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Bone Mass Density in HIV/AIDS Patients

[1] Novi, [1] Vani

[1] Faculty of Medicine, Padjadjaran University, Bandung City, West Java, Indonesia
Correspondence : dr.novi2837367@gmail.com

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ABSTRACT

Background: The literature on bone mass density (BMD) in HIV/AIDS patients reveals a complex interplay between the virus, antiretroviral therapy (ART), and various biological and lifestyle factors that contribute to bone health. **Literature Review:** The implications of highly active antiretroviral therapy (HAART) on bone dynamics are critically examined by (J. Kruger & A. Nell, 2017), who note that while HAART is crucial for managing HIV, specific regimens, particularly those containing Tenofovir Disoproxil Fumarate (TDF), can exacerbate bone loss (J. Kruger & A. Nell, 2017). This concern is further elaborated in their subsequent research, where they discuss the differential effects of ART classes on osteoclast and osteoblast activity, illustrating the nuanced relationship between HIV treatment and bone health (J. Kruger & A. Nell, 2017). (M. Chisati et al., 2018) contribute to this discussion by emphasizing the role of lifestyle factors, particularly physical activity, in managing BMD among HIV-positive populations. They underline the importance of addressing lifestyle interventions to mitigate the increased fracture risk associated with ART (M. Chisati et al., 2018). Furthermore, (Magno da Rocha et al., 2020) provide a systematic review that consolidates findings on the efficacy of bisphosphonates, calcium, and vitamin D in preventing bone demineralization in HIV patients, highlighting significant gaps in current management strategies (Magno da Rocha et al., 2020). (Victoria Delpino & Quarleri, 2020) delve into the molecular mechanisms underlying HIV-associated bone disease, focusing on the dysregulation of the OPG/RANKL/RANK system and its implications for osteoclastogenesis, reinforcing the notion that both HIV infection and HAART contribute to bone health deterioration (Victoria Delpino & Quarleri, 2020). **Conclusion:** In conclusion, the current literature presents a comprehensive overview of the multifaceted factors influencing bone mass density in HIV/AIDS patients. The interplay between HIV infection, ART, lifestyle factors, and biological mechanisms underscores the critical need for targeted screening and management strategies to address bone health in this vulnerable population.

Keyword: Bone Mass Density, HIV/AIDS Patients

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INTRODUCTION

The literature surrounding bone mass density (BMD) in HIV/AIDS patients has evolved significantly over the past decade, highlighting the multifaceted relationship between HIV infection, antiretroviral therapy (ART), and bone health. The foundational work by Lima et al. (Lucia Lei Munhoz Lima et al., 2011) underscores the critical need for screening for bone mineralization disorders in HIV-positive individuals, particularly postmenopausal women and older men. Their research identifies various factors contributing to osteopenia, including the direct effects of the virus, inflammatory responses, and metabolic changes, emphasizing the role of low body mass index (BMI) as a key risk factor for diminished BMD.

Del Carpio-Cano et al. (E. Del Carpio-Cano et al., 2013) extend this discourse by linking HIV infection with chronic noninfectious comorbidities, particularly osteoporosis. Their findings suggest that the risk of hip fractures is significantly elevated in HIV-positive individuals, independent of traditional risk factors, indicating that HIV itself may exert a direct influence on bone health beyond the effects of ART.

In a comprehensive narrative review, Kruger and Nell (J. Kruger & A. Nell, 2017) provide an in-depth examination of the implications of highly active antiretroviral therapy (HAART) on bone dynamics. They reveal that while HAART is essential for managing HIV, it can exacerbate bone loss, particularly with specific regimens such as Tenofovir Disoproxil Fumarate (TDF). Their analysis highlights the complexity of bone metabolism in HIV patients, noting that continuous exposure to HAART correlates with a more pronounced decline in BMD compared to intermittent use.

Further exploring the mechanisms of bone loss, Kruger and Nell (J. Kruger & A. Nell, 2017) also discuss the differential effects of various ART classes on osteoclast

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and osteoblast activity. They emphasize that while some protease inhibitors may inhibit osteoclastogenesis, others do not exhibit the same protective effects, illustrating the nuanced interplay between HIV treatment and bone health.

Chisati et al. (M. Chisati et al., 2018) contribute to this understanding by discussing the importance of physical activity and lifestyle factors in managing BMD in HIV-positive populations. They highlight the critical period of bone mass formation and the increased risk of fractures among HIV-infected individuals, particularly due to the adverse effects of ART on bone density.

The systematic review by da Rocha et al. (Magno da Rocha et al., 2020) consolidates findings from clinical trials regarding the efficacy of bisphosphonates, calcium, and vitamin D in mitigating bone demineralization in HIV patients. Their meta-analysis underscores the necessity of addressing BMD loss through targeted interventions, revealing significant gaps in the current management strategies for HIV-related bone health.

