

Long-Term HIV Survivorship and Aging

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Disclosures

I have no conflicts of interest or relationships to disclose

Disclaimer

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Data Considerations

Data in this presentation offer a limited perspective of how systemic, social, and economic factors impact health. We recognize that racism, not race, creates and perpetuates health disparities.

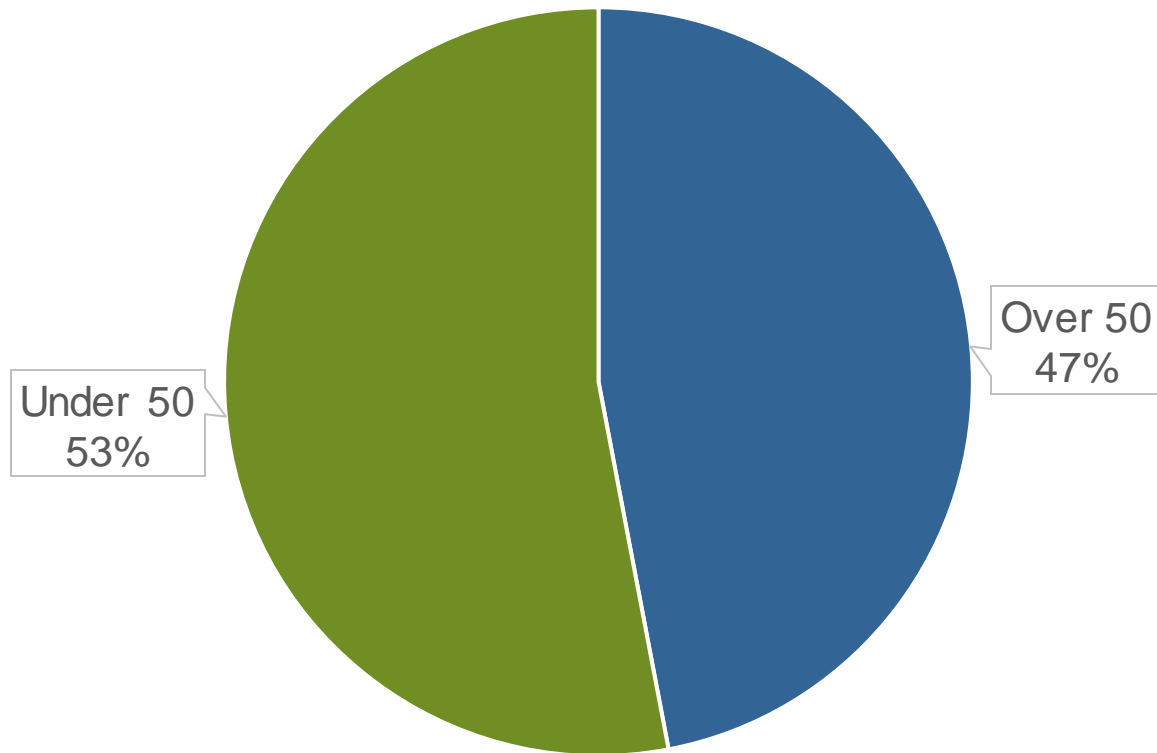


To Learn More:

