COTE D'IVOIRE
Common Diseases: Prevention, Signs/Symptoms, Treatment

A. Chronic diseases

In order of highest burden of disease to lowest burden of disease

1) **Hypertension** (~30% of adults over 25)
   - Clinical criteria = blood pressure \(\leq 140/90\) consistently
   - Self treatment = lower sodium in diet, no tobacco use, increase potassium (fruits/vegetables) in diet, reduce stress, weight loss, regular moderate exercise

2) **Obesity** (29.7% of females and 23.5% of males)
   - Clinical criteria = BMI \(\geq 30\)
   - Self treatment = reduce caloric intake, increase nutrient dense foods (fruits, vegetables, lean protein), avoid “empty calories” processed foods

3) **Tobacco use** (16% of females, 26% of males)
   - Regular/daily use of tobacco products
   - Self treatment = taper down, avoid triggers, exercise, behavior replacement

4) **Diabetes/Prediabetes** (~10% of adults)
   - Clinical criteria:
     - A1C \(\geq 6.5\%\)
     - Fasting plasma (blood) glucose \(\geq 125\) mg/dL
     - Random plasma (blood) glucose \(\geq 200\) mg/dL
   - Symptoms: frequent urination, sweet smelling sweat/urine/breath, extreme thirst, extreme fatigue, blurry vision, slow healing of cuts/bruises, tingling/pain/numbness in hands/feet
   - Self treatment = weight loss, abstain from alcohol, increase nutrient dense foods (vegetables, lean protein), avoid “empty” calories - packaged foods, sugar, flour, “white” foods

B. Communicable diseases

**Colds/ Upper Respiratory Infections.**
- Every day prevention: hand washing
- Preventing active transmission: cold/flu masks worn by the infected

**Tuberculosis**
- Symptoms: fever, night sweats, cough > 3 weeks; coughing up blood
- Clinical criteria: + TB skin test, + TB blood test, + sputum smear, + chest X-ray
- Treatment: strict adherence to antibiotic therapy, prevent transmission by wearing cold/flu mask, stay in well-ventilated areas

**HIV/AIDS**
- Symptoms: often no symptoms in early stages, bodily fluid exposure to those with HIV most indicative of risk
- Clinical criteria: + rapid test, confirmed by + serum test
- Prevention – condoms during sexual intercourse, barrier use when handling bodily fluids
- Treatment – strict adherence to anti-retroviral treatment
C. Infectious Disease

**Intestinal parasites**
- High prevalence of fecal-oral transmitted parasites, up to 70% of population in some cases
- Risk factors: ages 0-15, poverty, rural location, lack of proper WASH, frequently bare foot / no shoes
- Signs/symptoms: intestinal discomfort, diarrhea, anal itching, blood in stool, anemia
- Treatment: *parasites can be present w/out signs/symptoms, only treat w/ Rx if symptoms are severe, over 2 weeks, or occur in those who are malnourished with concurrent infections or who are immune-compromised*
- Medications
  - antibiotic **albendazole** and **metronidazole** (Flagyl)

*lymphatic filariasis (elephantiasis)* is endemic in Haiti, with ~10% of the population affected. Early stages can be treated with albendazole and diethylcarbamazine, along with complementary doxycycline

D. Vector-borne diseases

**Malaria** – caused by parasites passed to humans via mosquito bite
- Prevention: sleep under insecticide coated mosquito nets, wear protective clothing, DEET, anti-malarial medicine (Lariam)
- Symptoms: high fever, sweats, headache, body aches, nausea/vomiting
  - Symptoms can be cyclical, receding and peaking every 48-72 hours
- Diagnosis = + blood smear, CBC indicating anemia, abnormal liver function tests (LFTs)
- Treatment = anti-parasitic drug regimen with follow-up testing and treatment as indicated

**Dengue & Chikungunya** – caused by a virus passed to humans via mosquito bite
- Prevention: sleep under insecticide coated mosquito nets, wear protective clothing, DEET
- Symptoms: high fever, severe joint pain, headaches, pain behind the eyes, extreme fatigue, nausea/vomiting, rash 2-5 days after onset of fever
- Treatment: manage symptoms with acetaminophen, fluids, rest

E. Reproductive Issues:

**Birth Control**
- contraceptive prevalence in Haiti is 35%
- Depo Provera is the most used form of contraception
- abortion only legal when mother’s life is at risk, little to no access to safe abortion