

# Heart and Lung Health

Children born with HIV may have some problems with how their hearts and lungs work. We are researching why that is, and how these problems affect them as they grow up.

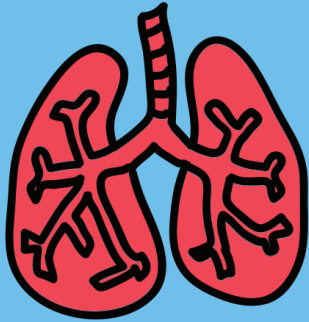
## Findings

When the HIV epidemic first began, many children born with HIV had serious, even deadly heart problems. However, current HIV treatment regimens help a lot, and serious heart problems are fairly rare now.

We still see differences in the size and shape of the heart in children born with HIV, though. We are also concerned that these children might have hardening of their arteries (tubes in the heart that pump blood from the heart to the body). This could increase the risk of heart attacks at a young age.



Heart



Lungs

The lungs of children living with HIV may also develop and grow differently than the lungs of children without HIV.

Asthma and breathing problems are also more common in children living with HIV.

When these children take asthma medication, their lung function does not improve as much as children without HIV.

We have found that results of certain blood tests can help identify children at higher risk for heart and lung problems. These tests look for chemicals in the blood called “biomarkers.” We will keep studying these children to see how heart and lung differences impact them as they grow up.

## What can you do?

**Ask your doctor or study coordinator or see a doctor** if you have questions about the heart or lung health of your child.



**Advocate for research** on heart and lung health for mothers living with HIV and their children. Contact your study coordinator to join the PHACS Community Advisory Board or join another local advocacy organization.

