

# Aging and HIV: Key Clinical Issues

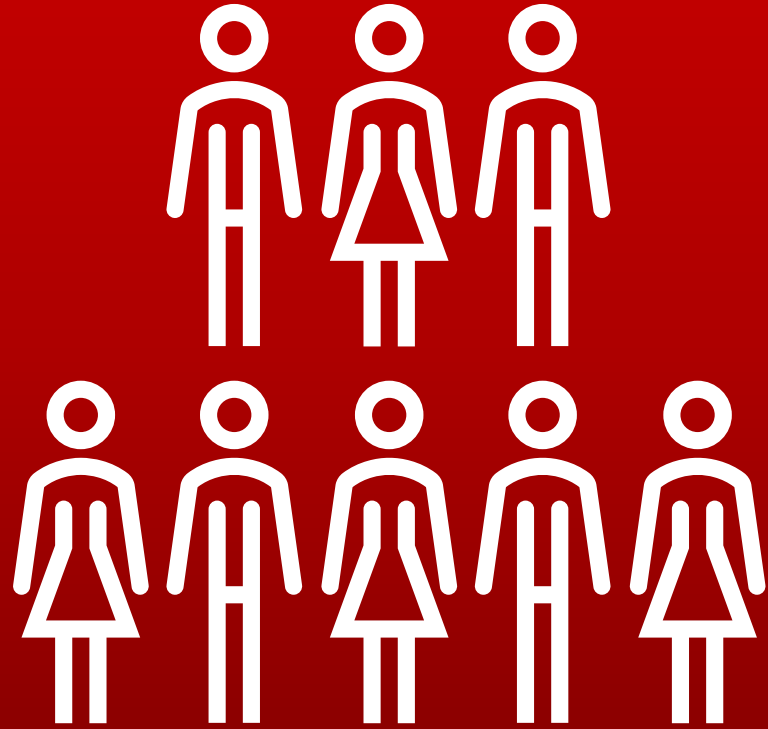
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*Advisor, ANAC HIV & Aging Expert Advisory Council*

