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Epidemiological profile of patients at a newer hub of Hepatitis C in India

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Introduction: The epidemiology of hepatitis C in India has not been studied systematically. Most of the studies of the prevalence of hepatitis C have been based in blood banks with the assumption that blood donors are surrogates for the population at large. However, this assumption may be incorrect.

Aims & Objectives: To study epidemiological profile, geographic foci, assess risk factors, genotypes and viral load in patients infected with Hepatitis C Virus.

Materials & Methods: It was an epidemiology based prospective study conducted at medical gastroenterology department of our institute. The record of each patient was meticulously maintained and sample consisted of 1000 (one thousand) patients. Only those patients confirmed for hepatitis C infection by PCR analysis were included consecutively.

Results: Majority (65%) of the subjects was male. 81% belonged to rural areas and 84% were married. The age distribution showed a sharp peak between the age group 20 to 35 years i.e., 38%. History of previous surgery and tattooing appeared as major risk factors. 31.75% patients had history of a major or a minor surgery and 32% was having tattoos. Around 12% had history of receiving blood transfusion, 23.5% of the patients had a history of jaundice sometime in the past. Only 4.25% of the patients each had a history of I.V drug abuse and the same number (4.25%) had a history of sexual relations with multiple partners. None of the patients in this sample had a history of dialysis. 72.25% of the patients were asymptomatic. Most of them were found to have HCV infection at screening camps followed by screening during preanaesthetic checkups and blood donation. Malaise (10.25%), pyrexia of unknown origin (7.25%), diffuse abdominal pain (5.75%) and joint pain (4.5%) were the major complaints in the symptomatic patients. In this study sample genotype 3 was most common (58.25%). Curiously even genotype 4 (21.75%) and genotype 1 (17.20%) has substantial presence. Only 2 cases of genotype 5 (0.2%) and 1 case of genotype 6 (0.1%) were seen. There was no case of genotype 2. Genotype could not be determined in 2.50% patients due to low viral load.

Biography

Parveen Malhotra got a Silver Medal in Final Prof. MBBS and his MD Thesis on Role of Topiramate in refractory seizures was recommended. He did DNB Gastroenterology under renowned Hepatologist Dr. Dharmesh Kapoor from Global Hospital, Hyderabad. He became Head and established department of Gastroenterology at PGIMS, Rohtak in August, 2010. He has fifty publications and regularly presenting posters & papers at various national and international conferences. He is Post Graduate Teacher and Member of both Postgraduate and Undergraduate Board of studies as well as Academic council at University of Health Sciences, PGIMS, Rohtak. He got first prize i.e. N.L.Patney Award in paper presentation on Hepatitis C Epidemic in Haryana at IAMCON-2013 at Kota. He is Principal Nodal officer of dedicated Hepatitis C center, first of its kind in India where free treatment is being given to patients suffering from above disease.

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