
Rassegna - Review

Wasting syndrome nella malattia da HIV-1

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HIV-1-associated wasting syndrome

ABSTRACT: HIV-1-associated wasting syndrome is characterised by weight loss, fever and diarrhoea. It occurs in approximately 25% of infected subjects during the history of the disease. The key etiologic factor in wasting is a reduction in energy intake caused by several reasons. It progressively induces a malnutrition state. Clinical assessment is directed at confirming the diagnosis of malnutrition, estimating its severity and identifying any underlying cause. Examination may help to distinguish HIV-1 wasting from lipodystrophy syndrome, a condition induced by the new antiretroviral treatments, including HIV-1 protease inhibitors. Early diagnosis and management are important tools, pending the negative prognostic value of weight loss in HIV-1-infected subjects. The aim of the management of wasting syndrome is to increase lean body mass, improve quality of life and physical functioning, and ultimately to contribute in prolonging survival. Assessment by a dietician at regular intervals is recommended for all patients with HIV-1 disease. (RINPE 2002; 20: 143-8)

KEY WORDS: HIV-1 disease, Wasting, HAART

PAROLE CHIAVE: Malattia da HIV-1, Wasting, HAART