

Risk factors

Checklist of risk factors for cardiovascular disease (CVD)¹⁻⁵

Major independent risk factors	
Cigarette smoking	
Hypertension (blood pressure $\geq 140/90$ mmHg or on antihypertensive medication; see hypertension section)	
Hypercholesterolemia (total cholesterol ≥ 240 mg/dL [≥ 6.21 mmol/L] or on lipid-lowering medication)	
Low HDL cholesterol (< 40 mg/dL [< 1.03 mmol/L])	
Diabetes mellitus (fasting plasma glucose ≥ 126 mg/dL [≥ 7.0 mmol/L] or on diabetes medication; see diabetes section)	
Age (men ≥ 45 years, women ≥ 55 years)	
Alcohol use	
Other independent risk factors	
Family history of premature coronary heart disease (CHD) (CHD in male first-degree relative < 55 years old, CHD in female first-degree relative < 65 years old)	
Raised triglyceride level (> 180 mg/dL [> 2.0 mmol/L])	
Coagulation (pro-thrombotic state, e.g. fibrinogen; see thromboembolic disease)	
Male gender	
Overweight/obesity (body mass index > 25 mg/m ²)	
Sedentary lifestyle	
Chronic kidney disease (see renal impairment section)	
Psychosocial factors (e.g. stress, social isolation, anxiety and depression)	
Inflammatory markers (e.g. C-reactive protein)	

Other CVD risk factors in people living with HIV

Untreated HIV infection may be associated with the development of CVD.⁶ Abacavir, lopinavir/r, and fosamprenavir/r each have been associated with an increased risk of CVD in some but not all studies. Such associations have not been found for tenofovir, efavirenz, nevirapine, or atazanavir/r.⁷

Data on CVD risks are not yet available for darunavir/r, raltegravir, or rilpivirine.[†] In persons at high risk of CVD, avoiding abacavir, lopinavir/r, and fosamprenavir/r might be considered.⁷

[†] Separate evidence from the Data collection on Adverse Effects of Anti-HIV Drugs Study (DAD) suggests that the use of indinavir is also associated with an increased risk of CHD and myocardial infarction.^{8,9}

References

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