



La **prevenzione** delle comorbidità, tra dire e fare:
stili di vita e vaccinazioni

DOTT. LUCIANO CARANI

CLINICA DI MALATTIE INFETTIVE, DIPARTIMENTO DI SCIENZE MEDICHE, UNIVERSITÀ DEGLI STUDI DI
TORINO

Che cosa è la salute?

**«UNO STATO DI TOTALE
BENESSERE FISICO,
MENTALE E SOCIALE»
E NON SEMPLICEMENTE
“ASSENZA DI MALATTIE O
INFERMITÀ”.**

- Tra le comorbilità che influenzano in modo preponderante la PLWH si riconoscono problemi di **salute mentale** (in particolare depressione e disturbi d'ansia), **cardiovascolari**, polmonari, epatici, **metabolici**, **neoplastici**, renali, ossei, disturbi del sistema nervoso centrale e **disfunzioni sessuali** (compresi i cambiamenti legati all'età come la menopausa).
- PLWH potrebbe aver bisogno di una revisione più frequente da parte del proprio **medico di base** incoraggiando l'istituzione di accordi formali di **assistenza condivisa** per ottimizzare la gestione delle comorbilità e prevenire **interazioni farmaco-farmaco** indesiderate.
- Tali circostanze possono richiedere una valutazione multidisciplinare multidimensionale completa di "tipo geriatrico" volta a catturare in modo appropriato il le capacità e azioni mediche, psicosociali e funzionali del **PLWH più anziano**.

INTERVENTI SUGLI STILI DI VITA:

Prevenzione del rischio cardiovascolare

Dietary counselling

- Dietary intervention should not interfere with the dietary requirements necessary for appropriate absorption of ART drugs (e.g. maintaining sufficient calorie intake for RPV).
- Keep caloric intake balanced with energy expenditure
- Limit intake of saturated fat, cholesterol and refined carbohydrates
- Reduce total fat intake to < 30% and dietary cholesterol to < 300 mg/day
- Emphasise intake of vegetables, fruit and grain products with fibre
- Cut back on beverages and foods with added sugar
- Choose and prepare foods with little or no salt. Adequate intakes of salt in adults have been estimated mostly around 3 g/day
- Emphasise consumption of fish, poultry (without skin) and lean meat
- Consider referral to dietician, one-week food and drink diary to discover 'hidden' calories
- Avoid binge eating ('yo-yo dieting')
- In persons with HIV-related wasting and dyslipidaemia, address wasting first and consider referral to dietician
- Persons who are obviously overweight should be motivated to lose weight. Starvation diets are not recommended (immune defence mechanisms potentially decreased). Malnutrition has to be addressed where observed. Normal BMI range: 18.5-24.9; Overweight: 25.0-29.9, Obesity: > 30.0 kg/m²

- The following questions are helpful to determine average alcohol intake

1. How often do you drink alcohol: never, ≤ 1/month, 2-4x/month, 2-3x/week, > 4x/week
 2. If you drink alcohol, how much typically at a time: 1-2, 3-4, 5-6, 7-9, > 10 drinks
 3. How many times do you have 6 or more alcoholic drinks at one occasion: never, < 1/month, 1x/month, 1x/week, more or less daily
- Intake of alcohol should be restricted to no more than one drink per day for women and two drinks per day for men (< 20-40 g/day)
 - In particular, persons with hepatic disease, see [NAFLD](#), adherence problems, inadequate CD4 count increase, tumours, past tuberculosis, diarrhoea and other conditions associated with high alcohol intake should be motivated to decrease or stop alcohol intake

Exercise promotion

- Promote active lifestyle to prevent and treat obesity, hypertension and diabetes
- Encourage self-directed moderate level physical activity (take the stairs, walk to work, cycling, swimming, hiking, etc.)
- Emphasise regular moderate-intensity exercise rather than vigorous exercise
- Achieve cardiovascular fitness (e.g. 30 minutes brisk walking > 5 days a week)
- Maintain muscular strength and joint flexibility

SMETTERE DI FUMARE...

