

International Conference on **ONCOLOGY AND RADIOLOGY**
&
International Conference on **NANOTECHNOLOGY**

December 03-04, 2018 | Edinburgh, Scotland

Journey and success of a HIV positive patient with colorectal cancer

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The present case study investigated a successful journey of a 49-year-old patient diagnosed with HIV and later on developed colorectal carcinoma that was treated and healed in a period of 4 years. Colorectal carcinoma refers to bowel cancer of the colon and rectum. According to Kenya health policy, cancers lead as the third cause of death in Kenya. According to Saidi et al, colorectal cancers account for 40-50% of all cancers in the large bowel. Its incidence is amongst older people of 50 years and above. Agnes came as a stable patient, was enrolled into the HIV/TB clinic on 27/11/2012. Her CD4 at enrollment was 993 cell/ul. The first two years she remained a stable patient. However, on 8/12/2014, she came for unscheduled visit complaining of lower abdominal

pains, bloating, headache and mucoid stool. Her examination reported of epigastric pain, supra pubic pains and unremarkable stool test. She was treated for gastritis and UTI. In the following month, she presented with lower abdominal pain and dysuria. An abdominal ultrasound was done. A diagnosis of colonic mass and massive hydro nephrotic right kidney was made. She was referred for a colonoscopy that showed colorectal carcinoma. Using the National hospital insurance fund, she was admitted on 5/09/16 for chemotherapy session 1. She completed chemo sessions in February 2017. She embraced her treatment journey despite the challenges she was facing. Being a single mom and no job, her journey to success was declared in May 2017 when she became cancer free.

Biography

Elizabeth Njoki Mwai is a trained Nurse in Kenya. Currently she is pursuing her masters in international health. She has worked in the resource limited settings for 9 years now, coordinating a HIV/TB program that has enrolled over 6000 patients cumulatively. She is passionate in her work and has been awarded severally for good performance working in hardship environment.

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