



Canada's source for
HIV and hepatitis C
information

La source canadienne
de renseignements sur
le VIH et l'hépatite C

Aging with HIV: Exploring issues of prevention in older adults

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February 11, 2014

Agenda

- Infection trends
- Challenges for prevention
- Existing resources



Objectives

- To explore the barriers of HIV prevention for older adults
- To learn about current infection trends

**What factors are contributing to “older”
HIV infections?**

Some factors contributing to “older” HIV infections...

- Anti-retroviral drugs that help PHAs survive
- Viagra, Cialis and other sexual performance drugs
- Easy online access to sexual partners
- HIV and/or safer sex fatigue
- HIV is solved (by one pill/day)
- Age-related body changes: tissue fragility
- Ignorance about HIV risks (& lack of sex ed)
- Doctor/practitioner ignorance about HIV risks
- Misconception that older people are not having sex!



What issues are you seeing in terms of HIV and older adults in your organization and in your communities?

And **who** is being affected?

HIV in Canadians 50 & older

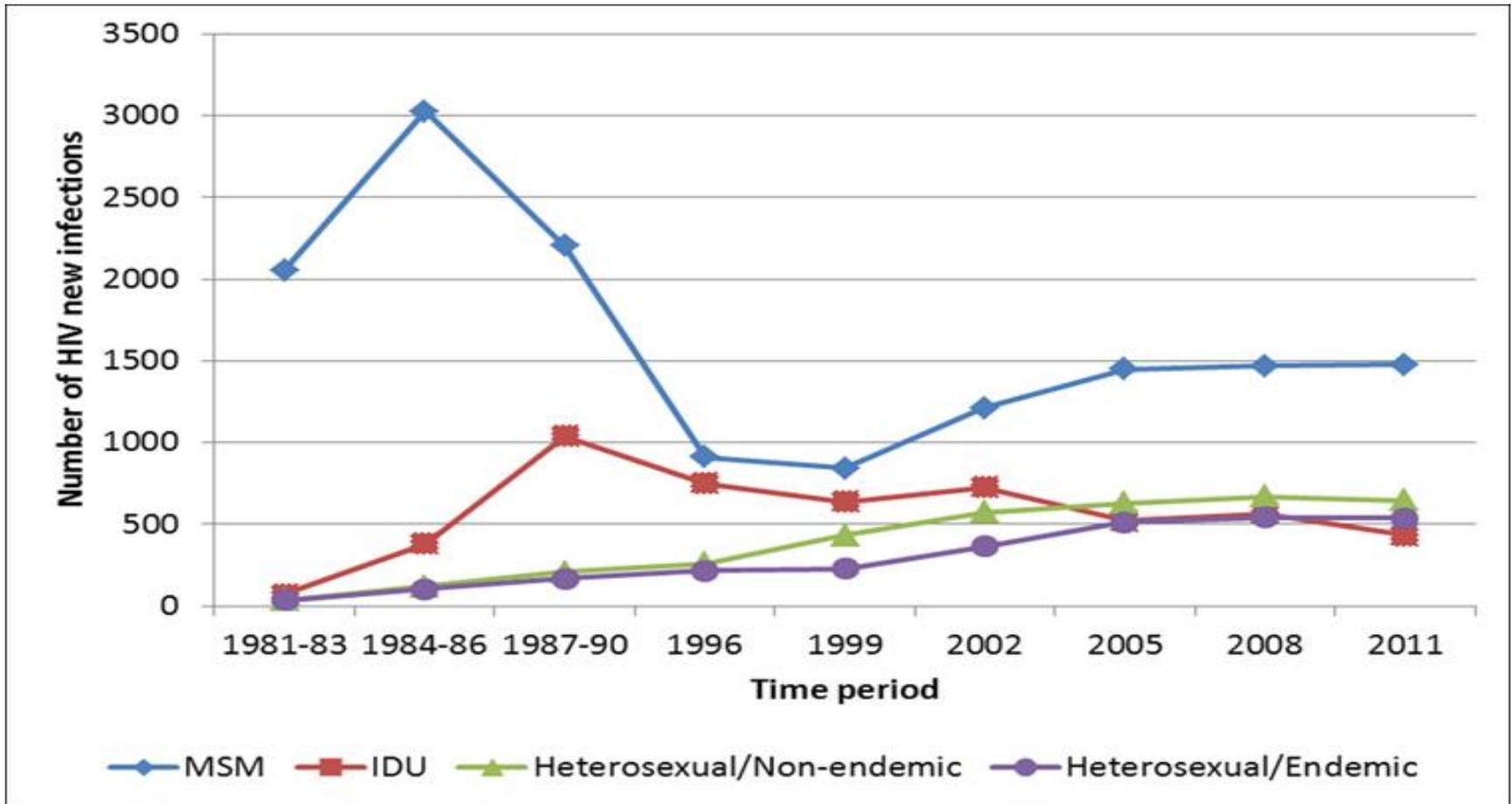
HIV test reports among those 50+:

