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  (Last updated April 16, 2019; last reviewed April 16, 2019)

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<th>Adverse Effects</th>
<th>Associated ARVs</th>
<th>Onset/Clinical Manifestations</th>
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<tr>
<td>Osteopenia and Osteoporosis</td>
<td>Any ART regimen</td>
<td>Onset: • Any age; decrease in BMD is usually seen soon after initiation of ART. Presentation: • Usually asymptomatic • Rarely presents as osteoporosis, a clinical diagnosis defined by evidence of bone fragility (e.g., fracture with minimal trauma)</td>
<td>BMD z Score Less Than -2.0: • &lt;10% in U.S. cohorts • Approximately 20% to 30% in international cohorts</td>
<td>Longer duration and greater severity of HIV disease Vitamin D 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>
<td>Prevention: • Ensure that the patient has sufficient intake and levels of both calcium and vitamin D • Encourage weight-bearing exercise. • Minimize modifiable risk factors (e.g., smoking, low BMI, use of steroids or medroxyprogesterone). • Use TAF instead of TDF whenever possible. • Use TDF with EFV or an un-boosted INSTI. • When using TDF in a regimen, consider supplementing with vitamin D3 at a daily dose of 1,000–4,000 IU. Monitoring: • Assess nutritional intake (calcium, vitamin D, and total calories). • Strongly consider measuring serum 25-OH-vitamin D levels, particularly in patients who are taking ARV drugs of concern. • Obtain a DXA.</td>
<td>Same options as for prevention. Consider changing the ARV regimen (e.g., switching from TDF to TAF, and/or from LPV/r to EFV or an un-boosted INSTI whenever possible). Treat patient with vitamin D3 to raise serum 25-OH-vitamin D concentrations to &gt;30 ng/mL. Vitamin D3 levels should be monitored in patients who are receiving a daily dose of vitamin D3 &gt;4,000 IU. The role of bisphosphonates in managing osteopenia and osteoporosis in children with HIV has not been established.</td>
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**Key to Acronyms:** ART = antiretroviral therapy; ARV = antiretroviral; BMD = bone mineral density; BMI = body mass index; COBI = cobicistat; DXA = dual-energy x-ray absorptiometry; EFV = efavirenz; INSTI = integrase strand transfer inhibitor; IU = international unit; LPV/r = lopinavir/ritonavir; PI = protease inhibitor; RTV = ritonavir; TAF = tenofovir alafenamide; TDF = tenofovir disoproxil fumarate.
References


