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Characterization of Cardiovascular Risk Factors of People Living with HIV in a Veteran Population

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BACKGROUND

- Cardiovascular disease is leading cause of death in people living with HIV (PLWH)
- HIV positive individuals have 1.5-2-fold greater risk of CVD, even if complete viral load suppression is achieved
- Chronic inflammation, immune dysregulation, or antiretroviral therapy (ART) specific risk factors are potential mechanisms of increased CVD risk
- HIV-associated cardiovascular disease (CVD) has tripled in past 20 years, but scant data is available about its long-term characterization

OBJECTIVES

- Characterize CVD risk factors and treatment in PLWH in a veteran population

METHODS

- Retrospective review of electronic medical records was conducted on a patient list generated by TheraDoc Clinical Surveillance Software that included all veterans treated with ART from December 1, 2018 – December 31, 2019
- Exclusion Criteria:
  - Labs results collected > 1 year from last HIV clinic follow-up
  - Data collected:
    - Patient demographic information: age, sex, race, BMI
    - Hypertension characterization: HIV VL, CD4 count, ART therapy
    - Diabetes characterization (A1c, fasting glucose) and treatment
    - Dyslipidemia characterization and treatment
    - Cardiovascular events: MI, CVD/Stent/CABG, Stroke, PVD, HF
    - Additional data collection: smoking status, aspirin use, renal impairment

RESULTS

Baseline Characteristics (n=242)

- Age: 58 (24 – 89)
- Race: Black/African American 77%, White 21%
- Other 2%
- Smoking Status: Current 33%, Former 34%, Nonsmoker 33%
- Diabetes: On Diabetes Medications 76%, A1c < 7% 51%
- Hypertension (HTN): On HTN Medications 50%
- Lipid Control: On Statin 56%
- CD4 Count (units): 653 (14-2427)
- HIV Viral Load (VL) (units) (average from last 2 results): < 20 20%, < 200 91%
- Aspirin Use: 39%

ART Classification

- % NRTI 96%, % INSTI 77%, % PI 20%, % NNRTI 18.0%, % CCR5 0.4%

Characterization of Metabolic Risk Factors

- BMI Average: 29, Range: 16 – 66
- LDL Average: 90, Range: 16 – 204
- HbA1c Average: 5.1, Range: 19 – 117
- Triglycerides Average: 141, Range: 37 – 522
- Glucose Average: 108, Range: 61 – 449
- A1c Average: 6, Range: 3.6 – 14
- SCr Average: 1.4, Range: 0.4 – 12.1
- Blood Pressure Systolic Average: 126, Range: 93 – 167
- Diastolic Average: 76, Range: 42 – 102
- 10-Year ASCVD Risk Average: 25, Range: 6.9 – 56.4

NRTI Backbone

- % Abacavir/Lamivudine 30%
- % TDF/Emtricitabine 30%
- % NVP/Emtricitabine 1%
- % D4T/Emtricitabine 69%
- % NRTI/INSTI 1%

Prior Cardiac Events

- 0% MI, 3% CHF, 2% HF

REFERENCES