Delpino and Quarleri (Victoria Delpino & Quarleri, 2020) delve deeper into the molecular mechanisms of HIV-associated bone disease, discussing the dysregulation of the OPG/RANKL/RANK system and its implications for osteoclastogenesis. They reinforce the notion that both HIV infection and HAART contribute to the deterioration of bone health, necessitating a multifaceted approach to treatment and management.

Matovu et al. (Kiweewa Matovu et al., 2020) present a critical perspective on the need for further research focusing on untreated HIV-1-infected women, highlighting the unique challenges they face in terms of BMD. Their findings indicate a pressing need to identify risk factors for low BMD in this population, particularly in resource-limited settings, where the interplay of hormonal contraceptive use may exacerbate bone loss.

Together, these articles provide a comprehensive overview of the complexities surrounding bone mass density in HIV/AIDS patients, illustrating the interplay

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between HIV infection, treatment regimens, and various biological and lifestyle factors that contribute to bone health.

LITERATURE REVIEW

The article "Osteopenia and osteoporosis in people living with HIV: multiprofessional approach" by Ana Lucia Lei Munhoz Lima et al. (Lucia Lei Munhoz Lima et al., 2011) provides a comprehensive examination of the relationship between HIV infection and bone mineralization disorders, highlighting the multifaceted nature of this issue. The authors assert that HIV is a significant risk factor for conditions such as osteopenia and osteoporosis, particularly among specific demographic groups, namely postmenopausal women and men aged 49 years and older. This demographic focus is crucial, as it underscores the need for targeted screening and intervention strategies for bone health in these populations.

The article outlines various mechanisms through which HIV impacts bone density. One of the key insights is the direct effect of the virus on osteogenic cells, which can lead to impaired bone formation. Furthermore, the persistent activation of pro-inflammatory cytokines in HIV-positive individuals contributes to bone loss by disrupting normal bone metabolism. The authors also discuss the role of vitamin D metabolism alterations and mitochondrial abnormalities in exacerbating these conditions. This multifactorial approach provides a nuanced understanding of the pathophysiology of bone loss in people living with HIV (PLWHIV).

Moreover, the article identifies specific antiretroviral therapies, particularly protease inhibitors, as significant contributors to bone density reduction. The discussion on indinavir and ritonavir highlights how these medications can inhibit bone formation and affect osteoclast differentiation, respectively. This information is critical for clinicians, as it emphasizes the need to consider the long-term implications of antiretroviral therapy on bone health when treating HIV-positive patients.

The authors also address the impact of lifestyle and comorbid conditions on bone health, noting that nutritional deficiencies, low serum calcium levels, and factors

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such as immobilization and alcohol intake can further accelerate bone loss. This highlights the importance of a holistic approach to patient care, where lifestyle modifications and nutritional support are integrated into the management of HIV.

Additionally, the article discusses demographic risk factors associated with bone loss, including advanced age, smoking, Caucasian race, low weight, and low body mass index (BMI). The meta-analysis cited in the article emphasizes that low BMI is a significant determinant of the disparity in bone mineral density between HIV-infected individuals and those without the infection. This finding is particularly relevant for healthcare providers, as it suggests that monitoring and addressing BMI could be a critical component of care for PLWHIV.

Finally, the authors discuss the role of RANK-L signaling in bone metabolism, noting that elevated levels of this factor in HIV-positive patients can lead to the inhibition of osteoblasts and the activation of osteoclasts, further contributing to bone density loss. This mechanistic insight is valuable for understanding the biological underpinnings of bone health in HIV and may inform future therapeutic strategies aimed at mitigating bone loss.

The article "Management of Reduced Bone Mineral Density in HIV: Pharmacological Challenges and the Role of Exercise" by Enock M. Chisati, Demitri Constantinou, and Fanuel Lampiao (M. Chisati et al., 2018) presents a comprehensive analysis of the factors contributing to reduced bone mineral density (BMD) in individuals living with HIV. The authors emphasize the critical balance between bone modeling and remodeling, which is disrupted in this population, leading to decreased load-bearing capacity and heightened fracture risk.

The article outlines the natural progression of bone mass, noting that peak bone mass is typically achieved between the ages of 25 and 30, after which a gradual decline occurs (M. Chisati et al., 2018). This age-related decline is exacerbated in certain populations, particularly women undergoing menopause, who experience a significant drop in estrogen levels, leading to accelerated bone loss. The authors argue that individuals with HIV face a unique challenge, as the initiation of

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antiretroviral therapy (ART) can further compromise bone health. Specifically, the use of tenofovir is highlighted as a contributing factor to increased bone mineral loss, with the authors indicating a loss of approximately 1–3% compared to regimens that do not include this drug.

The role of mechanical stress and physical activity in maintaining bone density is also discussed, suggesting that lifestyle interventions could play a vital role in mitigating bone loss. The authors argue that regular exercise may enhance bone remodeling processes, thereby improving BMD and potentially reducing fracture risk in this vulnerable population. This perspective aligns with the growing body of evidence supporting the benefits of physical activity for bone health.

