

GROWS (Growing Older Wiser Stronger) training

Session 6:

HIV treatment and transmission issues in older women

29 March 2022

Simon Collins, HIV i-Base
www.i-Base.info



Disclosure

No personal financial conflict of interest

Outline

Introduction - *(for a short talk...)*

Treatment literacy and being active in your care.

Treatment access in the UK.

Long-term care, impact of ART, side effects, end of life issues...

HIV prevention? PrEP and U=U.

Being active in your care

- Actively sharing 'patient-led' decisions.
- We have the most to gain - and lose - from getting our treatment right or wrong.
- *It is good to learn about your health and test results. There are always choices and you can be active in these.*



Treatment literacy

Being aware of...

- Your health and of the choices you have.
- The main medical terms used in HIV care.
- The names of your meds and the results of your tests.

Ways to learn:
online resources
and working in a
group.

*Start with you
main interests
and needs.*

www.i-base.info



Treatment issues for older women

- Menopause and HRT.
- Screening: breast cancer and cervical cancer.
- Bone health.
- Weight gain, diabetes, mobility, exercise.
- Sexual health.
- Mental health/support.

Social issues:

Isolation/connection.

HIV-related stigma.

*Empowerment in
healthcare, women
doctors?*

*Having your voice
heard.*

Good mental health

Many social factors risk our mental health.

Depression and anxiety are higher than in HIV negative women.

Rejection based on HIV.
Risk of intimate partner violence.

Stigma contributes to social isolation and vulnerability within relationships.

Clinic and peer advocacy networks for referral and support.

HIV as we get older

Many risks increase:
heart disease, stroke,
diabetes, cancers, bone
health (check >50 yo).

Frailty is important.

Social factors including
financial security, housing,
relationships etc.

<https://i-base.info/guides/side/hiv-and-ageing>

Keeping physically and
mentally active.

Importance of eating well
and sleeping well.

Support network of friends
and family - essential.

*Good aspects of ageing:
confidence and
independence.*

Guidelines: gender and ageing

UK: BHIVA (2019)

bhiva.org

Main guidelines have a section on women's health (p130-136).

Limited data?

Similar outcomes?

Central fat and bone complications more common - but old studies.

Mental health and support.

National screening guidelines for cervical cancer (age 25–65).

Bone screening for post-menopause and >50 yo every three years.

Breast cancer screening >47 yo.

Europe: EACS (2021)

eacsociety.org

Screening for menopause >40 yo.

Women's sexual health.

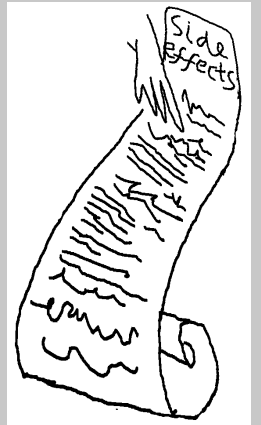
HIV prevention

PrEP:

- Some differences.
- Only daily oral TDF/FTC (not 2:1:1 dosing)
- No data on TAF/FTC (withdrawn EU application).
- Cabotegravir injections.
- Dapivirine ring.

U=U is now established by leading HIV medical guidelines and experts.

But still a disconnect in the wide community.



Side effects?



Weight increase: links to integrase inhibitors (especially dolutegravir) and TAF (vs TDF).

Tell your doctor, nurse, pharmacist etc - include this in your medical notes.

Monitoring.

Diet and exercise.

Affect on your life?

Alcohol, smoking...

Slow and steady goals: crash dieting does NOT work.

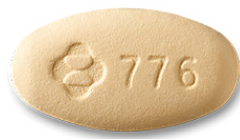
10 single tablets + 1 injectable ART



Atripla



Biktarvy



Delstrigo



Dovato



Eviplera



Juluca



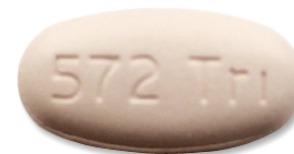
Odefsey



Stribild



Symtuza



Triumeq



CAB-LA +
RPV-LA
injections

Note: single pill combinations sometimes use two pills in the UK due to price.

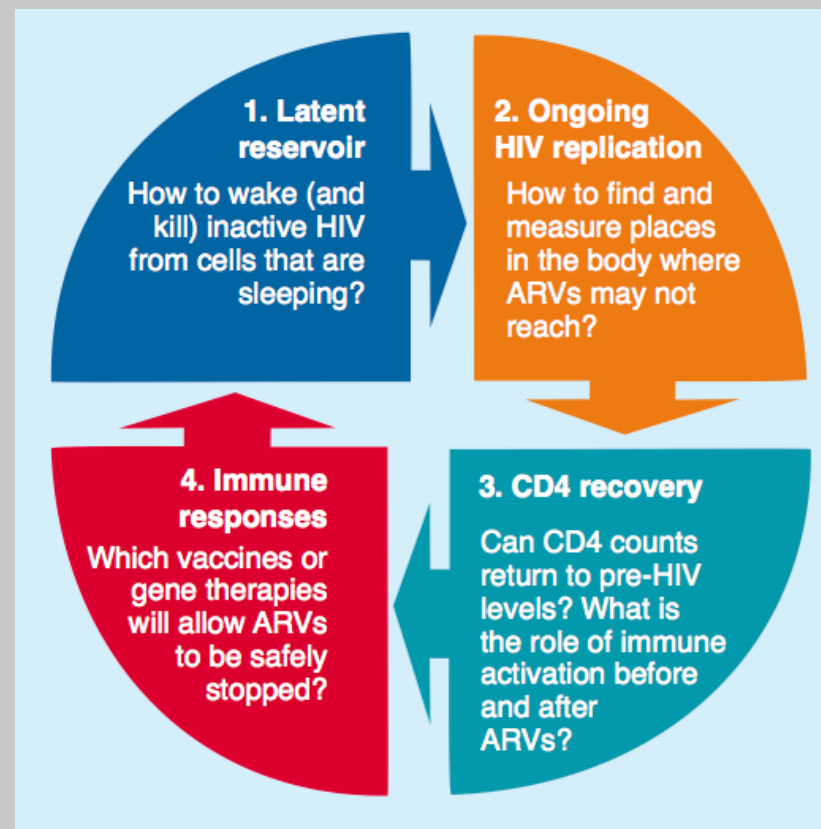
Future cure...?

Increasing focus on cure research.

International networks.

Either

(i) Eradication (cure) or
(ii) Remission (where viral load stays undetectable without need for ART).



UK-CAB

ukcab.net

Now >700 advocates.

70% HIV+

Founded in 2002.

Focus treatment issues.

Four training meetings a year (now over 70 are online).



Thank you

Questions?

www.i-Base.info

A vertical poster for i-base HIV treatment information service. The background is light blue with a large white pill shape in the center. The pill has an orange base. Text is in white and orange. There are several small colored circles (yellow, green, pink) scattered around the pill shape.

i-base
HIV treatment
information
service

Calls are free from
land lines and most
mobile networks.
All calls are
confidential.

ASK A QUESTION
by phone, email or online
0808 800 6013
questions@i-base.org.uk
www.i-base.info

Information to be used in discussion with your doctor. Registered charity no: 1081905.

Back up slides