

HIV and Ageing

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Social and clinical

- Actual old people with HIV
- What does the research say?
- Control
- Life in the 80s

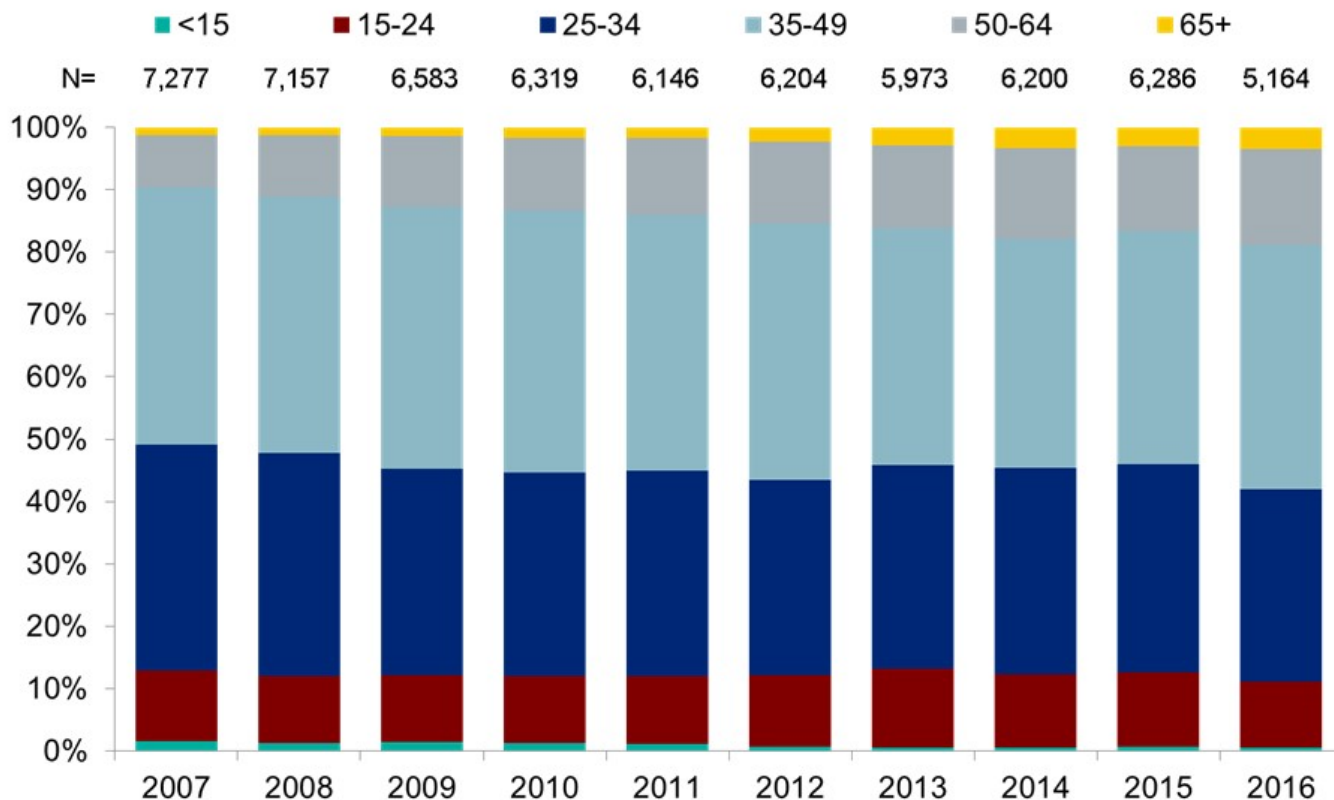
Our life expectancy in the UK for a 50 year old

- Women another 34 years and men another 31 years.
- So what is life like for women and men with HIV aged 65-85?
- <https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/lifeexpectancies/datasets/nationallifetablesunitedkingdomreferencetables>



