



December 18, 2023

Dear Colleagues:

This correspondence is sent on behalf of the Miami-Dade HIV/AIDS Partnership's Medical Care Subcommittee who is charged with reviewing medical care, oral health care, and the provision of prescription drugs for the local Ryan White Program. The Subcommittee asks for your consideration of issues faced by clients who are 50 years of age. Comprehensive care for individuals living with HIV extends beyond managing their viral load and immune function. HIV positive individuals face unique health challenges and are at an increased risk of developing certain conditions. Engaging in preventive health measures, such as cancer screening and vaccinations, are of paramount importance for overall well-being.

We recommend that practitioners advise clients to engage in preventive services to maintain their overall well-being, to attend appointments, and to work with their team of medical providers to ensure the best quality of health as they age.

The Florida Department of Health Epidemiological Profile data for 2021 indicates 57% of people with HIV are over 50 years of age. Locally, in 2022, Ryan White Program clients over 50 years of age comprised 41.4% of the total client population. As many of you may be aware, due to advances in treatment protocols, people with HIV are living longer. However, from a biological perspective, a person with HIV ages more rapidly than a person without HIV, which may lead to an earlier onset of co-occurring conditions¹.

We recommend that practitioners address possible age-related physical and cognitive health problems sooner in the course of treatment for people with HIV compared to the standard population.

References and recommendations for practitioners can be found on the Miami-Dade County Ryan White Program Minimum Primary Medical Care Standards at <https://www.miamidade.gov/grants/library/ryanwhite/section-III-miami-primary-medical-care-standards.pdf>. Additional information can also be found on the American Academy of HIV Medicine website <https://aahivm.org/hiv-and-aging/>.

By working together and addressing preventive health services, particularly for our clients over 50 years of age, we can enhance the lives of people with HIV and contribute to healthier communities. Please share this letter widely within your network and with interested parties. Thank you for your unwavering dedication to providing exceptional care.

Sincerely,

Robert Goubeaux, D.O., Medical Care Subcommittee Chair

1. <https://newsroom.ucla.edu/releases/ucla-research-links-hiv-to-age-accelerating-cellular-changes>