

### Metabolic abnormalities and cardiovascular risk factors in HIV-infected hispanics in western MA.

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**Background:** Hispanic patients represent an increasing percentage of those infected with HIV in the US. The leading cause of death of Hispanics in the US in 1999 was cardiovascular diseases. Hispanics have a high prevalence of cardiovascular risks such as dyslipidemia, obesity and diabetes. Few data exist regarding the incidence and impact of metabolic changes on cardiovascular risk and metabolic syndrome in HIV-positive Hispanics in the US. **Methods:** Retrospective chart review of all Hispanic men and women who have received HIV care at one practice in Springfield, MA since 1999. Data were collected on the incidence of metabolic changes, diabetes, hypertension, hyperlipidemia, lipodystrophy, cardiovascular risks using the NCEP-ATP III guidelines, Framingham Point Scores, and the diagnosis of metabolic syndrome. Standard demographics were collected. **Results:** Data from 192 charts were collected. 55%female. Median age, 38 years [range 19-68]. 56%acquired HIV through heterosexual exposure, 30%through IDU and 7%MSM. The rates of known diabetes, hypertension and hyperlipidemia are 9, 11, and 12%respectively. The median BMI at the time of entry into the practice was 25 [range 18-36]. 57%had initial BMI >25 meeting the criteria for being considered overweight; 22%>30 or obese. Over the course of care the median BMI increased to 27 [range 20-36] with 72%>25; 36%>30. Of those with complete data available to date (n=56), 56%of women and 75%of men have the diagnosis of metabolic syndrome. The median duration of ART in this group is 52 months. Only one cardiovascular event is known to have occurred thus far in this cohort. **Conclusions:** Cardiovascular and metabolic risks are very high in this population of Hispanics, with obesity being the most prevalent factor. More aggressive efforts should be directed at weight reduction and other alterable behavioral factors. Providers must consider this ethnic group's prevalent health issues in their clinical care.

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