. They can therefore be used as an entry point in therapy and vaccine trials and can be determinants of opportunistic infection and anti- HIV therapy, staging and classification systems. Our aim was to determine the pattern of oral lesions in relation to the CD4 counts of a group of HIV/AIDS patients in Enugu- Nigeria. Self-administered questionnaire was used to obtain data from 208 consenting respondents selected randomly from known HIV infected persons at AIDS Prevention Initiative in Nigeria (APIN) centres in Nigeria. All respondents were on highly active anti-retroviral therapy (HAART). Data obtained include demographic details, how long-ago condition was diagnosed, current CD4 count and presence of oral manifestations of HIV infection. Thereafter, an intra oral examination was conducted on the respondents using disposable items. Data analysis was carried out using SPSS package version 17. Eighty-four (40.3%) patients had oral lesions consistent with HIV/AIDS infection. Five of the oral lesions seen were in group classified as “strongly associated with HIV/AIDS”. Oral candidiasis was the most occurring constituting 41.1% of the lesions seen. The pseudo-membranous variant was the most frequent representing 30% of the total lesions seen. Linear gingival erythema was observed in 30(23.4%) of respondents. Oral lesions were more prevalent in those with more than 5 years known HIV infection and those with low CD4 counts. Inter disciplinary approach in the management of HIV/AIDS infected patients to enhance their standard of living and incorporation of routine intra oral examinations in the day to day management protocol for this group of HIV/AIDS infected persons are strongly advised.

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