- 11% in 2002, 15% in 2007, and 18.25% in 2012

In 2007 HIV Infections among Canadians 50+:

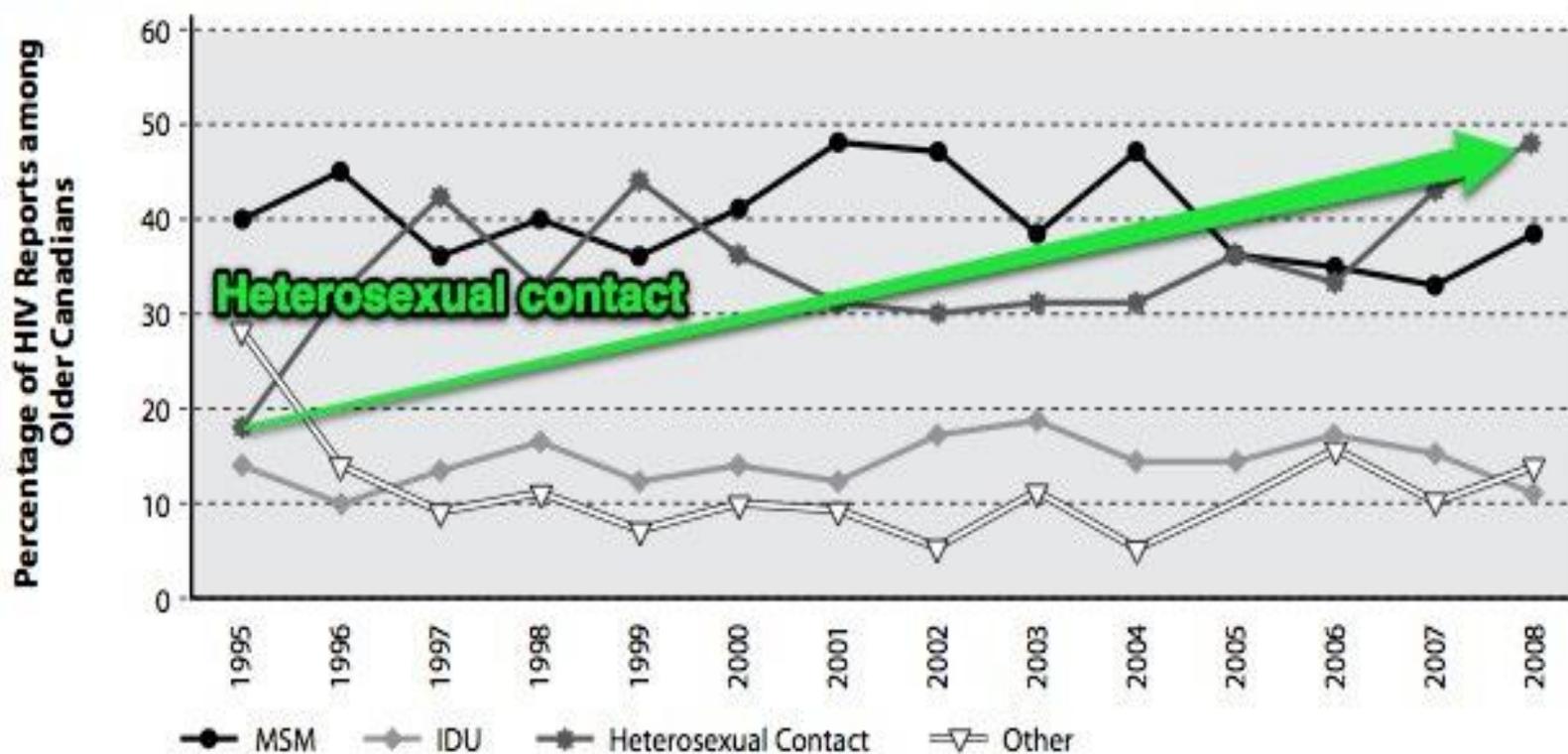
- 36% MSM
- **45% heterosexual contact**
- 18% IDU