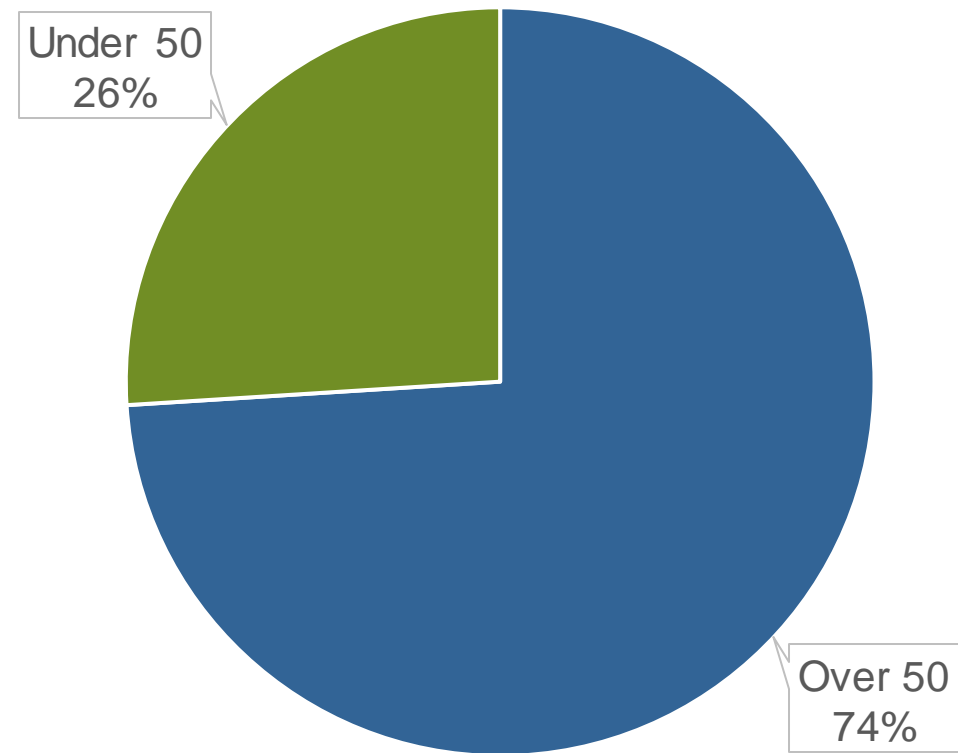
<https://www.cdc.gov/minorityhealth/racism-disparities>

