A man in a suit holding a smartphone, looking thoughtful. The image is overlaid with a semi-transparent red filter.

HIV 50+ STRONG & HEALTHY HIV- ASSOCIATED NEUROCOGNITIVE DISORDER (HAND)

A TRAINING BY

Bridgette Picou



ZOOM LOGISTICS

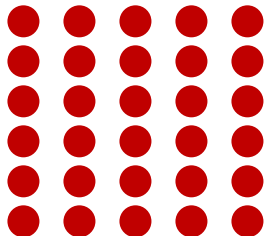
- Turn your camera on
- Don't put call on hold
- Mute your phone unless speaking
- Use hand signals
- Use the chat room



INTRODUCTIONS

- Your name
- Your gender pronouns
(he, them, ze, etc)
- Something positive about aging

• **One word that describes your experience with aging!**



COMMUNITY PROMISES

01.

Be respectful of other viewpoints and experiences

02.

Be open to learning

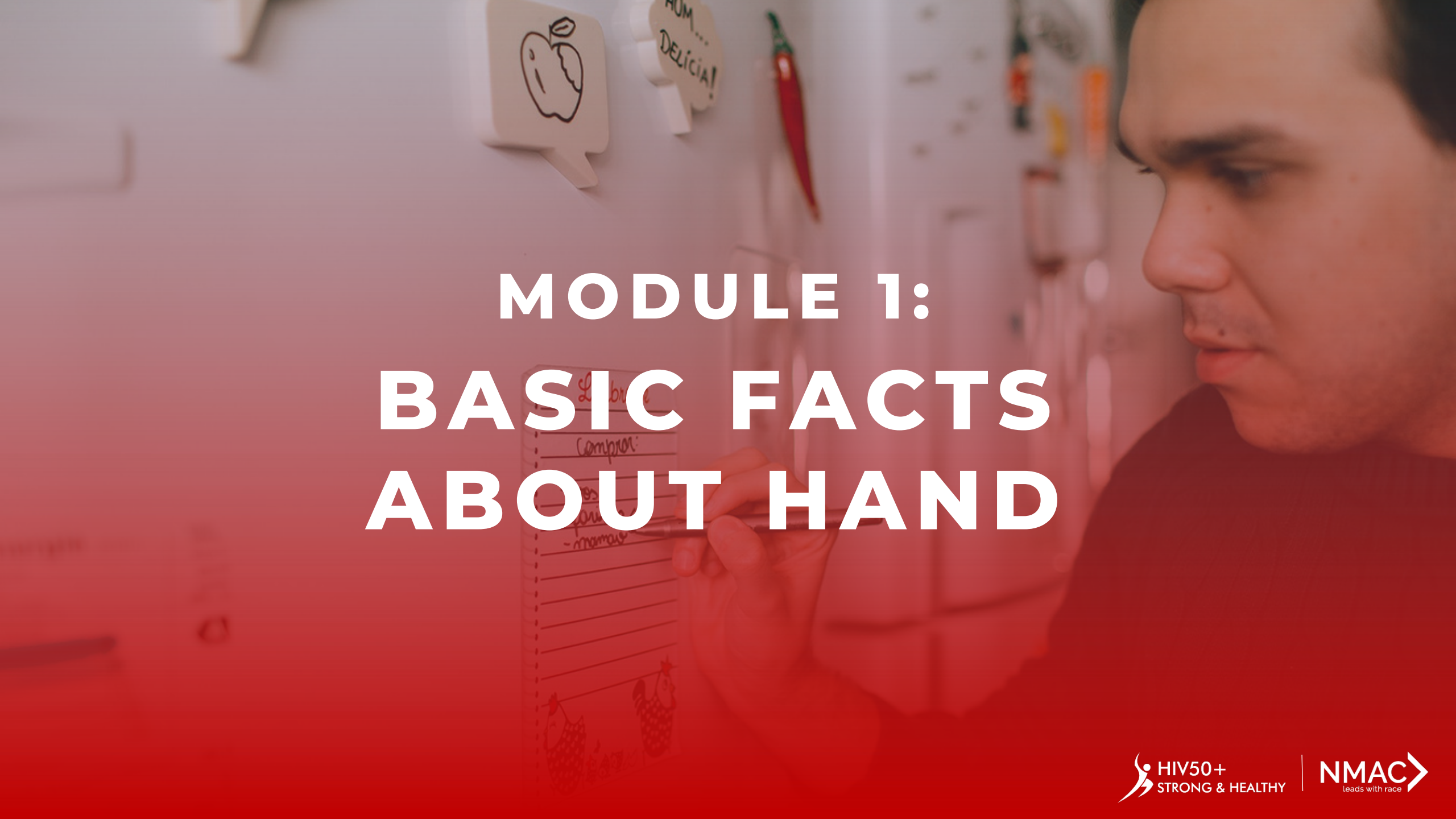
03.

