

Treatments and Co-morbidities in German Female HIV-infected Patients 2015 - a comparison to 2008

Knecht G, Graefe K, Steib-Bauert M, Jessen A, Jessen H, Fischer S,
Roemer K, Hanhoff N, Usadel S

for The German Association of Female Physicians Specialized in
HIV Care (3A-dagnä)



Background

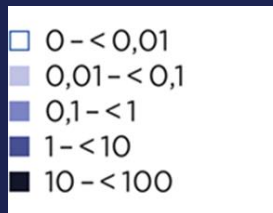
HIV-care in Germany in 2014

- 83 400 HIV-infected persons
- 12 800 women - 480 new infections
- 90% have access to health care through statutory health insurance (by act of law since 1884)
- free choice of physicians + hospitals
- Continued payment of income (60%) in case of illness
- Continued access to health care during unemployment

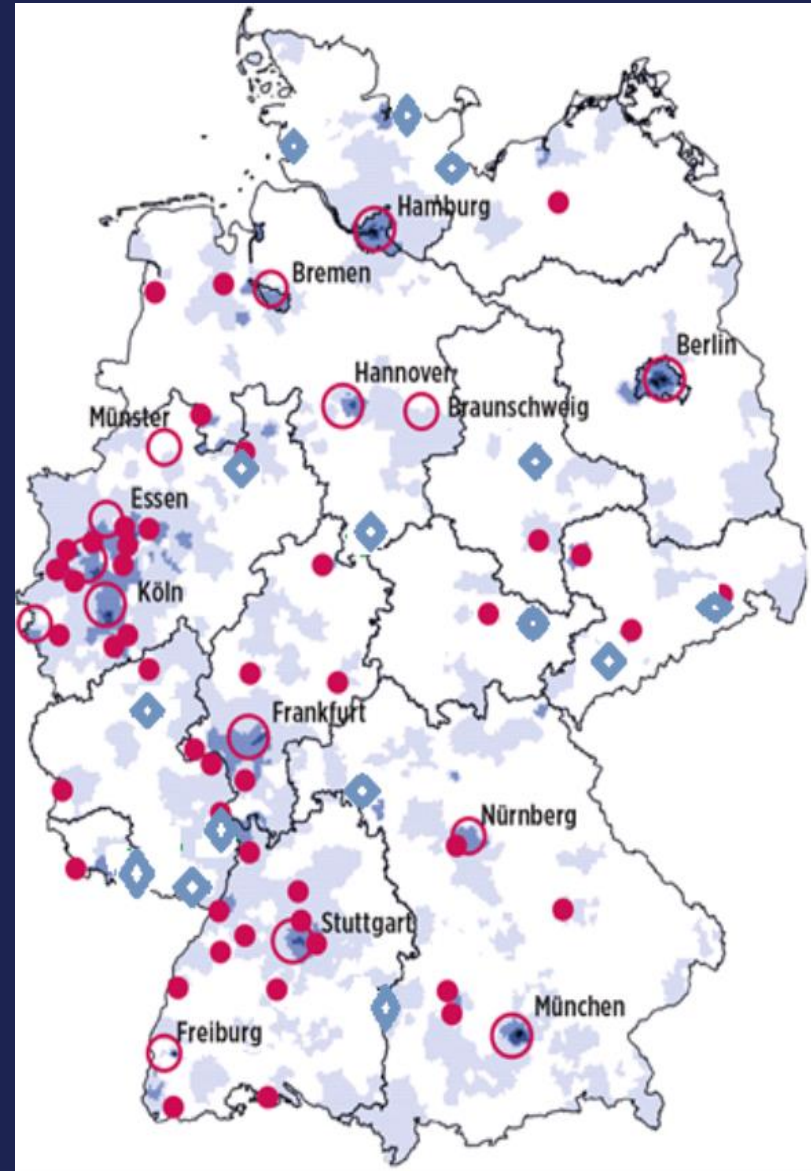
300 HIV-specialized physicians

180 HIV-specialized private practices

20 outpatient clinics



Incidence per
 100.000 inhabitants



Objectives

- to characterize HIV-infected women in Germany
- to evaluate antiretroviral therapy (ART): use and co-morbidities
- to compare results to those of a similar analysis in 2007/8
- to further identify special requirements of this particular patient population