New HIV Infections



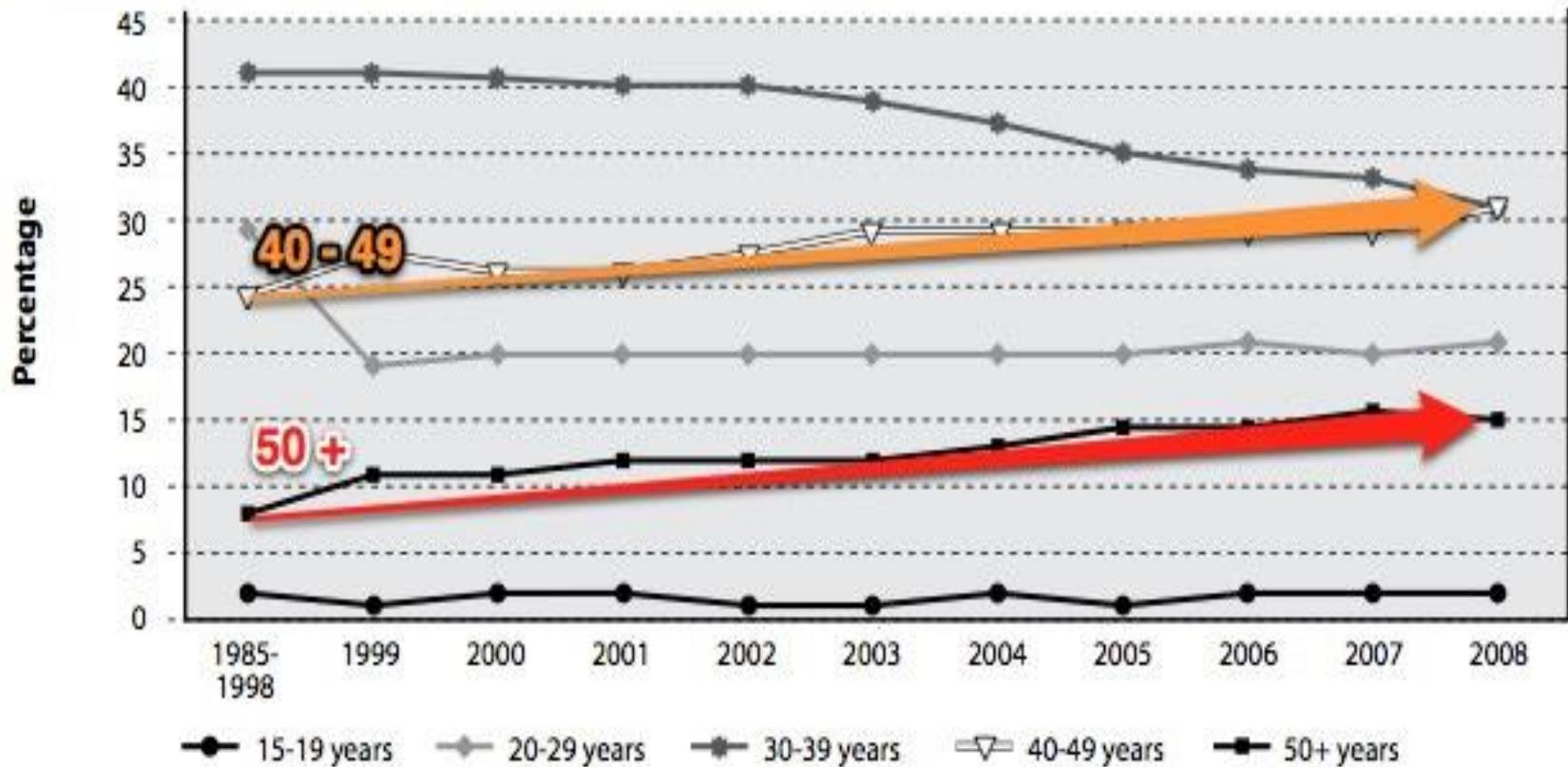
An increasing heterosexual exposure risk among older Canadians...

