

# **HIV and Aging: Overview and Future Opportunities**

**Scott Letendre, M.D.**

Professor of Medicine and Psychiatry  
University of California, San Diego



# Disclosures

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- National Institutes of Health
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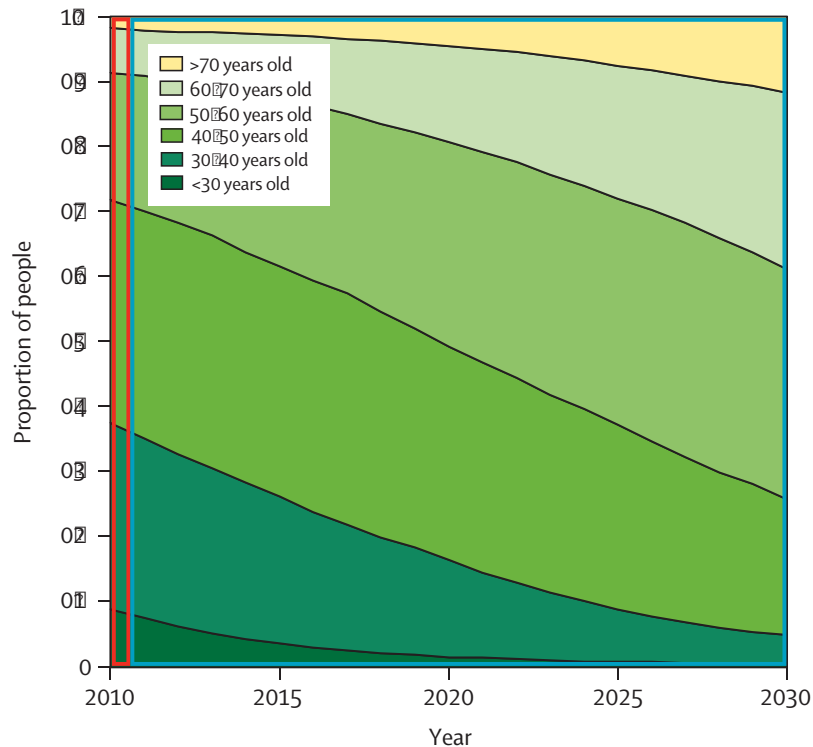
**Dr. Letendre was paid for an advisory board:**

- ViiV Healthcare

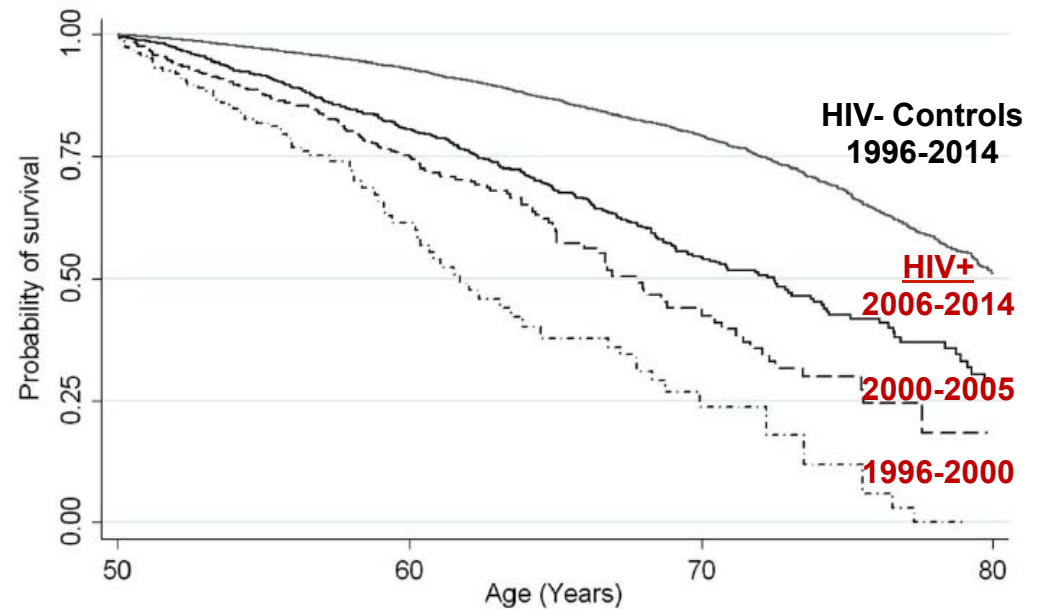
**Dr. Letendre was paid for a lecture:**

- None

# HIV+ Adults Are Aging but Survival Has Not Yet Normalized



Smit, *Lancet Inf Dis* 2015, 15(7):810-8



**~9 years shorter life expectancy even among those with no comorbidity**

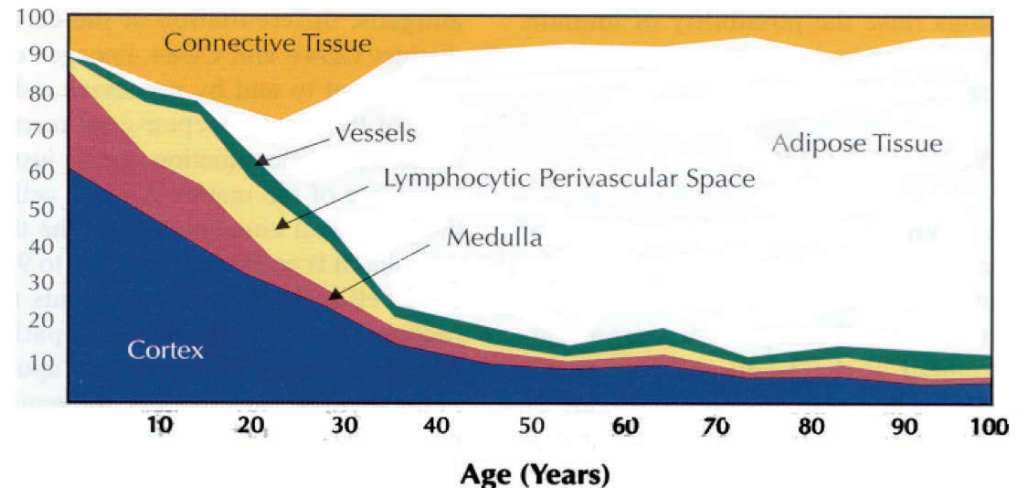
Legarth et al, *JAIDS* 2016, 71(2):213-8

Graphs Courtesy Sara Gianella & Peter Hunt

# Aging and HIV Affect the Immune System in Similar Ways

- **Aging associated with:**

- Loss of thymus tissue
- Decrease in the number of naive T-cells
- Reduced T-cell responsiveness
- B cell dysfunction

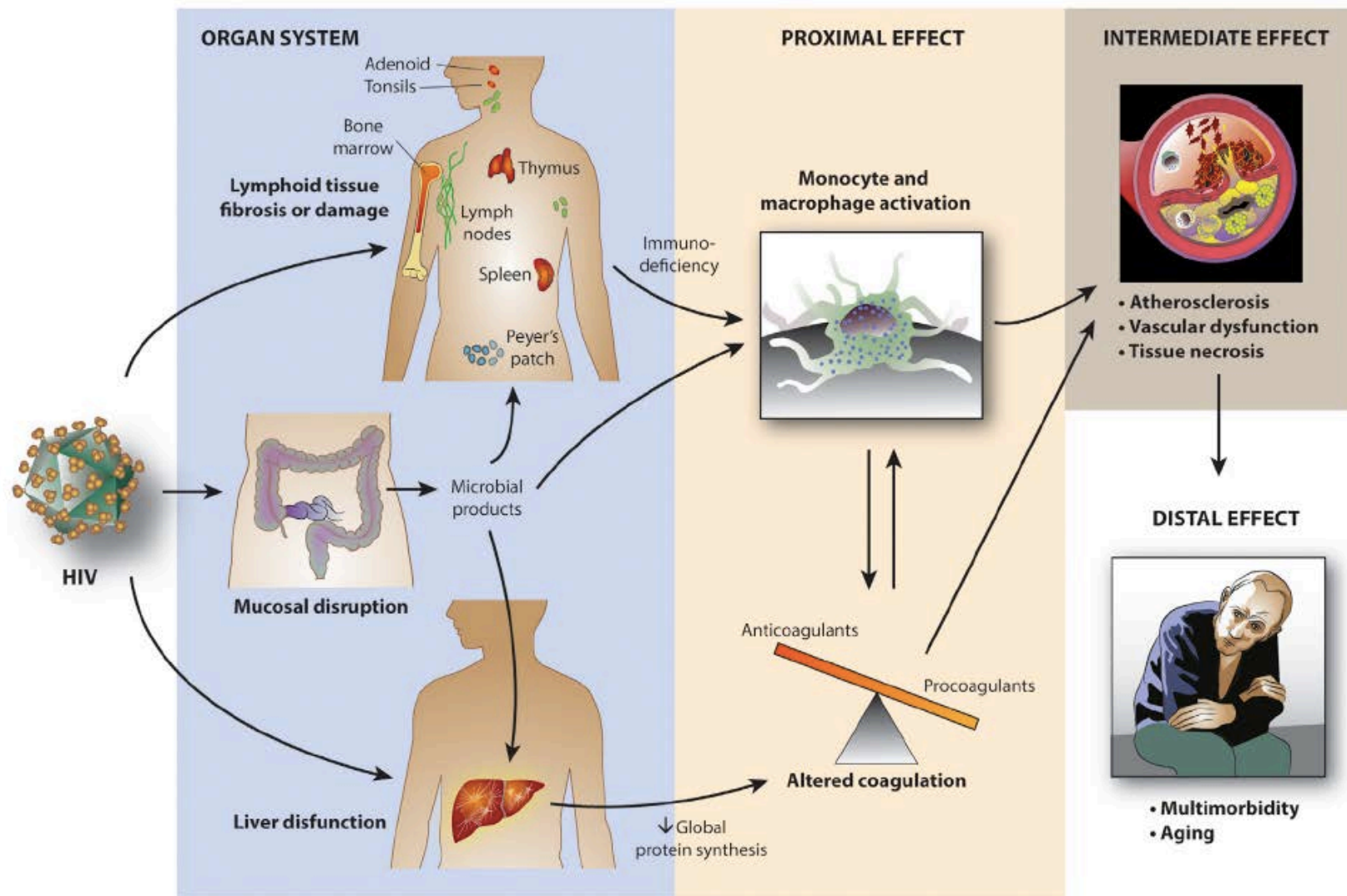


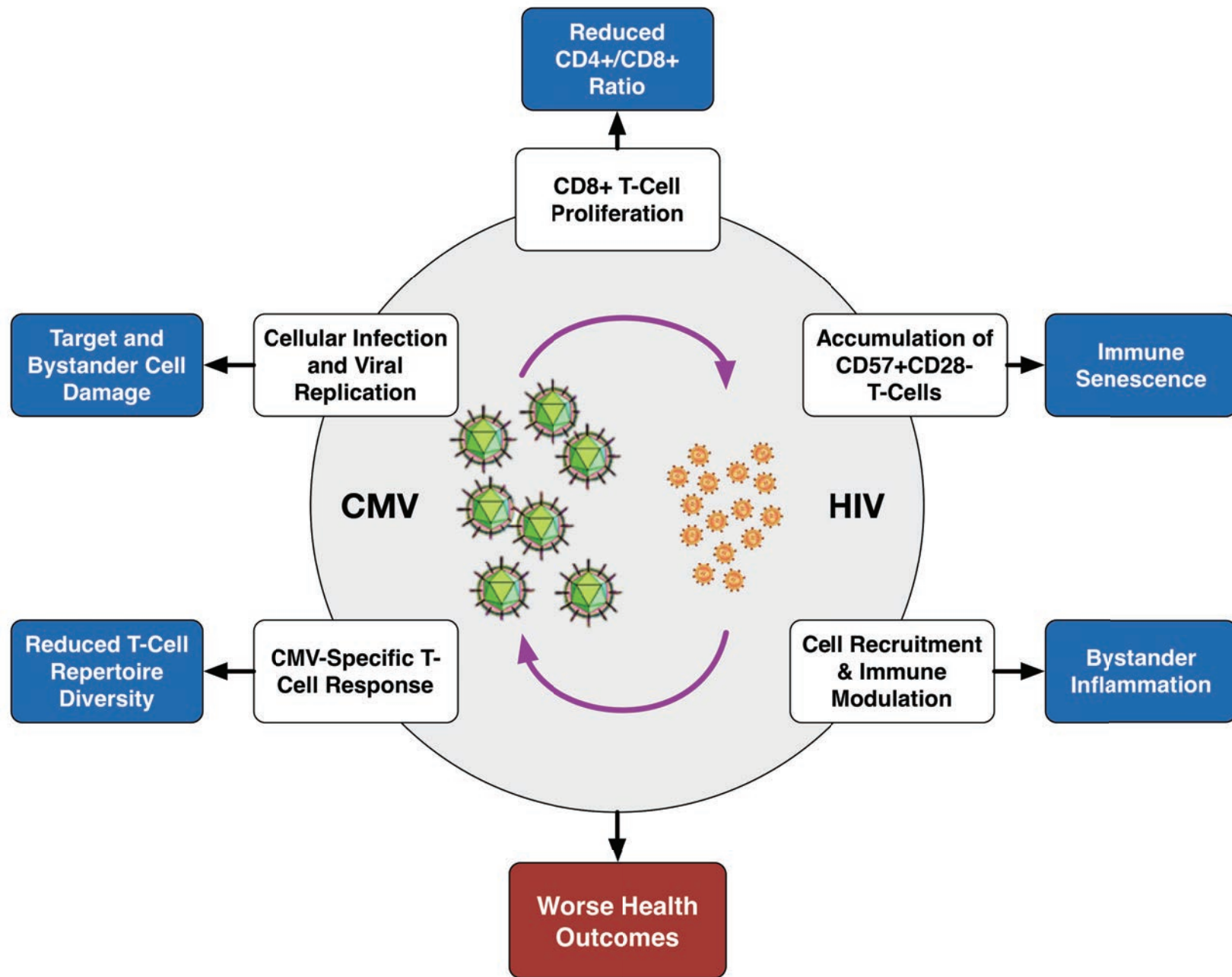
- **Immune senescence** in the general population has been linked to some of the same end-organ disorders that occur in aging HIV+ adults

*Brooks et al, American Journal of Public Health 2012, 102(8): 1516-26*  
*Effros RB, Clin Infect Dis. 2008;47(4):542-553; Kaplan et al, J Infect Dis. 2011; 203: 452-463*



# Unifying Hypothesis of Premature Aging of HIV+ Adults



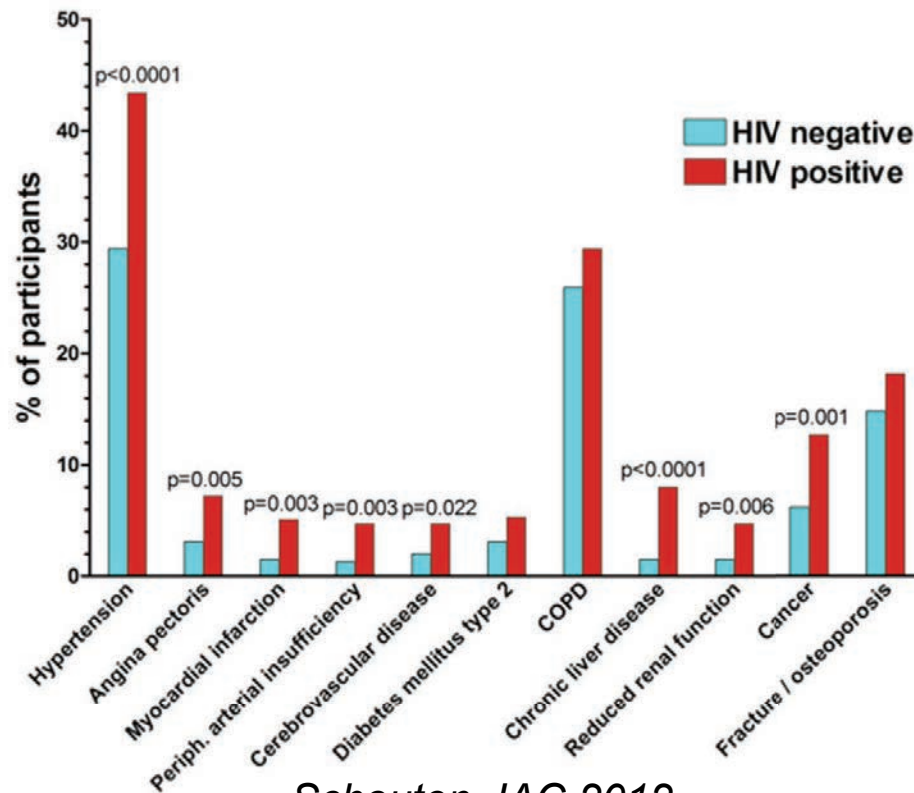


# Evidence of Premature Aging Has Been Found in Nearly Every Organ System

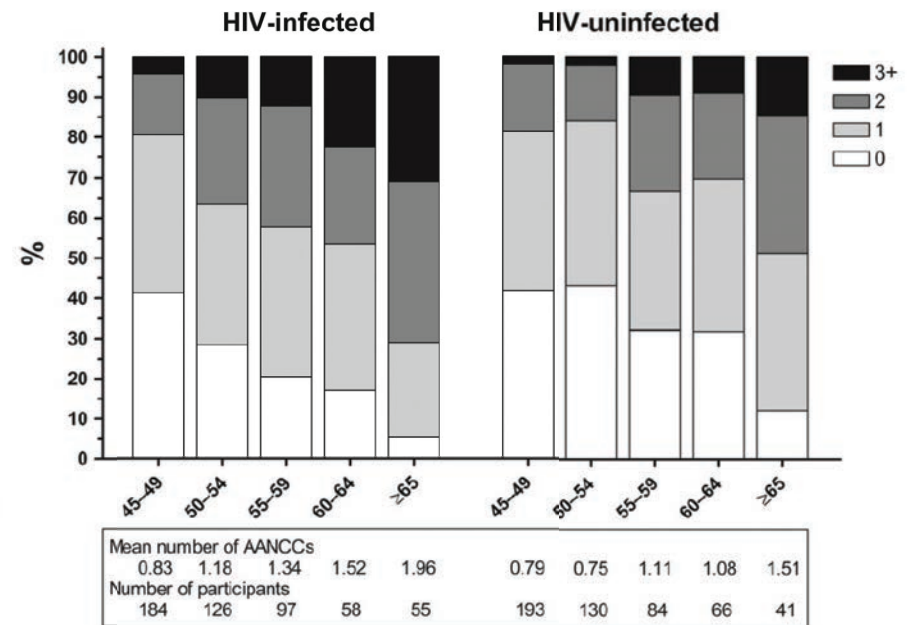
- **Nervous System**
  - Cognitive Disorders
  - Depression
  - Neuropathy
  - Sleep Disorders
- **Vascular System**
  - Cardiovascular
  - Cerebrovascular
- **Endocrine/Metabolic**
  - Diabetes
  - Hypogonadism
- **Liver**
  - ↓ Drug Metabolism
  - ↓ Synthetic Function
- **Kidney**
  - ↓ Drug Elimination
- **Musculoskeletal**
  - Osteoporosis
  - Frailty
- **Pulmonary**
- **Hematopoietic**
- **(Cancer)**

*Brooks et al, American Journal of Public Health 2012, 102(8): 1516-26*  
*Onen et al, HIV Clin Trials. 2010;11(2):100-109; Womack et al, PLoS ONE. 2011;6(2): E17217; Desquilbet et al, J Gerontol A Biol Sci Med Sci. 2007;62(11):1279---1286.*

