



## Highlights: Body Changes and Medicine



There are many drugs to help people with HIV. Highly active antiretroviral treatment (HAART) uses more than one kind of drug. It can have side effects. It can cause changes in body shape. It can also change how the body works to keep us well. These changes are known as lipodystrophy.

### Nutrition and Lipodystrophy



People on HAART may have a loss of body fat and muscle. These changes are mostly in the arms, legs, face, stomach, and back of the neck. Women may have more fat in the breasts and pelvis.

The risk of diabetes, heart and liver disease is high as well. The liver is needed by the body to help people stay well. It helps the body to break down substances such as drugs and alcohol. The liver also breaks down food and substances made in the body.

### Tips to Treat Body Changes

- Try to exercise for 30 minutes a day. Try 20 minutes of exercise such as weight lifting, house cleaning, etc. Try to do 10 minutes of walking fast, dancing, etc.



- Try to stop smoking if you smoke.

- Know the signs of diabetes and high blood sugar. They are increased thirst, hunger, and urination, being tired, weight loss, and dry, itchy skin.

#### Ask a health care provider about:

- changes in body weight and waist size
- ways to lower the risk of diabetes, liver, and heart disease
- fish oil (omega-3 fatty acids), N-acetyl-cysteine (NAC), and glutamine supplements

### Meal Planning Tips

Eat a variety of foods.

**Proteins**– meats, chicken, turkey, fish, eggs, and whey. *Suggestions:* broil, bake, or grill meat without fat and chicken without skin. Eat fish once or twice a week (mackerel, salmon, sardines, tuna, etc.). Eat less fried foods and fatty meat (ground beef, hot dogs, sausage, etc.).



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## Meal Planning Tips

- ◆ **Foods high in fiber**– beans, grains, oatbran, oatmeal, and Metamucil. *Suggestions:* eat at least 3 fruits and 2 vegetables a day.
- ◆ **Foods low in cholesterol and saturated fat.** *Suggestions:* avoid whole milk products, fried foods, high-fat salad dressing, etc.
- ◆ **Foods low in trans fat.** *Suggestions:* avoid lard, hydrogenated oil, shortening, stick margarine, commercial baked goods (snack cakes and cookies, etc.). Try 1-2 percent milk and low fat or fat-free yogurt and salad dressing, etc.
- ◆ **Avoid alcohol and some foods.** *Suggestions:* no grapefruit in any form, alcohol, high fat ice cream or other high sugar foods.



## Supplement Considerations

**Increase body use of dietary supplements by taking them at meal times.**

See a health care provider for a check-up. Ask if it is okay to take a multivitamin without iron at breakfast and/or dinner. Ask about taking a B-complex vitamin and antioxidant supplement with your lunch. *Do not take supplements without a doctor's approval. Do not take glutamine if you have liver or kidney disease. Do not take fish oil or vitamin E if you have a vitamin K deficiency or are on anticoagulants.*

## Body Changes Tips Review

- Tell a health care provider about body shape changes or new symptoms.
- Try to exercise every day.
- Avoid alcohol, smoking, grapefruit in any form, and high sugar foods.
- Plan meals with protein, high-fiber foods, foods low in cholesterol, saturated fat and trans fat.

## Very Important Information

This fact sheet is to educate people on body changes and drugs. It is not medical, fitness, dietetic, or professional advice. It is based on the beliefs of researchers and research studies as of March 2005.