



Book Supplement

Recommendations for Initiation of Highly Active Antiretroviral Therapy*

Clinical Category	CD4 Cell Count (/ μ L)	Plasma HIV RNA (copies/mL)	Recommendations
AIDS- defining illness or severe symptoms [†]	Any value	Any value	Treat
Asymptomatic	<200	Any value	Treat
Asymptomatic	>200 but \leq 350	Any value	Treatment should be offered after weighing the pros and cons
Asymptomatic	>350	\geq 100,000	Most experts recommend deferring therapy; some would treat
Asymptomatic	>350	<100,000	Defer therapy

*U.S. Department of Health and Human Services: Guidelines for the use of antiretroviral agents in HIV-1 infected adults and adolescents, October 29, 2004 (www.aidsinfo.nih.gov). [†]Constitutional symptoms, including fever, weight loss (>10% from baseline), night sweats, diarrhea.

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