U.S. HIV+ Population is Aging Rapidly

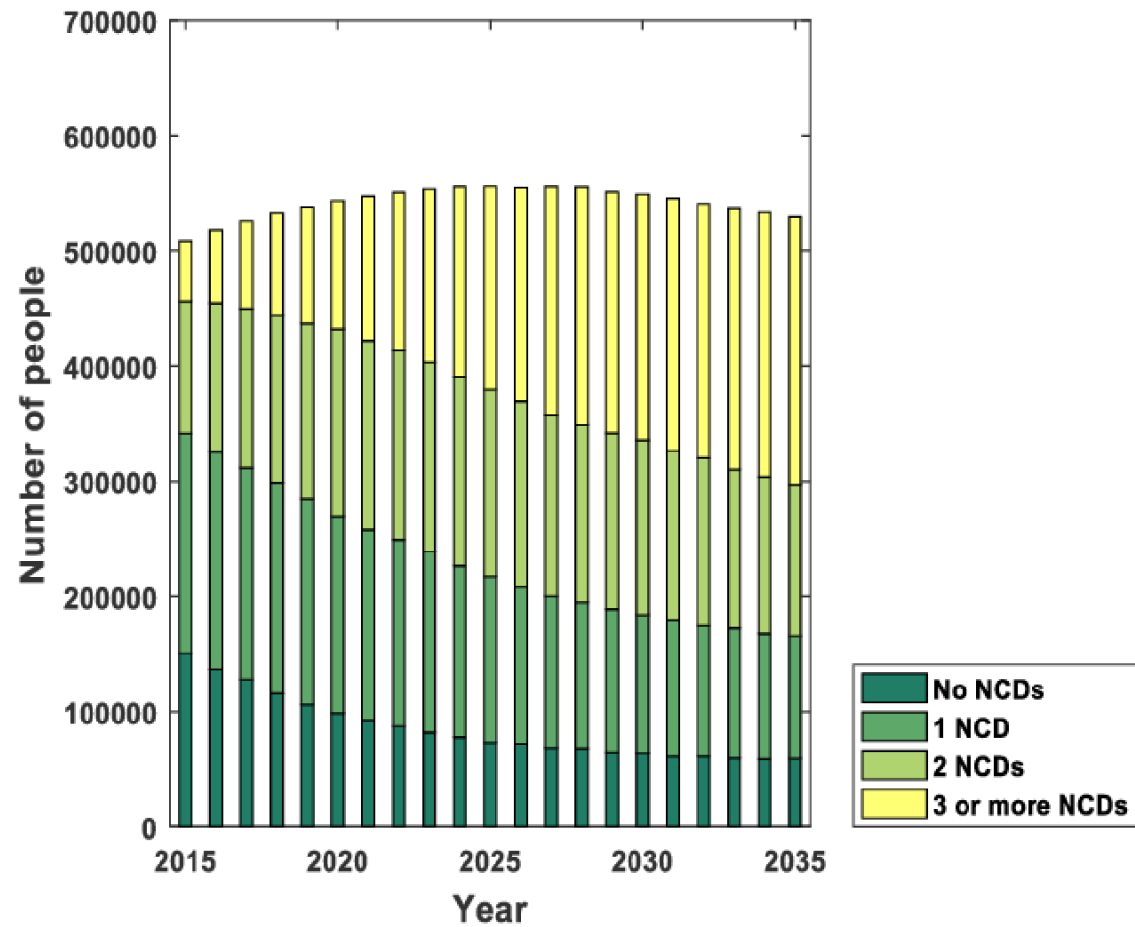
2020



2030



The Number of Medical Comorbidities Increases as the Population Ages

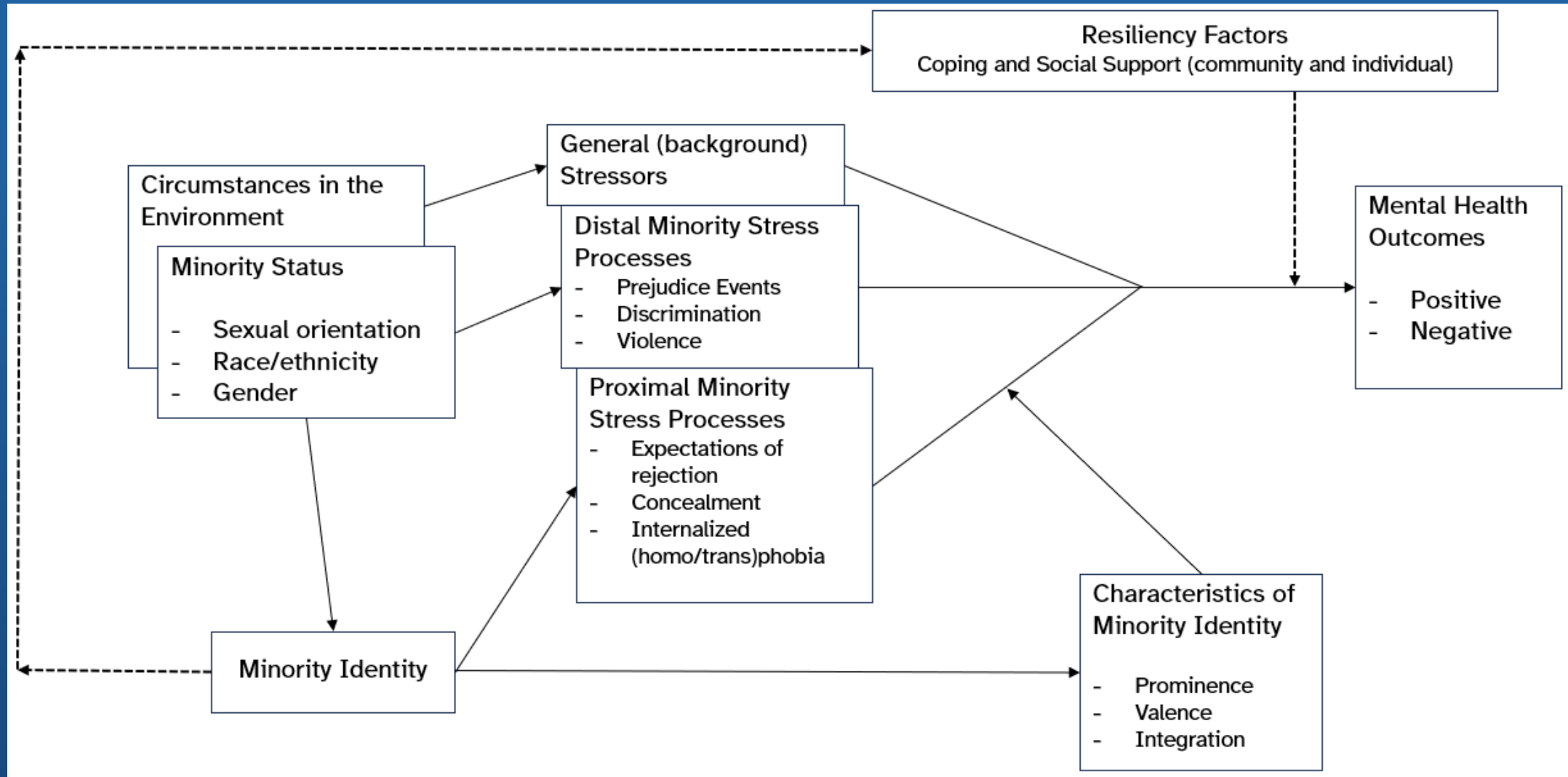


- Noncommunicable Disease (NCD)
HTN, Dyslipidemia, CKD, Diabetes, Stroke, MI, non-AIDS Malignancy
- US NCD Burden in 2015
 - 0 NCD = 29%
 - 1 NCD = 37%
 - 2+ NCD = 34%
- US NCD Burden in 2035
 - 0 NCD = 12%
 - 1 NCD = 19%
 - 2 NCD = 25%
 - 3+ NCD = 44%

