Heart Beats

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Recent evidence suggests that women living with HIV may not have a higher risk of heart disease than their negative peers. Comparing 249 positive with 127 negative women, a study in the *Journal of Acquired Immune Deficiency Syndromes* in June found that neither being positive nor taking HIV meds made any difference: Everyone's blood levels of a heart-disease risk indicator (the enzyme homocysteine/HCY) were pretty much the same.

Elevated HCY is linked to coronary heart disease, clogged arteries and strokes. An intriguing note: The researchers found that women who did have higher HCY levels also had low levels of vitamin B-12 and folate (a B vitamin), suggesting that vitamin B supplements might help protect the heart.

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http://beta.docker.poz.com/article/heart-disease-hiv-17262-5374