

# **PREVALENCE OF METABOLIC SYNDROME AND ITS RISK FACTORS IN PEOPLE LIVING WITH AIDS USING HIGHLY ACTIVE ANTIRETROVIRAL THERAPY AT CARE AND TREATMENT CENTRES IN ILALA MUNICIPALITY 2009-2010**

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## **ABSTARCT**

**INTODUCTION:** Metabolic syndrome refers to a clustering of cardiovascular risk factors that include diabetes, obesity, aging, physical inactivity, dyslipidaemia, hypertension and lipodystrophy. Lipodystrophy is more common in People Living with AIDS using HAART, and there is little data on metabolic syndrome in people living with AIDS using HAART in our environment.

**OBJECTIVE:** This study was carried out to determine the prevalence of metabolic syndrome in PLWA using HAART in Ilala municipality between 2009/2010

**METHODOLOGY:** A total of 652 people aged above 18 years living with HIV/AIDS, being tested for lipids profile and using HAART for not less than nine months were recruited from five care and treatment centers out of 13 centers in Ilala district in Dar Es Salaam. This study was done for one year from January 2011 to December 2011.

**RESULTS:** Out of 652 people living with HIV/AIDS 332(50.9%) were females. About 60% of the participants were obese and about three quarters of obese participants were aged 35-54 years,  $p= 0.0001$ . Among 156 participants who had elevated BP only 37(23.7%) were using anti- hypertensive drugs, and two third of participants with elevated BP, elevated serum Triglycerides, were aged 35-54 years.,  $p = 0.0001$ . The magnitude of metabolic syndrome in the PI based regimen was significantly higher than in NNRTIs based regimens, in those participants who had been using HAART for more than 18 months with p value 0.0001.

**CONCLUSION:** My study observed that there was high prevalence of metabolic syndrome in PLWA using HAART. with strong association of person age group, dyslipidaemia, and duration in both NNRTIs and PIs based regimens.