# Matasan Afirka ta Kudu masu HIV da ƙananan CD4 suna da haɗarin kamuwa da cutar daji

ST Communications

## Haxarin ciwon daji a tsakanin matasa da matasa masu cuta mai karya garkuwar jiki HIV a Afirka ta Kudu: nazarin yankin ƙasa

### ShimfiƊda

Mun yi nazarin abubuwan da suka faru da abubuwan haɗari ga nau'ikan ciwon daji daban-daban a cikin matasa da matasa masu fama da cutar HIV (AYALWH) a Afirka ta Kudu tsakanin 2004 da 2014.

### Hanyoyi

Mun haɗa da daidaikun mutane masu shekaru 15 zuwa 24 daga binciken Match na Cutar Kanjamau na Afirka ta Kudu, babban ƙungiyar da ta samo asali daga alaƙa tsakanin ma'aunin dakin gwaje-gwaje masu alaƙa da HIV daga Sabis na Laboratory Health na Ƙasa da kuma bayanan daga rajistar cutar kansa ta ƙasa.

Mun ƙididdige yawan faruwan na mafi yawan nau'ikan cutur daji.

Mun kimanta alaqa tsakanin waɗannan cututtukan daji da jinsi, shekaru, shekarar kalanda, da ƙididdigar ƙwayoyin CD4 ta amfani da samfuran Cox da daidaita ma'aunin haɗari (aHR).

### Sakamako

Mun haxa da 782,454 AYALWH (89% mace).

Daga cikin waɗancan, 867 sun sami cinwon daji da ya haxa da 429 waɗanda suka sami Kaposi sarcoma, 107 lymphoma ba Hodgkin, lymphoma Hodgkin 48, kansar mahaifa 45, da cutar sankarar bargo 32.

An fi samun Kaposi sarkoma a cikin masu shekaru 20-24 fiye da masu shekaru 15-19 (aHR 1.39, 95% CI 1.03-1.86).

Maza sun fi  samun Kaposi sarkoma (aHR 2.06, 95% CI 1.61-2.63), lymphoma wanda ba na Hodgkin ba (aHR 3.17, 95% CI 2.06-4.89), lymphoma na Hodgkin (aHR 4.83, 95% 2.61-8.93), da cutar sankarar jini (aHR 5.90, 95% CI 2.87-12.1).

Ƙananan kididdigar tantanin halitta na CD4 na da alaqa da yawan kamuwa da Kaposi sarkoma, ciwon dajin mahaifa, limfoma wanda ba na Hodgkin ba da limfomar Hodgkin.

## Bayani

Ciwon daji mai nasaba da wasu cutuka sune nau'in ciwon dajin da aka fi samu cikin AYALWH a Afirka ta Kudu.

Za a iya rage matsalar waɗannan ciwon daji ta hanyar rigakafin HPV, gwajin HIV na musamman, fara maganin cutar qanjamau da wuri, da gyara kula da jiyya.

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Mutanen da ke dauke da kwayar cuta mai karya garkuwar jiki HIV masu tsakanin shekaru 15 zuwa 24 waxanda ke da qarancin CD4 suna da haxarin kamuwa da cutar daji, musamman cututtukan daji da ke haifar da gwayoyin cutuka da ke kama garkuwar jiki da ba shi qarfi.

Masu bincike sun ba da shawarar auna matasa masu HIV don cutar daji ta mahaifa, da kuma yi wa matasa allurar rigakafin HPV (cutar papillomavirus, wanda ke haifar da cutar daji ta mahaifa).

Hakanan suna ƙarfafa ƙarin gwajin cutar HIV da fara maganin rigakafi na yau da kullun da wuri-wuri don gwadawa da rigakafin cututtukan daji da ke haifar da cututtuka saboda raunin tsarin rigakafi.

Cuta mai karya garkuwan jiki HIV a tsakanin matasa babbar matsala ce ta kiwon lafiya a Afirka ta Kudu.

Masana kimiyya sun riga sun san cewa mutanen da ke ɗauke da HIV suna cikin haɗarin kamuwa da cutar daji, amma ba su yi nazari sosai game da cutar daji a cikin matasa ba.

A cikin wannan binciken, masu binciken sun so ganin matasa nawa da suke da cutar HIV suke da ciwon daji, da kuma abubuwan da ke iya haifar da kamuwa da cutukan daji daban-daban.

Sun bincika takamaiman bayanan marasa lafiya na Afirka ta Kudu na mutanen da ke tsakanin shekara 15 zuwa 24, tsakanin shekarun 2004 da 2014.

Sun nemi alaƙa tsakanin nau'ikan ciwon daji daban-daban da, alal misali, jima'i, shekaru, da ƙididdigar ƙwayoyin CD4 na marasa lafiya.

Masu binciken sun bayar da rahoton cewa Kaposi sarkoma shi ne ciwon daji da aka fi samu, sai kuma limpoma wanda ba na Hodgkin, limpoma na Hodgkin, ciwon dajin mahaifa, da kuma cutar sankarar jini.

SSuna tsammanin Kaposi sarkoma, wanda kamuwa da cuta ke haifarwa, ya fi yawa saboda matasa kaɗan ne ke yin maganin cutar HIV.

Mutanen da ke xauke da qwayar cuta mai karya garkuwar jiki HIV waxanda ba su da magani na iya samun raunin tsarin garkuwar jiki wanda ba zai iya yakar kamuwa da kwayar cuta ba.

Masu binciken sun kuma gano cewa haxarin kamuwa da cutar daji ya fi yawa cikin mutane masu shekaru 20 zuwa 24 fiye da masu shekaru 15 zuwa 19.

Misali, sun gano cewa mutane da yawa masu shekaru tsakanin 20-24 sun kamu da cutar daji wanda ba na mahaifa ba, ciwon daji na mahaifa da kuma Kaposi sarkoma.

Sakamakonsu ya kuma nuna cewa maza suna da yawan kamuwa da ko wace cutar daji saboda kashi 11% na maza ba su da ciwon daji.

Masu binciken sun bayar da rahoton cewa, in ban da cutar sankarar jini, ƙananan ƙwayoyin CD4 suna da alaƙa da haɓakar duk cututtukan daji, musamman Kaposi sarkoma.

Sun lura da ƙidayar ƙwayoyin CD4 kaɗan a cikin waɗanda shekarunsu suka wuce 15-19 idan aka kwatanta da waɗanda shekarunsu suka kai 20-24.

Wannan shi ne babban bincike na farko don tantance haɗarin ciwon daji a tsakanin matasa masu cuta mai karya garkuwar jiki HIV a duk faɗin Afirka ta Kudu.

Amma duk da duba bayanan marasa lafiya kusan 800 000, masu binciken sun ce adadin takamaiman nau'in ciwon daji kaɗan ne.

Sun kuma ce ba za su iya samun wasu bayanan majiyyatan da suke bukata ba.

Sun yi gargaxin cewa wasu masu bincike na iya amfani da hanyoyi daban-daban don ayyana abubuwan da ke faruwa na ciwon daji, don haka ba za a iya kwatanta waɗannan sakamakon cikin sauƙi da sauran ba.