*Co-Medical Director, AAHIVM HIV & Aging Initiative*



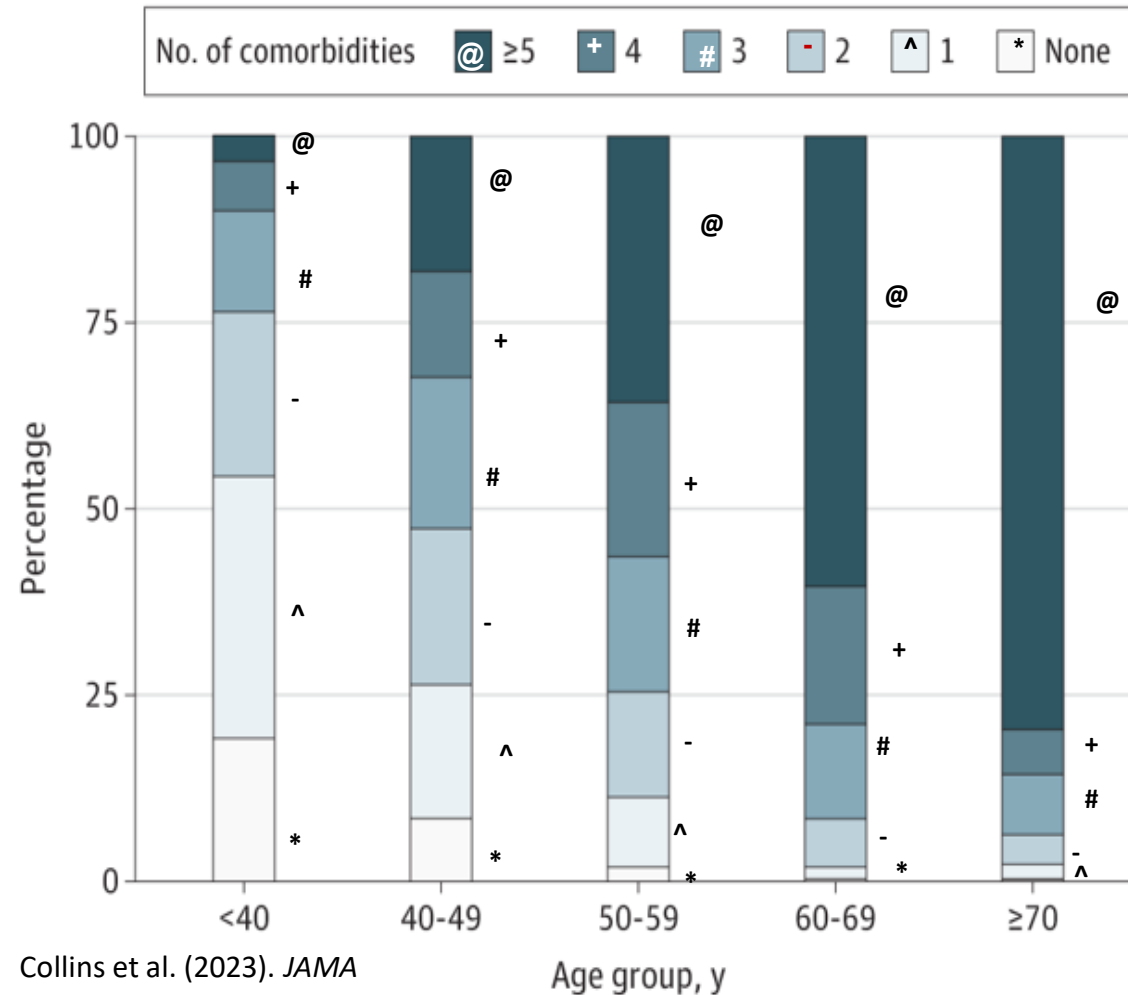


**70% of Persons  
with HIV will be  
50 years or  
older by 2030**

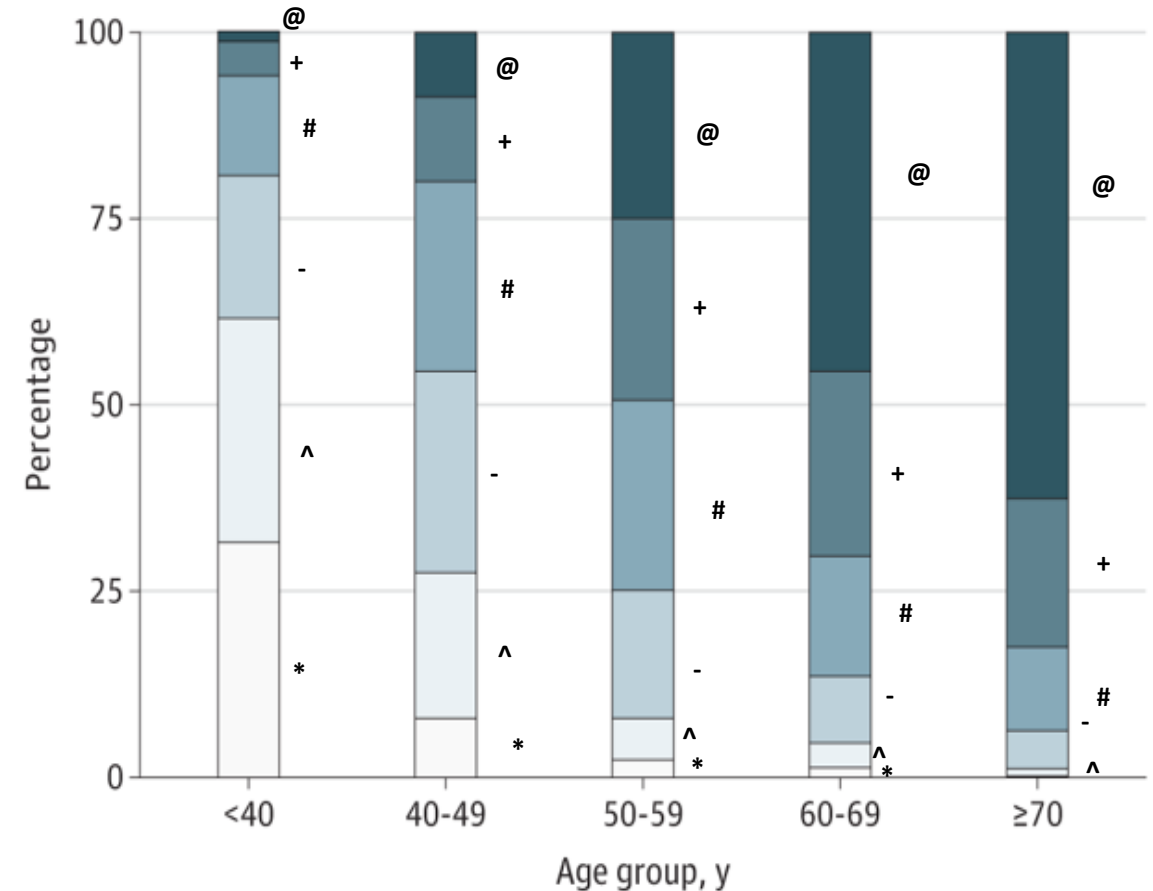
# Higher Rates of Multiple Comorbidities as PWH Age

(n=3,768)

