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PHARMACEUTICAL TREATMENTS FOR UNINTENTIONAL WEIGHT LOSS IN HIV DISEASE

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We know the process of body weight loss in HIV disease includes interactions between a number of components including proinflammatory cytokines* and metabolic or hormonal abnormalities. ^(12,14) When feeding is not enough to reverse nutritional changes, in addition to nutritional therapies we use agents that block the abnormal metabolism or drugs that directly stimulate lean tissue synthesis. ^(2,6) People living with HIV infection (**PLWHIV**), especially those suffering from unintentional weight loss, are becoming increasingly interested in treatments meant to improve nutritional status. They seek out many avenues of information such as support groups and the World Wide Web (**web**) to educate themselves and others. The web contains a glut of data on anabolic steroids and other products used for weight gain. Since many PLWHIV have Internet access, either at home or through public institutions such as the library, it is easier to find both reliable and questionable sources of information. Like part one of this article, the following contains information from peer-reviewed scientific journals, recent conferences, on-line resources and the experience of experts. It may be used to weigh both benefits and costs of various pharmaceutical treatments for unintentional weight loss in HIV disease.

It is understandable that a number of health care professionals suggest drug treatment in the earlier stages of weight loss. ^(3,141,142) We know that the amount of lean body mass* (**LBM**) lost is dependent on body fat stores. ⁽¹⁴³⁾ Having a reserve of fat tissue may help to prevent a loss of LBM in those



ALTERNATIVE FOCUS: THE ROLE OF GLUTAMINE IN HIV

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Glutamine is the most abundant amino acid in the body. ⁽¹⁻³⁾ It is a major building block of skeletal muscle, an important fuel for the gastrointestinal (**GI**) tract, and plays a major role in nitrogen transport. Although made in most tissues, it is synthesized prin

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In Memory of Chester D. Myers, Ph.D.

It is with deep regret that we announce the passing of Chester D. Myers, Ph.D. Dr. Myers was a concerned individual who dedicated many years of effort to help improve the nutritional status of those living with HIV and AIDS. He was the Director of Applied Research and Product Development for a Canadian company. His expertise in research and the practical application of research results, along with his excellent reputation as an HIV nutrition advocate make his loss especially felt within the HIV and AIDS community.

In addition to being a Senior Editor for the HIV Resource Review, he was a member of the Virtual Faculty at Jennifer's web site (www.jenniferjensen.com), referee for journals of the Royal Society of Chemistry (UK) and Food Research International, a scientific advisor to Community AIDS Treatment Information Exchange (CATIE) in Toronto, and served on the Ethics Review Board of the Community Research Initiative of Toronto. He published numerous papers and held a number of patents. A great deal of his work is on-line at the CATIE website (www.catie.ca). Our friend and colleague, Chester will be sorely missed.