Vegas Rule
(what happens here, stays here)




OUR **AGENDA**

- Basic Facts About HAND
- Prevention
- Treatment Options
- Staying Healthy



MODULE 1: BASIC FACTS ABOUT HAND



**WHAT IS HIV-ASSOCIATED
NEUROCOGNITIVE
DISORDER, ALSO
KNOWN AS HAND?**

WHAT IS HAND?

- HIV-associated neurocognitive disorder is the term doctors use for thinking and memory problems that can happen in some people with HIV infection. It is sometimes called "HAND" for short.
- It is a spectrum of cognitive, motor, and/or mood problems.
- A spectrum means that every patient will experience different symptoms and different severity. And that the severity can increase over time.
- Somewhere between 40-50 percent of people with HIV will experience HAND, which is diagnosed through cognitive testing. Most will have a mild form of the condition.



SEVERITY OF HAND

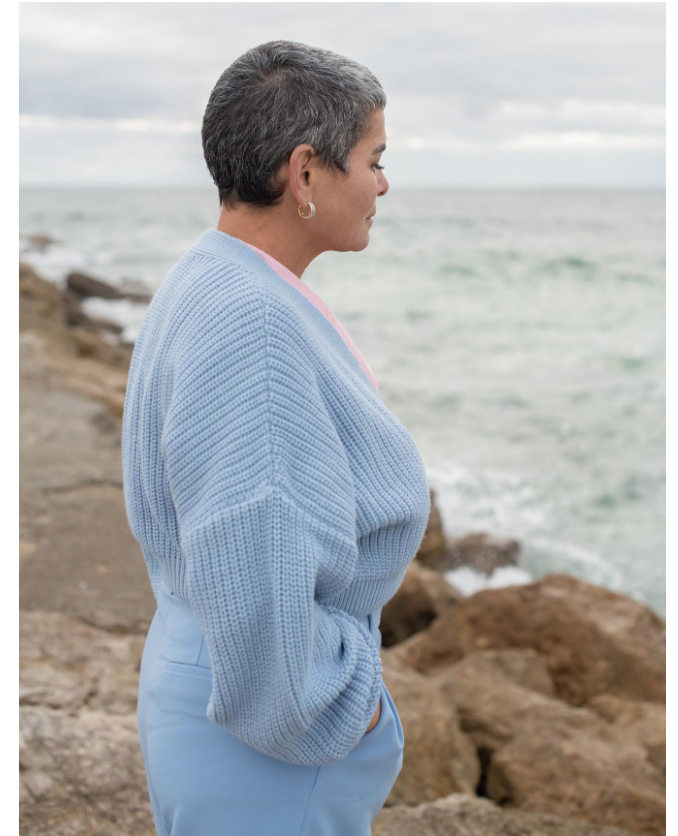
- HAND can be mild or more severe.
- With mild HAND, people do not show any obvious symptoms in their normal life. Or, they might have mild symptoms that affect their ability to think, focus, or do certain tasks.
- HIV-associated dementia is the term doctors use for the most severe form of HAND. Dementia is a brain disorder that causes thinking and memory problems, plus problems with movement or emotions. These problems make it hard to work or do other daily activities.



HAND SYMPTOMS:

MILD

- Being socially isolated and feeling lonely may not sound like mental health issues but they are.
- As we age, our social networks may become smaller. We may have fewer social outlets and opportunities. While there are people around us, we don't feel a connection
- Our ability to socialize may be more limited due to health and mobility considerations or the lack of financial resources. We cannot get out to do the things we would like to do.



HAND SYMPTOMS: **SEVERE**

- Loneliness and social isolation can affect your health in many ways.
- For example, you may lose the desire to do things that keep you healthy, like exercise or eating healthy foods.



MAIN RISK FACTORS FOR HAND

Loneliness/social isolation has been linked to:

- High blood pressure
- Obesity
- Heart disease
- Weak immune system
- Cognitive decline
- Alzheimer's disease



ADDITIONAL RISK FACTORS

- An estimated 14 percent of the population experiences loneliness. But many still question if it is a health issue.
- However, many are recognizing it and are taking steps to address it. Several years ago, England appointed a Minister for Loneliness to address the issue.