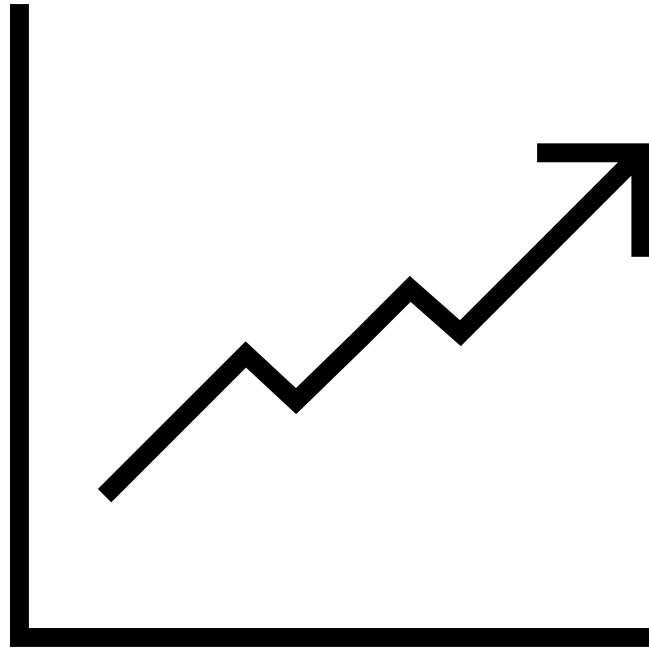
## Women with HIV



## Men with HIV



# Cardiovascular Disease (CVD)



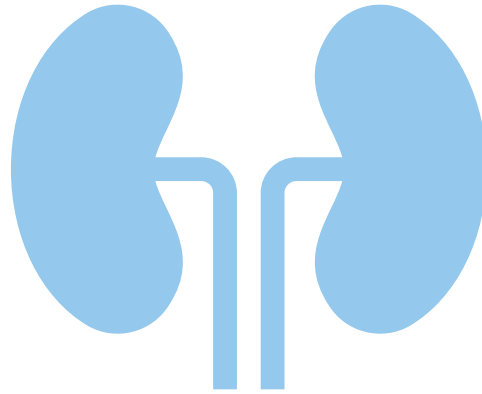
- 2-fold increased risk of cardiovascular disease in PWH
- Global burden has increased 3x over past 20 years

# Type II Diabetes

**Overall Prevalence**  
**22.1%** among PWH vs  
**14.9%** in persons without  
HIV (n=90,900)



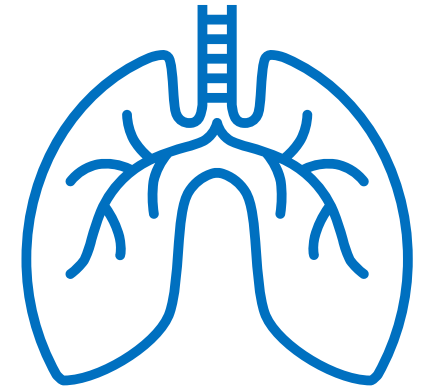
## Other Chronic Conditions



Nearly **twice** the rate of  
Chronic Kidney Disease



**Higher rates** of  
Alzheimer Disease  
and Alzheimer-  
Related Dementias



Highest risk of **lung  
cancer** in PWH 60  
years and older

Haas CB, Engels EA, et al. Trends and risk of lung cancer among people living with HIV in the USA: a population-based registry linkage study. *Lancet HIV*. 2022;9(10):e700-e708.

Ekrikpo UE, Kengne AP, et al. Chronic kidney disease in the global adult HIV-infected population: A systematic review and meta-analysis. *PLoS One*. 2018;13(4):e0195443.