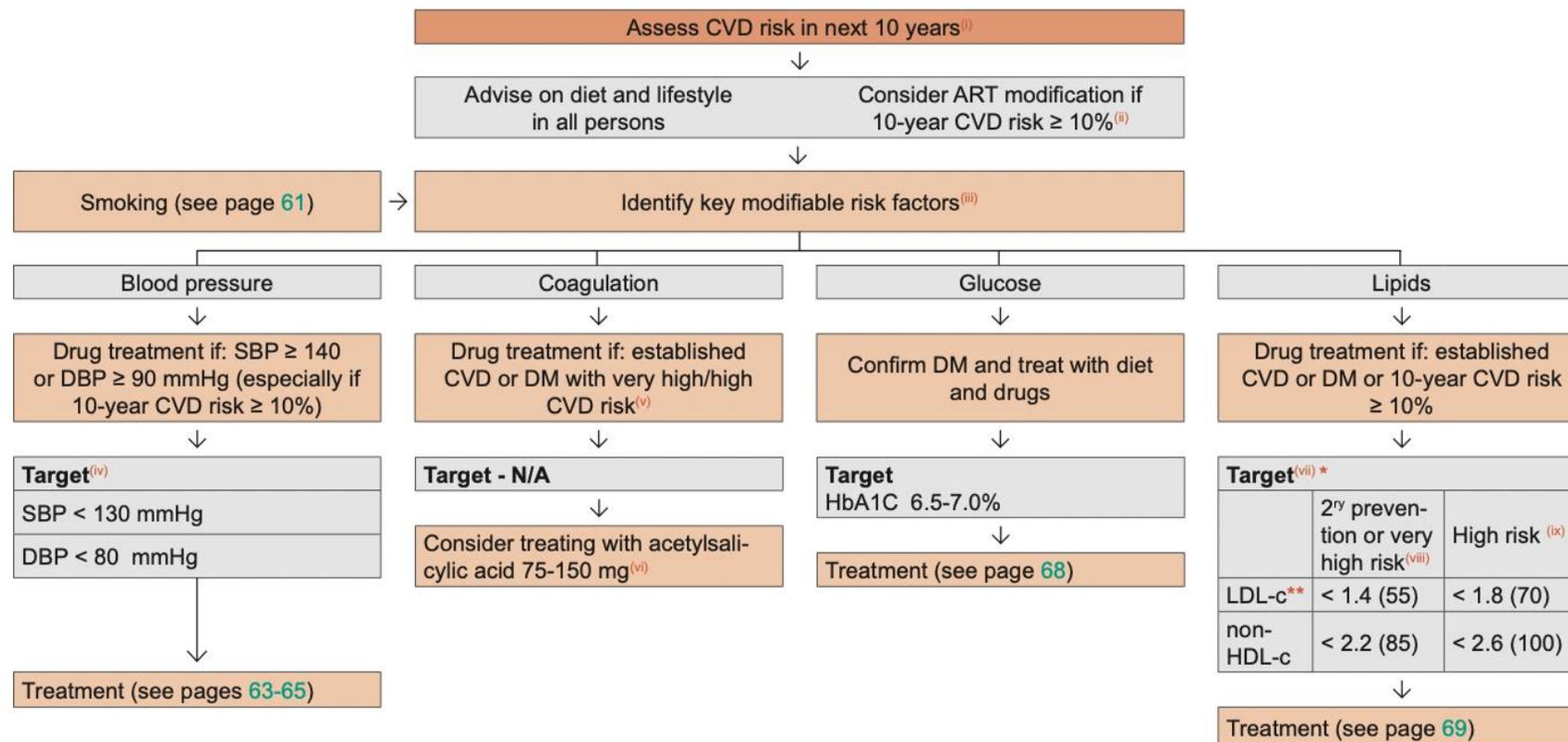
Aumenta l'aspettativa di vita di circa 10 anni

- **VALUTAZIONE ASCVD: RISCHIO DI SVILUPPARE EVENTI CARDIOVASCOLARI A 10 ANNI;**
- *OPPURE*
- ***D:A:D (R) CVD 5 AND 10 YEAR RISK SCORE* tiene in considerazione anche i CD4;**
- **ESISTONO AD OGGI MOLTI APPROCCI FARMACOLOGICI (CONTATTO DIRETTO CON IL CENTRO ANTIFUMO).**

Prevention of Cardiovascular Disease (CVD)

Principles:

The intensity of efforts to prevent CVD depends on the underlying risk of CVD, which can be estimated⁽ⁱ⁾. The preventive efforts are diverse in nature and require involvement of a relevant specialist, in particular if the risk of CVD is high and always in persons with a history of CVD.



