

2SGBTQ+ men Living and Aging with HIV

Living and aging with HIV brings unique health considerations. Whether you've been living with HIV for a few years or a few decades, your healthcare provider should support your long-term well-being — not just your viral load.

You deserve care that looks at the full picture: your mental health, physical health, sexual health, and quality of life as you age. These questions can help start that conversation with your provider.

Here are some questions to consider:

 **Are there specific nutrition and physical activity goals I should focus on as I age with HIV? Should I talk to a dietician or nutritionist?**

 **I have never had Hep. C test. Can I get one?**

 **What are your medical opinions on substance use, alcohol intake, and smoking in relation to my HIV and long-term health?**

 **I've read that PLHIV may have a higher risk for heart disease. Should I be taking a statin or other medication to lower my risk?**

 **I've been on tenofovir for over 10 years. Can I get an eGFR test to check my kidney function?**

 **I have lived with HIV for 5 years; I am having a difficult time with HIV disclosure. Can you connect me with mental health support or other resources?**



I've read that HIV can cause chronic inflammation. Are there blood or diagnostic tests covered by OHIP that I should consider?



I am now 62 years old, and as a PLHIV, I have a higher prevalence of heart disease. What are your thoughts on a stress test and wearing a Holter monitor (a portable electrocardiogram) that continuously records the heart's electrical activity for a few days?



My HIV-positive friends have mentioned a bioimpedance analysis (BIA) test to monitor my internal health and overall body composition at home. I want to get a bioimpedance analysis equipment for home use to measure my BMI, body fat, water intake, subcutaneous and visceral fat, bone mass, and other internal body readings. What is your opinion?



I have been living with HIV for over 20 years. While my viral load is undetectable and my CD4+ is good, I am always tired, have difficulty remembering, and my mobility is affected. I am aware that PLHIV is more vulnerable to non-HIV-related cancer, heart disease, liver and kidney failure, fatty liver, dementia, and autoimmune disease, to list a few. I would like to explore some baseline tests to get started. These are the baseline tests I am interested in doing.

- Blood sugar level over 2 to 3 months: **A1C test**
- Cancer screening: **PSA test** (prostate), **colonoscopy** (if age 50+)
- Circulatory health: **Carotid ultrasound**
- Cognitive and brain health: **Neurocognitive assessment**
- DXA Scan: **bone density test**
- Hormones: **Testosterone test** (free testosterone), **thyroid function** (Free T4)
- Inflammation and heart health: **C-reactive protein test**, **stress test** (exercise electrocardiogram), **Holter monitor**, **lipoprotein A test**
- Kidney health: **eGFR test**, **Cystatin C test**,
- Organs and blood vessels in the belly area: **abdominal Doppler ultrasound**

LONGER-TERM HEALTH PLANNING

If you're interested in being proactive about aging well with HIV, there are some additional tests and conversations you might bring up with your provider. This isn't a checklist for everyone; rather, it's just a set of options you might explore with your health provider:

- Bioelectrical Impedance Analysis : https://www.scienceforsport.com/bioelectrical-impedance-analysis-bia/?srsltid=AfmBOopabbtnUm-5nlVb0DyDONiNQmbMyc3T-h77_njxfyWCwt7Nic
- Blood sugar level A1C: <https://medlineplus.gov/lab-tests/hemoglobin-a1c-hba1c-test/>
- Cancer screening PSA test: <https://cancer.ca/en/treatments/tests-and-procedures/prostate-specific-antigen-psa-test>
- Cancer screening Colonoscopy: <https://www.ontario.ca/page/colon-cancer-testing-and-prevention>
- Circulatory health Carotid ultrasound: <https://www.mayoclinic.org/tests-procedures/carotid-ultrasound/about/pac-20393399>
- Cognitive and brain health Neurocognitive assessment: <https://braincheck.com/articles/what-is-neurocognitive-testing/>
- DXA Scan Bone density scan: <https://my.clevelandclinic.org/health/diagnostics/10683-dexa-dxa-scan-bone-density-test>
- Hormones Testosterone: <https://medlineplus.gov/lab-tests/testosterone-levels-test/>
- Hormones Thyroid function: <https://www.thyroid.org/thyroid-function-tests/>
- Inflammation and heart health C-reactive protein: <https://www.mayoclinic.org/tests-procedures/c-reactive-protein-test/about/pac-20385228>
- Inflammation and heart health Stress test: <https://my.clevelandclinic.org/health/diagnostics/16984-exercise-stress-test>
- Inflammation and heart health Holter monitor: <https://www.mayoclinic.org/tests-procedures/holter-monitor/about/pac-20385039>
- Inflammation and heart health Lipoprotein A test: <https://medlineplus.gov/lab-tests/lipoprotein-a-blood-test/>
- Kidney health eGFR test: <https://www.kidney.org/kidney-failure-risk-factor-estimated-glomerular-filtration-rate-egfr>
- Kidney health Cystatin C test: <https://www.kidney.org/kidney-topics/cystatin-c>
- Organs and blood vessels in the belly area Doppler test: <https://www.mayoclinic.org/tests-procedures/abdominal-ultrasound/about/pac-20392738>

RESOURCES:

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- 3 International AIDS Society. Metabolism and inflammation during suppressive therapy. 2023 [cited 2025 June 6]. Available at <https://plus.iasociety.org/webcasts/metabolism-and-inflammation-during-suppressive-therapy>
- 4 International Association of Providers of AIDS Care. HIV and Inflammation. 2025 July. [cited 2025 June 7]. Available from: <https://www.iapac.org/fact-sheet/hiv-and-inflammation/>
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- 7 aidsmap. Could a better understanding of inflammation help research towards an HIV cure? 2019 July 31. [cited 2025 June 7]. Available from: <https://www.aidsmap.com/news/jul-2019/could-better-understanding-inflammation-help-research-towards-hiv-cure>
- 8 Meynell J, Barroso J. Bioimpedance analysis and HIV-related fatigue. Assoc Nurses AIDS Care. 2005. Mar-Apr;16(2):13-22. doi: 10.1016/j.jana.2005.01.006
- 9 Pito PG, Goncalves EM, de Oliveira VHF, Deminice R, Gobbo LA, Guariglia DA. Effects of lipodystrophy and physical exercise on bioimpedance parameters in people living with HIV: A cross-sectional study. 2023. <https://doi.org/10.1016/j.nut.2023.112059>
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