Aging with HIV: Surviving Another Epidemic--Multimorbidity

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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
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
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.
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
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 2\textsuperscript{nd} 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
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
Thank you!