



Differences between older HIV-infected women and men regarding immunological recovery, comorbidity, physical function and quality of life

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OBJECTIVE

- To evaluate differences between women and men within older HIV-infected population regarding HIV variables, comorbidity, physical function and quality of life.

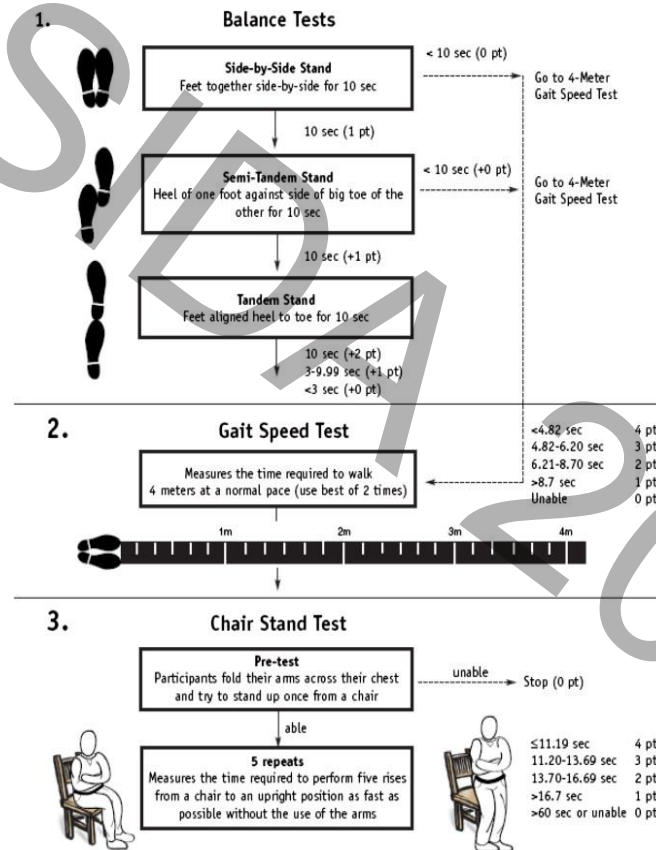
METHODS

- Cross-sectional study from the prospective Modena HIV Metabolic Clinic (MHMC) cohort. Between June 15 2016 and May 15 2018.
- The inclusion criteria were: confirmed HIV infection, age ≥ 50 years at the time of recruitment, regular follow-up at the HIV clinic.
- Patients were stratified by gender.
- Data: Sociodemographic data. Comorbidities. Variables related to HIV infection: Nadir CD4 T cell. Current CD4 T-cell. CD4/CD8 ratio. Viral load. Undetectable HIV RNA.

METHODS

➤ Data

- Physical function. Short Physical Performance Battery (SPPB) and walking speed.



- Quality of life was measured by EQ5D5L.

RESULTS

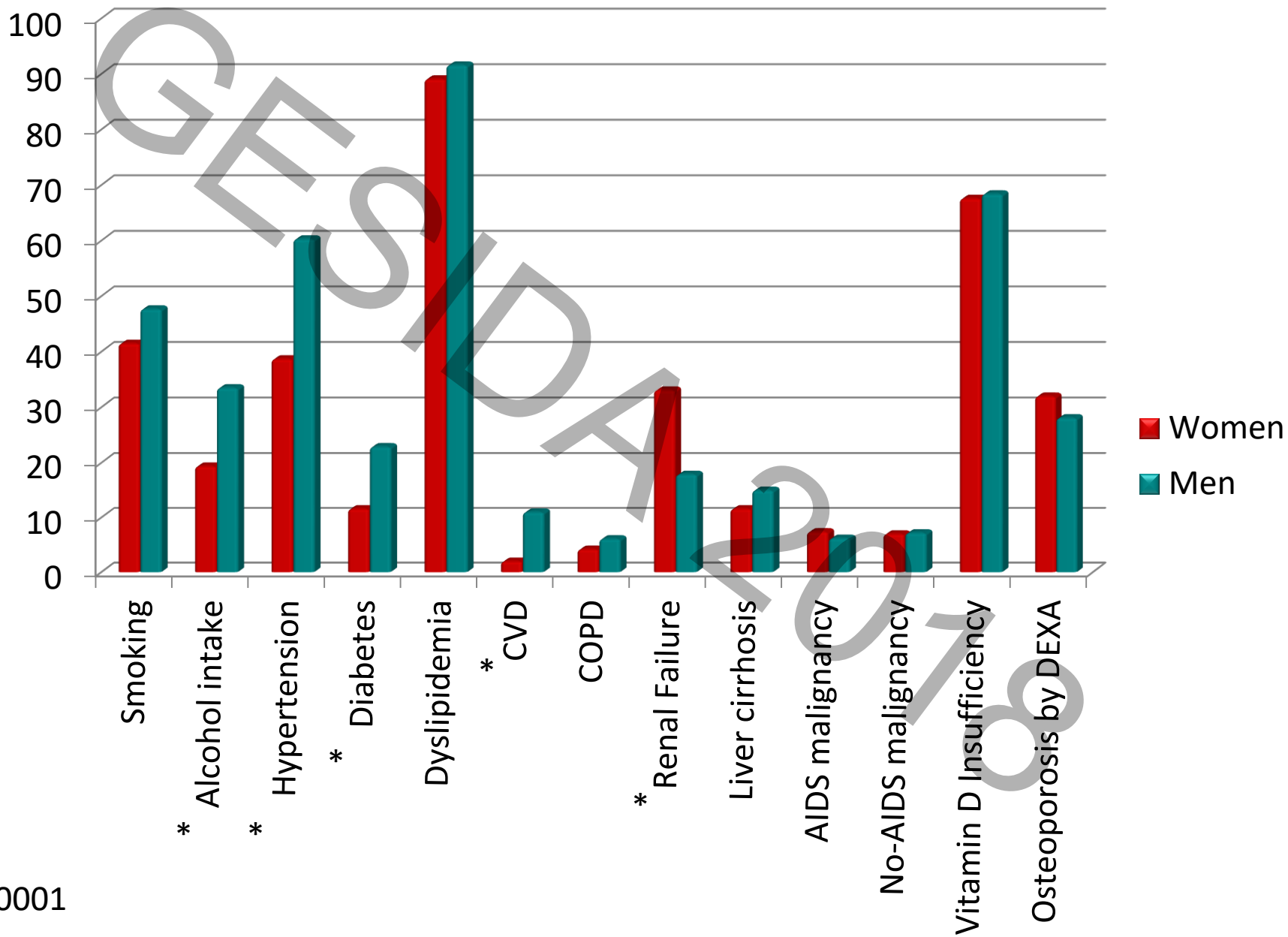
Table 1. Sociodemographic characteristics