POSSIBLE PROGRESSION? NOT NECESSARILY

American Academy of HIV Medicine. Older Age and HIV-Associated Neurocognitive Disorder.



WHAT IS HAD?

- HAND can progress to HIV-Associated Dementia (HAD), where there is an inability to complete daily tasks independently.
- Very few people with HIV, like 2 percent, progress to HAD.
- Before ART, in the late 80s, HAD was frequent in late-stage HIV disease.



UCSF. A Healthcare Provider's Guide to HIV-Associated Neurocognitive Disorder (HAND). Retrieved from:
https://memory.ucsf.edu/sites/memory.ucsf.edu/files/wysiwyg/UCSF_HIV%20Dementia_Providers_11-6-17.pdf
American Academy of HIV Medicine. Older Age and HIV-Associated Neurocognitive Disorder.

A hand is shown from the bottom, holding several pills. The background is a gradient from blue at the top to red at the bottom. The pills are in various colors and shapes, including blue and white capsules and blue and white tablets.

MODULE 3: PREVENTION

WHAT CAN YOU DO?

- Research shows that ART and viral suppression can prevent progression of HAND. Lack of treatment is the most significant risk factor for cognitive decline.
- Taking steps to maintain mental well-being and a healthy lifestyle, such as exercise and staying socially engaged, have also been shown to slow progression.





MODULE 4: TREATMENT OPTIONS

ADHERE TO YOUR ART REGIMEN

Current research indicates that achieving viral suppression and maintaining a CD4 count around 200 are the best way to limit progression of HAND.

ASK YOUR DOCTOR ABOUT DRUG-DRUG INTERACTIONS

Depending on other medications you are on, there are some medications that may be used for the treatment of HAND that you should not take. As always, consult with your doctor and pharmacist.



UCSF. A Healthcare Provider's Guide to HIV-Associated Neurocognitive Disorder (HAND). Retrieved from:
https://memory.ucsf.edu/sites/memory.ucsf.edu/files/wysiwyg/UCSF_HIV%20Dementia_Providers_11-6-17.pdf
American Academy of HIV Medicine. Older Age and HIV-Associated Neurocognitive Disorder.
Family Caregiver Alliance. HIV-Associated Neurocognitive Disorder (HAND). Retrieved from:
<https://www.caregiver.org/resource/hiv-associated-neurocognitive-disorder-hand/>

A man with a mustache, wearing a red t-shirt, is shown from the chest up. He is looking slightly to his right and has his right hand raised with fingers spread. The background is a blurred park scene with trees and a path. The entire image has a semi-transparent red overlay.

MODULE 4: STAYING HEALTHY

WHAT CAN WE DO?

- As stated before, research shows that adhering to ART can slow progression to HAND.
- While there is not data specific to HAND to support this, a healthy lifestyle, with exercise, a good diet, and limiting alcohol and tobacco, can lead to many reduced risks for diabetes, hypertension, heart disease, high cholesterol, and other conditions.
- These have been linked to poor health outcomes for people with HIV, including HAND.



WHAT DID WE LEARN?

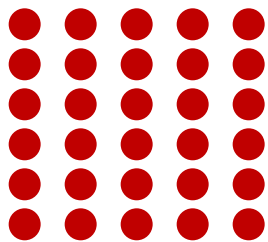
- HAND can be scary. But also, we can think of it in the context of our HIV disease.
- We all know ART manages our viral load. It can help us achieve viral suppression.
- Now we know it helps to manage HAND.
- One more reason to take ART as prescribed.



MINIMIZING HAND

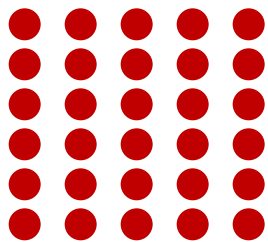
- Adhere to ART
- Viral suppression
- Be Healthy!





- [A Healthcare Provider's Guide to HIV-Associated Neurocognitive Disorder \(HAND\)](#). UCSF Weill Institute for Neurosciences
- Older Age and HIV-Associated Neurocognitive Disorder. American Academy of HIV Medicine [HIV-Associated Neurocognitive Disorder \(HAND\)](#). Family Caregiver Alliance.
- [HIV-Associated Neurocognitive Disorder \(HAND\)](#). Johns Hopkins HIV Guide

RESOURCES



THANK YOU!

**Facilitator: email address
NMAC magosto@nmac.org**