Updates to the Guidelines for the Use of Antiretroviral Agents in Adults and Adolescents With HIV

Guidelines add a new chapter on cardiovascular and metabolic complications in people with HIV.

September 30, 2025 By HIV.gov

The Panel on Antiretroviral Guidelines for Adults and Adolescents (the Panel) updated the Guidelines for the Use of Antiretroviral Agents in Adults and Adolescents With HIV.

For a comprehensive list of recent updates, please see What's New in the Guidelines. The updates to the guidelines are outlined below.

New Chapter Added to the Guidelines (Five Sections)

- Cardiovascular and Metabolic Complications in People With HIV
  - Introduction
  - Immune Activation and Inflammation Among People With HIV Receiving Antiretroviral Therapy
  - Cardiovascular Complications in People With HIV
  - Statin Therapy as Primary Prevention of Atherosclerotic Disease in People With HIV
  - Weight Gain in People With Treated HIV

Sections With Key Updates

- Laboratory Testing for Initial Assessment and Monitoring of People With HIV Receiving Antiretroviral Therapy
- Plasma HIV-1 RNA (Viral Load) and CD4 Count Monitoring
- Initiation of Antiretroviral Therapy
- Suboptimal CD4 Cell Recovery Despite Viral Suppression (previously Poor CD4 Cell Recovery

and Persistent Inflammation Despite Viral Suppression)

- Cost Considerations and Antiretroviral Therapy

Sections With Minor Updates

- Antiretroviral Therapy to Prevent Sexual Transmission of HIV (Treatment as Prevention)
- Adverse Effects of Antiretroviral Medications
- Appendix A. Drug Characteristics Tables
- Appendix B: Antiretroviral Dosing Recommendations in Adults With Renal or Hepatic Insufficiency

These guidelines are published and updated by the Panel based on the availability of new key clinical evidence on the use of antiretroviral therapy among people with HIV. To view or download the guidelines, go to the Adult and Adolescent Antiretroviral Guidelines section of the Clinicalinfo website. The guidelines tables and recommendations can also be downloaded as separate PDF files.

Clinicalinfo welcomes your feedback on the latest revisions to the Guidelines for the Use of Antiretroviral Agents in Adults and Adolescents With HIV. Please send your comments with the subject line “Adult and Adolescent Antiretroviral Guidelines” to HIVinfo@NIH.gov by October 9.

This blog post was published by HIV.gov on September 26, 2025.

© 2026 Smart + Strong All Rights Reserved.
http://beta.docker.poz.com/blog/updates-guidelines-use-antiretroviral-agents-adults-adolescents-hiv