HIV and Ageing

Robert James
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
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)

• 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
The Dutch age-HIV cohort

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