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- Comparative study of two protocols antiretroviral treatment of patients HIV 1 positive of The cohort followed at the <<Institute of Sociale hygiene of Dakar>>



Objective

- To compare effectiveness and the tolerance of the antiretroviral protocols: combivir + efavirenz treatment and combivir + nevirapine



Metodology

- It acts of a retrospective study on the files of patients HIV 1 positive treated between july 2003 and December 2004 (18 months) follow up at the Institute of Sociale Hygiene of Dakar



- The study concern 70 patients including 35 patients on combinivir + nevirapine the data collection has been realized using a card of investigation having the following variable : age, the sexe, the locality, the elements of monitoring of the efficacy (weight, viral load, CD4 count).
- Opportunist infections, immunological or virological failure.



Results

- The results of the study reveal and dentica immunological efficacy between the two protocols. Ponderal evolution was increasing in the two arms.
- The quaterly ponderal profit observed on both sides is not different.



- Broadly the immunological therapeutic efficacy is good but is relatively for the combivir + efavirenz protocol.
- We noted a profit of CD4 count superior in the twelve months of treatment, never the less, the difference is not significant.



Conclusion

- The significant therapeutic projection which have occurred these last years improved survival and the quality of life of the patients under antiretroviral treatment. Actually, it exists a range of antiretrovirales molecules available and several therapeutic diagramms relatively codified, each strategy has its advantages and its disadvantages and must be evaluated individually according to the treatment.



Perspectives

- It seems necessary to compare the result of our study with other studies before drawing a final conclusion from the effectiveness between its two protocols.