Figure 4. Exposure Category of HIV Case Reports Among Older Canadians, by Year



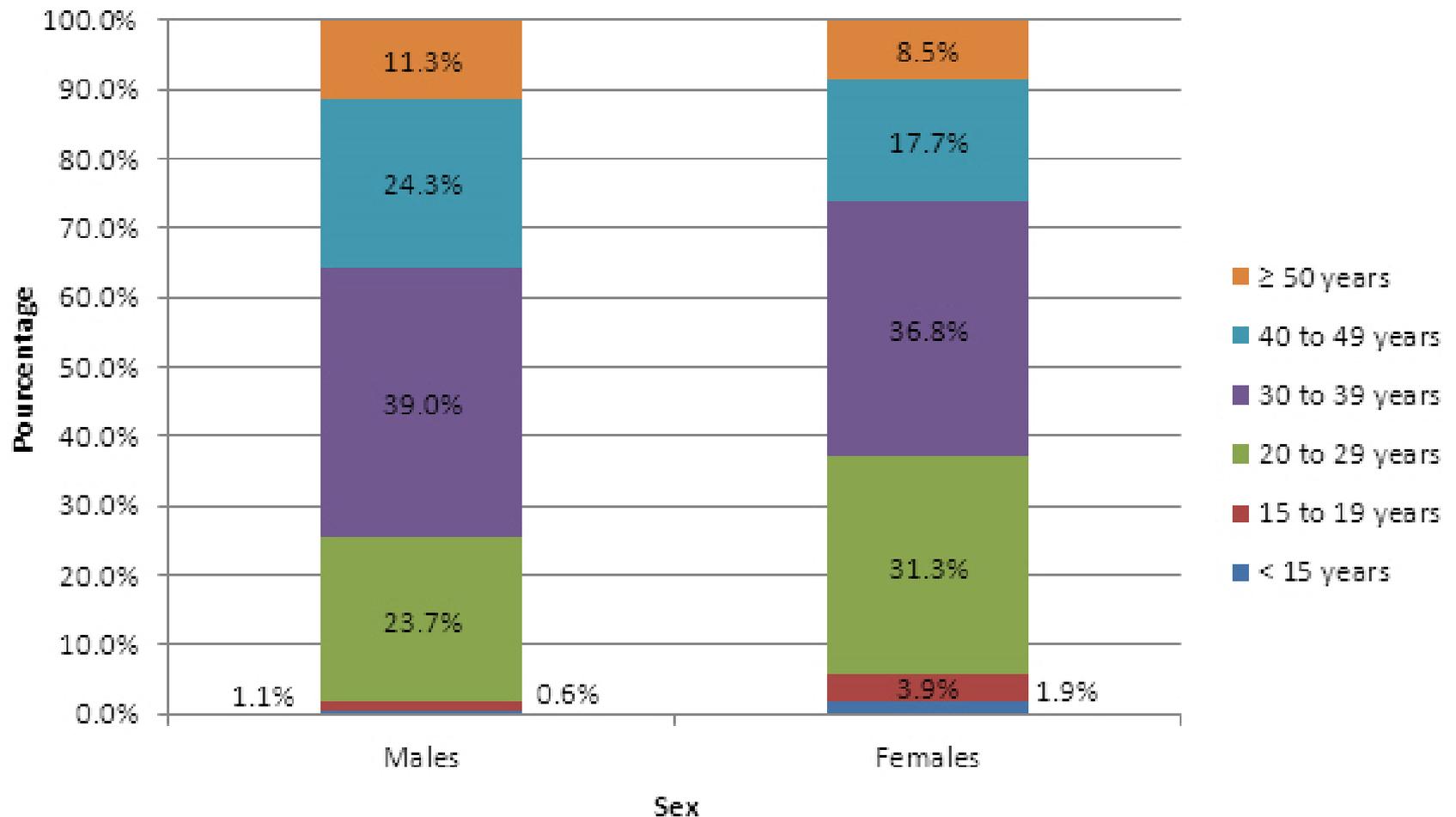
Percentage of HIV+ Canadians over 40 have increased steadily from 1998 to 2008

