



Older People Often Have Conflicts Between HIV Drugs and Other Meds

A recent analysis of a group of HIV-positive individuals age 50 and older found that nearly half had potential conflicts.

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HIV-positive people who are past their 40s commonly have potential conflicts between their antiretrovirals (ARVs) and other medications they are taking, [aidsmap](#) reports.

Publishing their findings in the *Journal of Acquired Immune Deficiency Syndromes*, researchers conducted a cross-sectional study of 744 people age 50 and older who received care for HIV in 2016 and who took ARVs as well as at least one other non-HIV medication.

The researchers analyzed the participants' medications according to the University of Liverpool Drug Interaction Checker, which categorizes drug pairings according to a "traffic light" grading system: amber indicates that the pairing should be closely monitored or that there should be adjustments in dosing or the timing of when individuals take either of the medications; red indicates that there is a contraindication between the drugs and that they should not be taken together.

Ninety-six percent of the participants were white and 74 percent were male. The median age was 56. Eighteen percent were 65 years old or older.

The participants were on a median of two non-ARV medications. Sixty-eight percent of them were on five or more non-HIV medications, a phenomenon known as polypharmacy.

Forty-seven percent of the participants had one or more amber warnings for their medications, while 6 percent had one or more red warnings. Those age 65 and older had a higher proportion of each warning than the younger participants.

Factors associated with a higher likelihood of potential drug-drug interactions included polypharmacy and the use of blood thinners, calcium channel blockers, anti-BPH (benign prostatic hypertrophy) drugs, anti-osteoporotic drugs and sedative-hypnotic drugs. Factors linked to a lower likelihood of potential drug-drug interactions included being male and taking a non-nucleoside reverse transcriptase inhibitor or integrase inhibitor compared with taking a protease inhibitor.

To read the aidsmap article, [click here](#).

To read the study abstract, [click here](#).

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