

FASTING FACT SHEET

Beginning with Visit 13 (October 1, 2000), we would like you to fast before coming in for your study visit. By fasting, we will be able to measure your fasting glucose, insulin, and lipid levels. These blood tests are best done when you have not eaten for at least eight hours. If you have fasted, your blood will be drawn before the interview begins and then you may eat a snack. If you have not fasted, the same amount of blood will be drawn but the interview will be completed first.

The reason for testing women who have fasted is to help us better understand the **lipodystrophy syndrome**. Symptoms of this syndrome may include the redistribution of body fat, and a tendency to develop diabetes, high cholesterol and high blood pressure. The redistribution of fat may change the shape of the body so that the belly becomes larger and the hips become smaller. It seems that the syndrome is related to taking HIV medications; however, not everyone who takes HIV medications gets lipodystrophy and those that do may only have part of the syndrome. We are doing this study to learn more about who gets it and why.

Study participants are encouraged but not required to fast. We will ask you when you last had something other than water to eat or drink. We need this information to be accurate so it is very important that you tell us the truth.

Fasting is not eating any calorie-containing food or drink in the past eight or more hours. Although many beverages such as black coffee, plain tea and diet soft drinks have no calories, they contain other ingredients that may affect some of the measurements. This means that if you have a morning appointment, you should not eat anything or drink anything except plain, non-carbonated water after midnight or 1:00 AM the night before your appointment.

IF YOU HAVE CONCERNS ABOUT THE SAFETY OF FASTING, YOU SHOULD DISCUSS THIS WITH YOUR MEDICAL PROVIDER. You should take all of your regular medications, according to your usual schedule. Medications may be taken only with water during your fast. If your medications are supposed to be taken with food, ask your medical provider if it's okay to take them with only water for that morning. If your provider says no, you should not fast for the visit.

You will not receive any additional money for fasting but you will be provided with a snack or a meal after the blood draw.

Thank you for your help with this important test.