HAART Chart

The scoop on how many antiretroviral takers suffer side effects

May 1, 1999 By Tim Horn and Linda Grinberg

HIV drugs have a knack for nasty side effects, but it's tough to get reliable stats. This chart offers figures primarily from drug companies' clinical trials, but solely relying on them can minimize or exclude many problems, such as hair loss with 3TC, and lipodystrophy and severe gas with protease inhibitors. Whenever you experience side effects, consult your doctor.

PROTEASE INHIBITORS

Side Effect Reported	Incidence Rates*
Saquinavir (Invirase or Fortovase)	
Diarrhea	15%–20%
Vomiting	3%–5%
Nausea	10%–18%
Acid reflux	9%
Headaches	5%–9%
Fatigue	5%–9%
Elevated liver enzymes	2%–6%
Ritonavir (Norvir)	
Weakness	9%–28%
Abdominal pain	4%–7%
Decreased appetite	6%–8%
Nausea	23%–47%
Diarrhea	18%–22%
Vomiting	15%–22%
Paresthesia (mouth tingling or numbness)	5%–6%
Altered taste sensations	5%–16%
Elevated liver enzymes	3%–15%

Elevated creatinine (measure of kidney function)	7%–9%
Indinavir (Crixivan)	
Kidney stone or sludge/flank pain	4%–37%
Elevated liver enzymes	10%–12%
Abdominal pain	9%
Nausea	12%
Nelfinavir (Viracept)	
Diarrhea	20%–32%
Nausea	2%–7%
Amprenavir (Agenerase)	
Diarrhea	51%
Nausea	37%
Vomiting	23%
Headache	24%
Rash	28%
Paresthesia	25%
Fatigue	23%

NUCLEOSIDE ANALOGS

Side Effect Reported	Incidence Rates*
AZT (Retrovir)**	
Anemia	1%–29%
Granulocytopenia (shortage of a type of white blood cell)	2%–37%
Abdominal pain	9%
Decreased appetite	20%
Constipation	6%
Dizziness	6%
Headache	18%
Muscle pain	62%
Nausea	51%
Vomiting	17%

3TC (Epivir)	
Diarrhea	18%
Nausea	33%
Decreased appetite	10%
Dizziness	10%
Depression	9%
Insomnia	11%
Nasal problems	20%
Headache	35%
d4T (Zerit)	
Peripheral neuropathy	13%–24%
Pancreatitis	7%–13%
Abdominal pain	34%
Nausea and vomiting	38%
Diarrhea	50%
Headache	54%
Rash	40%
Insomnia	29%
Decreased appetite	19%
Elevated liver enzymes	11%–13%
Neutropenia (shortage of a type of white blood cell)	5%
Elevated amylase levels (indicator of possible pancreatitis)	14%
ddC (Hivid)	
Peripheral neuropathy	22–35%
ddI (Videx)	
Peripheral neuropathy	16%–34%
Pancreatitis	7%–13%
Diarrhea	16%–34%
Abacavir (Ziagen)	
Nausea	47%
Diarrhea	12%

Decreased appetite	11%
Insomnia	7%
Hypersensitivity reaction	3%–5%

NUCLEOTIDE ANALOG

Side Effect Reported	**Incidence Rates***
Adefovir (Preveon)	
Renal (kidney) toxicities	17%–32%

NNRTIS (NONNUCLEOSIDE REVERSE TRANSCRIPTASE INHIBITORS)

Side Effect Reported	**Incidence Rates***
Nevirapine (Viramune)	
Rash	24%–37%
Delavirdine (Rescriptor)	
Rash	18%
Neutropenia	3%–7%
Elevated amylase levels	1%–7%
Efavirenz (Sustiva)	
Central nervous system problems (headache, insomnia, dizziness, malaise, anxiety)	25%–40%
Rash	12%
Nausea	10%–20%

**Only side effects reported by at least 5 percent of the drug's users are included.*
***Some percentages listed here date from AZT's earliest use, with a much higher dosage than is now recommended.*

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