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***Helicobacter pylori* is not a Cause of Anaemia amongst People Living with HIV and AIDS in Tanzania**

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Conference Abstract

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ABSTRACT

Objectives: *Helicobacter pylori* is the most common infection worldwide. Several reports have indicated an association between *H. pylori* infection and anaemia. The aim of the study was to determine the prevalence of *H. pylori* co-infection with HIV and its correlation with anaemia and CD4 cell counts.

Methods: A cross sectional study of 77 people infected with human immunodeficiency virus at SHIDEPHA⁺ Post Test Club Mwananyamala in Dar-es-Salaam, were assessed for *Helicobacter pylori* infection using ¹³C urea breath tests, immune integrity by use of CD4 cell count and anaemia using Beckman Coulter Counter.

Results: Of the 77 subjects who were HIV positive 31 (40%) were *H. pylori* positive, compared to 14 out of 25 (56%) *H. pylori* positive amongst HIV negative controls. The mean (SD) haemoglobin level in *H. pylori* negative subjects was 11.7 (1.6) g/dl, compared to 11.4 (1.75) g/dl amongst those who were *H. pylori* positive (unpaired t test, p=0.43). Of the 15 subjects with CD4 counts below 200/ml, 4 (26%) were *H. pylori* positive, compared to 27/62 (48%) of those with CD4 counts above 200/ml (Chi squared, p<0.005).

Conclusion: Our data demonstrates that *H. pylori* colonization is unlikely to contribute to anaemia amongst HIV positive subjects studied. Although this suggests that *H. pylori* colonization does not lead to significant problems in this population, both adequate nutrition and treatment of problems

such as iron deficiency remain important components of the management of HIV positivity and AIDS throughout Africa.

Key words: Helicobacter pylori; HIV; anaemia and CD4 cell counts.

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