* Fasting or non-fasting samples may be used

** and ≥ 50% reduction from baseline

VACCINAZIONI

- **HEPATITIS A (HEPA)** > 2 doses 6–18 months apart.
 - **HEPATITIS B (HEPB)** > depending on serology
 - **HUMAN PAPILLOMA- VIRUS (HPV)** > 3 doses over a 6-month period
 - **INFLUENZA (FLU)** > every fall
 - **MENINGOCOCCAL ACWY (MENACWY)** >2 doses are given 8 weeks apart, followed by a booster dose every 5 years
 - **MENINGOCOCCAL B (MENB)** > 2 dose 1 month apart
 - **PNEUMOCOCCAL (PPSV23; PCV15, PCV20)** > every 5 years
 - **TETANUS, DIPHTHERIA, PERTUSSIS (TDAP, TD)** > every 10 years
- ...
- **COVID-19 (SARS-COV2)** > 4TH dose in progress
 - **ZOSTER (SHINGLES)** > 2 doses 2 months apart
 - **MONKEYPOX** > 2 doses 28 days apart

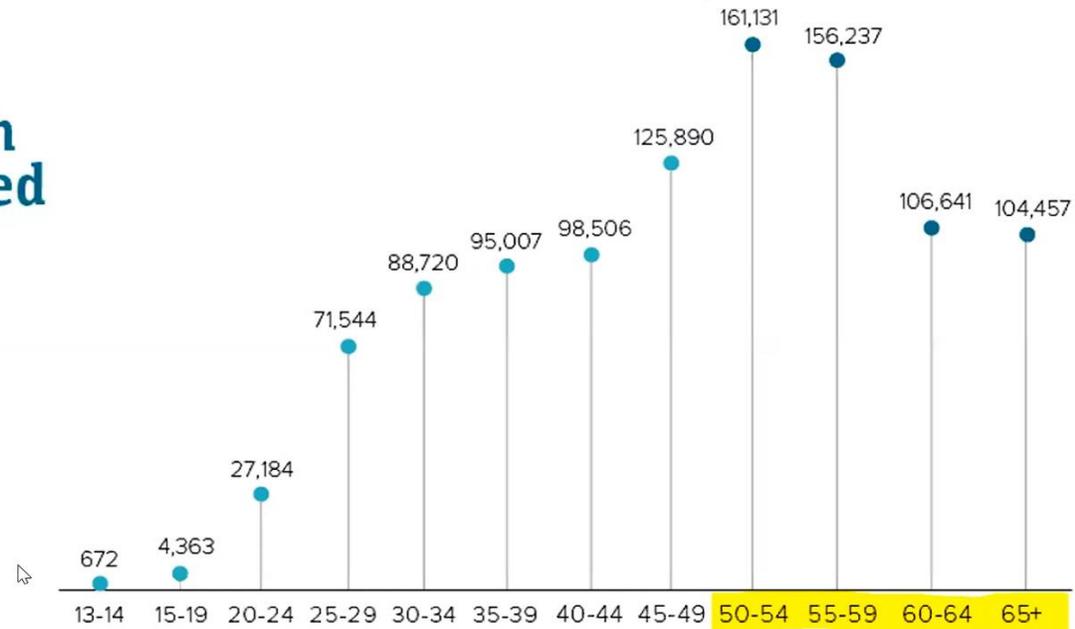
HIV, infezione da

(per la classificazione immunologica vedi Allegato B2)

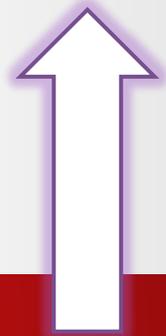
- nel ricevente

BCG	no
Febbre gialla	no vedi nota 1
RV	no vedi nota 2
Ty21a	no vedi nota 3
MPR	vedi nota 4
Rabbia	vedi nota 5
Rosolia	vedi nota 4
VZV	vedi nota 6
Ep.B	sì vedi nota 7
Influenza	sì vedi nota 8
T	sì vedi nota 9
tutti gli altri	sì vedi nota 10

Over half of people with diagnosed HIV were aged 50 and older.



Source: CDC. Diagnoses of HIV infection in the United States and dependent areas, 2018 (updated). *HIV Surveillance Report* 2020;31.



A complex, layered illustration in shades of gray and black. It features multiple faces, some partially obscured by thick, flowing ribbons that spiral and twist around them. Numerous small, shaded spheres of varying sizes are scattered throughout the composition, some appearing to float in the background. The overall style is reminiscent of a detailed woodcut or a fine-line drawing. The text 'GRAZIE DELL'ATTENZIONE' is overlaid in the center in a bold, red, outlined font.

**GRAZIE
DELL'ATTENZIONE**