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Nutritional Profile of Patients with Acquired Immunodeficiency Syndrome

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ABSTRACT

Objective: To evaluate the nutritional status of patients living with the human immunodeficiency virus and making use of antiretroviral medication. **Methods:** This is an observational cross-sectional analytical study that was conducted from May to July 2018. The nutritional status was determined through the evaluation of anthropometric data. The anthropometric measurements collected were: body mass index, brachial circumference, triceps skin fold and waist circumference. **Results:** We evaluated 120 patients in regular use of antiretroviral therapy. According to the body mass index, most individuals (41.2%) presented eutrophy, followed by overweight (35.7%). Regarding waist circumference, about 30% of patients presented a much increased risk for cardiovascular diseases. It was also observed that 47.5% of the patients presented eutrophy through the arm circumference parameter. Regarding the anthropometric parameter, triceps skin fold, it was observed that 29.9% of the patients presented severe malnutrition, followed by obesity (24.2%). **Conclusion:** It is known that even individuals undergoing antiretroviral therapy, aiming at slowing the progression of the disease, may present a possible involuntary weight loss during treatment. When related, the parameters of arm circumference, triceps skin fold, and waist circumference characterize the clinical signs of lipodystrophic syndrome, defined as abnormal redistribution of body fat. It is concluded that constant nutritional monitoring of patients in regular use of antiretroviral therapy drugs is necessary in order to prevent possible complications in the nutritional status of patients living with the human immunodeficiency virus.

Keywords: Human immunodeficiency virus. High Activity Antiretroviral Therapy. Nutritional Assessment.

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