Figure 3. HIV Case Reports by Age Group and Year



Public Health Agency of Canada. HIV/AIDS Epi Updates, July 2010, p.63

HIV positive test reports 1985-2012



STI's in older adults, Canadian stats

Reported Cases and Rates (per 100,000 population) of Chlamydia, Gonorrhoea, and Infectious Syphilis, 2000, 2008 and 2009

Year	Chlamydia		Gonorrhoea		Infectious Syphilis	
	Cases	Rates	Cases	Rates	Cases	Rates
2000	46,439	150.9	6,189	20.1	174	0.6
2008	82,919	248.8	12,723	38.2	1,482	4.4
2009	87,210	258.5	11,178	33.1	1,683	5.0

Increased STI rates in older adults an international trend

USA	Infectious Syphilis	Infectious Syphilis	Chlamydia	Chlamydia
	2000	2010	2000	2010
45-54	706	2056	5601	16106
55-64	179	493	1110	3523

Biological challenges for a healthy sex life

- Post menopausal vaginal dryness
- Anal tissue frailty
- Erectile Dysfunction
- Other conditions



Health Care Professionals

- Uncomfortable discussing sex with older adults
- Older Adults not comfortable discussing sex with younger care providers
- Refusing to test



Missed opportunities

- Testing - Medical appointments
- Engagement of older adults
- Education on STIs and HIV

