

Update Central

NUTRITION REPORT

This column offers the latest news related to nutrition and HIV/AIDS along with information on supplements, and food-nutrient, drug and supplement interactions.

FDA ALERT- DIETARY SUPPLEMENT RECALL

Nature's Plus brand supplements that contain the raw material pepsin are being recalled because of possible salmonella contamination. The recall involves bottles distributed nationally from February to May. The products being recalled were produced by Natural Organics of Melville, NY and are packaged in brown bottles with yellow and green labels with lot numbers on the bottom of each container. They include Digestive Enzyme (product no. 4450, lot no. 1008884); Nature Cleanse Botanicleanse Tabs (product no. 1138, lot no. 1008597); Betaine HCL (product no. 4370, lot no. 1006874) and Ultra-Zyme, product no. 4452 and 4453, lot numbers 1007116, 1007110, 1005942, 1005943, 1009596, 1009520, 1007562 and 1006906). Return products meeting the above criteria to the place of purchase for a refund or contact the company at 631/293-1170, extension 474 for further information.

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IRON AND HIV DISEASE

Iron overload is a problem that is not usually recognized in HIV-positive drug users taking HAART. In a study of 90 people living with HIV who were drug users, Miami

researchers found iron overload in 8% of the subjects. Miguez and colleagues linked the iron overload with high blood sugar levels. For more information visit <<http://www.thebody.com/catie/iron.html>>.

On the other hand, Dr. Alexandra Levine notes that a variety of blood cell abnormalities occur during HIV infection and as many as 70- 80% of this population develop anemia. Thrombocytopenia may be the first symptom of infection with HIV while neutropenia is evident in at least 50% of those with progressed HIV infection. Therapy varies and includes the use of hematopoietic growth factors, such as erythropoietin, G-CSF, and granulocyte-macrophage colony-stimulating factor. To learn more about these hematologic complications of HIV disease read *Anemia, Neutropenia, and Thrombocytopenia: Pathogenesis and Evolving Treatment Options in HIV-Infected Patients* at Medscape <<http://hiv.medscape.com/ClinicalMgmt/anemia>>.

CHOLESTEROL GUIDELINES

The US National Cholesterol Education Program's (NCEP) new cholesterol guidelines builds upon information published in the Jan/Feb and March/April 2000 HIV ReSource Review issues. These revised recommendations <<http://jama.ama-assn.org/issues/v285n19/fpdf/jsc10094.pdf>>, published in the Journal of the American Medical Association calls for more intensive therapy of increased low-density lipoprotein cholesterol in people with multiple risk factors for heart disease.

SUPPLEMENTS

A recent article noted that oral lysine may be effective for preventing herpes labialis, but once an outbreak occurs it will not help to decrease its severity or duration. Tomblin FA Jr, Lucas KH. Lysine For Management Of Herpes Labialis. Am J Health Syst Pharm 2001;58(4):298,300,304.

The National Consumers League offers a 16-page pdf file on food and drug interactions at <<http://www.nclnet.org/Food%20%26%20Drug.pdf>>. In an upcoming issue we will publish a much more comprehensive article on food/drug interactions especially pertinent to those living with HIV/AIDS.