# HIV+ Adults are at Greater Risk for Multiple Diseases than the General Population



Schouten, IAC 2012,  
Abstract THAB0205



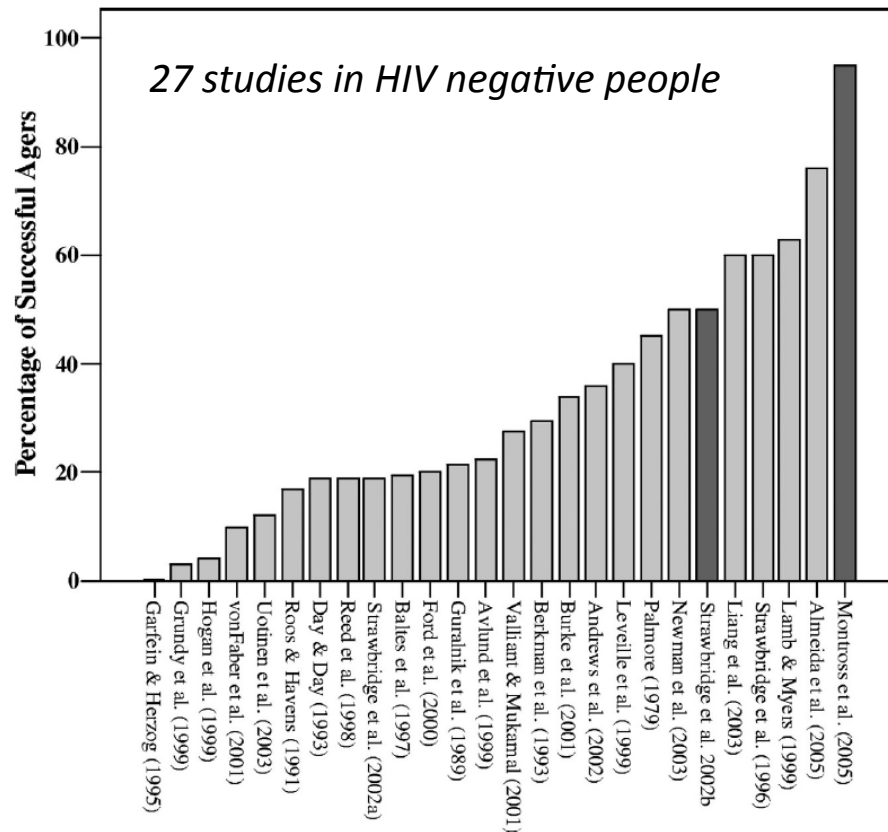
Schouten et al, Clin Infect Dis  
2014; 59(12):1787-97

Adapted from Todd Brown, Johns Hopkins

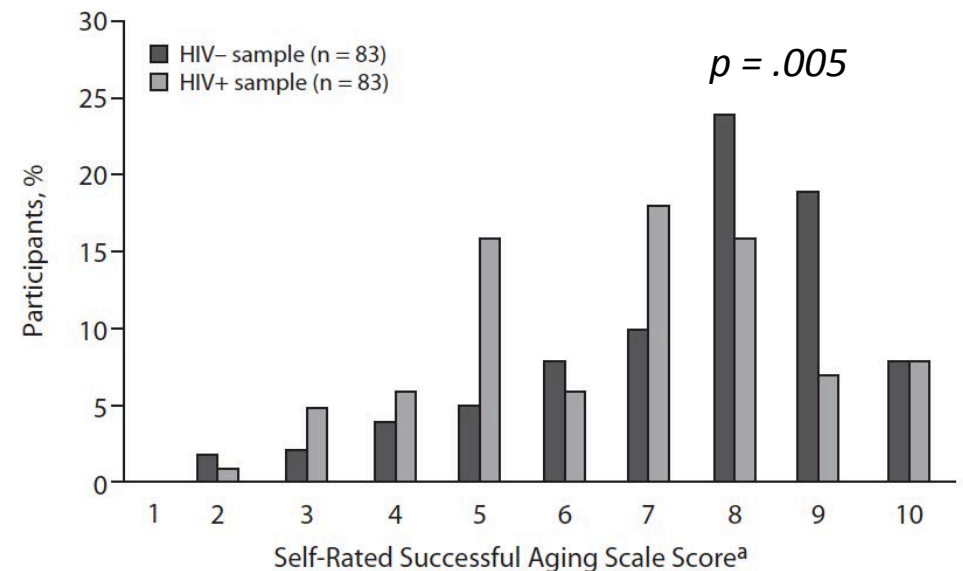
# Successful Aging is a Multidimensional Construct

- **Typical elements of successful aging**
  - Avoidance of disease and disability
  - Maintenance of high physical and cognitive function
  - Sustained engagement in social and productive activities
- **Subjective quality of life** may be more important than the absence of disease

# 36% of the Population Age Successfully: May be Lower in HIV+ Adults



Most frequent correlates of SA: Nonsmoking and absence of disability, arthritis, and diabetes

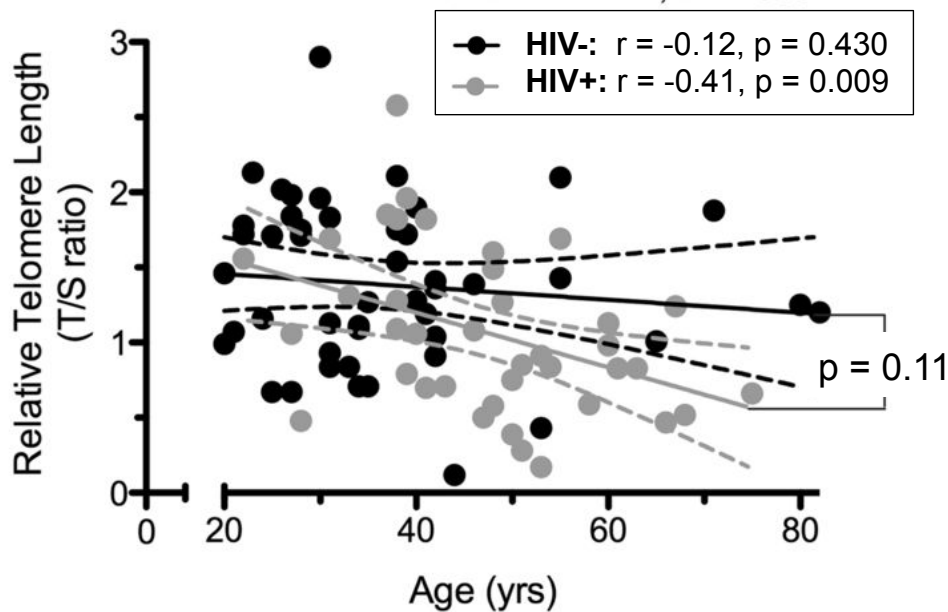


Higher self-rated SA in PLWH was associated with better physical and emotional functioning but not HIV disease or negative life events

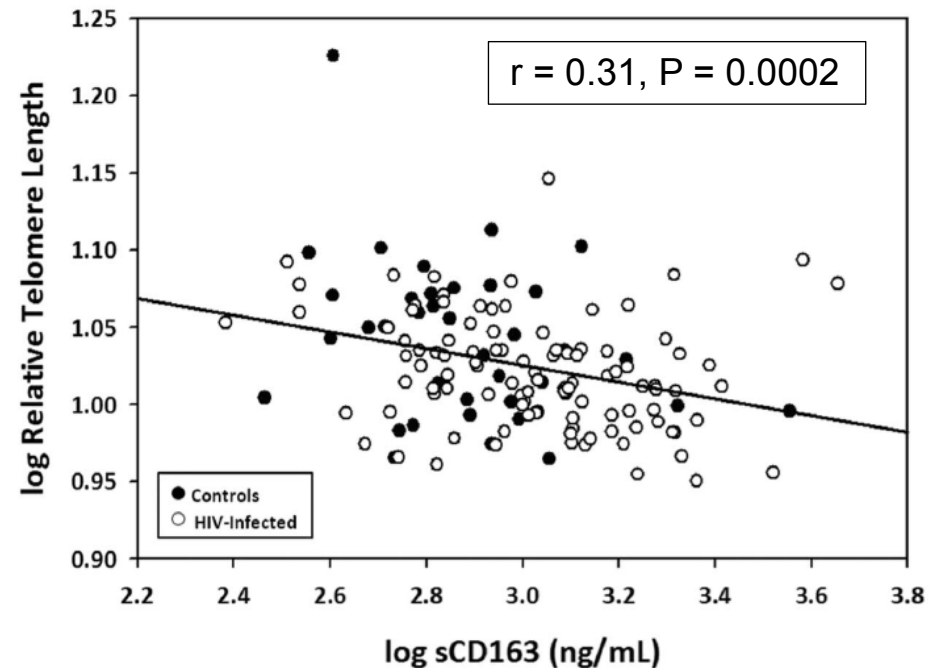
Depp & Jeste, *American Journal of Geriatric Psychiatry*. 2006; 14: 6-20  
Moore et al, *J Clinical Psychiatry* 2013, 74: e417-23



# HIV and Inflammation Associated with Shorter Telomere Length

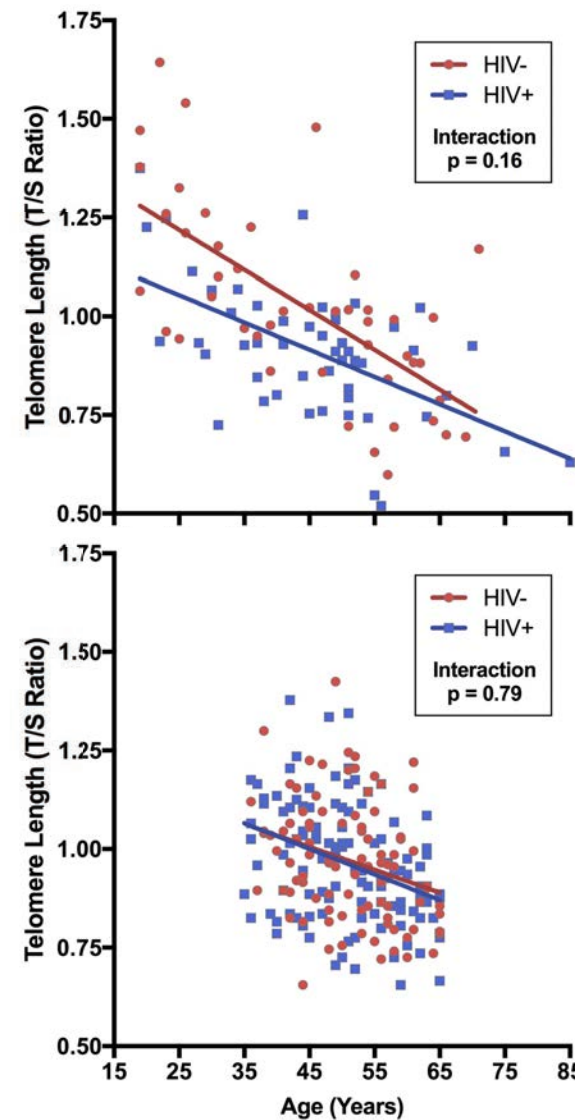
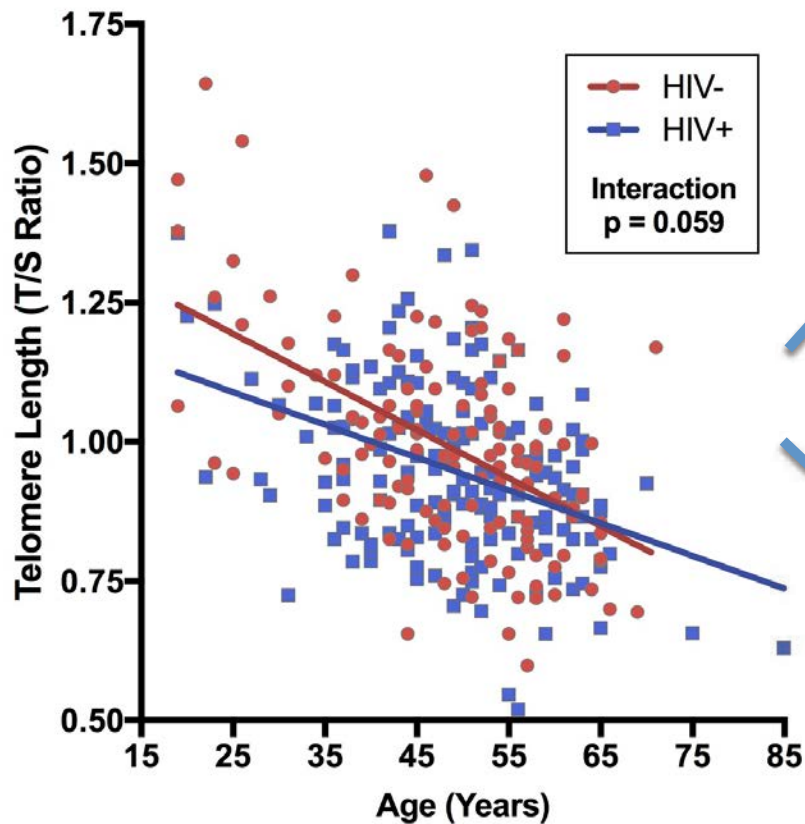


Leeansyah et al, JID 2013; 207:1157

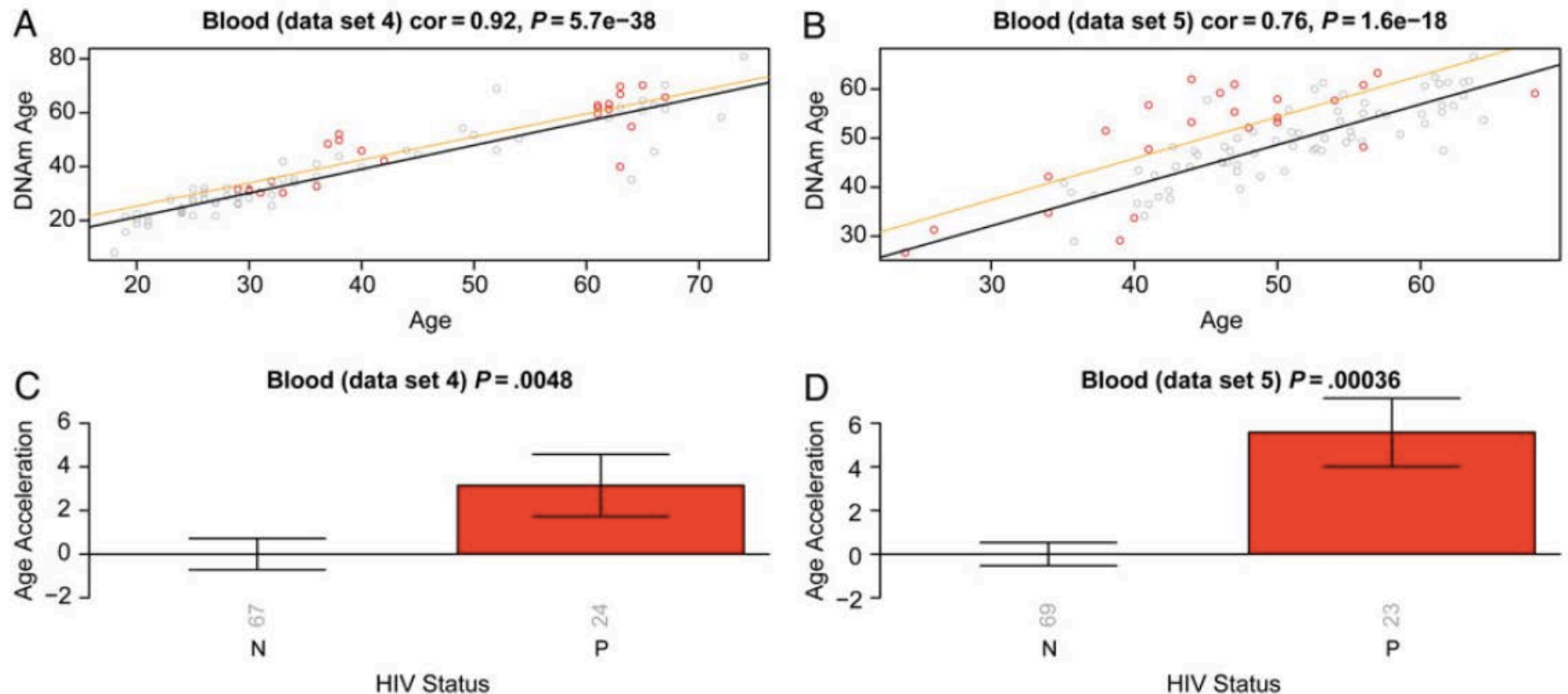


Srinivasa et al, JAIDS 2014; 67: 414

# Telomere Data from 2 UCSD Cohorts



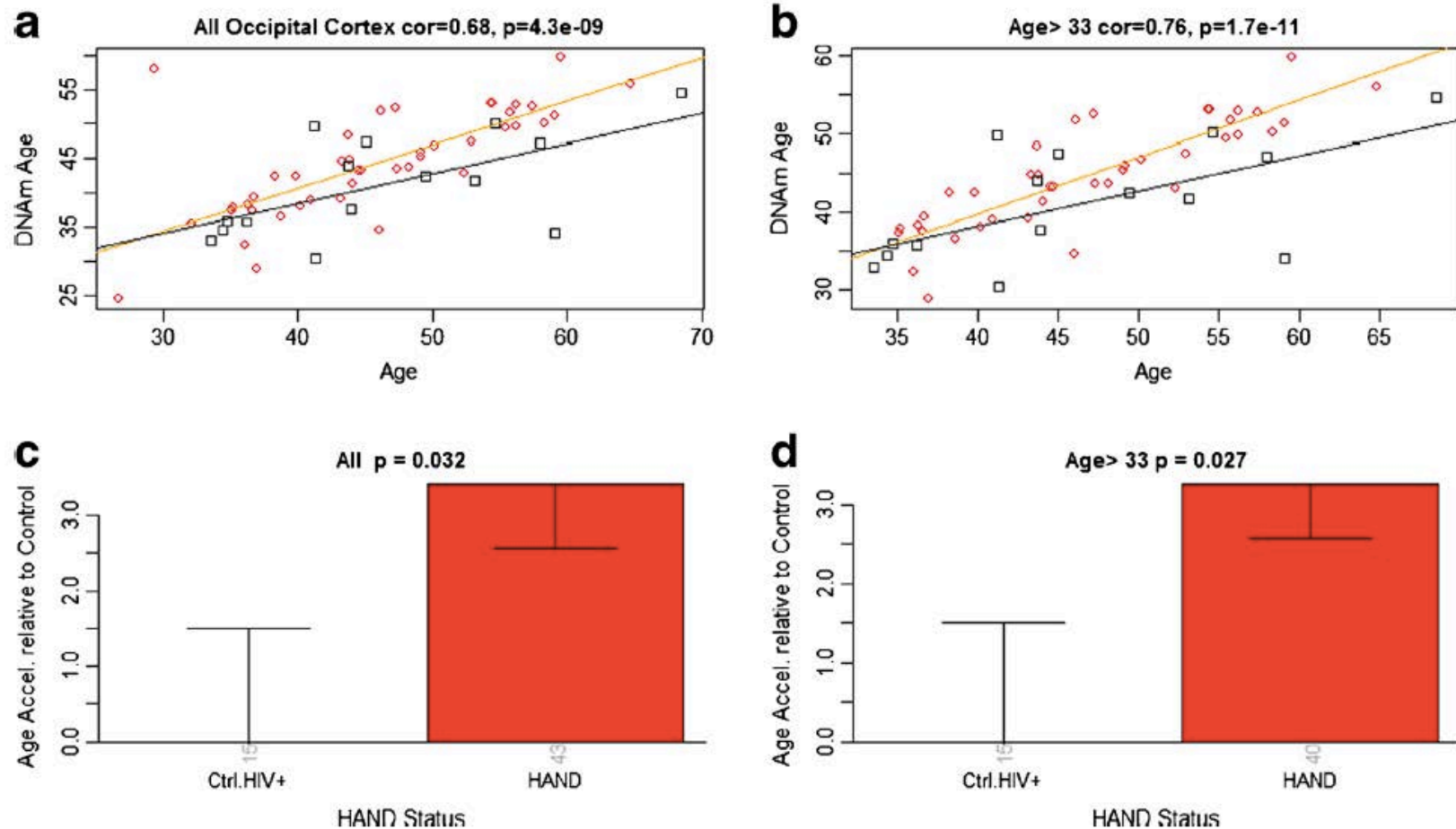
# HIV Accelerates Aging of Blood Cells by ~5 Years by DNA Methylation