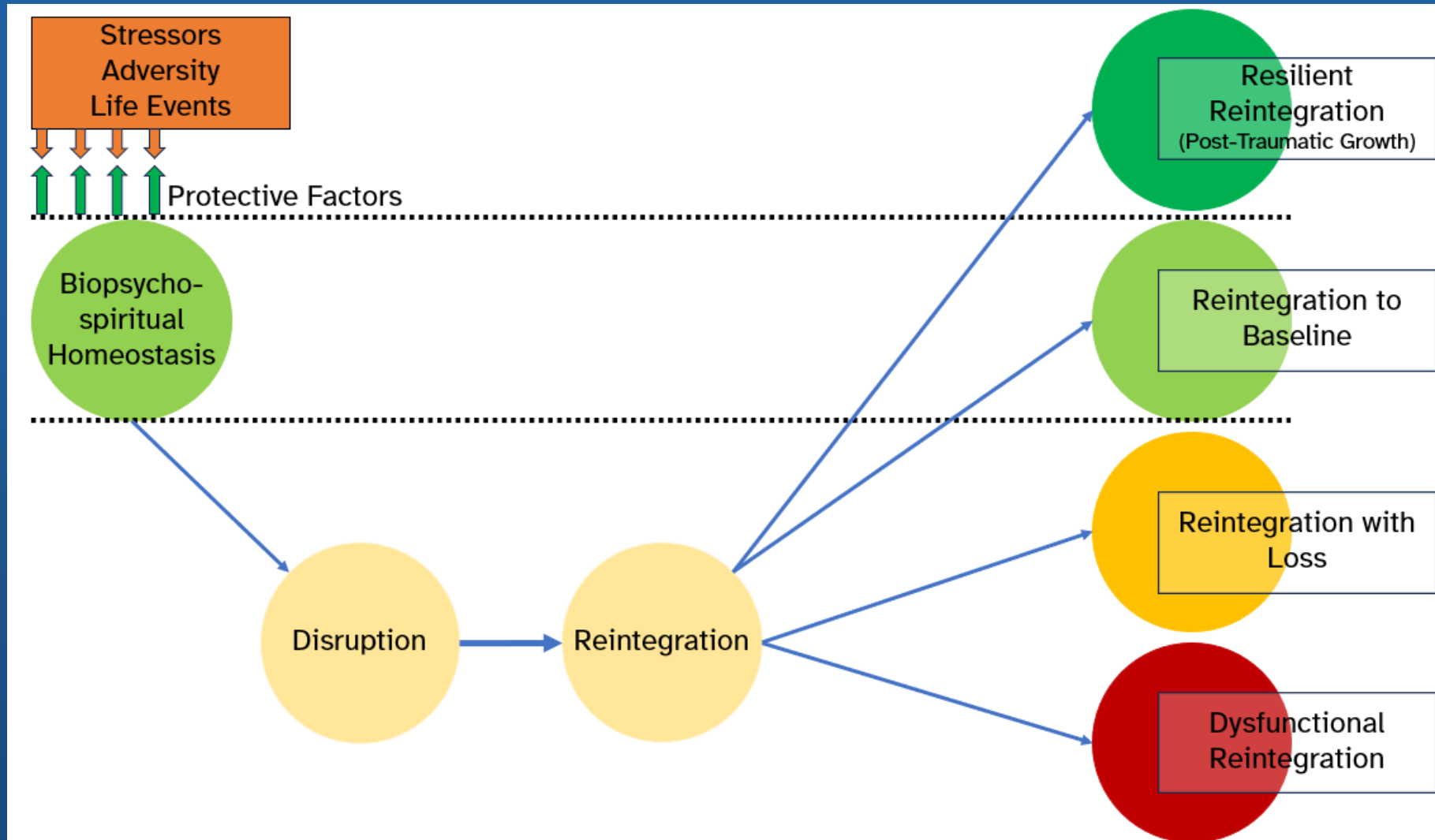
Mental Health in Older (>50) PWH

- People with HIV are additionally 44% more likely to have a mental health disorder than those without HIV
- Patients with HIV over the age of 50 have higher rates of depression and poorer cognitive functioning than in the general population
- Rates of depression tends to increase in older individuals with HIV which is counter to older individuals without HIV in which rates of depression tends to decrease with age
- Older PWH are more likely to be socially isolated compared to their peers without HIV and younger PWH
 - Older women with HIV and BIPOC with HIV are especially vulnerable
- Social isolation worsened significantly in older MSM with HIV during the COVID-19 pandemic

