



# HIV 50+ STRONG & HEALTHY CARDIOVASCULAR DISEASE

A TRAINING BY

Michelle Lopez



# ZOOM LOGISTICS

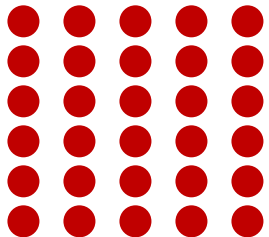
- Turn your camera on
- Don't put call on hold
- Mute your phone unless speaking
- Use hand signals
- Use the chat room



# INTRODUCTIONS

- Your name
- Your gender pronouns  
(he, them, ze, etc)
- Favorite exercise

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



# COMMUNITY PROMISES

**01.**

Be respectful of other viewpoints and experiences

**02.**

Be open to learning

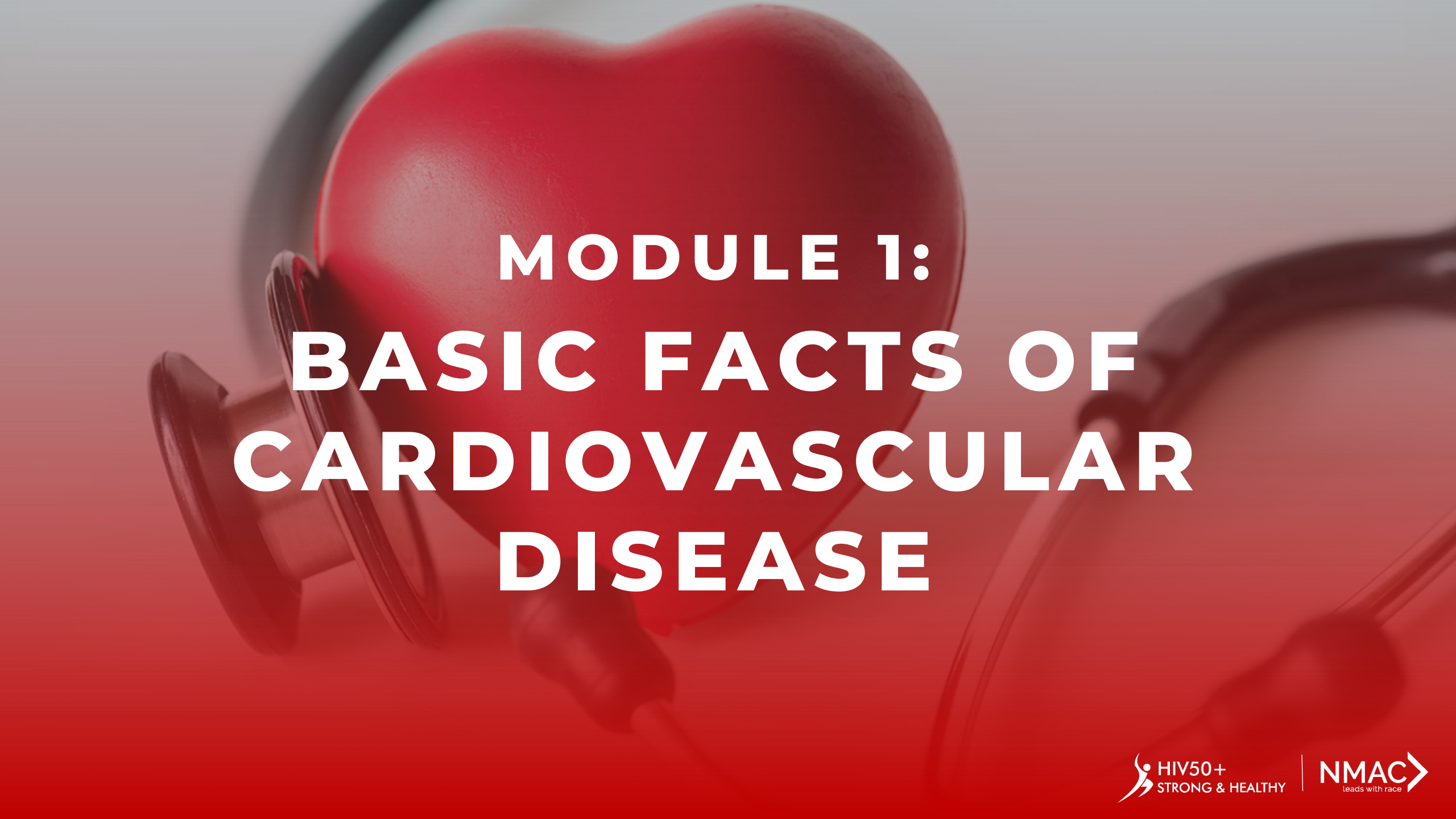
**03.**

Vegas Rule  
(what happens here, stays here)



