Older Adults with HIV...

Exercise is Medicine

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Research Interests

- Physical Function
- Cognitive Function
- Vascular Function
Research Interests

- Physical Function
- Vascular Function
- Cognitive Function
State of the Science

HIV

ART
- Increased longevity
- Age-related conditions

Deep South
- Cultural and Racial Diversity
- Increased CVD prevalence
State of the Science

- Nearly half of PLWH are aged 50 and older
- In 2018, individuals aged 50 and older accounted for 17% of the new cases.
- By 2030, over 70% of people with HIV will be older than 50.

Physical Function Project

• Cardiometabolic Disease among Frailty Clusters in Adults Aging with HIV

Frailty
• Geriatric syndrome

Health implications for older PLWH
• Increased risk of CVD and mortality

Categorical nature of frailty
• 0: Robust
• 1-2: Prefrail
• 3+: Frail

• UAB Center for AIDS Research (CFAR) Network of Integrated Clinical Systems (R24AI067039)
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Physical Function + Exercise Project

• Feasibility of High-Intensity Interval Training in Older Adults with HIV and Co-Occurring Hypertension

• Funding for this study was provided by/ provided in part by an HIV/Aging Pilot Award under NIA grant # R33AG067069-01.
What’s Next?

• Central Vascular Implications to Cognitive Impairment among Older Adults with HIV
What’s Missing?

Disparities (Age/Race)

Social Determinants of Health
Stigma

Exercise Implications

Barriers/Facilitators
Viral (inflammatory/immune regulation)
Psychological
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Thank you!