Minority Stress Process Model

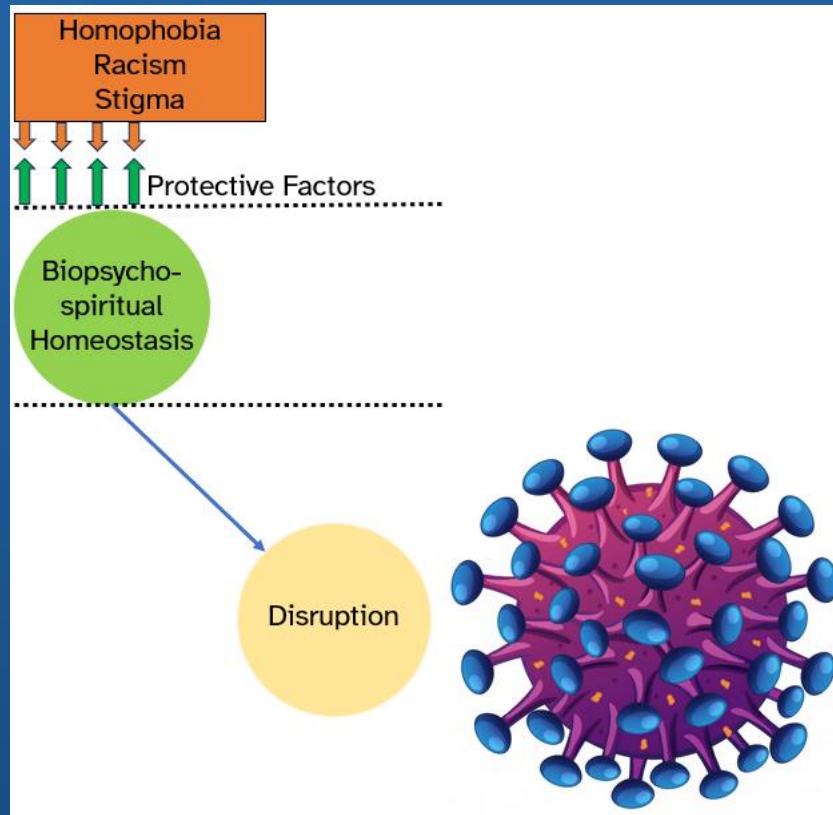


Resilience and Post-Traumatic Growth



HIV as Generational Trauma

San Francisco Gay Men's Chorus demonstrating impact of AIDS on the choir - May 1993



Picture: Getty

HIV as Generational Trauma

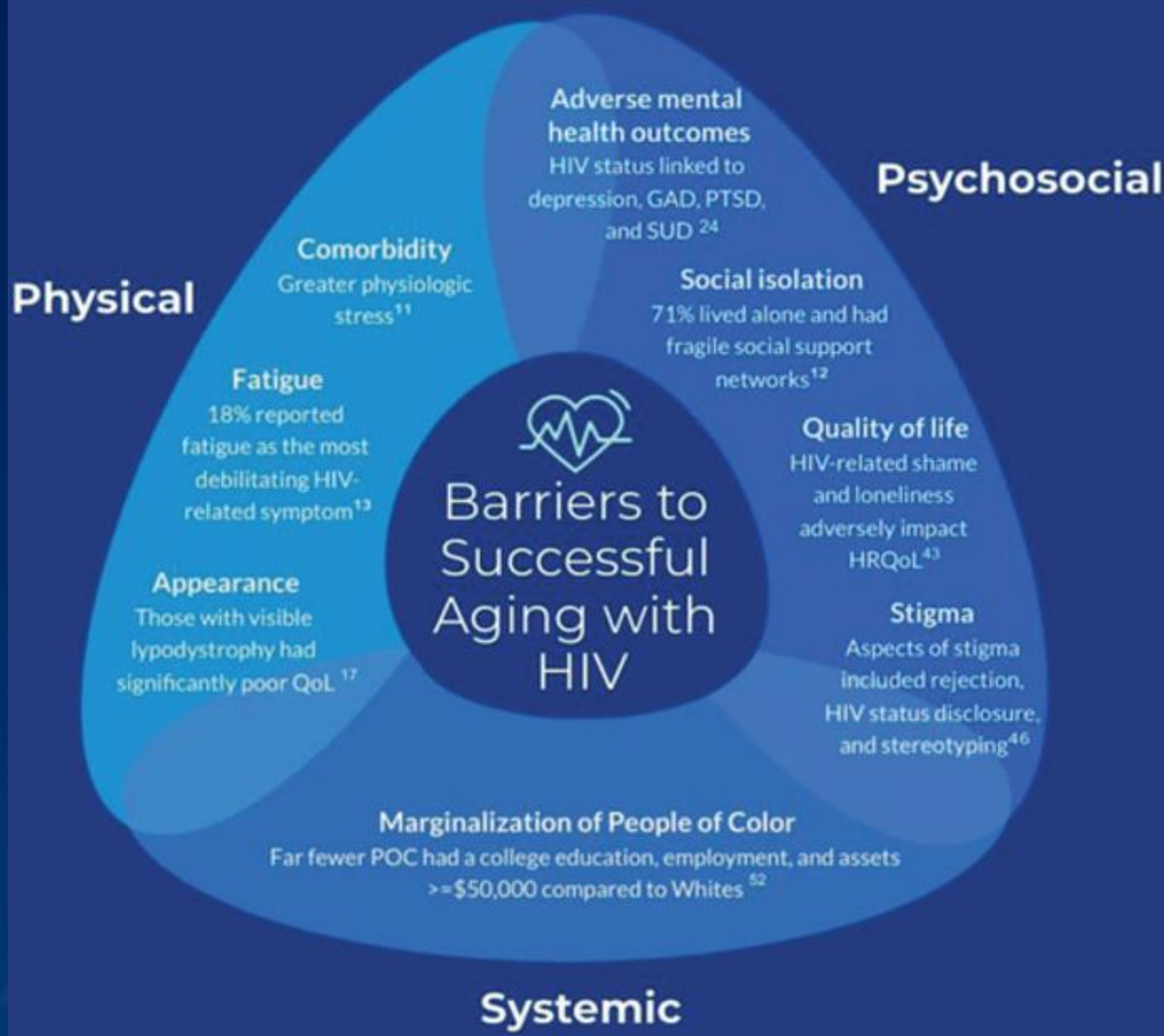
- By 1996, one in nine gay men in the US had HIV; one in 15 had died of the disease
 - 581,429 cases of AIDS reported to date
 - 362,004 deaths
- Life for PWH pre-HAART was a Provisional Existence
 - "A man who could not see the end of his 'provisional existence' was not able to aim at an ultimate goal in life. He ceased living for the future, in contrast to a man in normal life. Therefore the whole structure of his inner life changed..."
 - Viktor Frankl
- "If you don't know when you're going to die, what's the point in saving money for the future or making plans? You just live for the moment and try to cope."
 - Personal Patient Quote