Public Health
England

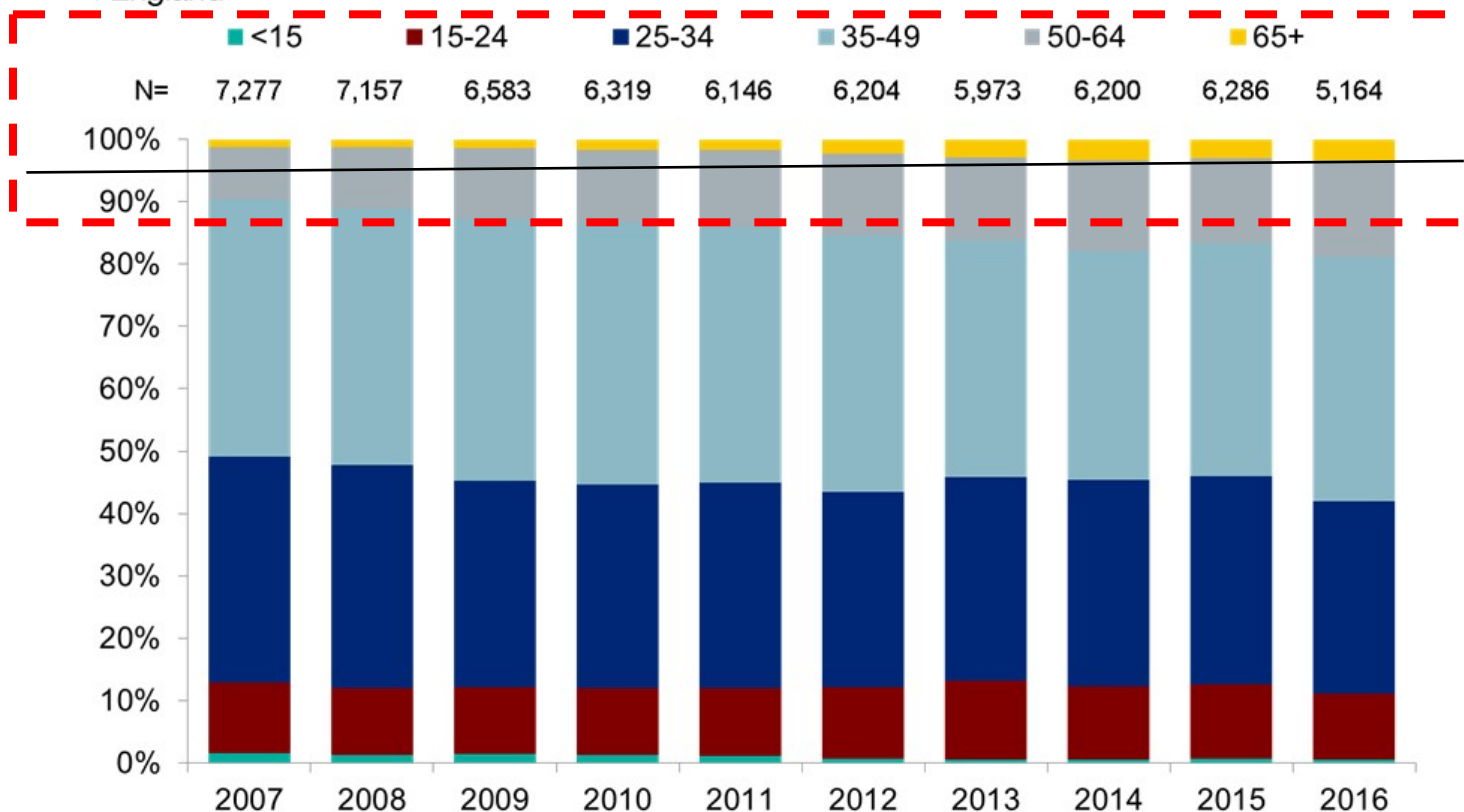
Proportion of people newly diagnosed with HIV by age group: United Kingdom, 2007 - 2016





