Guidelines for the Use of Antiretroviral Agents in Pediatric HIV Infection

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### Table 15J. Antiretroviral-Therapy-Associated Adverse Effects and Management Recommendations—Osteopenia and Osteoporosis

(As of May 22, 2018; reviewed May 22, 2018)

<table>
<thead>
<tr>
<th>Adverse Effects</th>
<th>Associated ARVs</th>
<th>Onset/Clinical Manifestations</th>
<th>Estimated Frequency</th>
<th>Risk Factors</th>
<th>Prevention/Monitoring</th>
<th>Management</th>
</tr>
</thead>
<tbody>
<tr>
<td>Osteopenia and Osteoporosis</td>
<td>Any ART regimen</td>
<td>Onset:</td>
<td>Any age; decrease in BMD usually seen soon after initiation of ART. Presentation:</td>
<td>BMD z Score Less Than -2.0:</td>
<td>Longer duration and greater severity of HIV disease</td>
<td>Prevention:</td>
</tr>
<tr>
<td></td>
<td>Specific Agents of Concern:</td>
<td></td>
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<tr>
<td></td>
<td>• TDF</td>
<td>Onset:</td>
<td>Any age; decrease in BMD usually seen soon after initiation of ART.</td>
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<td></td>
<td>• PIs, especially LPV/r</td>
<td>Presentation:</td>
<td>Usually asymptomatic</td>
<td></td>
<td>VD insufficiency/deficiency Delayed growth or pubertal delay Low BMI Lipodystrophy Non-black race Smoking Prolonged systemic corticosteroid use Medroxyprogesterone use Lack of weight-bearing exercise</td>
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<td></td>
<td>Rarely presents as osteoporosis, a clinical diagnosis defined by evidence of bone fragility (e.g., fracture with minimal trauma).</td>
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</tbody>
</table>

References

**Osteopenia and Osteoporosis**


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