AIDS Survivorship

- "Perhaps our next problem is not going to be coping with death, but rather coping with the rest of our lives."
- Multicenter AIDS Cohort Study (2013)
 - 49% of MSM agreed with the statement "because of the HIV epidemic, I never thought I would live as long as I have"
 - 27% of MSM reported losing more than 10 people close to them from AIDS
 - 35% reported they still grieve for those lost people, 7% deeply grieve, 3% grieve everyday
- "In the early days, health care staff asked us about our well-being and now they only respond to our numbers looking fine, so everything must be OK. We feel like we're forgotten, and health care staff don't ask us about what we see or experience."

Aging with HIV as a Syndemic

- Minority Stressors
 - Race
 - Gender
 - Sexuality
- Ageism
 - Societal
 - Cultural
 - Internalized
- Financial Strain/Inequity
- Physical Debility
- Mental Health Problems



Physical, psychosocial, and systemic barriers to successful aging with HIV.
 From: Ruiz: Curr. opin. HIV AIDS, Volume 17(2).March 2022.55-64

Resilience

- Many studies of older PWH indicate they have fairly good quality of life
 - In a study carried out in London of 100 older PWH, 56% reported their quality of life as “good or very good”
- Resiliency Factors in older PWH
 - Social Connectivity
 - Mattering
 - Generativity
 - Self-Management/Independence
 - Self-Acceptance

Post-Traumatic Growth

- Qualitative change in functioning and/or development, not simply a return to baseline
- 5 Domains
 - An increased appreciation for life in general
 - The development of closer, more meaningful interpersonal relationships
 - An increased sense of personal strength
 - The realization of new life possibilities
 - A sense of spiritual or existential growth
- PTG is a trait, and growth in one domain can spur growth in other domains
- In one study, PTG was associated with higher ART adherence, lower alcohol consumption, and healthier dietary habits

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