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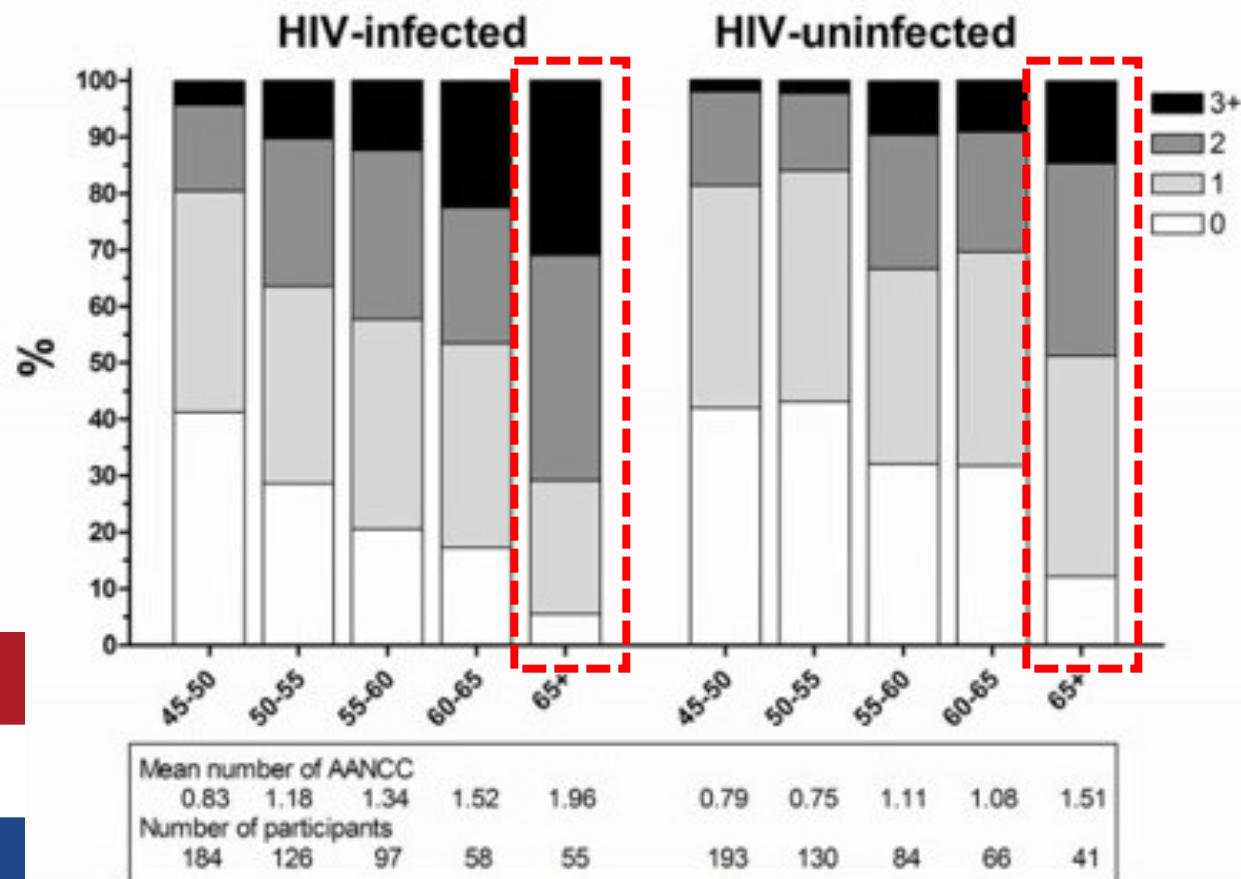
What does the research say for over 65s

- More comorbidities (Age-HIV)
- “40% of patients were coming with low CD4 count (less than 200)... Virologic response is as well as younger patients” (>65s, Paris)
Retrovirology 2010 7(Suppl 1):P16.
- In Sao Paulo 1% of over 75s had HIV (4/405) in a long term care institution attached to a hospital *Sao Paulo Med J.* 2016; 134(6):528-33 DOI: 10.1590/1516-3180.2016.0034150516



Figure 1: Distribution of the number of AANCC stratified by age across both studygroups.

The Dutch age-HIV cohort
 Clin Infect Dis. 2014 Dec
 15;59(12):1787-97. doi:
 10.1093/cid/ciu701.



Alright, what about over 55

- More comorbidities (US vets)
- Faster decline in disability scores– US vet study
- More depressed (over 60 with HIV) than healthy controls (over 65)
 - And increased cognitive problems compared to ‘healthy’ over 65s
- Women had less sex (US and Ugandan studies)



Ageing with HIV

- “Limited data exists on these conditions in older HIV-infected adults and no studies have comprehensively examined these conditions”

J Acquir Immune Defic Syndr. 2015 June 1; 69(2): 161–167

- But... “Data from the [redacted] cohort study show that HIV-infected people are getting older” <https://doi.org/10.1371/journal.pone.0118531>

The importance of control

- Controlling ones faculties
- Controlling ones environment
- Controlling ones medicines and health

Controlling for comparisons

- Comparing people with HIV over 60 with people without HIV over 65 that do not have cognitive issues and finding they were younger and had fewer cognitive problems.
- DOI: 10.1097/QAI.0000000000000556
- Comparing blood donors with people with HIV and finding those with HIV have more blood borne viruses.



Life in the 80s

Most people have friends of a similar age



As you go past 65 your social group gets ill

And then they die off



Strange positives of getting old

- Disability when young can lead to adaptability when old
- Activity (probably) delays frailty
- Fitting in with the normal life course; “I never thought I would die before you” my father in 2017

