

**Inside this issue:**

<b>Feature</b>	<b>1</b>
<b>Herb Formulas</b>	<b>1</b>
<b>Herbal Update</b>	<b>13</b>
<b>Program Spotlight</b>	<b>14</b>
<b>Med Watch</b>	<b>16</b>
<b>Book Reviews</b>	<b>17</b>
<b>Editors Corner</b>	<b>20</b>

*Issue Highlights*

- *Omega-3 Fatty Acids and Lipodystrophy*
- *Chinese Herb Formulas for HIV/AIDS*
- *Medical Center of Louisiana at New Orleans New Orleans, LA*

Volume 7, Issue 6

May/June 2003

## Omega-3 Fatty Acids And The Metabolic Complications Associated With HIV Lipodystrophy

Kimberly Dong, MS, RD is a research dietitian at the Tufts University School of Medicine, Department of Community Health, Nutrition/Infectious Disease Unit. She is currently the research coordinator for a diet intervention study treating the metabolic complications seen in patients with HIV. Prior to this, she was an inpatient clinical dietitian at the Tufts-New England Medical Center in Boston, MA. Contact Kimberly at [kimberly.dong@tufts.edu](mailto:kimberly.dong@tufts.edu).



Lipodystrophy has been increasing in prevalence in patients with HIV. The main symptoms of

lipodystrophy in HIV are body composition changes and metabolic complications. Nutrition is important to help treat the symptoms of this syndrome because it is cost effective and practical to implement. One nutrient that may be beneficial in treating the metabolic complications seen in lipodystrophy is omega-3 fatty acids. Numerous studies have demonstrated a triglyceride-lowering effect with omega-3 fatty acids, however no real benefit has been noted with cholesterol. The potential benefits of omega-3 fatty acids and glycemic control have not yet been shown and further studies need to be conducted.

## Common Chinese Herb Formulas For HIV/AIDS

Richard A. Freiberg, DOM, DAC, AP, (Board Certified Diplomate in Oriental Medicine Family Practice - AAOMFP) <[ACUDOC11@aol.com](mailto:ACUDOC11@aol.com)> began his study of Chinese medicine in 1971 and began to study acupuncture in 1985. In 1994, he attended school for formal licensure finishing what

is now referred to as a Bachelor in Science and a Masters in Acupuncture and Oriental Medicine. Richard is credentialed and recognized by Alternativa Medicina in Sri Lanka as a Doctor of Oriental Medicine. He is a senior graduate doctor apprentice with the world famous AIDS

## PUBLISHER S CORNER

*HIV Nutrition Update* is a bimonthly newsletter of practical and timely nutrition resources. Features present peer-reviewed articles and practice-oriented reviews of essential information for the clinician working in HIV/AIDS care. Information is supplemented by news releases, conference proceedings, and expert recommendations.

**Editorial Board****Senior Editors**

Nancy Spaulding Albright, RD, LD, CNSD  
William Palumbo, MS, RD, CDN  
Richard A. Freiberg, D.O.M., D.Ac., A.P., Board Certified Diplomate

**Associate Board**

Diana Johansen (Peabody), RD  
Glenn Preston, MS, RD, LD  
Nellie Duran, MS, RD  
Denise Li, BS

**Editor-In-Chief**

Sharon Ann Meyer, AS, AA, DTR  
Editorial contact: [sharon@hivresources.com](mailto:sharon@hivresources.com)  
URL: <http://www.hivresources.com>

Great care is taken to provide reliable information and to note popular sources that HIV-positive people have access to. Readers should check the references listed in articles. Research summaries are not intended for use as the sole source for treatment nor as a substitute for reading the original research. It is up to the reader to obtain and evaluate research findings.

Information in this newsletter should not be construed as an endorsement of any kind. Comments are offered for general guidance only. Newsletter information is not intended to replace professional medical advice. Any use of the information here is done strictly on your own risk and no responsibility is implied or intended on the part of HIV ReSources Inc., the editors, authors, or the publisher.

Individual Subscription Rates: U.S., one year (six issues), \$45 (Print), \$30 (Internet). Outside U.S., add \$20 per year for hard copy subscription, total prepaid in U.S. funds. Excerpts up to 75 words allowed, provided HIV ReSources, Inc., name and address are included and credited as the source of the information.

Back issues, when available, are \$10. Direct subscription inquires, payments and address changes to:

Subscription Department  
HIV Nutrition Update  
P. O. Box 39385  
Fort Lauderdale, FL 33339-9385

HIV Nutrition Update © (ISSN 1536-1527)  
2003 HIV ReSources, Inc. All rights reserved.



*Improving the quality of life for  
HIV-challenged individuals  
through effective nutritional services.*

## **HIV ReSources, Inc.**

PO Box 39385  
Fort Lauderdale, FL 33339-9385

Email: [subscriptions@hivresources.com](mailto:subscriptions@hivresources.com)

**Visit us on the Web!**  
[www.hivresources.com](http://www.hivresources.com)



## **Editors Corner**

This issue's nutrition feature article by Kimberly Dong, MS, RD discusses the use of omega-3 fatty acids to treat metabolic complications associated with lipodystrophy. *Omega-3 Fatty Acids And The Metabolic Complications Associated With HIV Lipodystrophy* also offers information on a diet intervention study, which includes foods high in fiber and omega-3 fatty acids and low in food with a high glycemic index. Investigators at the Tufts

University School of Medicine, Department of Community Health, Nutrition/Infectious Disease Unit are currently seeking study participants.

Our complementary article on Chinese material medica formulas by Richard A. Freiberg, DOM, DAc, AP, Board Certified Diplomate, is meant to educate the clinician on therapies available to HIV-positive people. The article is part of an ongoing series on the use

of Traditional Chinese Medicine for the treatment of HIV and AIDS.

This issue also highlights the HIV Outpatient Program of the Medical Center of Louisiana at New Orleans in New Orleans, LA. In addition, we offer a review of the book *Micronutrients & HIV Infection* and relate information on TriCor, an antilipemic agent manufactured by Abbott Laboratories.