# Multiple Mechanisms of Brain Injury

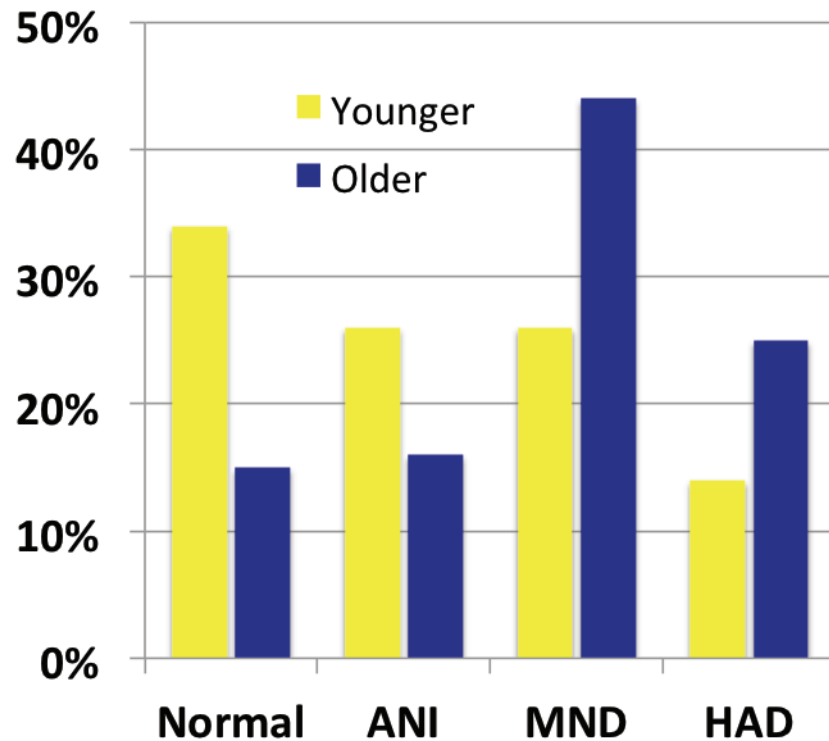
- **Comorbidities**
  - Vascular disease
  - Metabolic syndrome
  - Frailty and sarcopenia
  - Anemia and iron metabolism
  - Other neurodegenerative diseases
- **Cellular senescence**
  - Immune senescence
  - Telomere length
- **Neuronal vulnerability**
  - Mitochondria and oxidative stress
- **Polypharmacy and Drug interactions**
- **Drug metabolism and distribution**
  - Reduced elimination
  - Reduced drug binding proteins
  - Altered blood-brain barrier permeability and molecular drug transporter functioning

# HIV may Accelerate Aging to a Greater Extent in the Brain

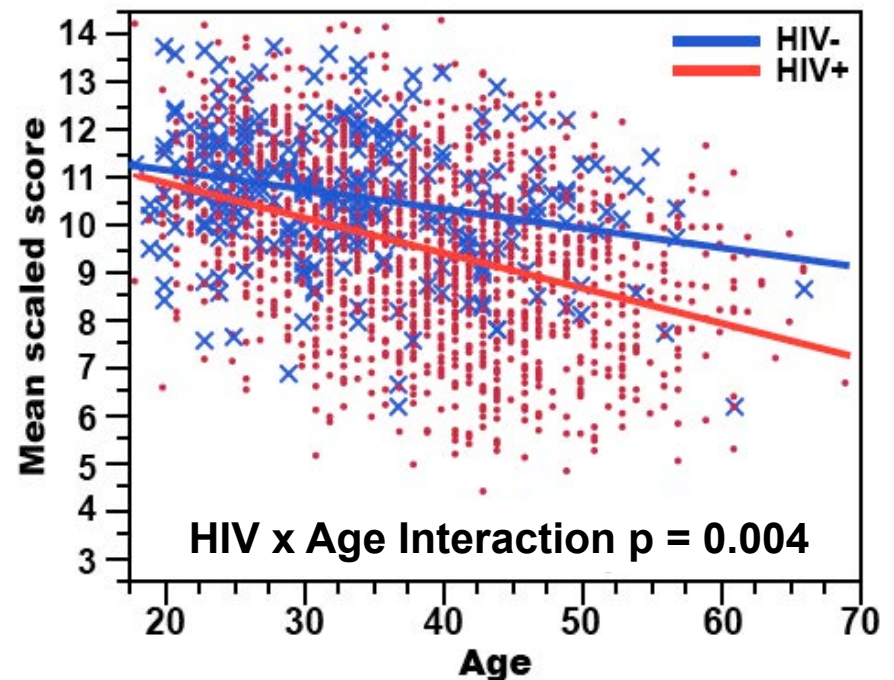


Levine et al, J Neurovirol 2015, Epub ahead of print

# HIV May Cause Premature Neurocognitive Decline



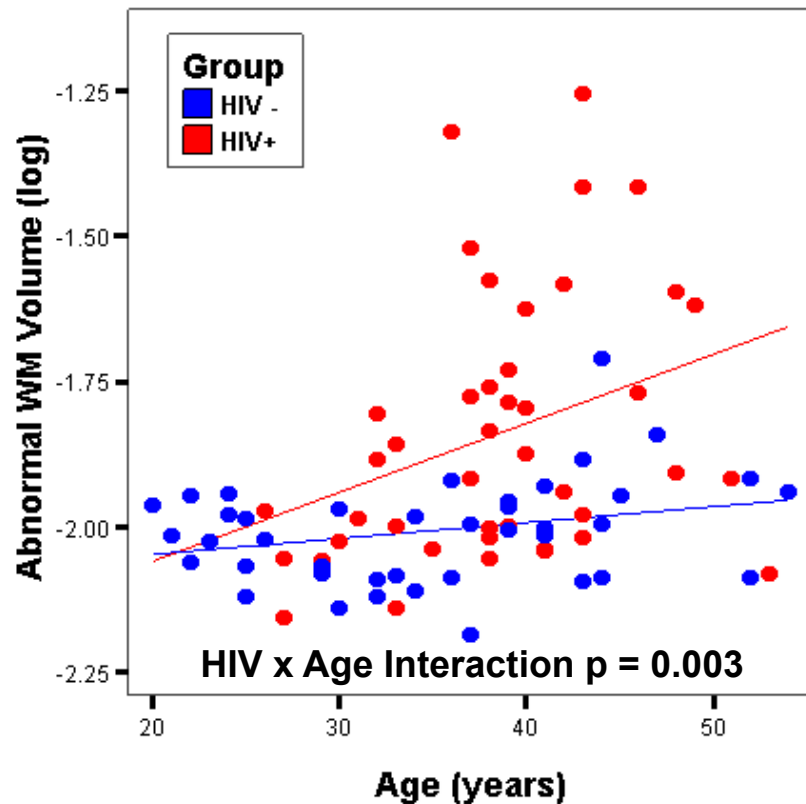
*Modified from Valcour et al,  
Neurology 2004;63:822–827*



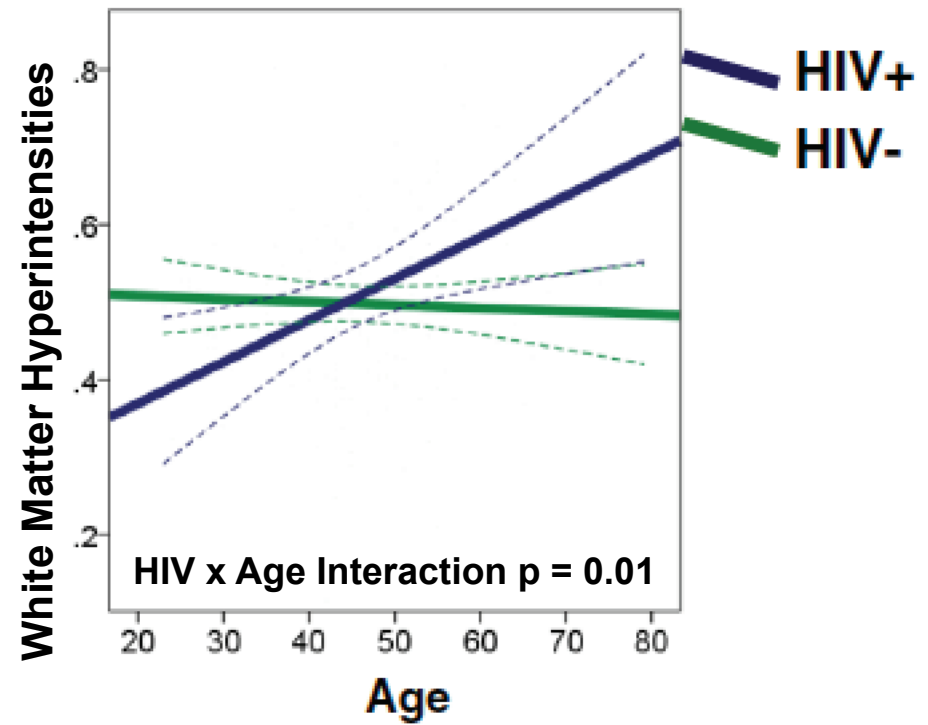
*Heaton et al, J Neurovirology,  
2012, 18(Suppl 1): S46*



# HIV May Accelerate White Matter Injury in the Brain

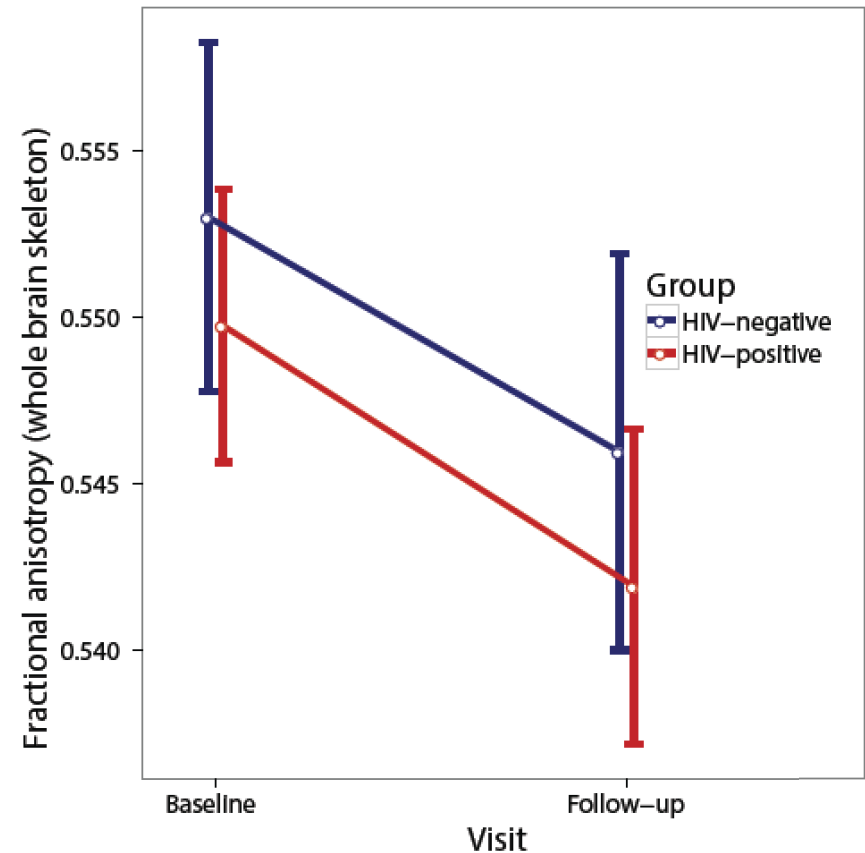
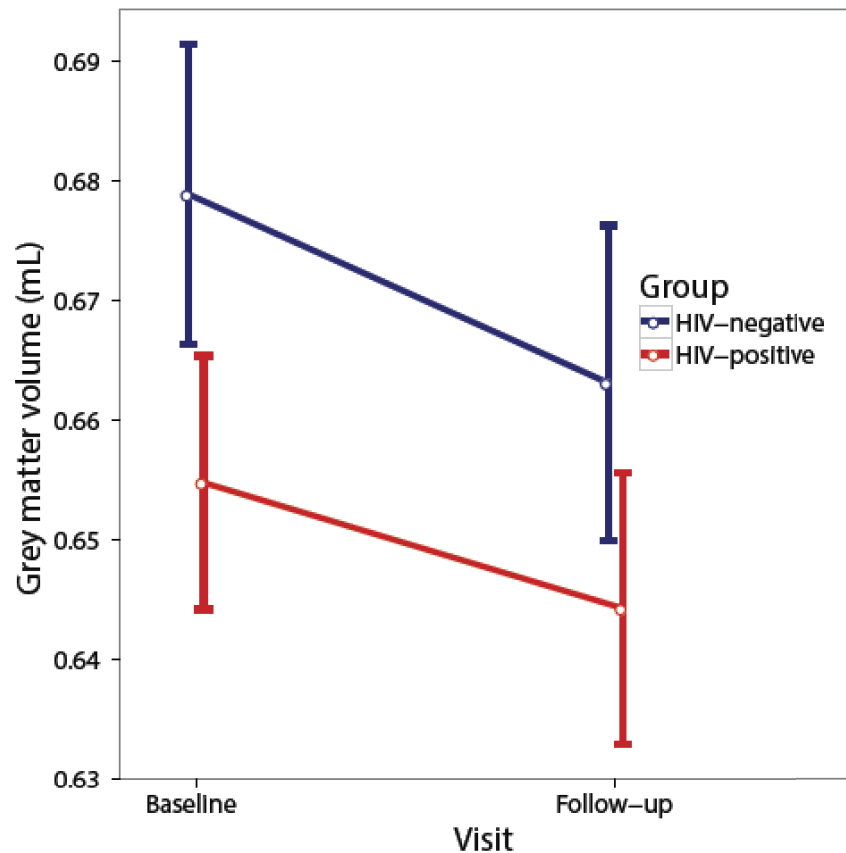


Unpublished CHARTER Data



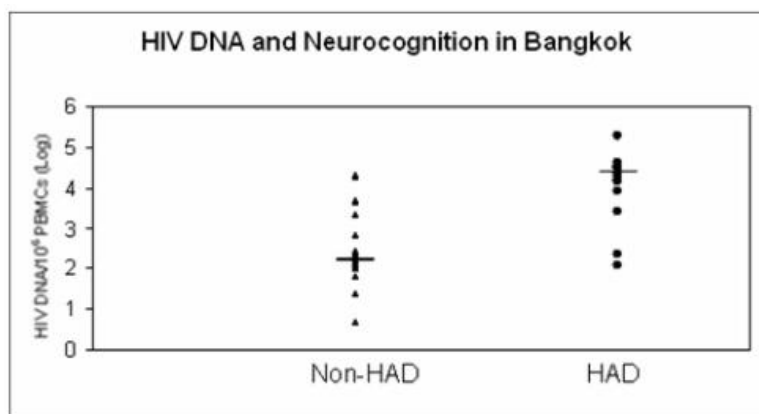
Seider et al, *J. Neurovirol.* (2016)  
22:201–212

# Recent Longitudinal Data Do Not Support Premature Brain Aging

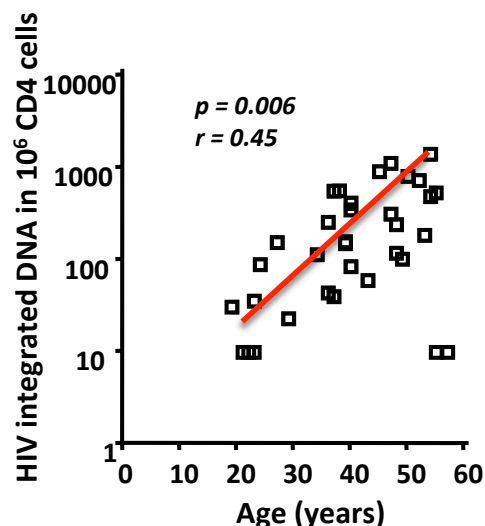


*Cole et al, CROI 2017, Abstract 352LB*

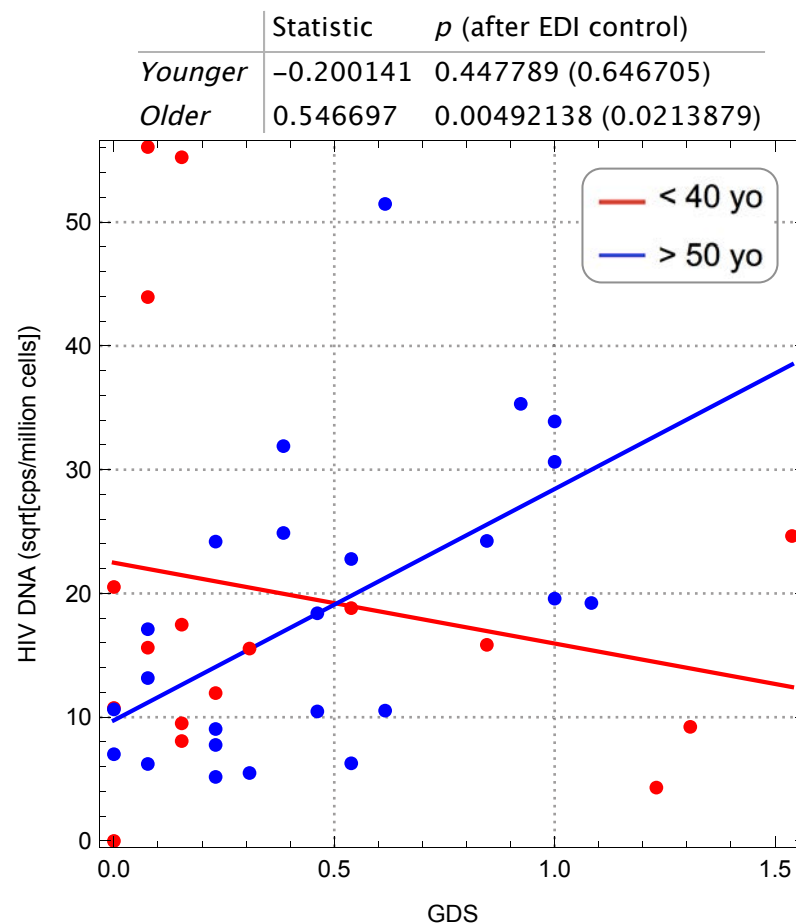
# Other Biomarkers May Be More Sensitive to Accelerated Aging



