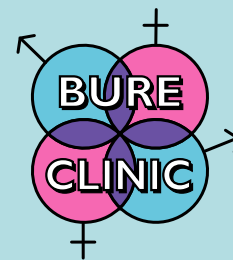


INDINAVIR USE:

Associated Reversible Hair Loss and Mood Disturbance

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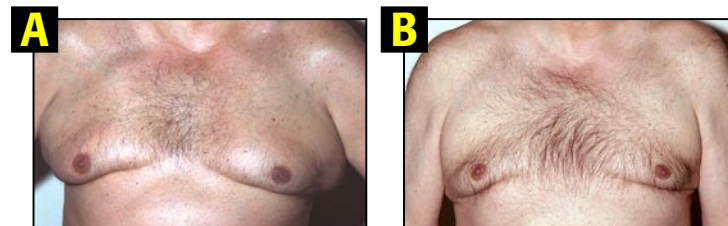
We present the case of a 55-year-old heterosexual male who had hair-loss and mood disturbances associated with Indinavir after six months of therapy. This was reversed on switching to Nelfinavir four months later as shown in Pictures A & B.

CASE HISTORY

His Primary Care Physician referred AP to the Bure Clinic in January 1998. He had tested HIV antibody positive during a routine medical examination for renewal of his visa to work in the Middle East in November 1996. Prior to that his last recorded negative HIV antibody test was in February 1994. Line immunoassay confirmed HIV Type 1.

TREATMENT

- He was commenced on the 6th February 1998 after counselling on the potent highly active anti-retroviral therapy - Indinavir 800mg every 8 hours, Lamivudine 150mg every 12 hours and Stavudine 40mg every 12 hours.
- His other medications included Atenolol 100 mg for his hypertension.
- He was placed on a weight-reducing regime of 2000 calories.
- When reviewed on the 23rd April 1998 his viral load was now undetectable (<50 copies/ml).
- In August 1998, he started complaining of hair-loss and irritability that he attributed to Indinavir.
- In September 1998 after medical photography (picture A) Indinavir was discontinued and substituted with Nelfinavir initially at 750 mg every 8 hours and subsequently 1250 mg every 12 hours.
- Psychological testing with Hospital Anxiety and Depression (HAD) Scale scores showed an index of 12.



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- Clinical examination was unremarkable.
- He was asymptomatic and weighed 97 kg.
- He was hypertensive with a blood pressure of 162/96 mmHg.
- Baseline viral load was 100,000 copies/ml (RT-PCR assay) and CD4 count was $0.49 \times 10^9 /l$, CD8 $0.39 \times 10^9 /l$ and CD4/CD8 ratio of 1.3.

OUTCOME

In March 1999, significant hair growth was established (picture B) with improvement in his mood as shown by improvement of his (HAD) Scale scores and a weight loss of 12kg.

CONCLUSION

We now counsel all our patients about this side effect, particularly mood disturbances not listed in the drug information sheet.