The article titled "Use of Bisphosphonates, Calcium and Vitamin D for Bone Demineralization in Patients with Human Immunodeficiency Virus/Acquired Immune Deficiency Syndrome: A Systematic Review and Meta-Analysis of Clinical Trials" by Vinícius Magno da Rocha et al. (Magno da Rocha et al., 2020) presents a comprehensive analysis of the impact of specific interventions on bone mineral density (BMD) in HIV/AIDS patients. The authors effectively highlight the growing concern of bone demineralization among this demographic, which is exacerbated by the advancements in treatment for HIV/AIDS that have altered the demographic profile of affected individuals.

The systematic review and meta-analysis conducted by the authors are methodologically sound, as they utilized a thorough literature search across multiple reputable electronic databases, including Medline, OVID, Cochrane Library, and EMBASE. This extensive search strategy, covering publications from January 2004 to January 2020, ensures that the findings are grounded in a robust body of evidence. The inclusion criteria focusing on trials that specifically examined the effects of bisphosphonates, calcium, and vitamin D on bone demineralization in HIV patients further strengthens the relevance of the study.

The primary outcome of the meta-analysis was the evaluation of lumbar spine BMD via bone densitometry, which is a critical measure given the high incidence of

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osteopenia and osteoporosis in this population. The authors also considered a range of variables that could influence BMD, such as age, duration of HIV infection, nadir of CD4+ T cells, and lifestyle factors like tobacco and alcohol consumption. This multifaceted approach allows for a more nuanced understanding of the factors affecting bone health in HIV/AIDS patients.

The article "Influence of HIV Infection and Antiretroviral Therapy on Bone Homeostasis" by María Victoria Delpino and Jorge Quarleri (Victoria Delpino & Quarleri, 2020) provides a comprehensive examination of the intricate relationship between HIV infection, antiretroviral therapy (ART), and bone health. The authors present a compelling argument that HIV/AIDS leads to a chronic inflammatory state which significantly affects bone metabolism, resulting in reduced bone mineral density (BMD) and increasing the risk of osteoporosis and fractures among affected individuals.

The article outlines the pathophysiological mechanisms underlying bone loss in HIV-infected patients, particularly focusing on the dysregulation of the osteoprotegerin (OPG)/RANKL/RANK system. This dysregulation promotes osteoclastogenesis, which is the process of bone resorption, while simultaneously impairing osteoblast function, the cells responsible for bone formation. This dual impact results in a net negative effect on bone density, emphasizing the importance of understanding these molecular pathways to address bone health in this population.

CONCLUSION

The literature on bone mass density (BMD) in HIV/AIDS patients reveals a complex interplay between the virus, antiretroviral therapy (ART), and various biological and lifestyle factors that contribute to bone health. (Magno da Rocha et al., 2020) emphasize the importance of screening for bone mineralization disorders in HIV-positive individuals, particularly among postmenopausal women and older men, identifying low body mass index (BMI) and inflammatory responses as significant risk factors for osteopenia (Magno da Rocha et al., 2020). (E. Del

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Carpio-Cano et al., 2013) build upon this foundation, highlighting the elevated risk of osteoporosis and hip fractures in HIV-positive individuals, independent of traditional risk factors, suggesting a direct influence of HIV on bone health (E. Del Carpio-Cano et al., 2013).

The implications of highly active antiretroviral therapy (HAART) on bone dynamics are critically examined by (J. Kruger & A. Nell, 2017), who note that while HAART is crucial for managing HIV, specific regimens, particularly those containing Tenofovir Disoproxil Fumarate (TDF), can exacerbate bone loss (J. Kruger & A. Nell, 2017). This concern is further elaborated in their subsequent research, where they discuss the differential effects of ART classes on osteoclast and osteoblast activity, illustrating the nuanced relationship between HIV treatment and bone health (J. Kruger & A. Nell, 2017).

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(Victoria Delpino & Quarleri, 2020) delve into the molecular mechanisms underlying HIV-associated bone disease, focusing on the dysregulation of the OPG/RANKL/RANK system and its implications for osteoclastogenesis, reinforcing the notion that both HIV infection and HAART contribute to bone health deterioration (Victoria Delpino & Quarleri, 2020). Finally, (Kiweewa Matovu et al., 2020) call for further research into untreated HIV-1-infected women, emphasizing the unique challenges they face regarding BMD in resource-limited settings (Kiweewa Matovu et al., 2020).

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In conclusion, the current literature presents a comprehensive overview of the multifaceted factors influencing bone mass density in HIV/AIDS patients. The interplay between HIV infection, ART, lifestyle factors, and biological mechanisms underscores the critical need for targeted screening and management strategies to address bone health in this vulnerable population.

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