



# Living Well With HIV Over 50: Health Tips, Risks and What to Expect?

Here's how to stay healthy, manage medications, navigate common comorbidities and thrive as you age with HIV.

April 13, 2026 By [HIV.gov](#)

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## Summary:

Thanks to medical advances, people living with HIV live longer and healthier, and that's something to celebrate. But aging can come with new health considerations. This blog highlights practical steps to help people living with HIV protect their physical and mental well-being. Whether you're newly diagnosed or have been living with HIV for decades, these tips can help you take charge of your health as you age.

Thanks to advances in HIV care and treatment, many people living with HIV are enjoying longer, fuller, and healthier lives. As you [age with HIV](#), you may encounter a few new health considerations, but with the right mindset and support, you can stay strong, healthy, and in control of your wellness. We're highlighting what to expect, how to manage common comorbidities and medication interactions, and practical steps you can take to take charge of your health.

## Why Aging With HIV Matters

More than half of people diagnosed with HIV in the United States are aged 50 and older. As you age with HIV, you may face health challenges that mirror the general population—but some can occur earlier, more frequently, or with more complications. Older adults with HIV are more likely to experience chronic conditions such as heart disease, kidney issues, bone problems, and cognitive changes. These conditions can stem from a combination of factors, including chronic inflammation and adverse effects of antiretroviral medications over time that prevent HIV from progressing. These shifts make it important to stay proactive about your health and aware of what to watch for.

## Common Health Areas to Monitor

Here are some key areas for people aging with HIV to focus on:

- Heart health and metabolism: People living with HIV may be at higher risk for heart disease and type 2 diabetes, requiring regular blood pressure, cholesterol, and glucose checks.
- Bone and kidney health: Long-term HIV infection and HIV medications can affect both bone density and kidney function, so ask your provider about bone scans and monitoring your renal function.
- Managing multiple medications and potential interactions: As you manage HIV and other conditions with age, the number of medications a person takes may increase. Managing drug interactions and simplifying your regimen with your pharmacy and care team are key to staying in control of your wellness.
- Cognitive well-being: Aging with HIV can bring unique cognitive changes, so check in with yourself and your provider regularly and be alert for changes that might cause concern. Don't delay evaluating new symptoms.
- Lifestyle and prevention: Staying physically active, eating well, avoiding tobacco, and keeping up with screenings matters now more than ever.

## How to Take Charge of Your Health: Practical Steps

Here are ways to take action toward staying well as you age with HIV:

- Stay consistent with HIV treatment: Keeping your viral load suppressed helps protect your immune system and lowers the risk of complications as well as protects your partner(s).
- Build a strong care team: Work with your HIV specialist, primary care provider, pharmacist, and other care partners to coordinate your wellness plan.

- Track your health: Keep a list of your medications, monitor your lab results, and communicate openly and honestly with your health care provider. Staying active on the patient portal allows direct provider-to-patient communication!
- Be alert to interactions: With more medications, the potential for interactions grows—ask your provider or pharmacist about how HIV meds may mix with other prescriptions or over-the-counter drugs and try to minimize the number of medications you have to take when possible.

## Staying Future Focused

Aging with HIV means being aware, active, and connected. It's not just about managing one condition, it's about tending to your whole health across body, mind, and lifestyle.

For more detailed guidance and resources, visit the "[Aging with HIV](#)" page.

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