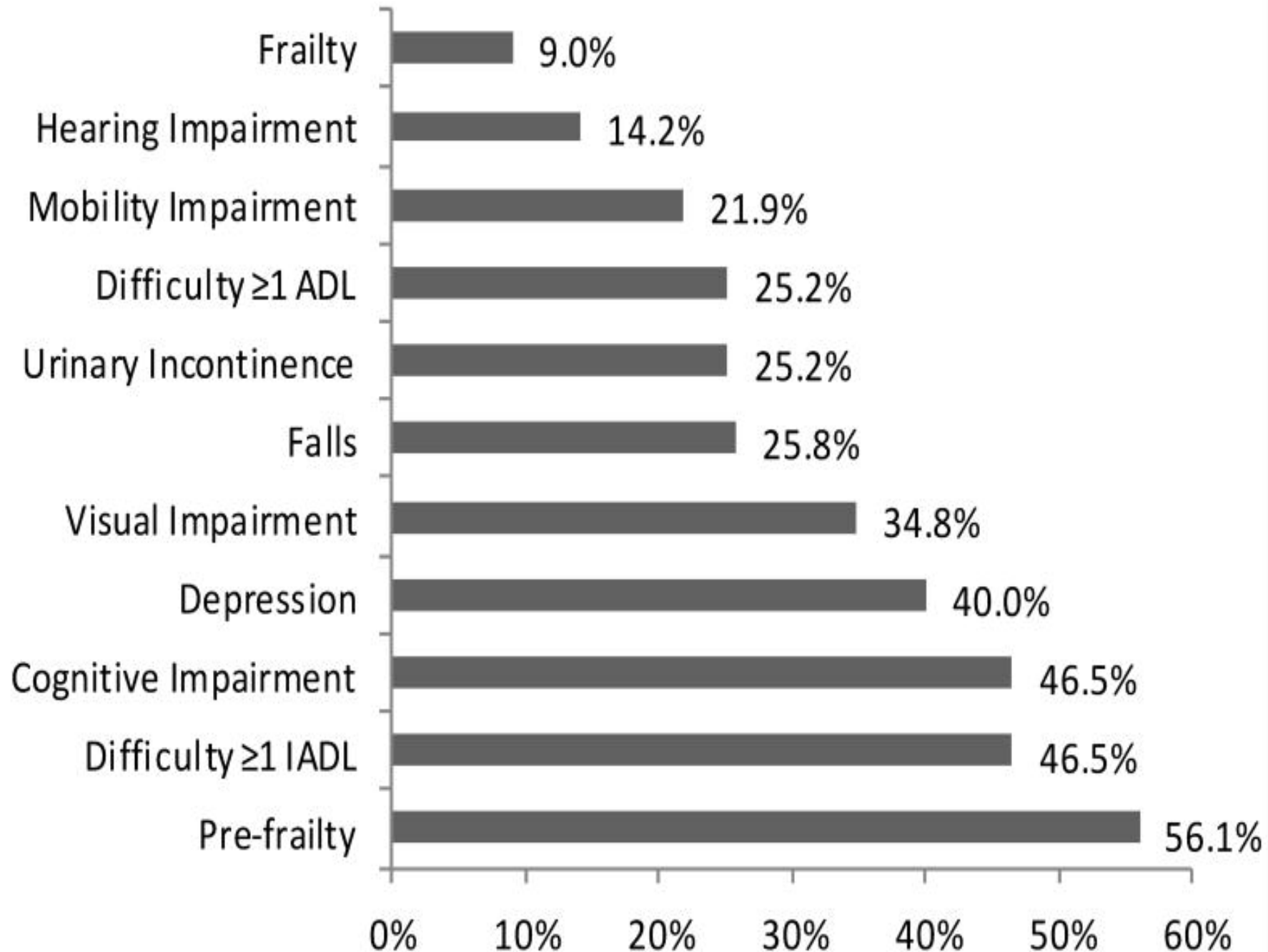
Yu X, Kuo YF, Raji et al. . Dementias Among Older Males and Females in the U.S. Medicare System With and Without HIV. *J Acquir Immune Defic Syndr*. 2023;93(2):107-115



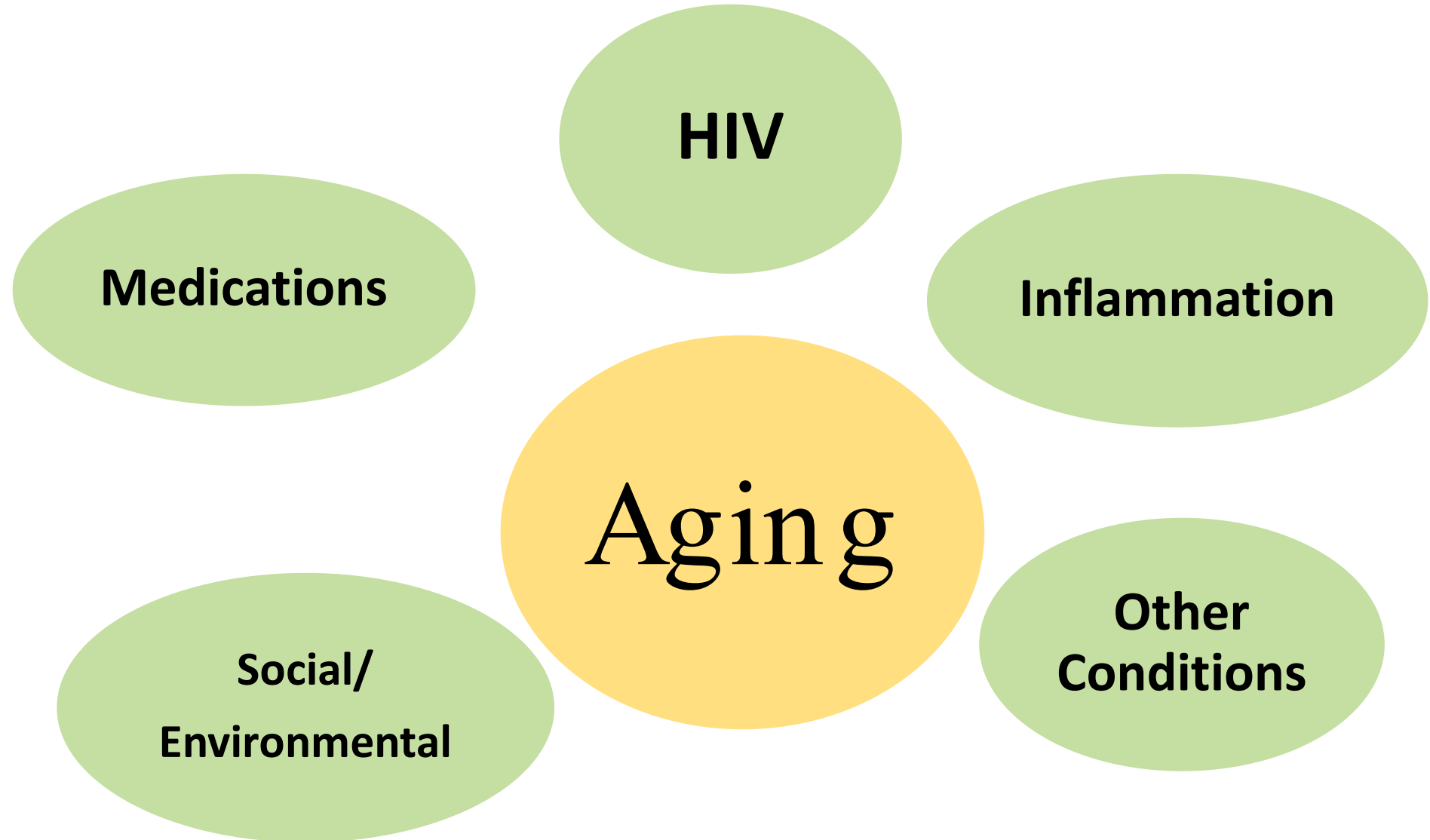
# Pre-Frailty and Frailty Seen More Frequently

