

Issue Highlights

- *Bone Loss in HIV-Positive Women*
- *Nucleoside/tide Reverse Transcriptase Inhibitors*
- *Clinica Esperanza - San Francisco, CA*

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Bone Loss in HIV-Positive Women A Canadian Study

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The Canadian Osteoporosis Society defines osteoporosis as a systemic skeletal disease characterized by decreased bone mass and microarchitectural deterioration of bone tissue. (1) The disease consequently increases bone fragility and susceptibility to fractures. Although we typically refer to bone mineral density as a diagnostic indicator of osteopenia/porosis, bone quality, bone structure, and bone turnover also contribute to overall bone strength

Editor's Note

HIV ReSources first reported on bone disorders in HIV-positive men during an interview with Donna Tinnerello, RD and Mary Romeyn, MD published in the Sept/Oct 2000 HIV ReSource Review. The risk of bone disorders in people with HIV continues, particularly in people on highly-active antiretroviral therapy (HAART). This issue highlights research on bone loss in HIV-positive women done in Vancouver, British Columbia with the

cooperation of the Canadian Multicentre Osteoporosis Study. Along with the feature article, we highlight osteoporosis and offer resources to help people learn more about the disease. Other columns in this HIV Nutrition Update issue include information on the Mission Neighborhood Health Center-Clinica Esperanza in San Francisco, CA and the first in a series of articles on pharmaceuticals prescribed to treat HIV infection.

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Resource Corner

- ◆ Improve bone health by telephoning toll free 866/718-BONE to order a publication from the Surgeon General. Download it from: www.surgeongeneral.gov/library/bonehealth/factsheet4.htm. Other tools, such as "People's Piece" with ready-to-use information on improving



bone health are also at the web site.

- ◆ Review an osteoporosis PowerPoint and link to related article and pdf copy at: <http://lancaster.unl.edu/food/osteoporosis.htm>.

- ◆ www.osteoporosis.org has many tools for the general public. Among them are brochures such as *Keep Your Bones Healthy*, fact sheets for men, bibliographies, and guides to plan culturally relevant osteoporosis seminars for Asian American women.

Clinician and Client Comments Needed

Future issues of the HIV Nutrition Update will highlight bone disorders in people with HIV. Please contact HIV ReSources if you have any information to share or if you have any questions about bone disorders.

Save the Date for ANSA!

The 12th Annual Association of Nutrition Services Agencies (ANSA) Conference will be held from September 15-17, 2005 in Washington, DC. For more information about "DC05 The Power of Collaboration", call ANSA by telephone at 202/737-1101 or visit the ANSA web site at www.ansanutrition.org.

PUBLISHER'S CORNER

HIV Nutrition Update is a quarterly newszine of practical and timely nutrition resources. Features present peer-reviewed articles and practice-oriented reviews of vital advice for people working in HIV care. Information is supplemented by news releases, conferences, and expert recommendations.

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