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Abstract

HIV/AIDS patient requires adequate macronutrient and micronutrient intake. Zinc is an essential component of immune system and vital for the development of non-specific immunity and cell-mediated immunity. The study is an experimental research with randomized control group pretest posttest design, with provision of treatment in double blind and aiming to analyze the effect of zinc sulfate supplementation to lymphocyte CD4 count in HIV/AIDS patient. The population of study was 26 HIV/AIDS outpatients in ICUID Dr. Soetomo Hospital Surabaya receiving ARV therapy for a year or more. The samples were divided to control and treatment group. Results showed most of the patients on treatment group have increased lymphocyte CD4 count after given zinc sulfate supplement. The average variance of CD4 count in treatment group is not significantly greater than control group. We conclude that there is a significant increase of CD4 count after intervention with zinc compared to before intervention on HIV/AIDS outpatient in ICUID Dr. Soetomo Hospital.(FMI 2012;48:17-19)

Keyword : zinc, supplementation, CD4, count, and, immune, system,

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