

HIV & The Heart

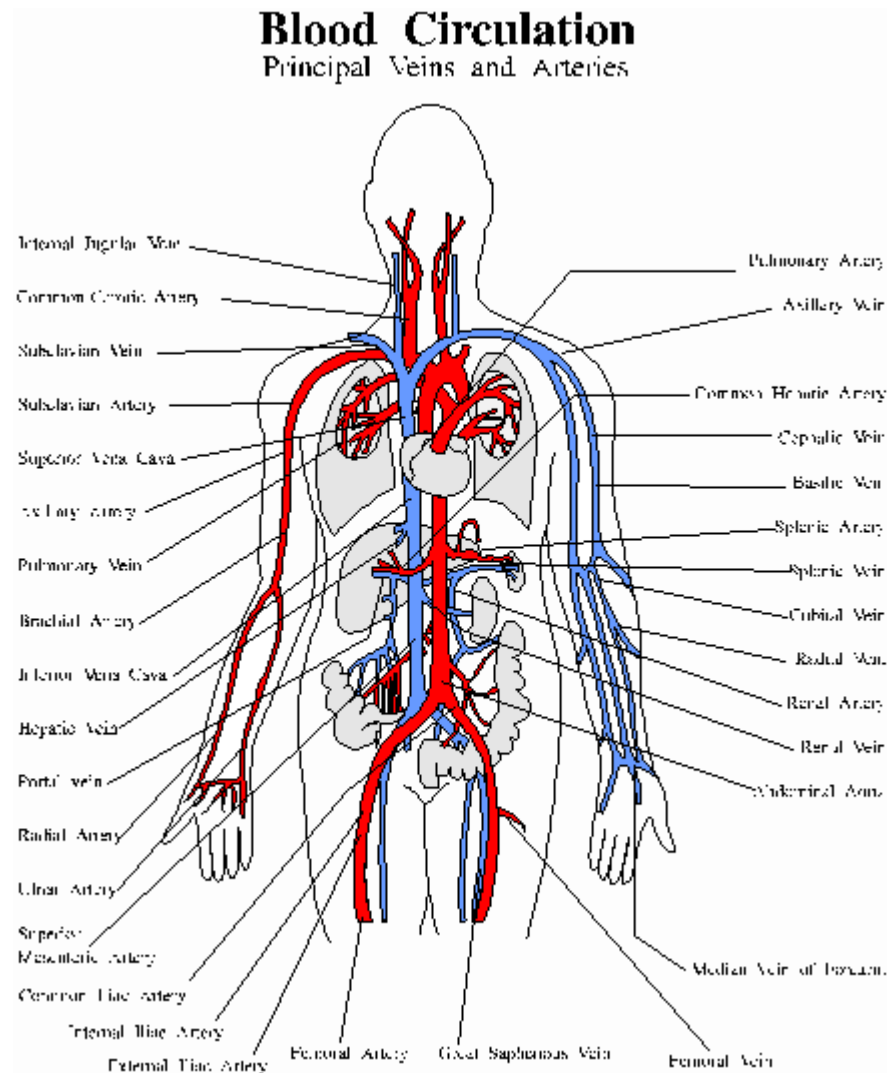


Dr Mark Pakianathan

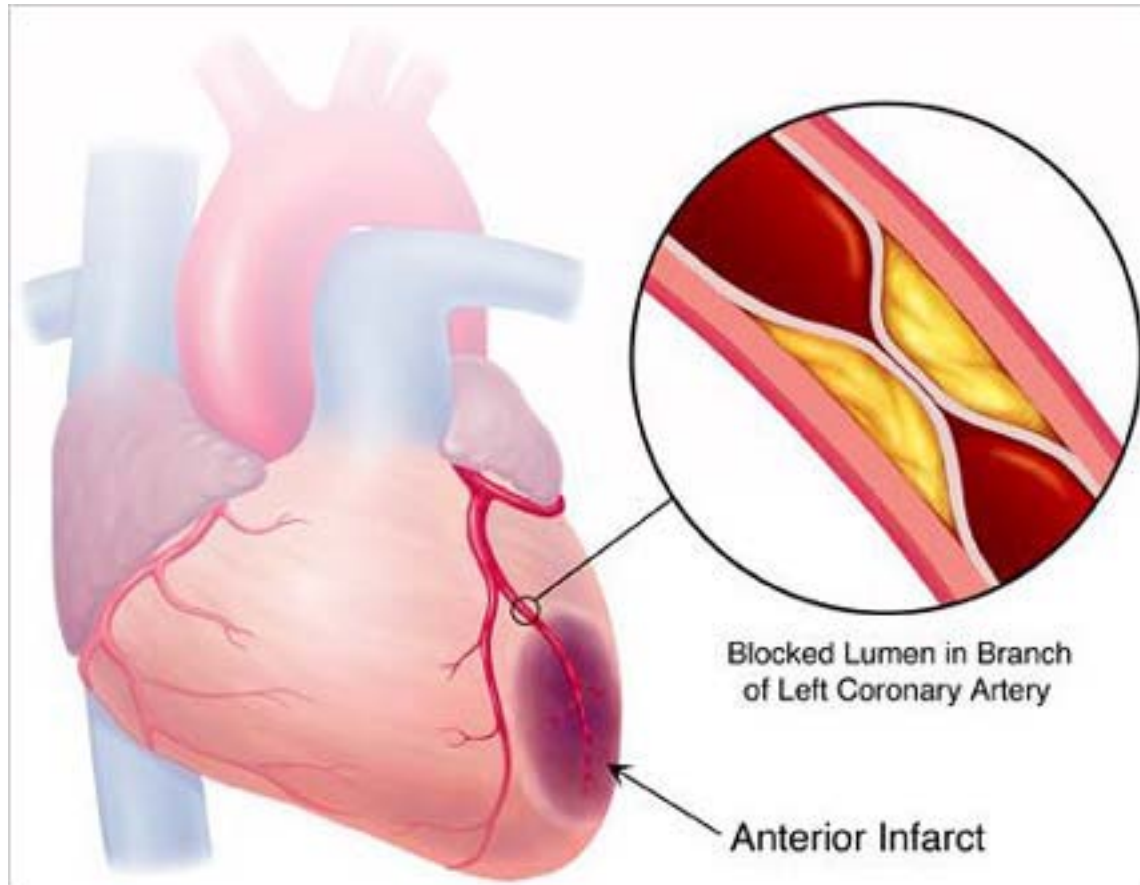
HIV

- Long term condition
- 52 year survival aged 20
- Prevention of AIDS with medication virtually guaranteed
- The future
 - Diseases of ageing
 - Cancer
 - Heart Disease

Circulation



Heart Attack = Myocardial Infarction



Artheroma



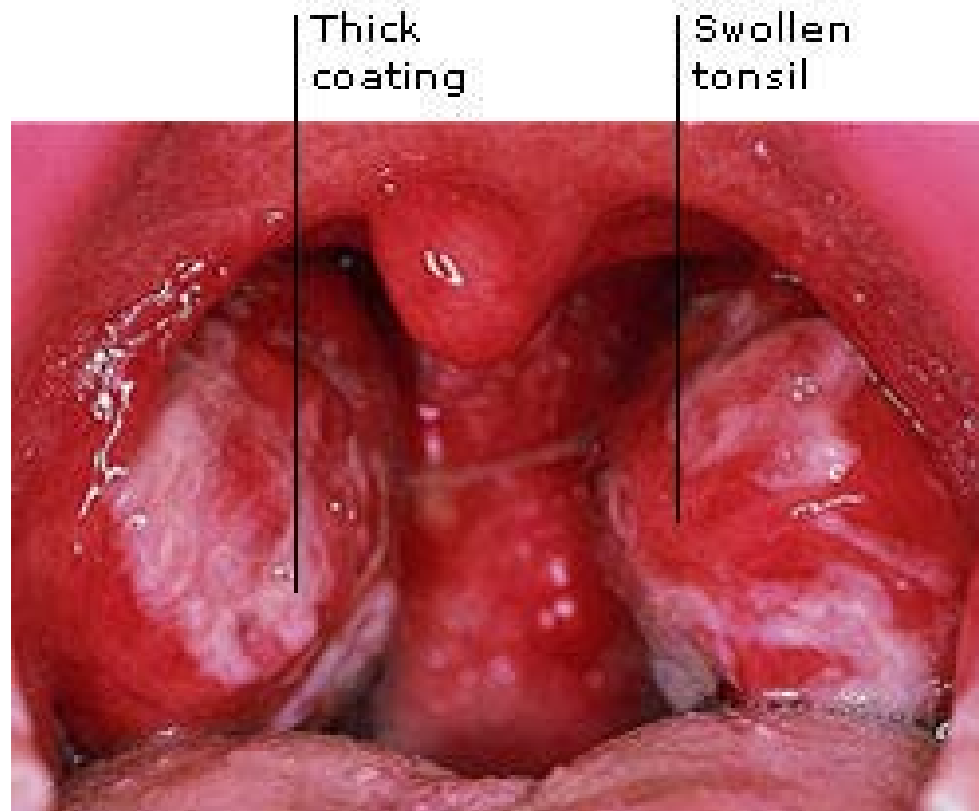
Factors that increase heart disease

- Heart disease
- Previous heart attack
- Angina
- Family history of heart disease
- High blood cholesterol
- Diabetes
- High blood pressure
- Cigarette smoking
- Overweight
- Physical inactivity
- Poor diet
- High-fat diet
- High-salt diet
- Male gender

HIV



Inflammation



Drugs?

- Lopinavir
- Abacavir??
- Didanosine

Your CV Risk

- Calculators
 - Framingham
 - Q Risk 2
 - DAD-Copenhagen

Interventions

Diet



Exercise



Smoking Cessation



Medical interventions



Take Control