Shiramizu et al, *Int J Med Sci* 2006, 6;4(1):13-8

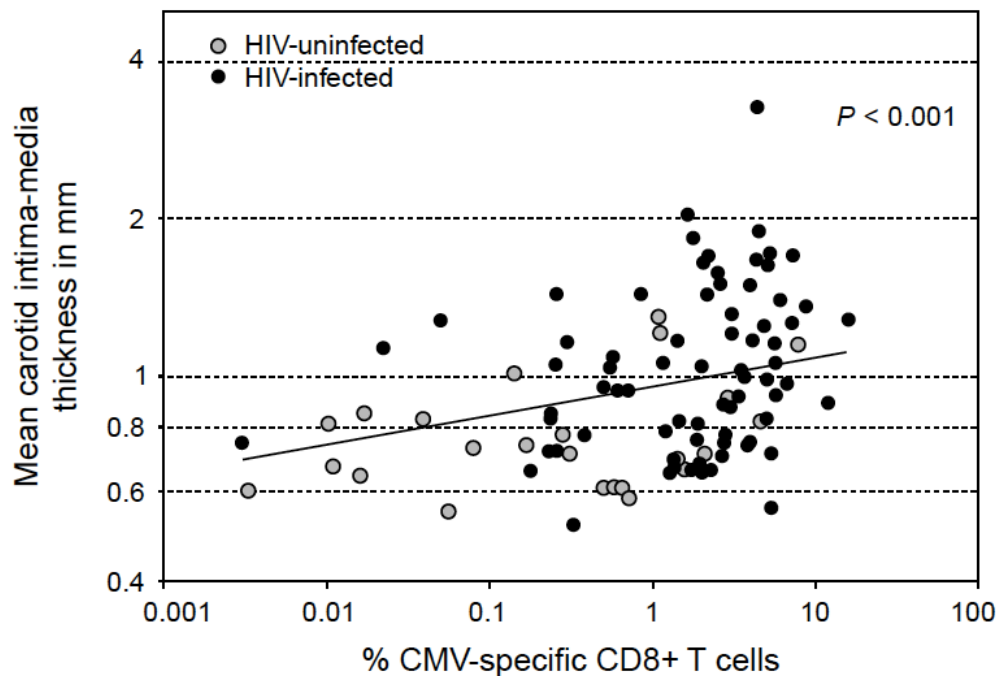


Boulassel, Routy et al. *J Clin Virol* 2012, 53: 29-32

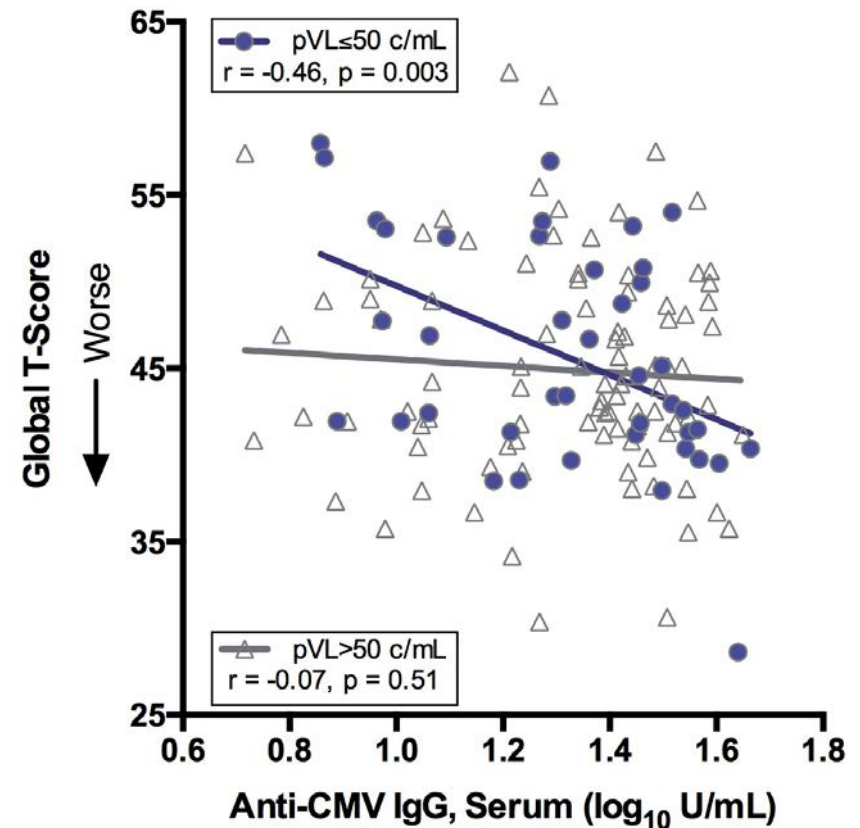


Oliveira et al, *Sci Rep.* 2015; 5: 17094

# Immune Responses to CMV Are Associated with Atherosclerosis & HAND



*Hsue et al, AIDS 2006, 20: 2275-83*



*Letendre, et al. J Infect Dis 2016, Submitted*

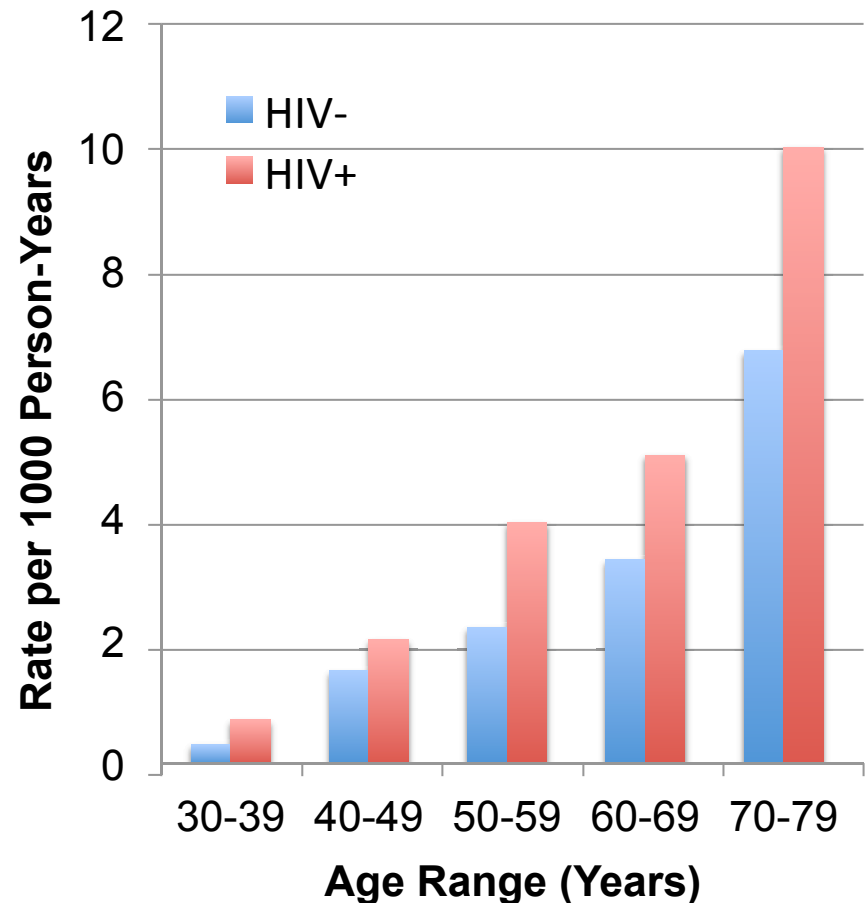
# Multiple Studies Have Identified Increased Risk of Vascular Disease

- HIV+ adults have greater 10-year risk of cardiovascular events (CVEs) and higher rates of atherosclerosis than HIV- adults
- HIV disease itself is associated with greater risk of atherosclerosis independent of viral load, type of ART, or severity of immunodeficiency
- Whether the increased risk of cardiovascular disease can be modified by ART remains uncertain
  - We still need randomized clinical trial data

*Brooks et al, American Journal of Public Health 2012, 102(8): 1516-26; Hsue et al, IDS. 2009;23 :1059-1067; Kaplan et al, Clin Infect Dis. 2007;45(8):1074-1081; El-Sadr et al, Ann Intern Med. 2008;149(5):289-299; Triant et al, Clin Infect Dis. 2012; 54:408-413*

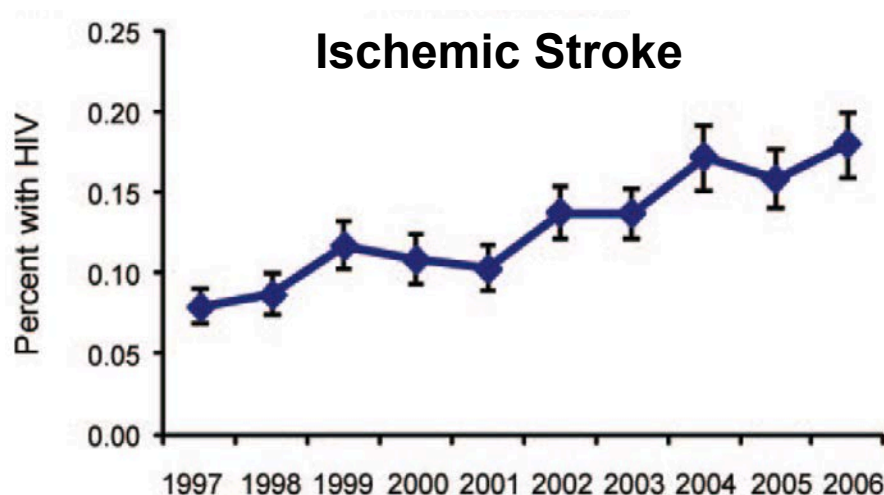
# Acute Myocardial Infarctions Are More Common in HIV+ Adults

- 871 acute MIs in ~80,000 veterans over ~6 years
- **Across 3 decades of age, mean acute MIs per 1000 person-years was consistently higher for HIV+ than HIV- adults**
- **Hazard ratio for acute MI: 1.5** after adjusting for Framingham risk factors, comorbidities, and substance use





# Stroke Risk is Also Higher in HIV+ Adults

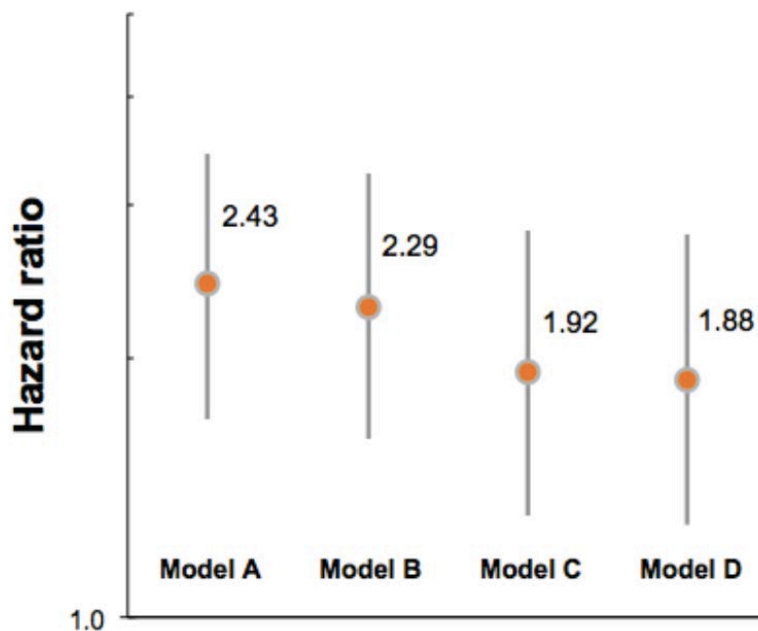


Variable	HR	p Value
Age	1.06	< 0.001
Atrial fibrillation	3.15	0.01
NNRTI Use	0.38	0.006
HIV RNA	1.10	0.001
CNS Infection or Malignancy	2.75	0.01

- Using a hospital database of 9,664,892 people, US stroke hospitalizations declined 7% while **stroke hospitalizations with HIV rose 60%**

- 4,308 people with HIV and 32,423 people without HIV
- Incidence rate of ischemic stroke was 40% higher in people with HIV**
  - HIV: 5.27 per 1,000 PY
  - Non-HIV: 3.75 per 1,000 PY

# Persistently Increased Ischemic Stroke Risk in HIV-Infected Women



**Model A:** Unadjusted

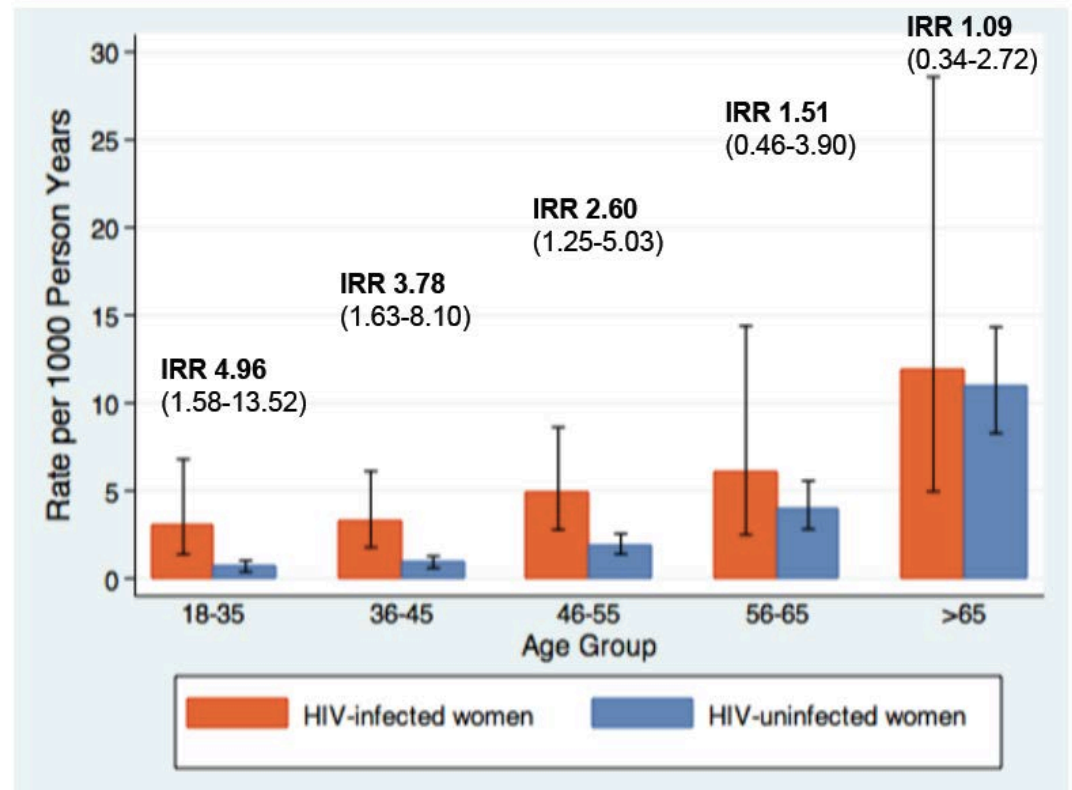
**Model B:** Demographics

**Model C:** +Traditional Risk Factors

**Model D:** +Sex-specific Risk Factors

**1,212 HIV+, 12,040 HIV- women**

All	HIV-infected	HIV-uninfected	Incidence rate ratio (95% CI)
2.09	4.36	1.86	2.34 (1.60-3.35)



*Chow et al, CROI 2016, Abstract 638*

# **Mechanisms of Premature Aging May Differ Between Women and Men**

- **Estrogen has neuroprotective effects so its loss may increase neuronal vulnerability**
  - Wallace et al, Synapse 2006, 59: 51-60
  - Dye et al, International Journal of Alzheimer's Disease 2012, doi:10.1155/2012/258454
- **Insulin resistance linked to cognitive impairment in women**
  - Gerena et al, PLoS ONE 2012; 7(5): e37358
- **Lower antioxidants in women**
  - Kraft-Terry et al, Proteomics Clin. Appl. 2010, 4, 706–714
- **Women more likely to have altered iron metabolism, which can affect the CNS**

# Women May Have Different Exposure of Some Antiretrovirals Than Men

- **Reviews of ART pharmacokinetics indicate that women can have higher drug exposure**
- **Difference exists for:**
  - Zidovudine
  - Lamivudine
  - Ritonavir-Boosted PIs
- **Mixed data for non-nucleoside RTIs**

- Body weight and composition, blood and organ volumes (e.g. bone mass)
- Absorption, intestinal motility and secretions
- Transport and distribution
- Protein binding and tissue affinity
- Metabolism: phase I (hydrolysis, reduction, oxidation, cyclization, decyclization)
- Metabolism: phase II (conjugation)
- Excretion (glomerular filtration rate, renal clearance)
- Intracellular metabolism
- Activity of drug transporters
- Differential (hormone-mediated) gene expression

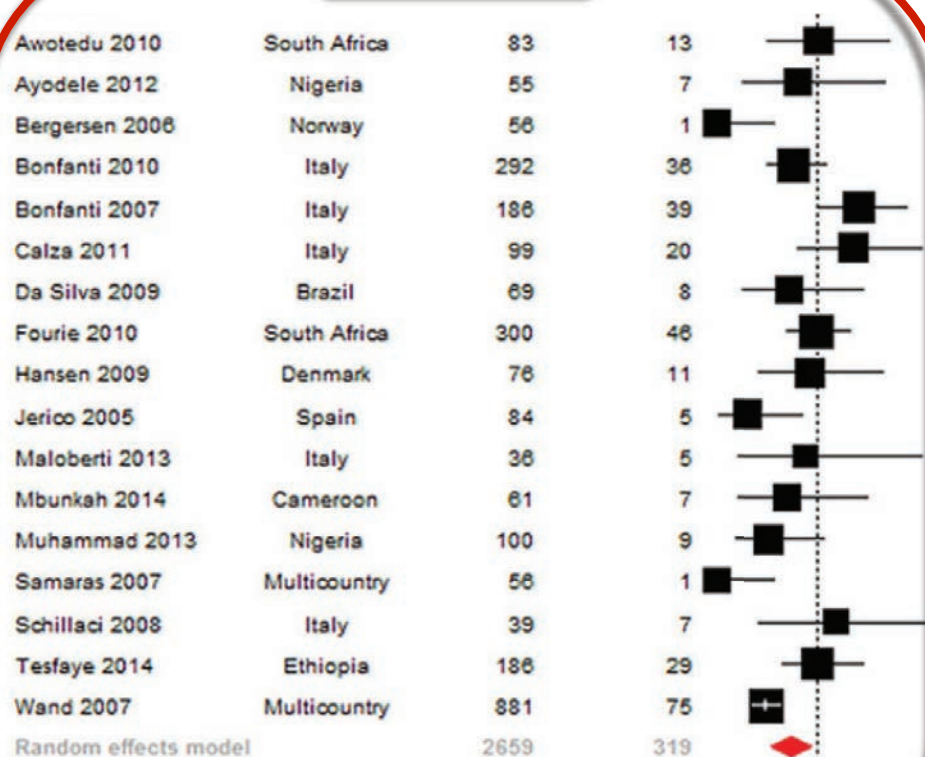
#### Effect modifiers:

- Adherence
- Diet and nutritional factors
- Nutritional status
- Concomitant treatments
- Hormonal environment
- Reproductive status
- Smoking

*Floridia et al, Pharmacological Research 2008, 58:173–182*  
*Oforokun et al, Gender Medicine, 4(2):106-*

# Meta-Analysis of Prevalence of Metabolic Syndrome in HIV

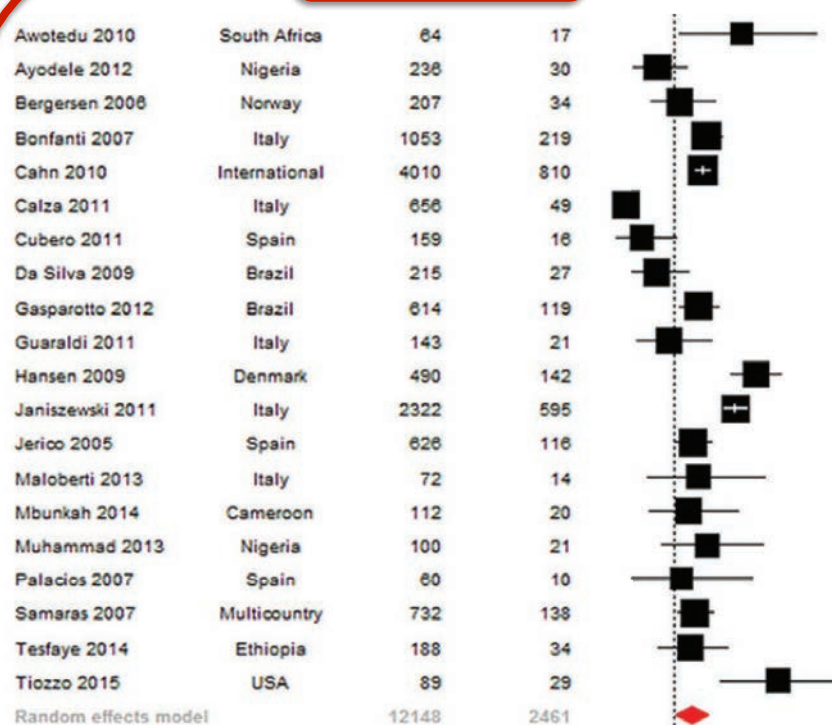
## Off ART



Heterogeneity:  $I^2=73.9\%$ ,  $\tau^2=0.005$ ,  $p<0.0001$

**11.8% (9.3, 14.7)**

## On ART



Heterogeneity:  $I^2=90.6\%$ ,  $\tau^2=0.0045$ ,  $p<0.0001$

### OVERALL

**Random effects model** **14807** **2780**

Heterogeneity:  $I^2=90.6\%$ ,  $\tau^2=0.0068$ ,  $p<0.0001$

**18.4% (15.9, 21.1)**

Overall prevalence varied by definition:  
**16.7% - 31.3%**



# Metabolic and Vascular Disease Increase Risk for Neurocognitive Impairment

## CHARTER

	Risk	OR	p
<b>AIDS</b>	Yes	49.6	0.01
<b>Diabetes</b>	Yes	17.6	0.07
<b>Waist circumference</b>	Larger	1.3	0.001
<b>Triglycerides</b>	Lower	0.32	0.09
<b>BMI</b>	Smaller	0.69	0.04

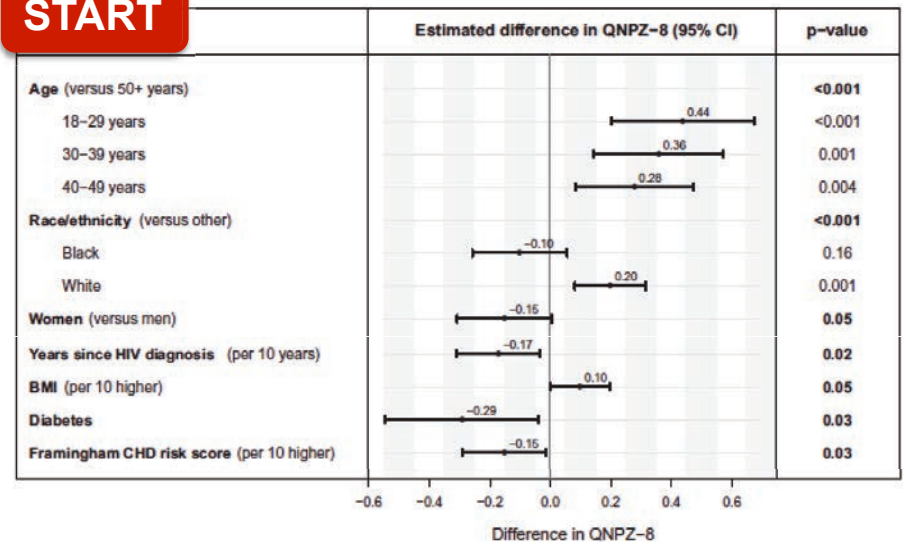
McCutchan et al. *Neurology* 2012. 78: 485

