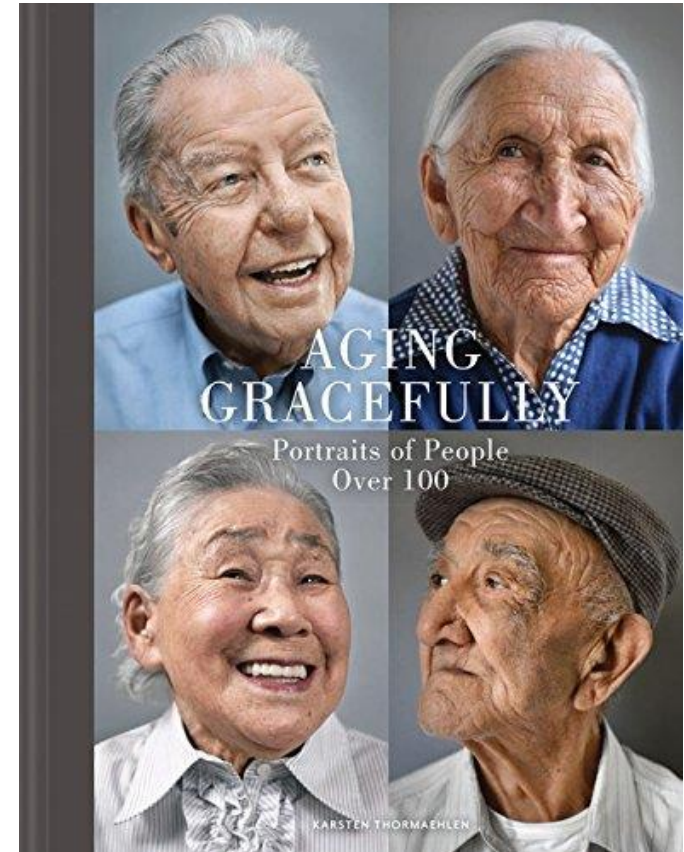




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Aging with HIV: Surviving Another Epidemic-- Multimorbidity

- GMHC
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Outline

- What is Multimorbidity
- What are some of the components
- How we treat it
- What do you need to know about it





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Multimorbidity

- The interaction of several diseases and/or syndromes
- The effect on an older person is more than the sum of each of the diseases
- Diseases and/or the treatments may interact and affect the entire body



Common Health Issues with Older Adults

- High blood pressure
- Diabetes
- High cholesterol
- Heart Disease
- Lung Disease
- Kidney failure
- Cancer
- Arthritis
- Cognitive impairment
- Liver disease
- Frailty
- Falls
- Polypharmacy

Each of these and in combination with each other **AND HIV** can make the evaluation and treatment of each more complex



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Let's talk about a few of these

- **High blood pressure**

- The older the person, the greater the risk of over treatment
- Many medications come in combinations of several medications to reduce the number of pills



Diabetes

- Like high blood pressure, over treatment of diabetes in older patients is more dangerous than undertreatment
- However, the goal is to keep blood sugar as normal as possible
- If using insulin, you must check your blood sugar frequently



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Heart Disease

- PLWH have higher rates and it occurs at younger age
- Reducing risk factors:
 - SMOKING
 - Treating blood pressure, cholesterol, diabetes
 - Maintaining physical activity
- HIV medications:
 - Boosted PIs, perhaps abacavir
- Integrase inhibitors and other nucs are ok



Kidney Disease

- Kidney function normally decreases with age
 - Presence of high blood pressure, diabetes, vascular disease will accelerate this
 - HIV plays a role
 - Medications are important
- Some HIV meds have a negative effect on kidneys
 - Tenofovir (TDF)
 - Tenofovir (TAF) has less effect
 - Trend is towards combinations without either drug
- Important to keep hydrated



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Liver Disease

- Liver has important role in breaking down medications and toxins
- Role of chronic hepatitis
 - Vaccinate if non-immune
 - Treat both Hepatitis B and C. Hepatitis C is curable!
- Alcohol is a toxin
- Obesity is now the major cause of liver issues in US
- If you have had hepatitis B or C, continue to screen for liver cancer



- What you can do to protect your liver:
 - Avoid toxins (too much alcohol, Tylenol)
 - Check your hepatitis status
 - Keep your weight down
 - Fatty liver disease



Cancer

- Cancer is the 2nd leading cause of death in the US (after heart disease)
- Very few cancers are directly caused by HIV
- Several cancers are more common in PLWH
 - Lung cancer—link to smoking
 - Anal cancer
- Make sure you are getting recommended screenings



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Things to talk about with your clinician

- Work together as a team
- Medications: bring in ALL medications—both prescription and non prescription, including supplements
- Bring in any health monitoring you do
- Relay vaccine information
- It's ok to ask about testing for/preventing common health issues



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Thank you!