Frailty associated with increased risk for poor health, falls, disability, hospitalization, and mortality.

Greene M, Covinsky KE, Valcour V, et al. Geriatric Syndromes in Older HIV-Infected Adults. *J Acquir Immune Defic Syndr*. 2015;69(2):161-167



# Multiple Factors Impact Aging







## RESPOND – Hypertension and Associated Complications

- **Integrase Inhibitors** (BIC, DTB, RAL, EVG/c) vs **Non-Integrase Inhibitors** (ATV/b, DRV/b, RPV, EFV)
- Of the **9,704** without hypertension at baseline, **30.7% developed hypertension** over 39993 person-years.
- Integrase Inhibitors ± Tenofovir Alafenamide (TAF) associated with hypertension

# There is a GAP in Evidence Based Guidelines

Circulation

Volume 148, Issue 13, 26 September 2023; Page e148



## CORRECTIONS

### **Correction to: 2023 AHA/ACC/ACCP/ASPC/NLA/PCNA Guideline for the Management of Patients With Chronic Coronary Disease: A Report of the American Heart Association/American College of Cardiology Joint Committee on Clinical Practice Guidelines**

In the article by Virani et al, "2023 AHA/ACC/ACCP/ASPC/NLA/PCNA Guideline for the Management of Patients With Chronic Coronary Disease: A Report of the American Heart Association/American College of Cardiology Joint Committee on Clinical Practice Guidelines," published in *Circulation* 2023;148:e148, the following corrections have been made:

**35% reduction** in Major Cardiac Events  
in persons with HIV at **"low-to-moderate"**  
**risk** who were administered pitavastatin