## SMART

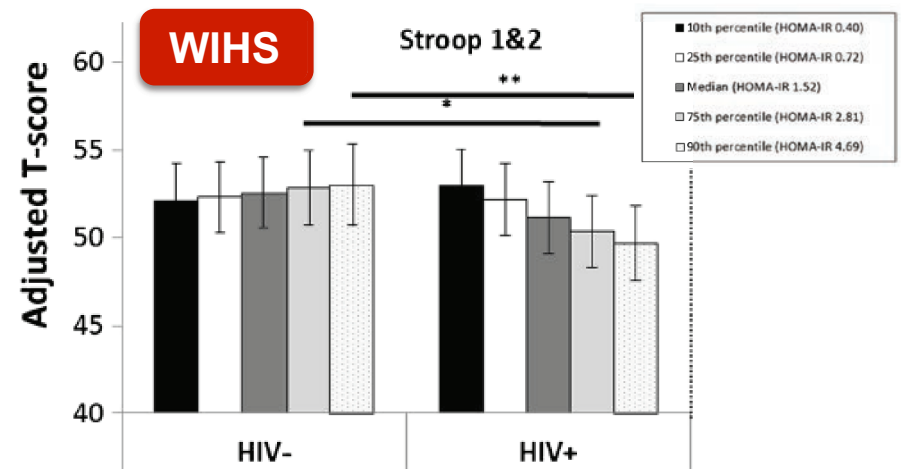
	Risk	OR	p
<b>Prior CVD</b>	Yes	6.2	0.01
<b>Total cholesterol</b>	Higher	1.1	0.06
<b>AIDS</b>	No	0.41	0.08
<b>Race</b>	Black	2.2	0.08

Wright et al. *Neurology* 2010; 75: 864

## START



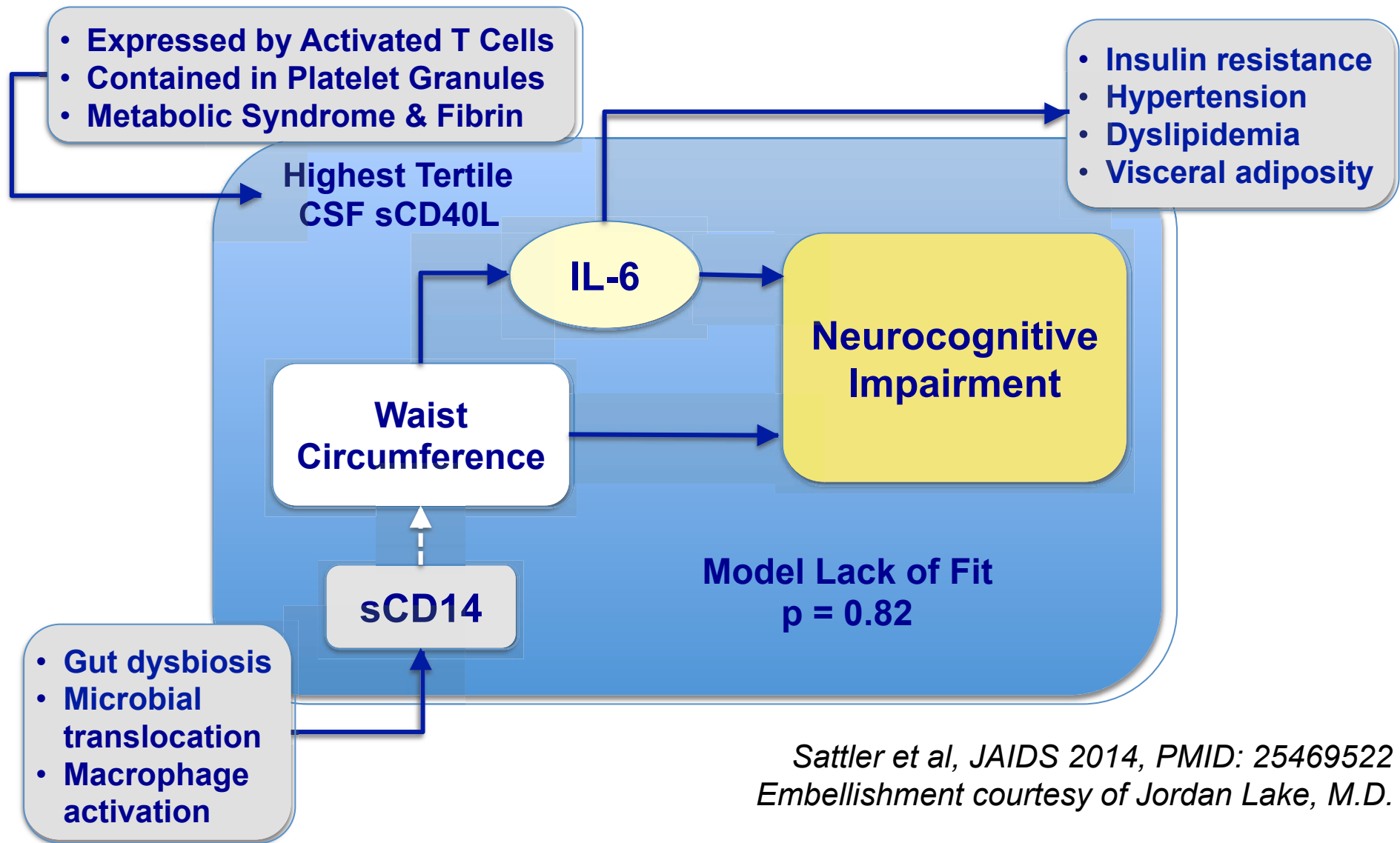
Wright et al, *HIV Medicine* 2015, 16 (S1), 97-108



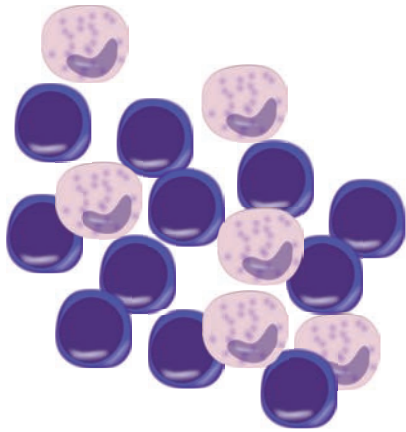
Valcour et al, *J. Neurovirol.* 2015, 21:415-421



# Path Analysis of Risk for Neurocognitive Impairment



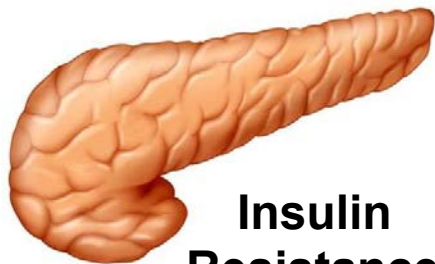
Sattler et al, JAIDS 2014, PMID: 25469522  
Embellishment courtesy of Jordan Lake, M.D.



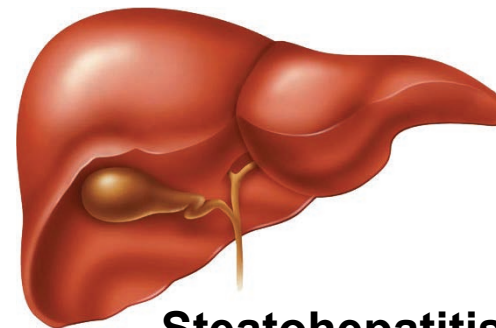
**Persistent  
Inflammation**



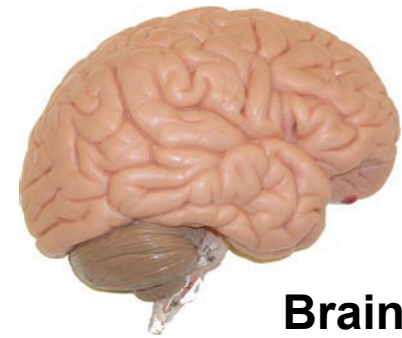
**Dyslipidemia  
Visceral Fat**



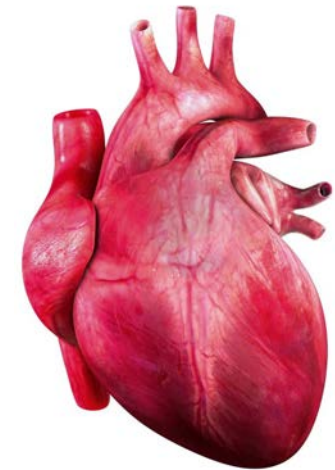
**Insulin  
Resistance**



**Steatohepatitis  
Liver Fibrosis**

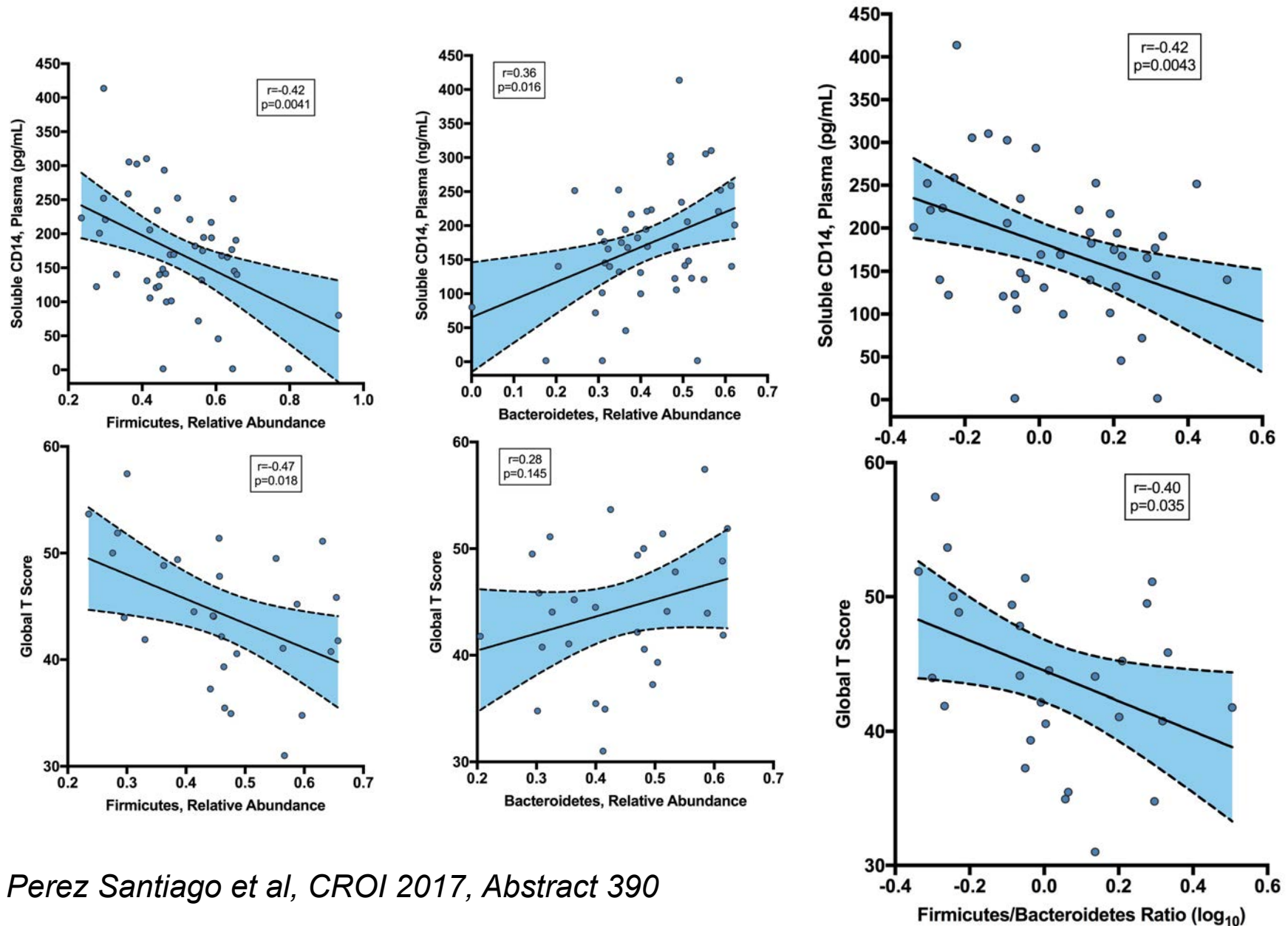


**Brain  
Disease**



**Vascular  
Disease**

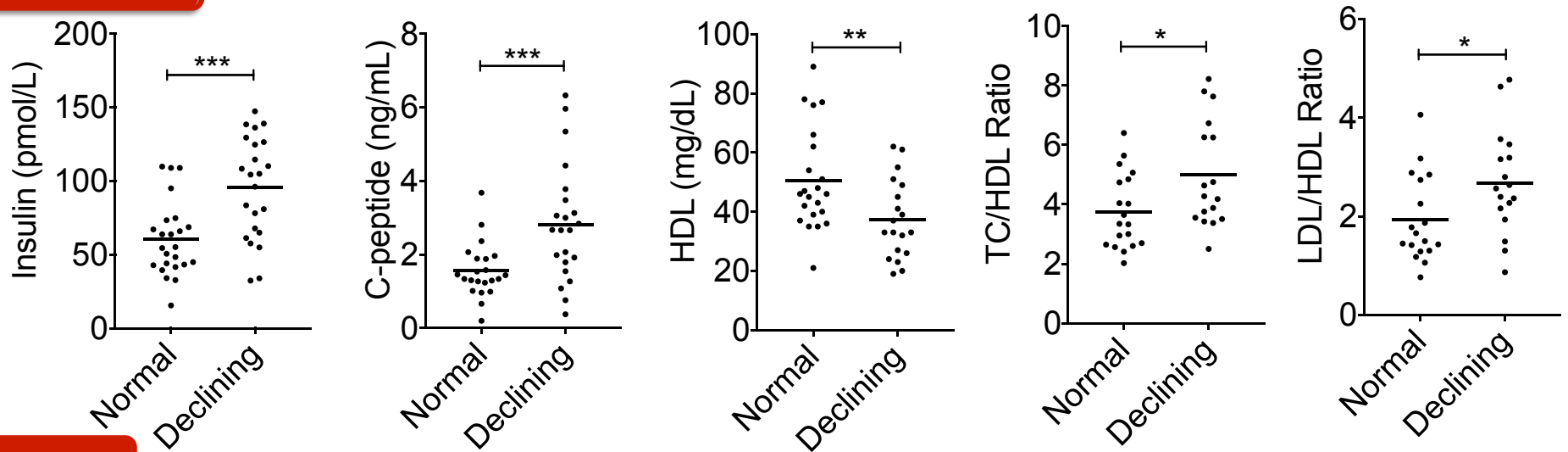
# Gut Microbiome, sCD14, and HAND



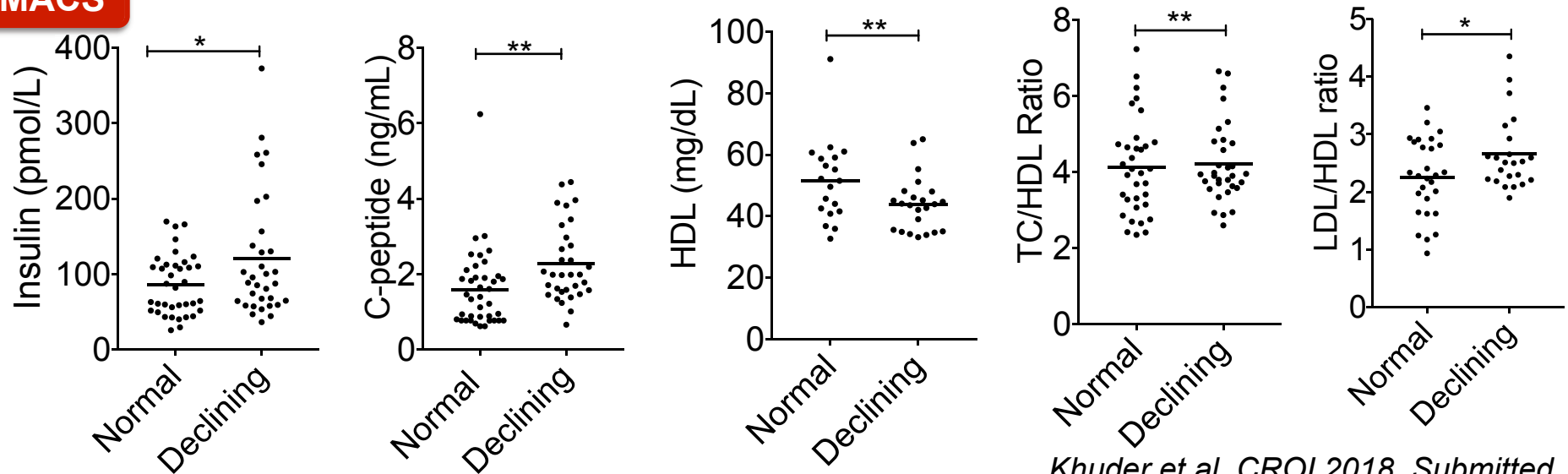
Perez Santiago et al, CROI 2017, Abstract 390

