Progression of HIV-infection and Indications to HAART

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OBJECTIVES

The aim of this study was to observe the progression of HIV disease in patients starting HAART and to determine the factors that influence the progression of the disease.

MATERIALS AND METHODS

Patient data included demographic information, HIV viral load, CD4 count, and clinical data. The progression of the disease was measured using the CD4 count and viral load. The CD4 count was measured every 3 months, and the viral load was measured every 6 months.

Statistical analysis was performed using the Kaplan-Meier method to estimate the median time to achieve an undetectable viral load and to achieve a CD4 count of at least 500 cells/μL. The cumulative incidence rate was calculated using the cumulative incidence function (CIF).

RESULTS

The median time to achieve an undetectable viral load was 12 months, and the median time to achieve a CD4 count of at least 500 cells/μL was 18 months. The Kaplan-Meier method showed that the cumulative incidence rate was 75% at 12 months and 90% at 18 months.

CONCLUSIONS

HAART is an effective treatment for HIV-infected patients. The progression of the disease can be controlled with HAART, and the treatment should be administered as soon as possible to achieve the best outcomes. The results of this study support the use of HAART as a first-line treatment for HIV-infected patients.
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