# OUR **AGENDA**

- Basic Facts of Cardiovascular Disease
- HIV and Cardiovascular Disease
- Prevention
- Treatment Options
- Staying Healthy

A red heart is the central focus, with a stethoscope draped around it. The background is a solid red color with a subtle gradient.

# **MODULE 1: BASIC FACTS OF CARDIOVASCULAR DISEASE**

# CARDIOVASCULAR BASIC FACTS

- Cardiovascular disease, also known as heart disease, is a group of diseases that affect the heart and blood vessels.
- These diseases can affect one or many parts of the heart or blood vessels. To make it easier, I'm just going to refer to it as heart disease during this training.
- Almost half of all adults in the U.S. have some type of heart disease—or more than one type.
- Heart disease is the leading cause of death in the United States (and around the world).

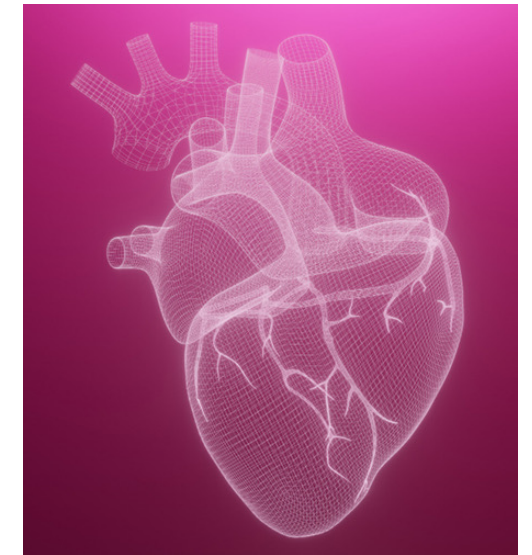


American Heart Association. What is Cardiovascular Disease? Retrieved from:  
<https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease>  
Cleveland Clinic. Cardiovascular Disease. Retrieved from:  
<https://my.clevelandclinic.org/health/diseases/21493-cardiovascular-disease>

# HOW DOES THE HEART WORK?

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- The heart has four chambers through which blood flows. There are also four heart valves that connect these chambers.
- When the heart valves are working normally, they keep blood flowing in only one direction.
- The valves work like swinging doors that open only one way – letting blood out (forward), but not back in.
- Normally, little or no blood is able to leak backward.
- If the valves are not working properly, more blood can go back in the direction it came from, or not enough blood goes forward, as it is supposed to.





# COMMON TYPES OF HEART DISEASE

- Heart attack
- Stroke
- Heart failure
- Arrhythmia
- Heart valve problems



# SOME CAUSES OF HEART DISEASE

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- High blood pressure
- High cholesterol
- Tobacco use
- Diabetes
- Family history of heart disease
- Lack of physical activity
- Obesity
- Diet high in sodium, sugar, and fat
- Overuse of alcohol