# Neurocognitive Decline Associated with Evidence of Insulin Resistance

## CHARTER

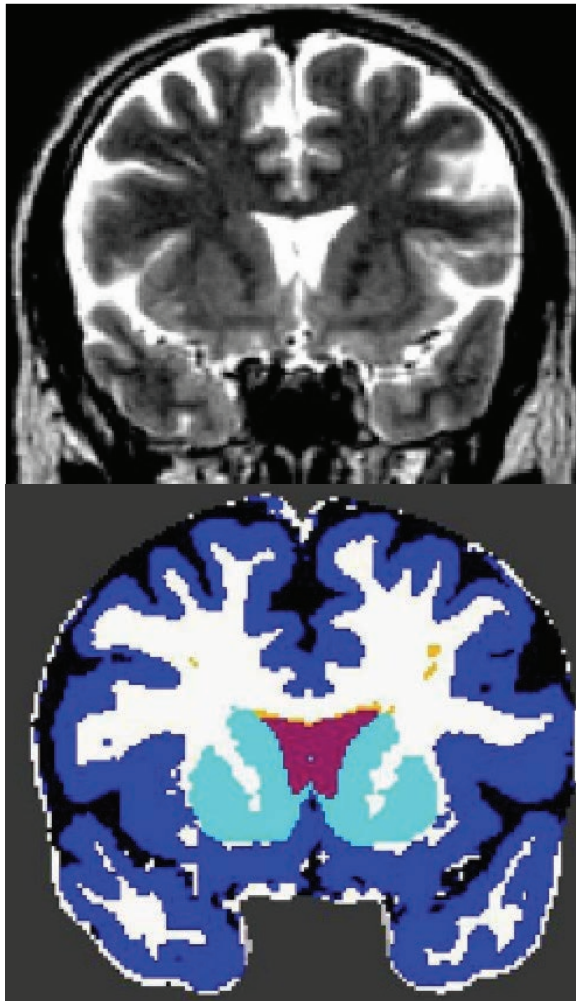


## MACS

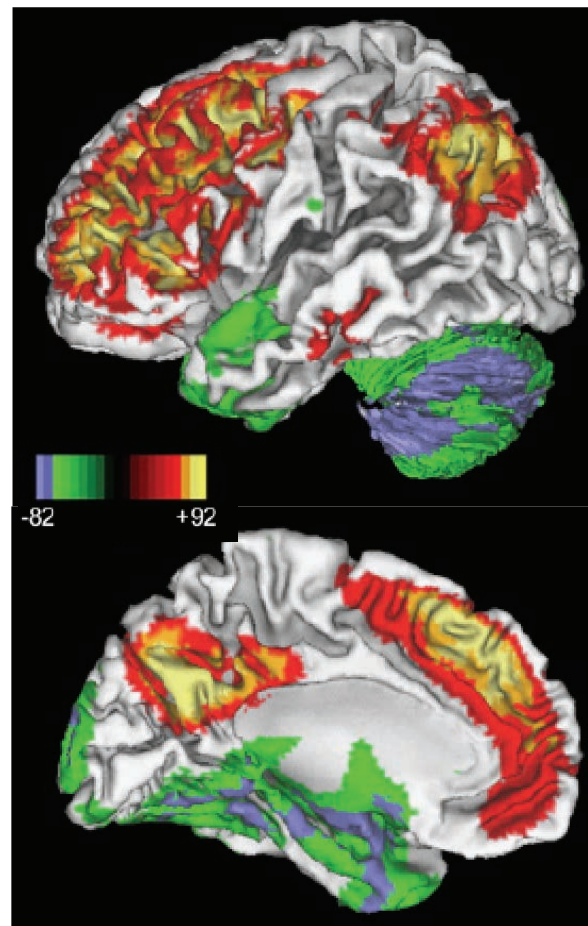




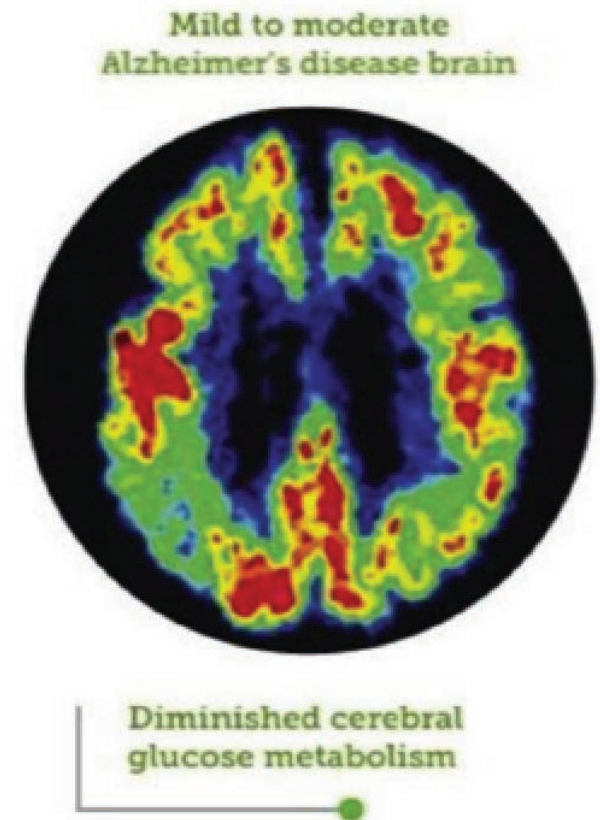
# White Matter Abnormalities and Glucose Metabolism



Archibald et al, *J. Neurovirol.* 2014  
20: 603–611

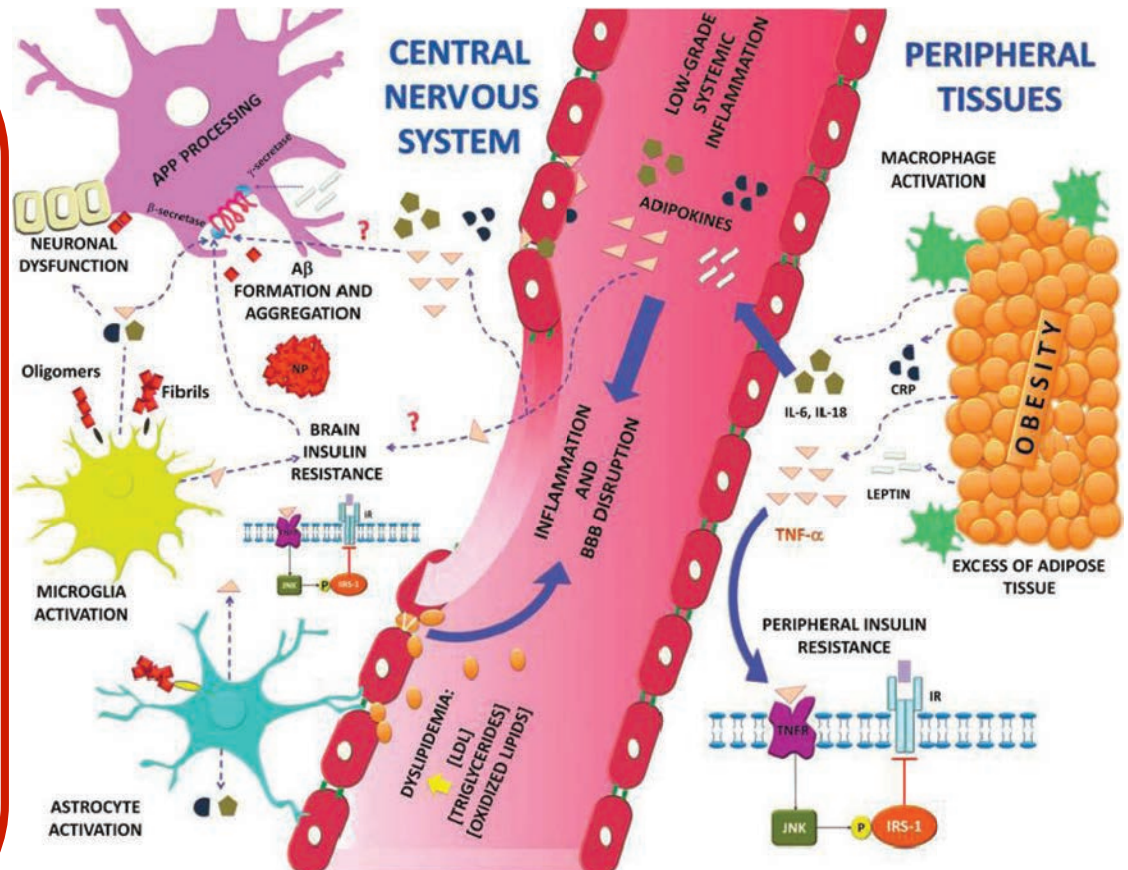
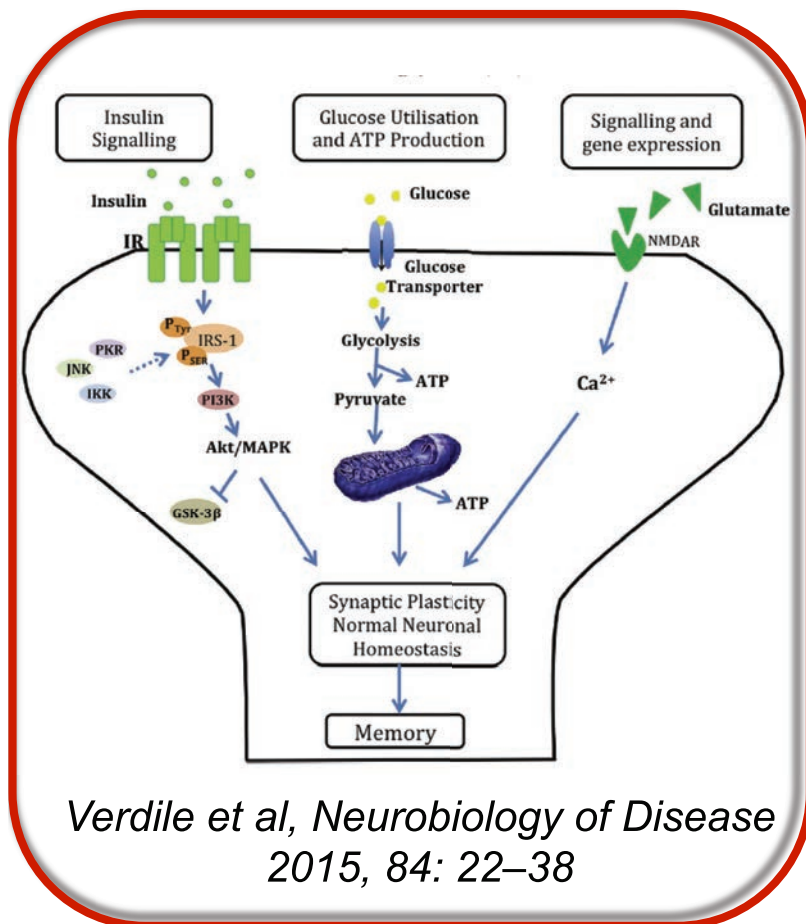


Vaishnavi et al, *PNAS*  
2010; 107(41): 17757–17762



Non et al, *Translational Research*  
2017;183:41–56

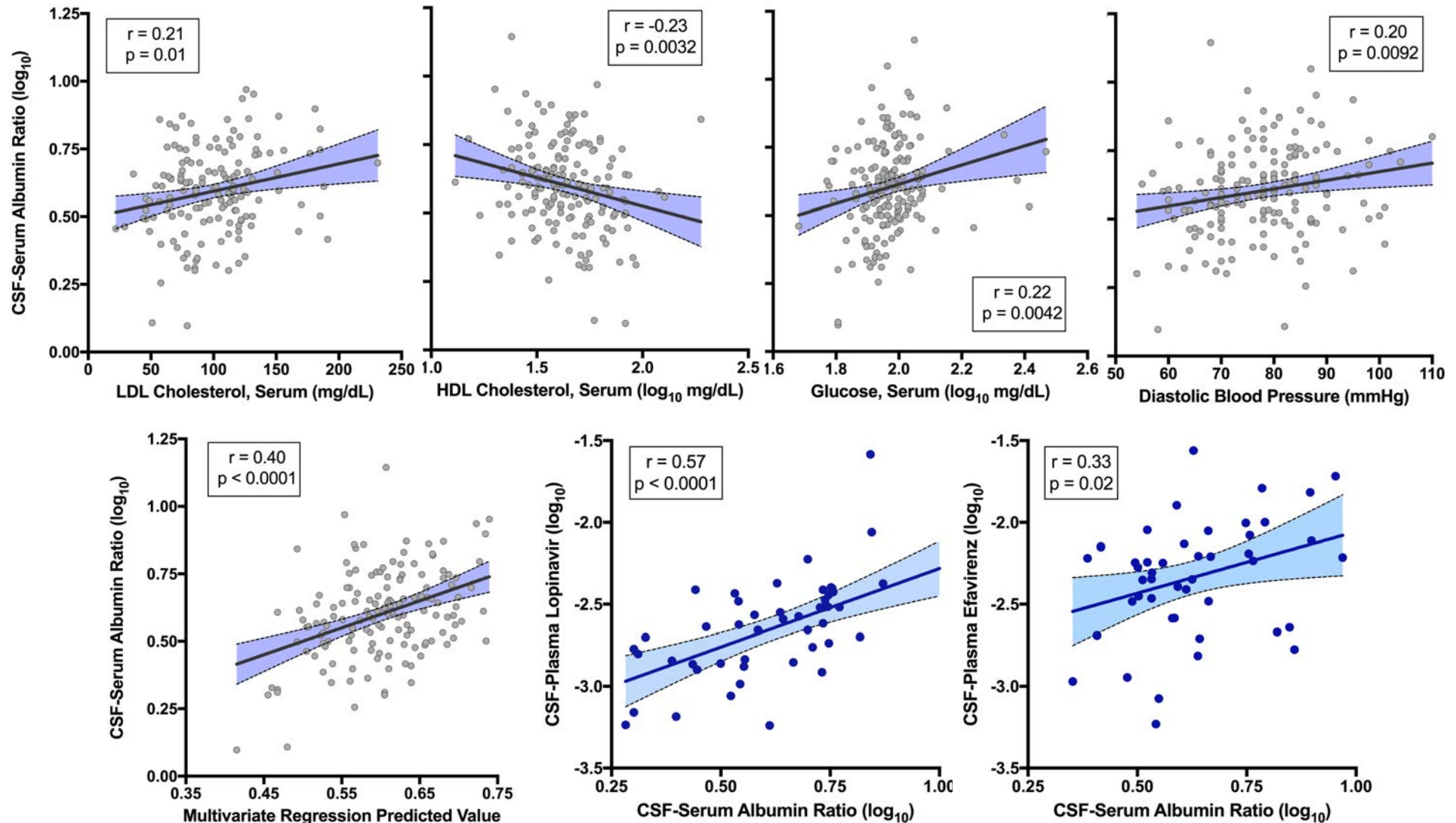
# Interactions Between Insulin Resistance, Amyloid, & Neurodegeneration



*Campos Peña et al, Antioxidants & Redox Signaling 2017, 26 (10): 542-60*

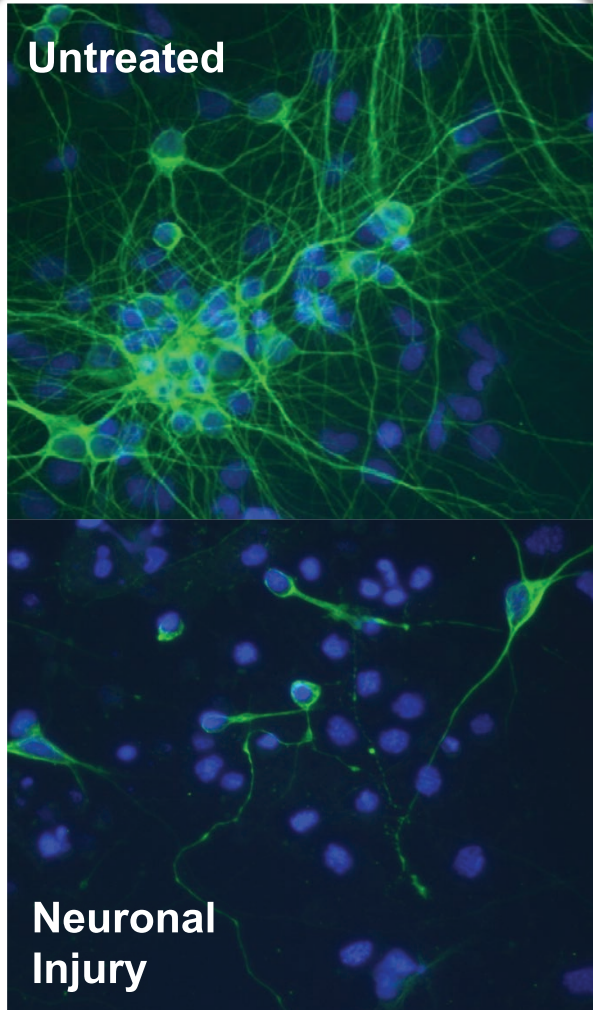


# Metabolic Syndrome Components Influence BBB Permeability

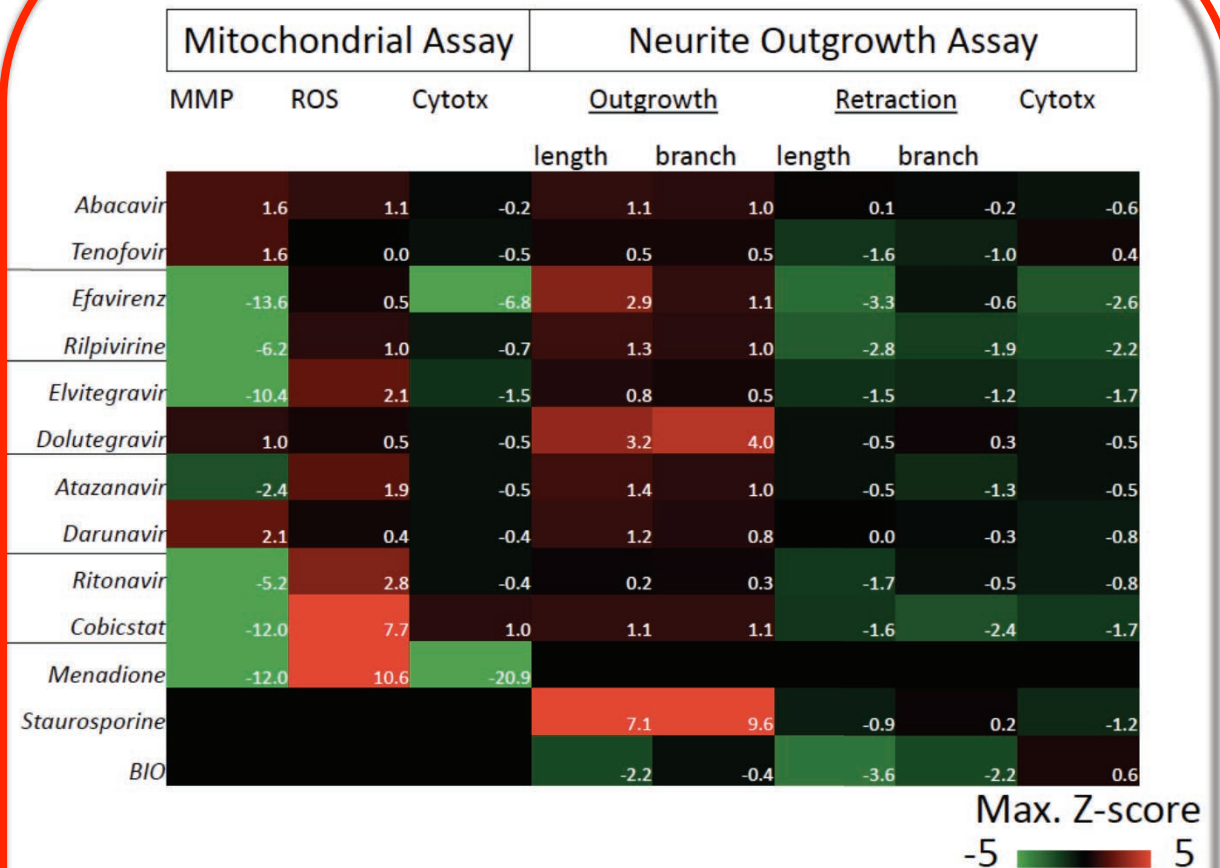




# Higher Concentrations of ART Drugs Can Injure Neurons *in vitro*



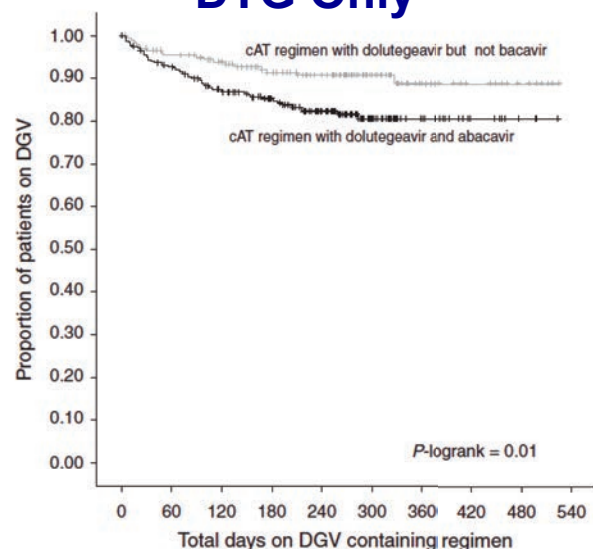
Robertson et al, J Neurovirol  
2012, 18: 388-299



Hinckley et al, CROI 2016,  
Abstract 395

# DTG and CNS Adverse Events

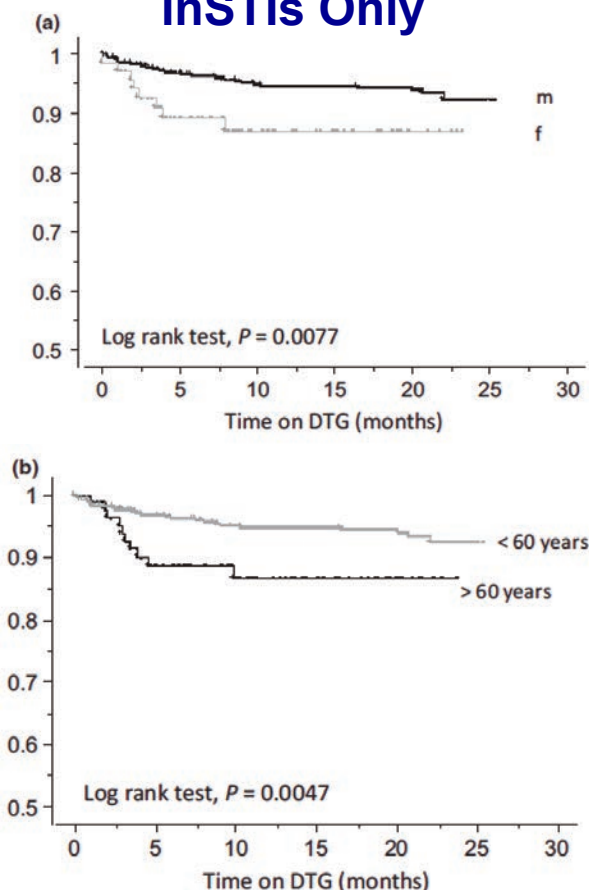
## N=565 DTG Only



Adverse drug reaction	n (%)
Sleep disturbance, insomnia	31 (5.6)
Gastrointestinal complaints	21 (3.8)
Joint, tendon and/or muscle pain	11 (2.0)
Psychological/psychiatric symptoms <sup>b</sup>	14 (2.5)
Neurologic symptoms	10 (1.8)
General malaise (headache and severe fatigue)	24 (4.3)
Respiratory tract complaints	5 (0.9)
Other	9 (1.6)

