# People With Both HIV & Hep C Have Raised Risk of Bone Loss

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People coinfected with HIV and hepatitis C virus (HCV) have a higher risk of osteoporosis and bone fracture than those who are infected with just HIV, and they have an even greater risk when compared with people who have neither virus, aidsmap reports. Publishing their findings in the journal AIDS, researchers conducted a literature review of 15 studies about coinfected people, nine of which included data about bone mineral density (BMD) and six of which had information about fractures. The researchers calculated comparisons of risk between coinfected, HIV-monoinfected and uninfected people by using studies that contained data on HIV-monoinfected or uninfected comparison groups.

Twenty-two percent of those in the studies had osteoporosis, and the researchers found that having hep C in addition to HIV increased the risk of the condition by 63 percent. Coinfected participants had a 77 percent increased risk of fracture when compared with monoinfected participants and a 195 percent increased risk when compared with uninfected controls. Other factors that increased the risk of osteoporosis and fracture were being older, having a lower body-mass index, smoking, and alcohol and substance use.

To read the aidsmap story, click here.

To read the study abstract, click here.

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