

# Higher alcohol intake may harm bone health in HIV patients

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(HealthDay)—Greater alcohol consumption is associated with lower

serum levels of bone formation markers among patients living with HIV and substance use disorder, according to a study published online March 2 in *Alcoholism: Clinical & Experimental Research*.

Theresa W. Kim, M.D., from Boston University, and colleagues used data from 198 patients ([median age](#), 50 years) seen at two HIV clinics who met [diagnostic criteria](#) for substance dependence or reported ever-[injection drug use](#). The association between alcohol and bone turnover markers was evaluated.

The researchers reported that 13 percent of participants had  $\geq 20$  drinking days/month, with a mean of 1.93 drinks/day. Mean serum procollagen type 1 N-terminal propeptide (P1NP) was 73.1 ng/mL, and mean serum C-telopeptide type 1 collagen (CTX) was 0.36 ng/mL. There was a significant association between higher drinks/day and with lower P1NP (slope  $-1.09$  ng/mL per each additional drink). Patients who drank on  $\geq 20$  days/month had lower P1NP ( $-15.45$  ng/mL) on average, versus those who did not. Similarly, there was an association seen between phosphatidylethanol level  $\geq 8$  ng/mL and lower P1NP. An increase in drinks/day was associated with a nonsignificant decrease in P1NP. There were no significant associations for either alcohol measure and CTX.

"If I were counseling a patient who was concerned about their bone health, besides checking vitamin D and recommending exercise, I would caution them about alcohol use, given that alcohol intake is a modifiable risk factor and osteoporosis can lead to fracture and functional decline," Kim said in a statement.

**More information:** [Abstract/Full Text \(subscription or payment may be required\)](#)

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