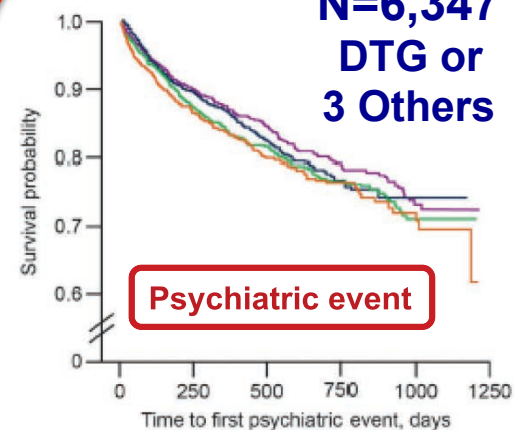
de Boer et al, AIDS  
2016, 30:2831–2834

## N=1,950 InSTIs Only

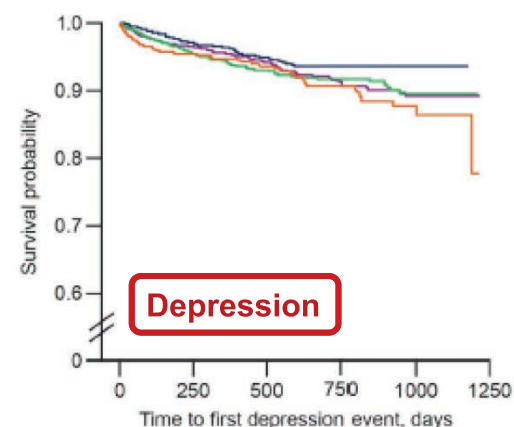


Hoffmann et al, HIV Medicine  
2017, 18, 56–63

## N=6,347 DTG or 3 Others

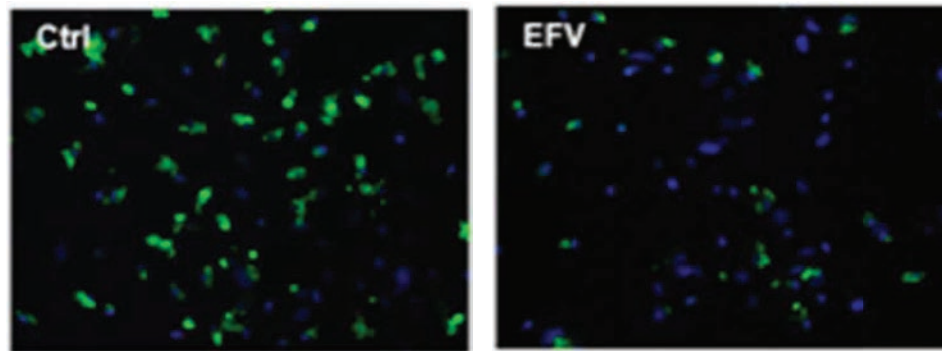


DRV	1747	1258	702	354	128	0
DTG	2029	1609	751	197	3	0
EFV	1607	1104	619	311	112	0
RAL	963	637	335	170	59	0

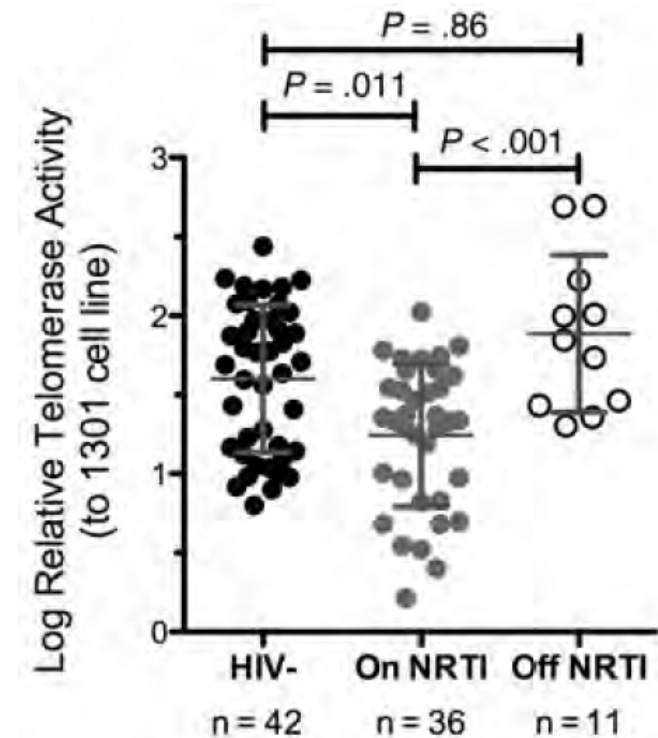
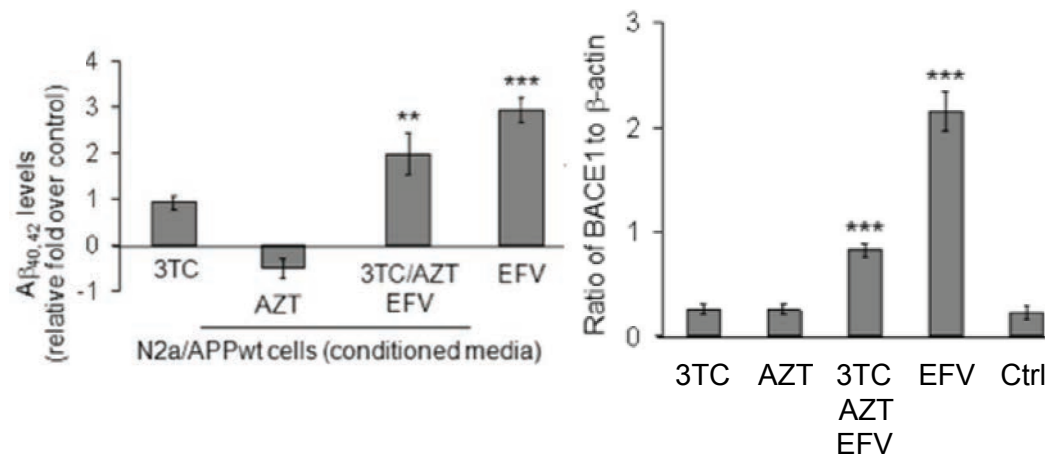


Fettiplace et al, J AIDS  
2017;74:423–431

# ART Drugs May Alter Other Aging-Related Biological Processes



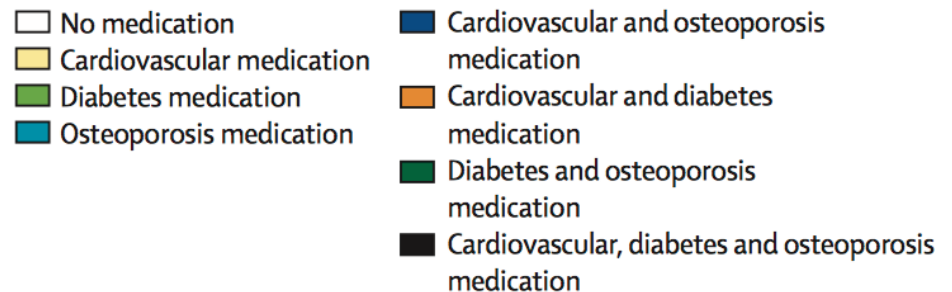
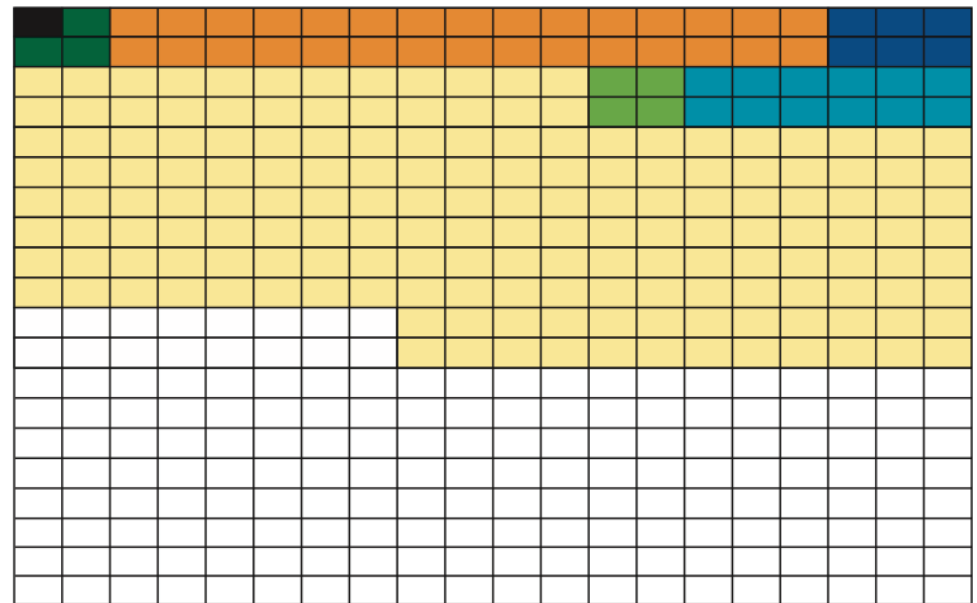
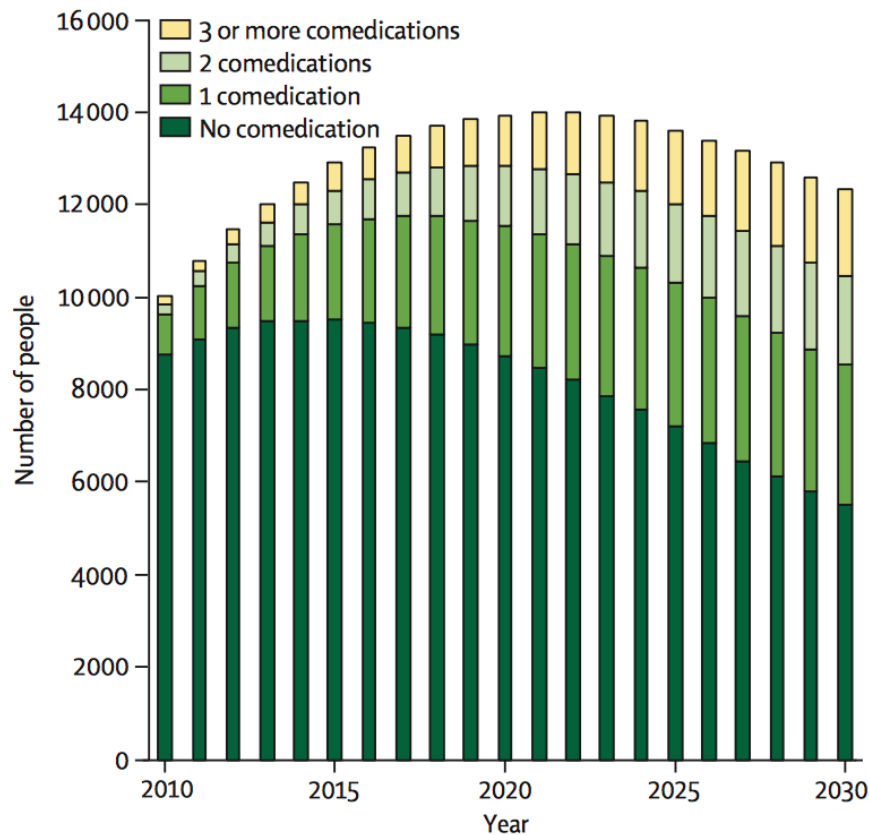
**EFV Reduces Microglial Phagocytosis of A $\beta_{1-42}$**



Leeansyah et al, *J Infect Dis* 2013; 207:1157

Brown et al, *PLoS ONE* 2014, 9(4): e95500

# Increasing Polypharmacy in Aging HIV+ Adults



Smit, *Lancet Inf Dis* 2015, 15(7):810-8

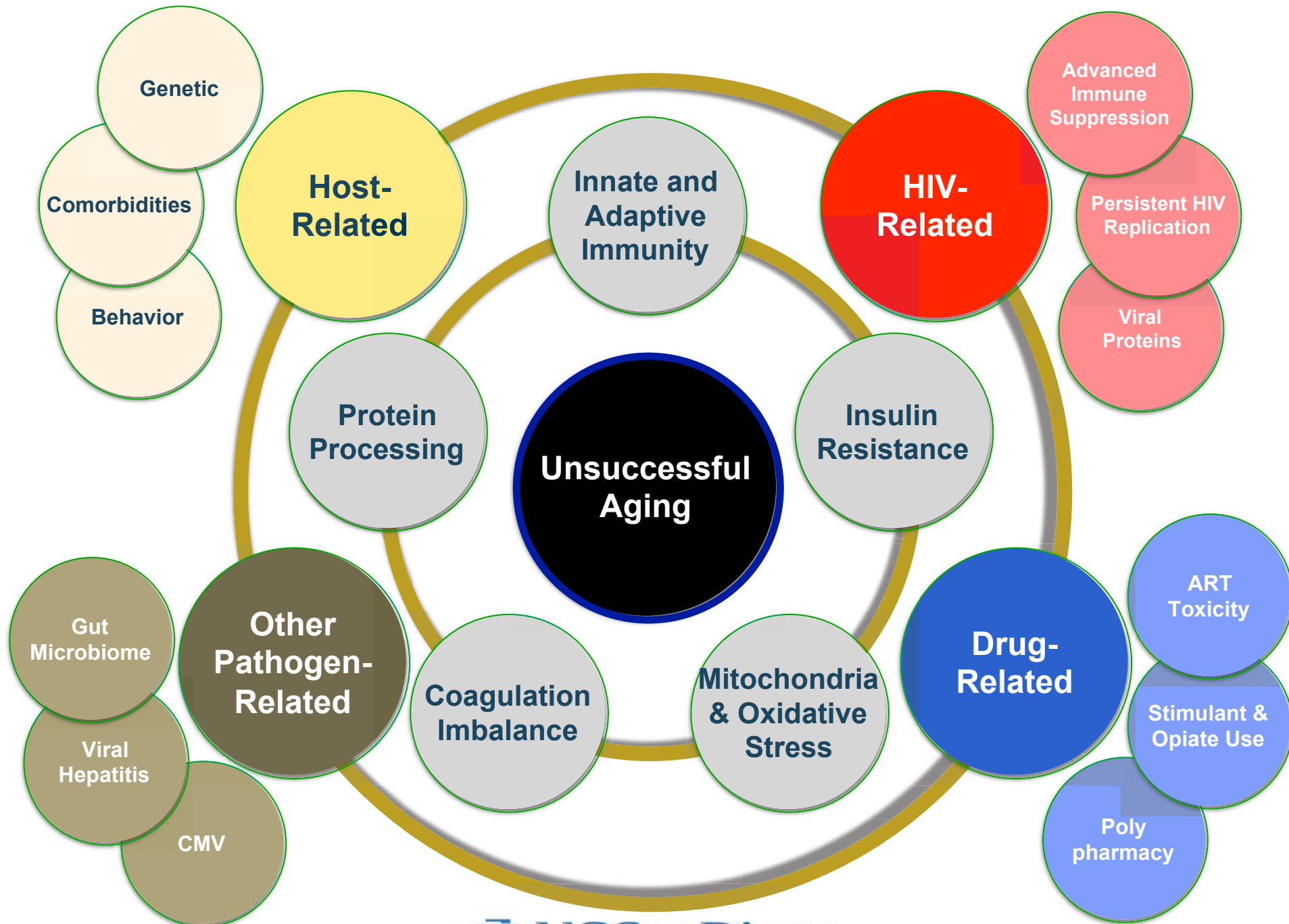
# Concomitant Medications May Also Influence Risk for Metabolic Syndrome

Metabolic variable	MAP	TG <sup>a</sup>	DM
SGA	0.28*** (0.08, 0.49)	0.28*** (0.06, 0.50)	2.28*** (1.29, 4.02)
Age <sup>b</sup>	0.11*** (0.04, 0.19)		1.62*** (1.30, 2.03)
Male	0.28*** (0.13, 0.44)	0.28*** (0.12, 0.44)	
Ethnicity <sup>c</sup>			
White	− 0.26*** (− 0.40, − 0.12)	0.36*** (0.22, 0.51)	
Hispanic	− 0.36*** (− 0.55, − 0.18)	0.50*** (0.31, 0.69)	
Other	− 0.40*** (− 0.73, − 0.06)	0.22 (− 0.15, 0.60)	
Hepatitis C virus status			1.97** (1.23, 2.15)
Estimated HIV duration (years) <sup>d</sup>	0.05** (0, 0.10)		
CD4 Nadir <sup>d</sup>		− 0.05* (− 0.1, 0)	
CD4 <sup>e</sup>		0.04*** (0.02, 0.06)	1.06* (1.00, 1.13)
Detectable plasma viral load			
Protease inhibitor-based regimen	− 0.18*** (− 0.31, − 0.06)	0.19*** (0.06, 0.32)	
Lifetime substance dependence diagnosis			

SGA = Second generation antipsychotic, BMI = Body mass index, MAP = Mean arterial pressure, TG = Triglycerides, DM = Diabetes mellitus

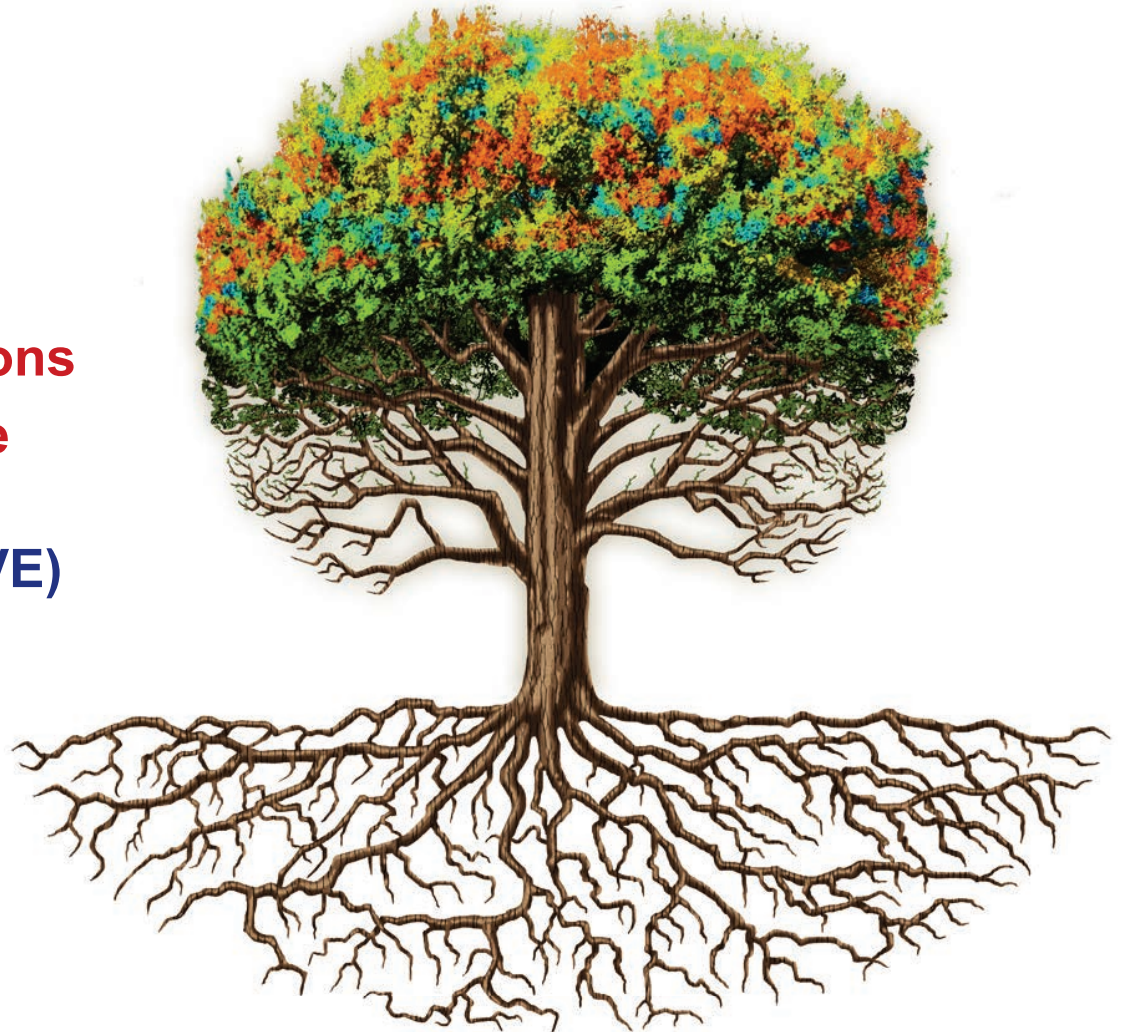
\* p < 0.10, \*\* p < 0.05, \*\*\*p < 0.01