# SYMPTOMS OF HEART DISEASE

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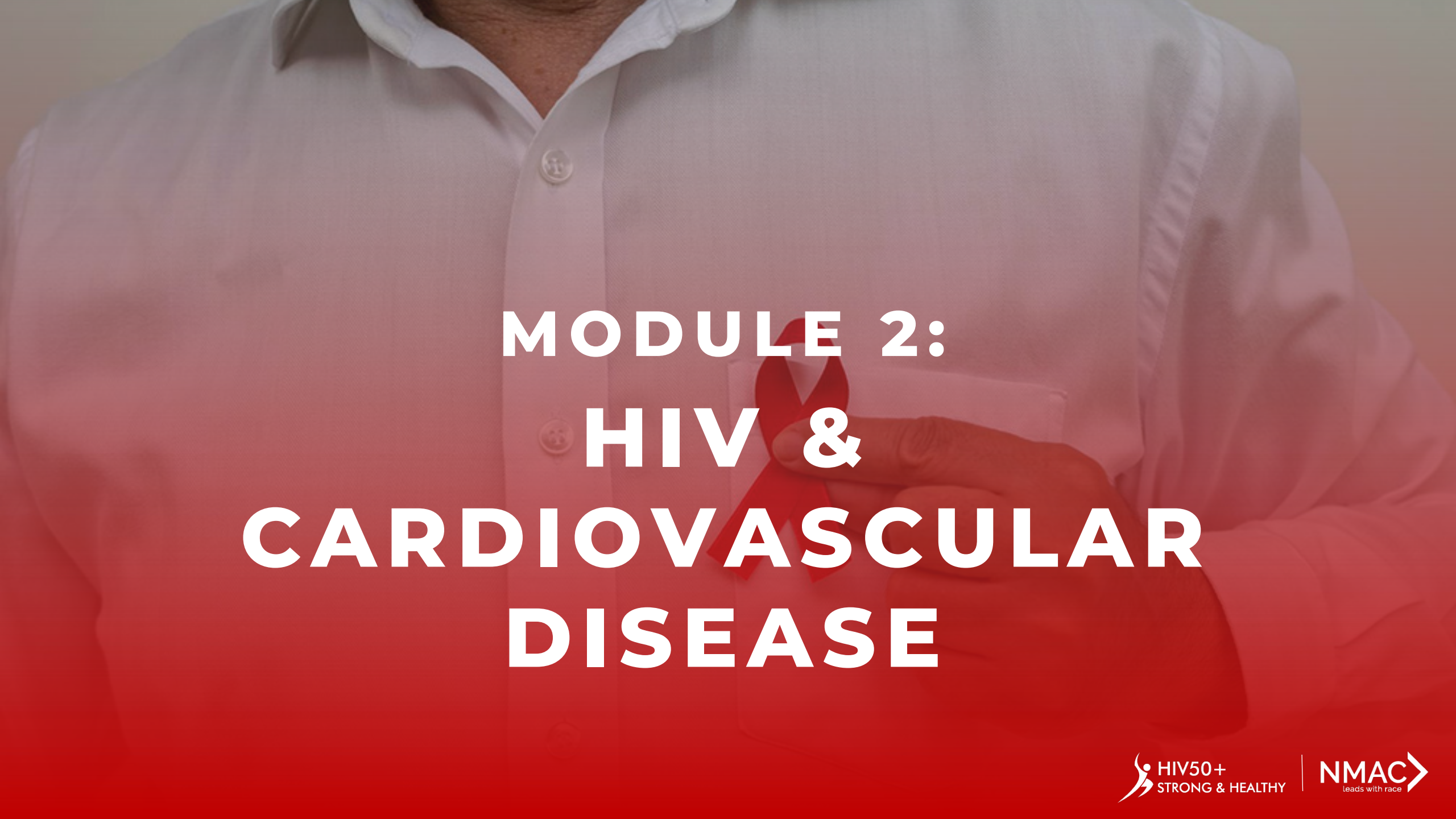
- High blood pressure
- High cholesterol
- Tobacco use
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# DIAGNOSIS OF HEART DISEASE

- Blood work
- EKG
- Ambulatory Monitoring
- Imaging (Echocardiogram, Cardiac CT, Cardiac MRI)
- Stress tests
- Cardiac catheterization



A person wearing a white button-down shirt is shown from the chest up. They are holding a red awareness ribbon in their right hand. The background is a soft, out-of-focus light color. The text is overlaid on the center of the image.

**MODULE 2:  
HIV &  
CARDIOVASCULAR  
DISEASE**

# ARE OLDER PEOPLE WITH HIV AT INCREASED RISK?

- With antiretroviral therapy, people with HIV are living longer—almost half of people with HIV are over 50 years of age.
- Researchers have found that people with HIV experience age-related diseases, like heart disease, at a younger age.
- These conditions, like heart disease, account for most deaths among older people with HIV.



