

### Nutrition Side Effects

Side effects can result from HIV, other infections or medication, and can be harmful to your nutritional health and overall well-being. Side effects left untreated can lead to decreased absorption and processing of medications and nutrients. Some side effects can cause changes in food and fluid intake, cause fatigue and generally can make you feel bad. People are not the same. Different people taking the same medication can have different side effects and those with the same side effects can have them at different levels of intensity. Mild or severe, any side effect must be addressed by you and your doctor and when needed, your dietitian.

Side effects people living with HIV include:

Anorexia or reduced appetite	Excessive or frequent urination	Mouth sores or pain
Bloating	Fat gain	Muscle loss
Constipation	Fat loss	Nausea
Cramps	Fatigue	Not able to eat
Diarrhea	Feet, leg, hip, or shoulder pain	Poor fluid intake
Difficulty or pain chewing	Fever	Taste or smell changes
Dental caries	Gas or flatulence	Vision problems
Dizziness	Headache	Vomiting
Dry mouth	Heartburn	Weight gain
Excessive fluid intake	Hungry all the time	Weight loss

There are other conditions or diseases that people with HIV may have and which involves nutrition. These conditions often require special nutrition information and support to help people make important diet and activity changes. You, your doctor and your dietitian must work together if you are diagnosed with any one or more of the following conditions:

Anemia	High blood sugar	Liver problems like hepatitis
Cancer	High cholesterol	Low cholesterol
Diabetes mellitus	High triglycerides	Obesity
Eating Disorder	Insulin resistance	Pre-Diabetes
High blood pressure	Kidney problems	Pregnancy

The most important first step is for you to recognize any condition you are experiencing that is not "normal" and to bring it to the attention of your doctor. Your doctor can help you find out what the real reason is for the problem and to figure out how to correct it. Not all problems will "just go away" but you can learn what to do to lessen or better control them. Left unchecked, these side effects or disease conditions can harm your nutritional well-being, overall health and even your life.

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#### For more information or to sign up for a nutrition class call:

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