

# Spotlight on British South Asians living with HIV

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## BACKGROUND

- Approximately 4000 South Asian (SA) people are living with HIV in the UK. SA populations have shown a slower decline in new HIV diagnoses and there remains a paucity of outcome data for this cohort.
- HIV and associated therapies can increase the risk and complications associated with cardiovascular disease and diabetes, which disproportionately affect South Asians.
- We review characteristics and metabolic changes in SA PLWH attending North West London services over a 5 year period.

## METHOD

- Retrospective case note review of a random sample of SA PLWH attending services from 2015-2020
- PLWH identified from electronic patient records using ethnicity codes: Indian, Pakistani, Bangladeshi, Asian – Other (Nepalese and Sri Lankan).

## RESULTS

### DEMOGRAPHICS

- 107 PLWH reviewed
- Median age 43 (IQR 38-49)
- 80% male
- 76% born outside the UK

Indian  
69%

Pakistani  
19%

Other  
12%

### VIRAL LOAD & CD4 COUNT

<b>Virological suppression</b> (viral load <50 c/ml)	89%
<b>Median nadir CD4 count</b> (cells/cubic millimetre)	Women : 210 Men : 334 Heterosexuals : 278 Men who have sex with men : 413
<b>Median years since diagnosis</b>	9 (range 1-27)

### ANTIRETROVIRAL REGIMEN - 3RD AGENT

NNRTI	INSTI	PI	Dual	On 1st ARV regimen
25%	61.5%	11.5%	2%	38%
26	64	12	2	39

### MODE OF TRANSMISSION

- MSM: 45.8%
- Heterosexual: 32.7%
- Undetermined: 17.8%
- Other: 3.7%

### CO-MORBIDITIES

High levels of diagnosed co-morbidities (48%), the most common were:

- Diabetes 17%
- Hyperlipidaemia 15%
- Hypertension 12%

### CHOLESTEROL

<b>Mean total cholesterol (mmol/L)</b>	4.7
<b>Mean total cholesterol:HDL ratio</b>	4.02

### MEAN HbA1c (mmol/mol)

<b>Undiagnosed diabetes</b>	38
<b>Diagnosed diabetes</b>	60

### BODY WEIGHT

<b>Overweight</b> (BMI 25-30)	47%
<b>Obese</b> (BMI >30)	12%

Historical weight data available for 71/107 PLWH.

**Over median follow-up of 3.64 years, PLWH gained an average of 3.1kg and those with a BMI >25 increased by 17%.**

## CONCLUSION

- We describe a diverse and co-morbid cohort of SA PLWH attending HIV services
- Lower nadir CD4 counts were seen in women vs men and in heterosexuals vs MSM
- 59% of our cohort had a BMI >25 and we observed an upward weight trajectory over time
- 38% remain on their first ARV regimen - qualitative work would help understand reasons for this

NEED FOR CULTURALLY SENSITIVE CAMPAIGNS FOR WOMEN AND HETEROSEXUALS



Reduce late diagnoses and help end HIV transmission by 2030

NEED FOR TARGETED LIFESTYLE INTERVENTIONS



Cardiovascular risk assessment and tailored lifestyle advice

NEED FOR SA INCLUSION IN FUTURE RESEARCH



Investigation of ARV associated weight/metabolic changes