## *The* NEW ENGLAND JOURNAL *of* MEDICINE

ESTABLISHED IN 1812

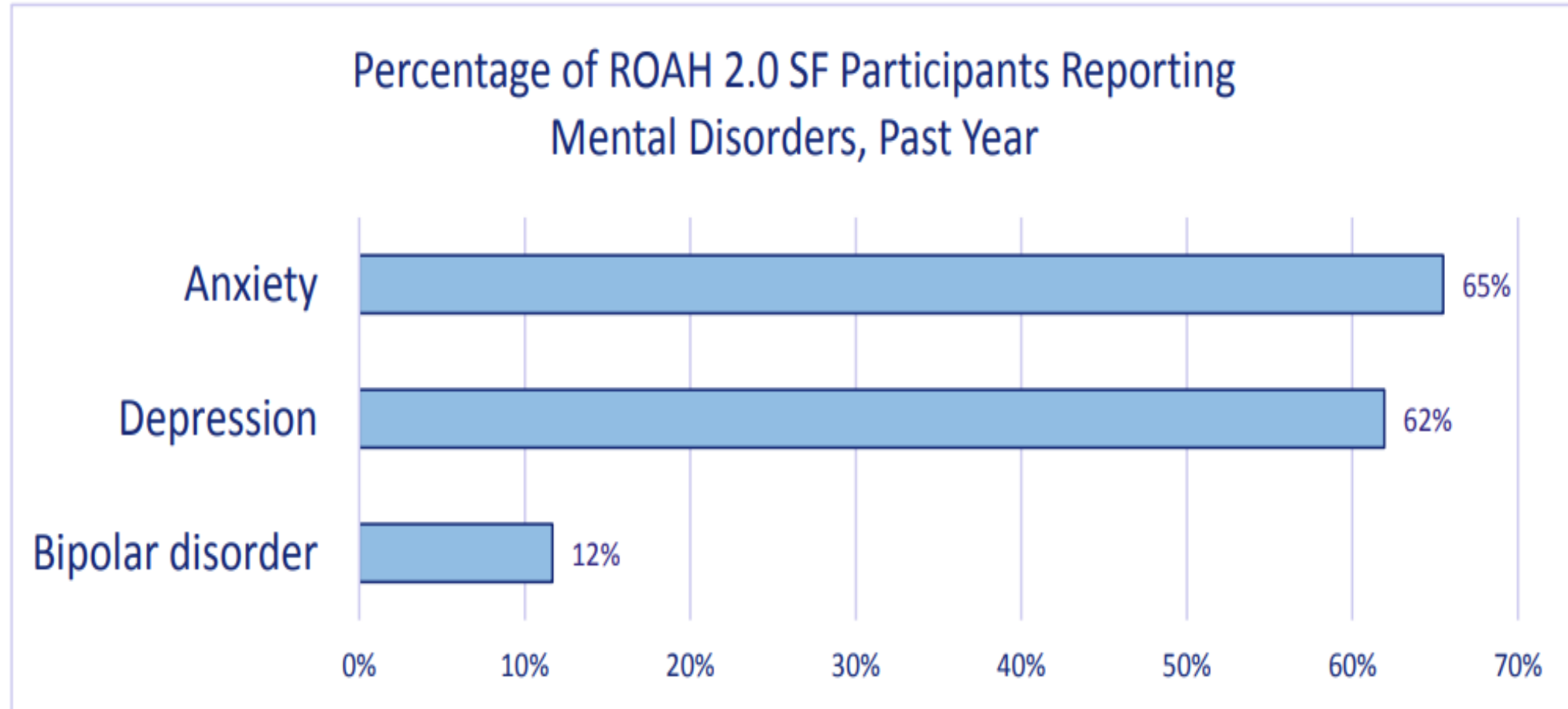
AUGUST 24, 2023

VOL. 389 NO. 8

### **Pitavastatin to Prevent Cardiovascular Disease in HIV Infection**

Steven K. Grinspoon, M.D., Kathleen V. Fitch, M.S.N., Markella V. Zanni, M.D., Carl J. Fichtenbaum, M.D., Triin Umbleja, M.S., Judith A. Aberg, M.D., Edgar T. Overton, M.D., Carlos D. Malvestutto, M.D., M.P.H., Gerald S. Bloomfield, M.D., M.P.H., Judith S. Currier, M.D., Esteban Martinez, M.D., Ph.D., Jhoanna C. Roa, M.D., Marissa R. Diggs, B.A., Evelynne S. Fulda, B.A., Kayla Paradis, M.B.A., Stephen D. Wiviott, M.D., Borek Foldyna, M.D., Sara E. Looby, Ph.D., Patrice Desvigne-Nickens, M.D., Beverly Alston-Smith, M.D., Jorge Leon-Cruz, M.S., Sara McCallum, M.P.H., Udo Hoffmann, M.D., M.P.H., Michael T. Lu, M.D., M.P.H., Heather J. Ribaldo, Ph.D., and Pamela S. Douglas, M.D., for the REPRIEVE Investigators\*

# Depression and Anxiety



# Alcohol & Substance Use

- Prevalence of alcohol use **17%** in people with HIV >60 y.o.
- Higher morbidity/mortality at lower levels of alcohol consumption among people with HIV vs without HIV
- Impacts cognitive function
- Associated with lower adherence to care continuum

Crane HM, McCaul ME, Chander G, et al. AIDS Behav. 2017;21(7):1914-1925.

Vagenas P, Azar MM, Copenhaver MM, et al. Curr HIV/AIDS Rep. (2015) 12:421– 36.



