Breaking News

October 1, 2008 By Laura Whitehorn

We've been telling you for some time to care for your bones: Last June, we mentioned the increased risk of bone-density loss in people living with HIV. It makes sense that weak bones might break more easily—and now we have proof. A large study, published July 2008 online in *The Journal of Clinical Endocrinology & Metabolism*, found that broken bones are more common among positive people than among negative folks. Between 1996 and 2008, 2.87 percent of positive people fractured their wrist, hip or spine, versus 1.77 percent of people without HIV. The rates look particularly bad for men: 3.08 percent among positive men compared with 1.83 among negative men. But don't panic: Bone-density loss can be addressed. Read "Bones: An Owner's Guide." It offers techniques and therapies to slow bone thinning and protect already brittle bones.

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