	Total	Women	Men	p
Patients. N (%)	1126	284 (25.2)	842 (74.8)	
Age. Median (IQR)	55 (6)	54 (6)	55 (6)	
Age HIV diagnosis. Median (IQR)	31 (13)	28 (12)	32 (14)	0.0001
Years of HIV. Median (IQR)	25 (10)	26 (9)	25 (11)	0.008
Risk practice for HIV infection				
• IDU	337 (29.9)	80 (28.2)	257 (30.5)	
• MSM	357 (31.7)		357 (42.4)	
• Partner HIV+	129 (11.5)	108 (38)	21 (2.5)	0.0001
• Heterosexual	200 (17.8)	67 (23.6)	133 (15.8)	
• Others	23 (2)	7 (2.5)	16 (1.9)	
• NA	80 (7.1)	22 (7.7)	58 (6.9)	

Table 2. HIV-related variables	Total	Women	Men	p
B or C CDC category. N (%)	605 (53.7)	164 (57.8)	441 (52.4)	0.001
Nadir CD4 T cell. Median (IQR)	195 (210)	191 (190)	195 (216)	NS
Current CD4 T-cell. Median (IQR)	720 (358)	758 (367)	699 (356)	0.03
CD4/CD8 ratio. Median (IQR)	0.87 (0.56)	1(0.58)	0.84 (0.51)	0.0001
Undetectable HIV RNA. N (%)	862 (76)	211 (74.2)	651 (77.3)	NS

RESULTS

Figure 1: Comorbidities



*P = 0.0001

RESULTS

Table 3. Physical Function

	Total	Women	Men	p
Physical activity. N (%)				
• None	606 (53.8)	166 (58.5)	440 (52.3)	NS
• Yes	520 (46.2)	118 (41.5)	402 (47.7)	
Exhaustion. N (%)				
• Rarely (<1d/w)	730 (65.7)	156 (56.1)	574 (68.9)	0.001
• 1-2d/w	303 (27.3)	94 (33.8)	209 (25.1)	
• 3-4d/w	73 (6.6)	25 (9)	48 (5.8)	
• Always or almost always (5-7d/w)	5 (0.5)	3 (1.1)	2 (0.2)	
Walking speed m/s. Mean (SD)		1.12 (0.5)	1.07 (0.5)	NS
SPPB < 9. N (%)	76 (7.1)	31 (11.5)	45 (5.6)	0.002

RESULTS

Table 4. Quality of life	Total	Women	Men	p
Pain				
• None	492 (43.9)	108 (38)	384 (45.9)	
• Mild	403 (36)	96 (33.8)	307 (36.7)	
• Moderate	183 (16.3)	68 (23.9)	115 (13.7)	
• Severe	37 (3.3)	11 (3.9)	26 (3.1)	0.001
• NA	6 (0.5)	1 (0.4)	5 (0.6)	
EQ5D5L	0.88 (0.08)	0.87 (0.1)	0.90 (0.09)	0.02

CONCLUSION

↑ Immunological recovery measured by CD4 T cell count and CD4/CD8 ratio

↓ CVD and CV risk factors

Their physical function and their quality of life are worse.

Older HIV-infected women have special characteristics and the assessment of physical function in this group seems to be crucial