



Concerns: Women's Health

The study highlights the need for HIV prevention and management of age-related health problems tailored according to sex.

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Women living with HIV are more likely than men to have age-related conditions that can affect their overall health and quality of life. Researchers did a cross-sectional analysis of nearly 4,000 HIV-positive U.S. adults in the Multicenter AIDS Cohort Study and the Women's Interagency HIV Study in the era of modern antiretroviral therapy. The median age was 51 for women and 56 for men. Most were on antiretrovirals, and more than 80% had viral suppression. The unadjusted comorbidity burden was higher for women compared with men: an average of 3.4 vs. 3.2 conditions. Women were more likely to have bone problems (42% vs. 19%), lung disease (38% vs. 10%) or diabetes (24% vs. 17%), but less likely to have hypertension (68% vs. 75%), psychiatric illness (55% vs. 58%), abnormal blood lipids (41% vs. 64%), liver problems (34% vs. 38%), kidney disease (14% vs. 15%) or cancer (7% vs. 12%). Both groups were equally likely to have cardiovascular disease (15%). The study highlights the need for prevention and management of age-related health problems tailored according to sex.

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