

OUTCOME OF ACUTE VIRAL HEPATITIS IN DIABETIC AND NON DIABETIC PATIENTS IN BANGLADESH- REPORT FROM A TERTIARY CENTRE

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Background: Diabetes Mellitus (DM) and Acute Viral Hepatitis (AVH) are common diseases in Bangladesh. Although AVH is a self-limiting pathological entity, DM is endowed with long-term influence on different pathological conditions. The study presented here was designed to assess if DM has any role on clinical course of AVH.

Methods: This cross sectional study was accomplished in Rajshahi Medical College Hospital and Rajshahi Diabetic Association Hospital from May 2010 July 2013. A total of 300 patients with AVH were enrolled in this study and they were divided into two groups; Group-A; patients of AVH with DM (N=140) and Group-B; patients with AVH without DM (N=160). The clinical and laboratory data of these patients were serially evaluated.

Result: There was no significant difference regarding age, sex, and levels of alanine aminotransferase (ALT) between two groups. The cause of AVH was hepatitis E virus (HEV) in 100 of 140 patients (71%) in Group A, whereas, HEV was etiological factor in 112 of 160 patients (70%) of Group-B. However, the clinical course of liver disease showed marked variation between two groups. Jaundice persisted for more than 6 months in 68 of 140 (49%). In Group B 149 of 160 Patients (93.12%) became jaundice free within 30 days after attending the hospital. Only in 11 of 160 patients (6.88%) jaundice persisted for 1 to 3 months. Forty-two patients of Group-A showed evidences of esophageal varices; however, endoscopic assessment did not reveal any abnormality in patients with Group-B. Moderate to several hepatic fibrosis was seen in 19 of 140 patients with AVH plus DM, whereas, these were not detected in any patient of Group-B (patient with AVH without DM). Even more important is the fact that 4 patients of Group-A died of liver failure, whereas there was no mortality in any patient of Group-B.

Conclusion: AVH is regarded as a self-limiting pathological process. The study presented here reveals that presence of DM in AVH patients drastically alters the clinical course of AVH. In conclusion, all patients with DM with superimposed AVH should be carefully followed up with possibility of development of severe liver diseases and even mortality.

BIOGRAPHY

Mohd Harun Or Rashid has been working as the associate professor, and is the head of the department, department of hepatology in Rajshahi Medical College, Rajshahi. Treating patients is his foremost duty. In addition, he is an academician and finds enormous enjoyment with his teaching career. Moreover, he is an active researcher who is very much engaged with different research projects on hepatology. He runs disease awareness campaigns in the form of cinema, leaflet, public meeting, screening programme etc.