

SUPPLEMENT CONSIDERATIONS

- ◆ Ask your health care provider about vitamin B12 shots or nasal B12.
- ◆ Consider these antioxidants
 - ⇒ Alpha-lipoic acid (red meats and leafy greens)
 - ⇒ L-carnitine (red meats and dairy products)
 - ⇒ N-acetyl-cysteine (NAC)
 - ⇒ Vitamin C and Vitamin E
 - ⇒ Glutamine (especially for diarrhea or serious muscle loss and wasting)
 - ⇒ Fish oil (omega-3) and Milk thistle (silymarin)
 - ⇒ Glucose tolerance factor formula

VERY IMPORTANT INFORMATION

All dietary supplements should be approved by your health care provider. See your health care provider for a check up (blood tests, bioelectrical impedance analysis- BIA). This helps to avoid liver toxicity or other problems. See an informed nutritionist for reliable advice about dietary supplements.

People with liver or kidney failure should not use glutamine. People with vitamin K deficiency or on anticoagulants, should not take fish oil or vitamin E.

This information is for educational purposes. It should not be considered medical, fitness, dietetic, or other professional advice. The information here is based on current beliefs among researchers and research studies published in the scientific literature as of January 2005.

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DEALING WITH LIPODYSTROPHY



Highly active antiretroviral treatment (HAART) uses combinations of antiviral drugs. HAART improves immune function.

HAART, however, has many unwanted side effects. It often causes changes in body composition, shape and metabolism. These changes are known as lipodystrophy (LDY).

LDY may include a loss of body fat. Fat and muscle loss are noticed the most in arms, legs and face. The body may also have more fat in the trunk (organs and intestines) and on the back below the neck (buffalo hump). Women may have increased breast size and more fat in the pelvic area.

NUTRITION AND LIPODYSTROPHY

Several nutritional concerns such as diabetes and insulin resistance occur with LDY. High blood levels of triglycerides and cholesterol increase the risk of heart attack. Having LDY may also increase oxidative stress in the body.

The liver could be involved in LDY. It helps to remove many substances such as drugs and alcohol. Other chemicals, food components and compounds made in the body are also broken down by the liver.

You may be able to lessen the chance of LDY. Below are some tips to help you deal with changes caused by HAART.

TIPS TO TREAT HIGH BLOOD SUGAR, INCREASED CHOLESTEROL, AND PROTEASE BELLY

⇒ Tell your health care provider about changes in body weight and waist size.

⇒ Try to do progressive resistance exercise (20 minutes) and aerobic exercise (10 minutes) every day.

⇒ Stop smoking.



⇒ Talk to your health care provider about medications to help lower blood sugar, triglycerides and cholesterol.

⇒ Know the warning signs of diabetes and high blood sugar:

- * increased thirst and hunger
- * increased urination and fatigue
- * unexplained weight loss
- * dry, itchy skin

MEAL PLANNING

Eat a variety of foods

▽ *high quality proteins* (meats, eggs, whey, mixed nuts and seeds)

lean cuts of meat and chicken without skin (broiled, grilled or sautéed); fish once a week (bluefin tuna, mackerel, salmon, sardines, etc.); less fatty meat (ground beef, sausage, etc.)

▽ *fiber-rich foods* (beans, grains, oatbran, oatmeal, and Metamucil-with fluid)

at least 3 fruits and 2 vegetables a day; moderate amounts of foods rich in bioflavonoids (broccoli, onions, garlic, kale, blueberries, etc.)

▽ *foods low in cholesterol, saturated fat (no whole milk products, fried foods, high-fat salad dressing, etc.), and trans fat (no hydrogenated oils, shortenings, stick margarine, commercial baked goods, etc.)*

consume 1-2 percent milk, low/fat-free yogurt, salad dressing, etc.

▽ no grapefruit juice or alcohol; no candy, high fat ice cream or other high sugar foods



**Increase the absorption
of dietary supplements by
taking them over several meals.**

Ask your health care provider before you take dietary supplements. You can take a high quality multivitamin without iron at breakfast and/or dinner. You can take a B-complex vitamin and antioxidant supplement with your lunch.