**NEARLY  
TWO-THIRDS  
OF OLDER  
ADULTS  
WITH HIV  
EXPERIENCE  
BOTH HIV  
STIGMA AND  
AGEISM.**

# Stigma and Adherence

- Increased HIV stigma associated with increased odds of detectable viral load

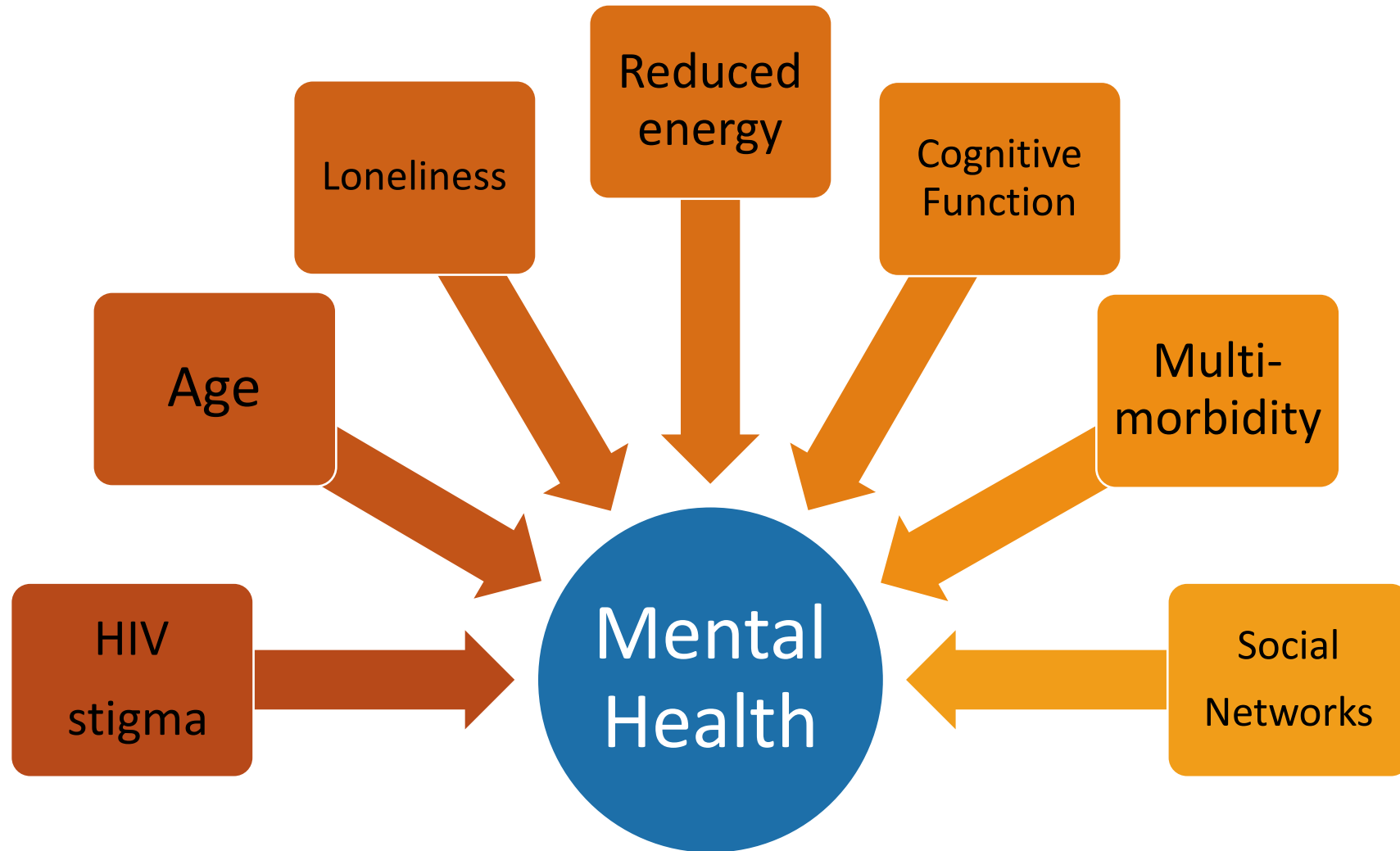


Image:

<https://www.cdc.gov/stophivtogether/partnerships/toolkit/february-202-toolkit.html>

Kemp CG, Lipira L, Huh D, et al. *AIDS*. 2019;33(9):1511–1519.

Lipira L, Williams EC, Huh D, et al. *AIDS Behav*. 2019;23(8):2025–2036.





# Cost and Coverage

Prescription abandonment rates

- $< 5\%$  when the no out-of-pocket cost
- 45% when cost is  $> \$125$
- 60% when cost is  $> \$500$



Image:istock

# Why Is This Important?

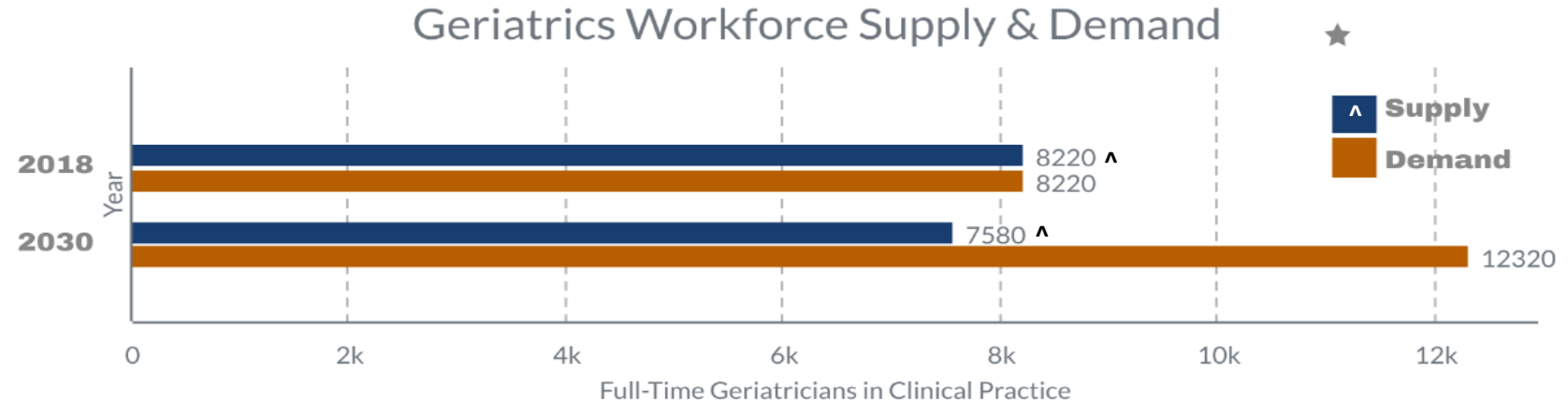
- Quality of Life
- Health Care Costs
- Mortality