# Possible Interventions

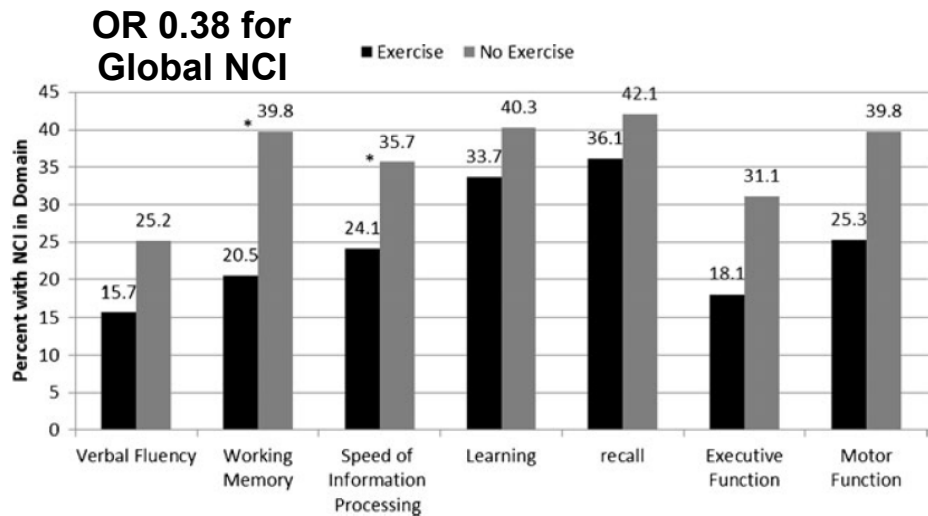
- **“Lifestyle” modification**
  - Exercise, Weight loss
  - Smoking Cessation
  - Moderate Alcohol Use
  - Alter Microbiome
- **Modify Existing Medications**
- **Target components of the metabolic syndrome**
  - Pitavastatin (REPRIEVE)
  - Metformin
- **Treat coinfections**
  - HCV
- **Adjunctive therapy**
  - Tesamorelin
  - Intranasal insulin
  - Intranasal IGF-1



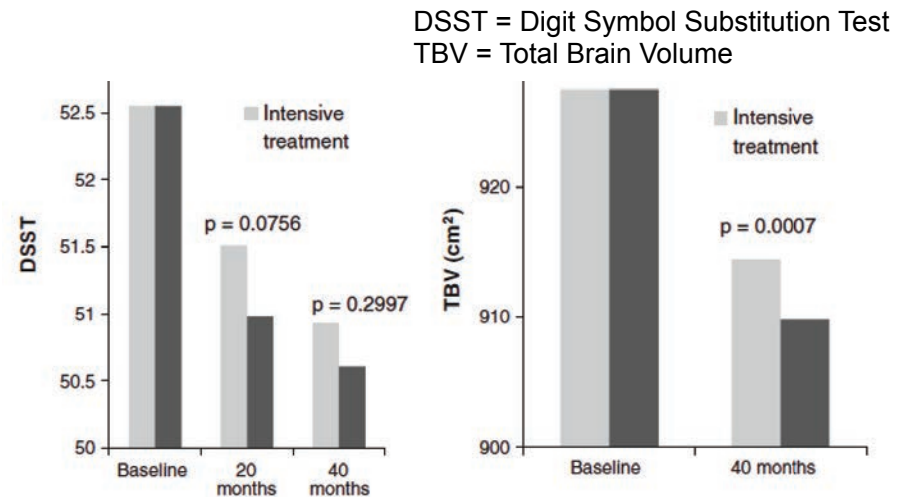
*Graphic courtesy of Peter Hunt, UCSF (and ulead.org)*



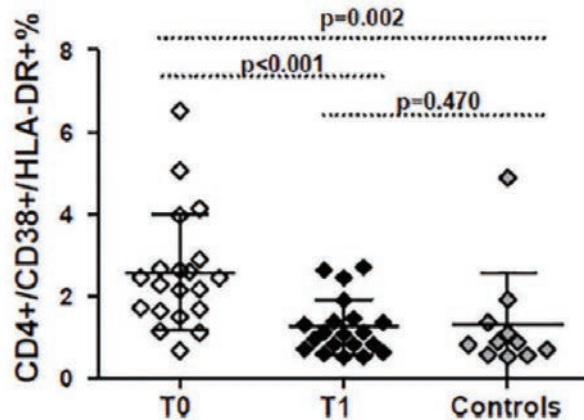
# Benefits of Exercise, Diabetes Management, & Probiotics



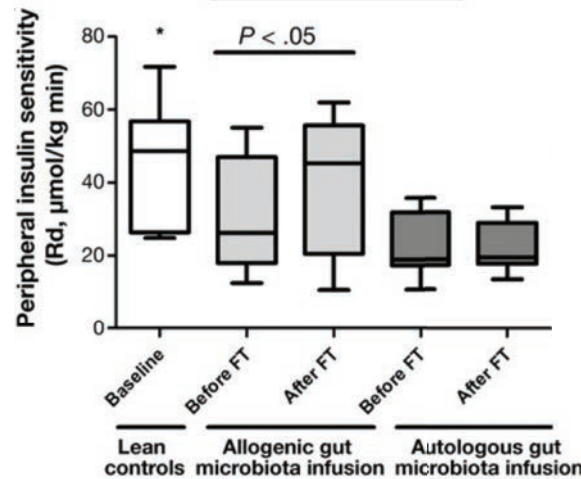
Dufour et al, J Neurovirol 2013, 19(5):410-7



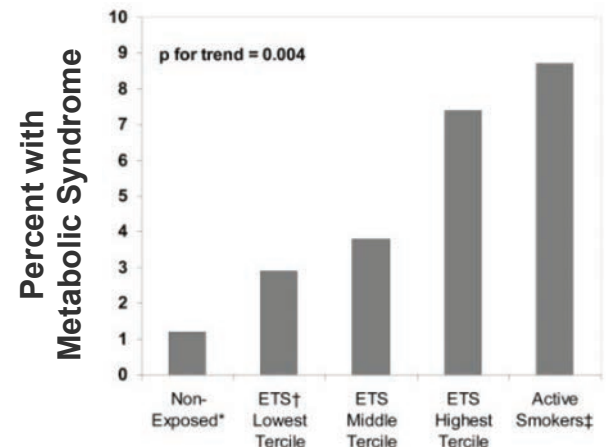
Bornstein et al, Neurol Sci (2014) 35:995–1001



d'Ettorre et al, PLoS ONE 2015, 10(9): e0137200



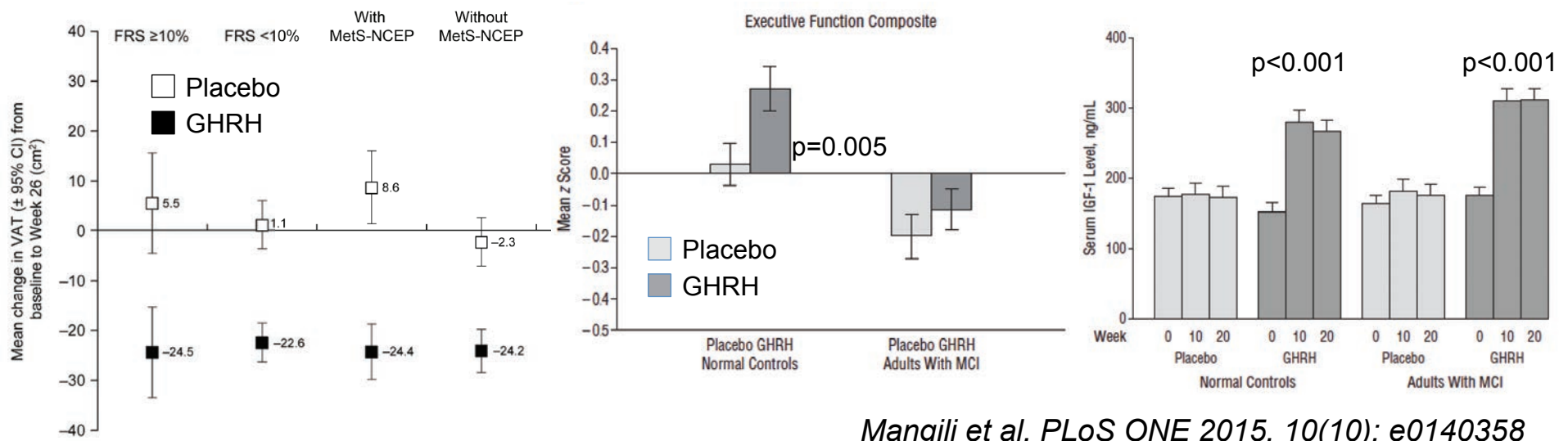
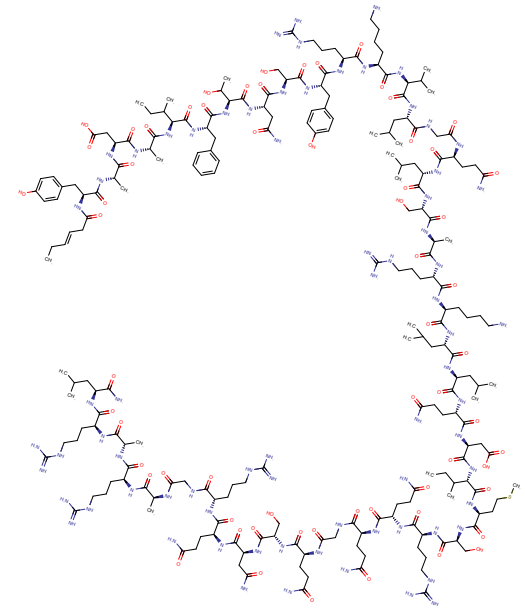
Vrieze et al, Gastroenterology 2012;143:913–916



Weitzman et al, Circulation. 2005;112:862-869

# Tesamorelin

- **Synthetic growth hormone releasing factor analogue (GHRH) that stimulates in the pituitary production and pulsatile release of endogenous GH, which also stimulates IGF-1 production**
- **Selectively reduces visceral fat, intima media thickness and triglycerides, and improves cognitive function in older persons**

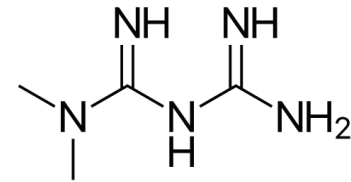


Mangili et al, PLoS ONE 2015, 10(10): e0140358

Baker et al, Arch Neurol. 2012;69(11):1420-1429

Sattler F. Best Practice & Research Clinical Endocrinology & Metabolism 27 (2013) 541–555

# Metformin

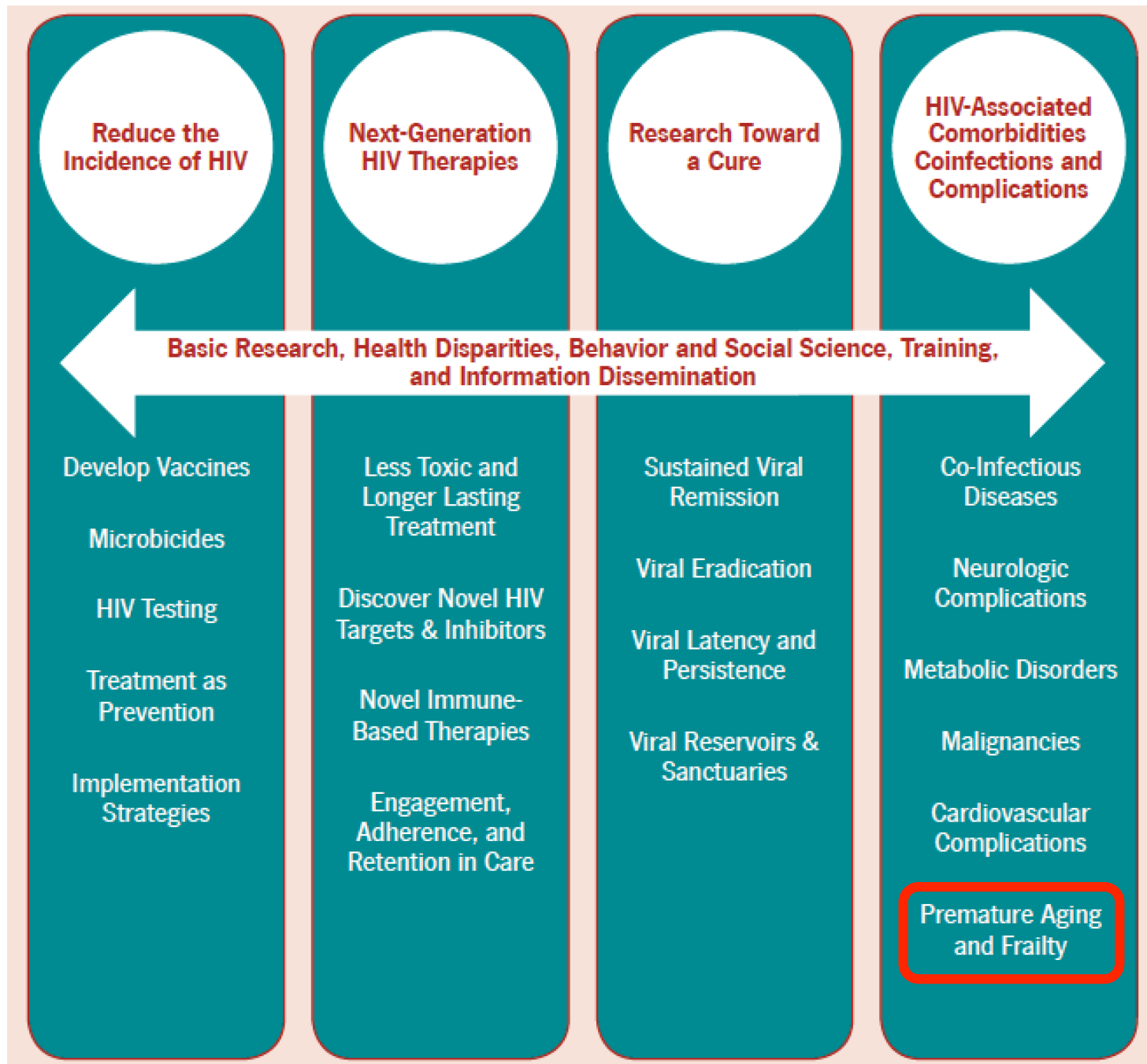


- **Oral biguanide that has multiple effects on IR:**
  - Activates AMPK in liver, brain, and other tissues
  - Decreases hepatic gluconeogenesis production
  - Decreases intestinal absorption of glucose, increases peripheral glucose uptake, and reduces weight
- **Improves endothelial function**
- **Neurologic effects:**
  - Reduces BACE1 activity and amyloid  $\beta$  production
  - Antioxidant and anti-inflammatory effects in brain
  - May reduce acetylcholinesterase activity
  - May promote tau dephosphorylation
- **May also improve gut dysbiosis**

*Lake & Currier, Lancet Infect Dis 2013; 13: 964–75*

*G. Verdile et al., Neurobiology of Disease 84 (2015) 22–38*

*Markowicz-Piasecka et al, Pharm Res, 2017, DOI 10.1007/s11095-017-2199-y*



# Questions Guiding Future Research

- **Is premature aging a biological condition or an artifact of study design?**
  - Is evidence of premature aging from cross-sectional studies confirmed in longitudinal ones?
- **Is there a unifying hypothesis of the pathogenesis of premature aging?**
  - Immune senescence/inflammation, microbiome, coinfections, coagulation, genetic
  - Is it due to HIV, associated conditions, or both?
- **What are the best methods for assessing aging?**
  - Successful aging, Frailty, Multimorbidity, Quality of life
  - Ecological momentary assessment
  - Biological indicators of aging
  - NP testing, mood, imaging, CSF biomarkers

# Questions Guiding Future Research

- **What are the best approaches for managing premature aging in the clinic?**
  - Antiretroviral therapy
  - Treatment of multimorbid conditions
    - Metabolic syndrome, dyslipidemia, vascular disease, depression, addictive drugs
  - Limit polypharmacy
  - Nutrition, Microbiome, Exercise, Smoking cessation
- **What support structures do aging people living with HIV require?**
  - Case managers, Housing, Healthcare, Social

# Funding Opportunities

- **PAR-17-321: Multidisciplinary Studies of HIV-AIDS and Aging (R01)**
- Encourages applications at the intersection of HIV and aging by addressing two overarching objectives:
  - 1) To improve understanding of **biological, clinical, and sociobehavioral aspects** of aging through the lens of HIV infection and its treatment;
  - 2) To improve approaches for **testing, prevention, and treatment of HIV infection, and management of HIV-related comorbidities, co-infections, and complications** in different populations and cultural settings by applying our current understanding of aging science



# Funding Opportunities

- **PAR-17-321: Multidisciplinary Studies of HIV-AIDS and Aging (R01)**
- Encourages applications with the following characteristics:
  - 1) Clinical orientation
  - 2) Focus on aging or the aged
  - 3) Attention to geriatric outcomes
  - 4) Leveraging existing resource where possible
  - 5) Selection of appropriate controls
  - 6) Characterization of phenotypes

# Funding Opportunities

- **PA-17-088: Secondary Analyses of Existing Cohorts, Data Sets, and Stored Biospecimens to Address Clinical Aging Research Questions (R01)**
- Invites applications to address clinically related issues on aging changes influencing health across the lifespan, or on diseases and disabilities in older persons.
  - Use of cohorts that are linked to electronic health record systems or Centers for Medicare and Medicaid Services (CMS) administrative data are **especially welcome**.

# Funding Opportunities

- **PA-17-088: Secondary Analyses of Existing Cohorts, Data Sets, and Stored Biospecimens to Address Clinical Aging Research Questions (R01)**
- ... to address clinically related issues on aging...:
  - Will support activities addressing specific hypotheses in clinical aging research or to inform the design and implementation of future epidemiologic or human intervention studies, or current geriatric practice in maintenance of health, management of disease, and prevention of disability.
  - Existing data sets may also be used to develop and test new analytical approaches.
  - Costs for archiving of data to be made publicly available and those associated with data harmonization or assay refinement/validation may be included in the budget...

# Funding Opportunities

- **RFA-AG-023: Pathogenesis of Age-Related HIV Neurodegeneration (R01)**
- **Due 9 February 2018**
- Encourages basic and clinical research to study the molecular and cellular mechanisms underpinning neurodegenerative diseases, particularly Alzheimer's disease, and neurological disorders associated with HIV infection and AIDS.
  - Particularly encourages research to explore the causal role of Alzheimer's and other related proteinopathies in HIV+ older adults.
  - Envisages cross-disciplinary, multi-PI, and integrative approaches. It will encourage development of both animal and human research to study whether, and how, different neuropathological processes interact with one another, as well as to understand how these interactions lead to neurodegeneration

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- Gabe Wagner
- Connie Benson
- Chip Schooley
- Doug Richman

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- Susan Morgello
- David Simpson
- Ben Gelman
- Howard Fox

### NIH

- ...Mental Health
- ...Drug Abuse
- ...Allergy and Infectious Diseases

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- Qing Ma (Buffalo)
- Jenny Iudicello
- Raeanne Moore
- Micol Ferrara
- Josue Perez Santiago