#### Citations:

IAS-USA. Aging and HIV Infection: Focus on Cardiovascular Disease Risk.

Retrieved from: <https://pubmed.ncbi.nlm.nih.gov/32224501/>

# OTHER RISK FACTORS FOR PEOPLE WITH HIV

- Smoking is a significant risk factor for heart disease. Approximately 40 percent of people with HIV in the U.S. smoke.



JAMA. Lung Cancer Mortality Associated with Smoking and Smoking Cessation among People Living with HIV in the United States. Retrieved from: <https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/2653450>

# MORE RESEARCH IS NEEDED

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- We are the first generation aging with HIV. More research is needed on how HIV disease is related to aging. And how HIV relates to heart disease.



JAMA. Lung Cancer Mortality Associated with Smoking and Smoking Cessation among People Living with HIV in the United States. Retrieved from: <https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/2653450>



A woman with short grey hair is sitting in a meditative lotus position in a garden at night. She has her eyes closed and a serene expression. The background is filled with lush green plants and warm, glowing string lights. The entire image is overlaid with a semi-transparent red filter.

# MODULE 3: PREVENTION

# PREVENTING HEART DISEASE

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- Avoid tobacco
- Manage other health conditions (e.g., diabetes, high blood pressure)
- Maintain a healthy weight
- Healthy diet (low in saturated fat and sodium)
- Daily exercise
- Manage stress





**ABOUT SMOKING  
CESSATION:**

**YOU CAN DO IT!**

A doctor in a white coat and blue tie is holding a large, glowing red heart with both hands. The background is a blurred clinical setting with a scale visible on the left. The entire image has a semi-transparent red overlay.

**SEE YOUR DOCTOR!**

*Talk to them about your concerns*

A top-down view of medical supplies including a stethoscope, a clipboard with a red heart sticker, a pen, and a pill blister pack, all on a red-to-orange gradient background.

# MODULE 4: TREATMENT OPTIONS

A top-down view of medical supplies on a light-colored wooden surface. A clipboard with a silver clip is positioned diagonally. A stethoscope is draped over the clipboard. Several blister packs of pills are scattered around, some containing orange and white capsules. A pen is also visible near the bottom center.

# MEDICATIONS

There are many medications to treat heart disease, depending on the type. As people with HIV, our doctors will have to take possible drug-drug interactions into consideration.

# PROCEDURES OR SURGERIES

There are procedures or surgeries that are used to treat heart disease. These include stents or various types of heart surgeries, such as open-heart surgery.

# CARDIAC REHABILITATION

- If you have had heart-related issues, need heart surgery, or have not been able to make the lifestyle changes to reduce your risk, your doctor may recommend cardiac rehabilitation.
- Cardiac rehabilitation helps to strengthen the heart. It involves monitored exercise and nutritional counseling to help you toward a healthier diet.



Cleveland Clinic. Cardiovascular Disease. Retrieved from:  
<https://my.clevelandclinic.org/health/diseases/21493-cardiovascular-disease>





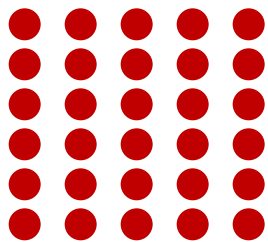
**MODULE 5:  
STAYING HEALTHY**

# MAKE LIFESTYLE CHANGES!

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- Stop smoking
- Manage other health conditions.
- Maintain a healthy weight
- Healthy diet
- Regular exercise—daily if possible
- Manage stress





American Heart Association.  
Healthy Living Website

<https://www.heart.org/en/healthy-living>

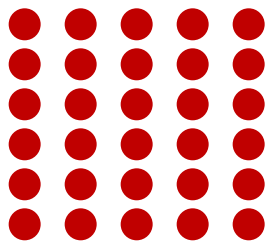
CDC. Prevent Heart Disease Website

<https://www.cdc.gov/heartdisease/prevention.htm>

NIH. National Heart, Lung, and Blood  
Institute Website

<https://www.nhlbi.nih.gov/>

# RESOURCES



**THANK YOU!**

**Facilitator: email address  
NMAC [magosto@nmac.org](mailto:magosto@nmac.org)**