# Where is the Expertise?

**50%**

INCREASE  
in demand for  
geriatricians, ★  
2018-2030

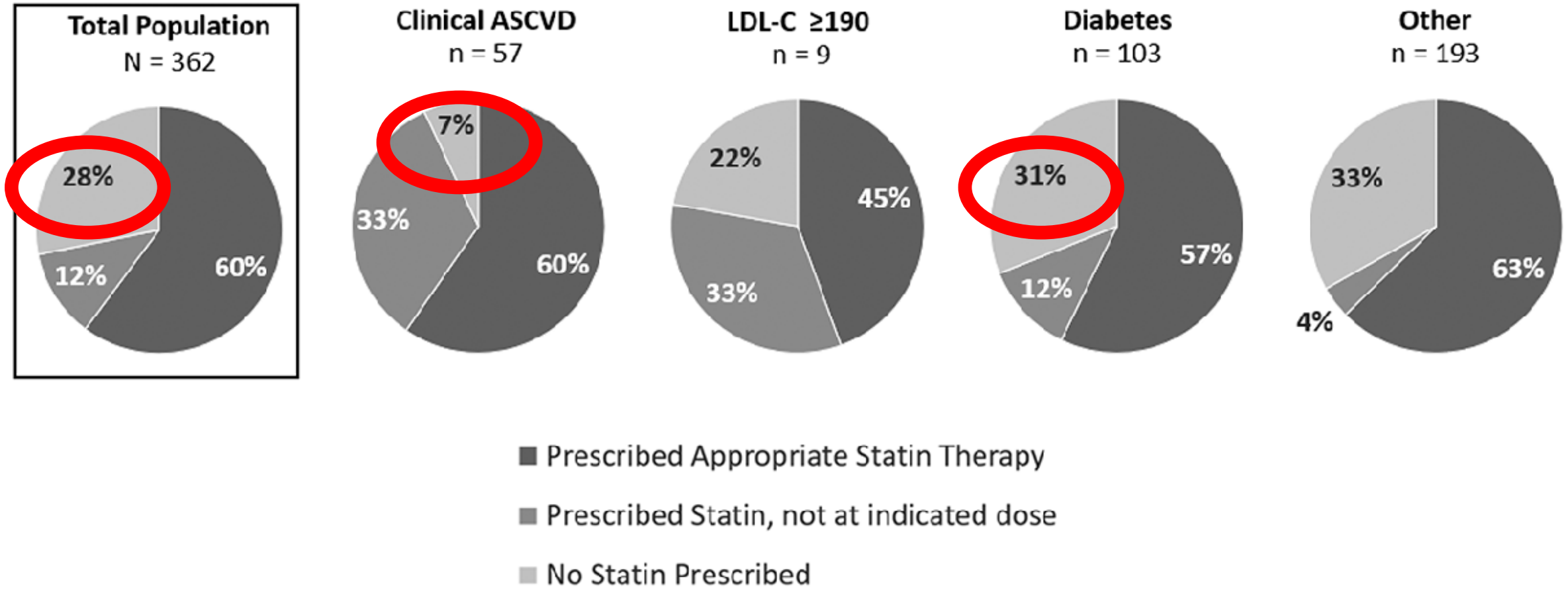


8,220 full-time  
practicing geriatricians

Adult-Gerontology Nurse  
Practitioners  
15.9% of all Nurse Practitioners

52.4 Million People 65 yrs +

# Statin Use: Real World Findings



# Undertreatment of Hypertension in PWH

- N=2567
- **69%** with hypertension
- Only **39.3%** prescribed antihypertensive



Mclaughlin MM, Durstenfeld MS, Gandhi M, et al. Cardiovascular health among persons with HIV without existing atherosclerotic cardiovascular disease [published online ahead of print, 2023 Jul 27]. *AIDS*.

A close-up photograph of a person wearing a white lab coat, with their hands resting on the handle of a silver walker. The person's face is not visible. The background is blurred, showing what appears to be a clinical or care facility setting.

# Are Our Long Term Care Facilities Prepared?

Nearly **64%** of long stay NH residents with HIV **did not receive** an **ART** regimen during an average observation period of one year.



# Other Clinical Challenges and Issues

- 3,753 **new HIV** diagnosis in persons 55+ yrs in 2022
- Persons diagnosed later have more advanced disease
  - **34%** of those diagnosed @ 55 yrs+ had Advanced HIV disease
- Only **36.7%** of persons **55** yrs or older **in need of PrEP** received it
- Multiple opportunities for screening and early detection are often missed



# Key Take Aways

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Persons aging with HIV experience higher rates of co-occurring conditions that appear at earlier ages

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Multiple factors impact aging – social, biologic, physical, cultural, economic

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More research and evidence is needed to understand the impact of aging in PWH

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We must educate and train the healthcare workforce to care for persons aging with HIV

# Thank You



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