Existing Campaigns

<http://www.ageisnotacondom.org/>



Here is one on testing

Checklist
for Healthy Aging

Blood Pressure

Breast & Prostate Exam

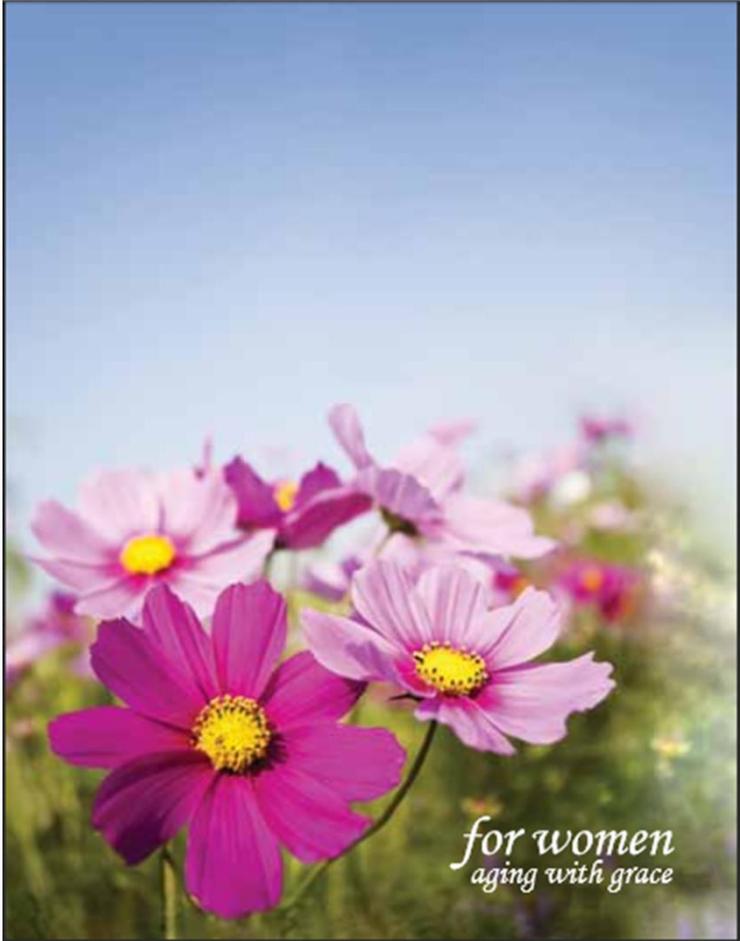
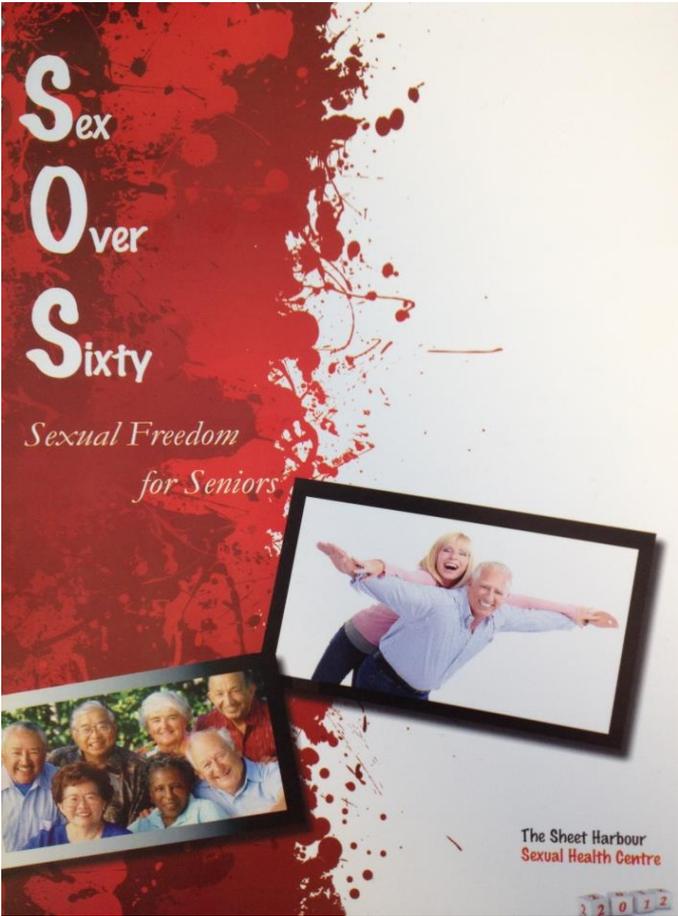
Cholesterol Test

HIV Test

Have you CHECKED your HIV status?

The graphic features a photograph of an elderly couple smiling. The checklist items are overlaid on the right side of the photo. The 'HIV Test' item is highlighted in red text. At the bottom, a call to action is presented in a white box with a blue border, featuring a red checkmark icon.

Community resources



New skills

- Learning to date online
- Negotiating condoms
- Disclosure of HIV status to others
- Tests for HIV, HCV, STIs

Not my disease

- Not feeling at risk or able to get HIV
- Young persons disease
- Gay disease, not for me

Spaces to meet

- Institutional policies
- Finances (not able to afford a private room)
- Poverty
- Living situations

Re-cap

- Infection trends
- Barriers
 - Age-related body changes: tissue fragility
 - Ignorance about HIV risks (& lack of sex ed)
 - Doctor/practitioner ignorance about HIV risks
 - Misconception that older people are not having sex!

Considerations and questions

- How comfortable are you with talking about sex to older adults?
- How will your organization include older adults in:
 - Prevention
 - Support
 - Outreach