Methods

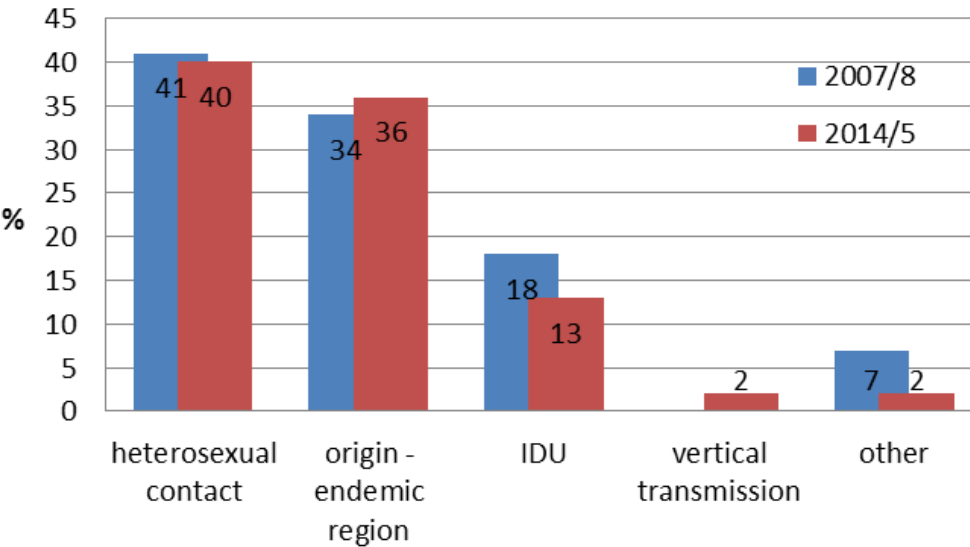
- Cross-sectional multicentre evaluation
HIV-positive women receiving medical care in Germany
October 2014 to November 2015
- Invitation to participate
All HIV-specialty practices + ambulatory care centres in Germany
- Anonymous Online questionnaire
- Comparison of results to a similar analysis 2008

Results – Sociodemographics

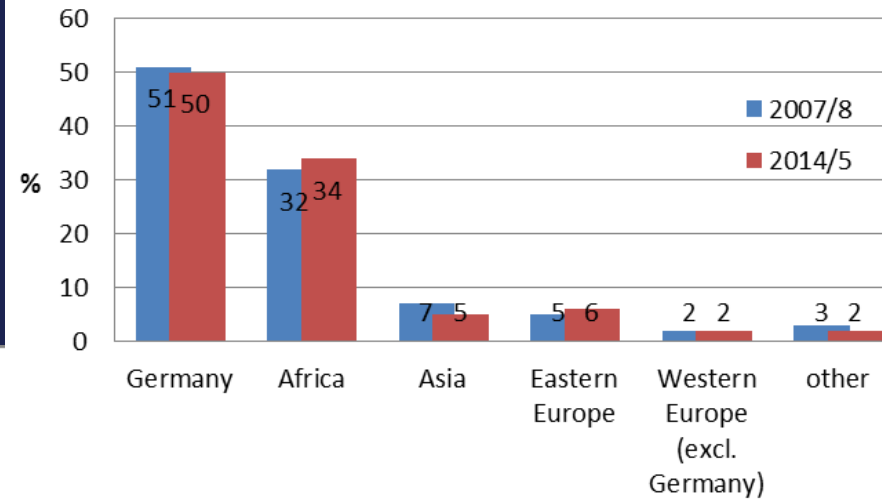
- 781 HIV-positive women (from 11 centres nation-wide)
- mean age = 45 years (vs. 39.6 years in 2007/8)
- cigarette use – 30% alcohol – 3.9% illicit drug – 4.6%
- 67% are in a relationship
 - of which 65% are HIV-discordant
- 61% have child(ren)
 - 21% of these women have ≥ 3 children
 - 12% of these women have ≥ 3 minor-aged children
 - 67% of the children are living in the house-hold
 - 27% of these women are single-parenting

Results – Baseline Characteristics

Route of Transmission



Region of Origin



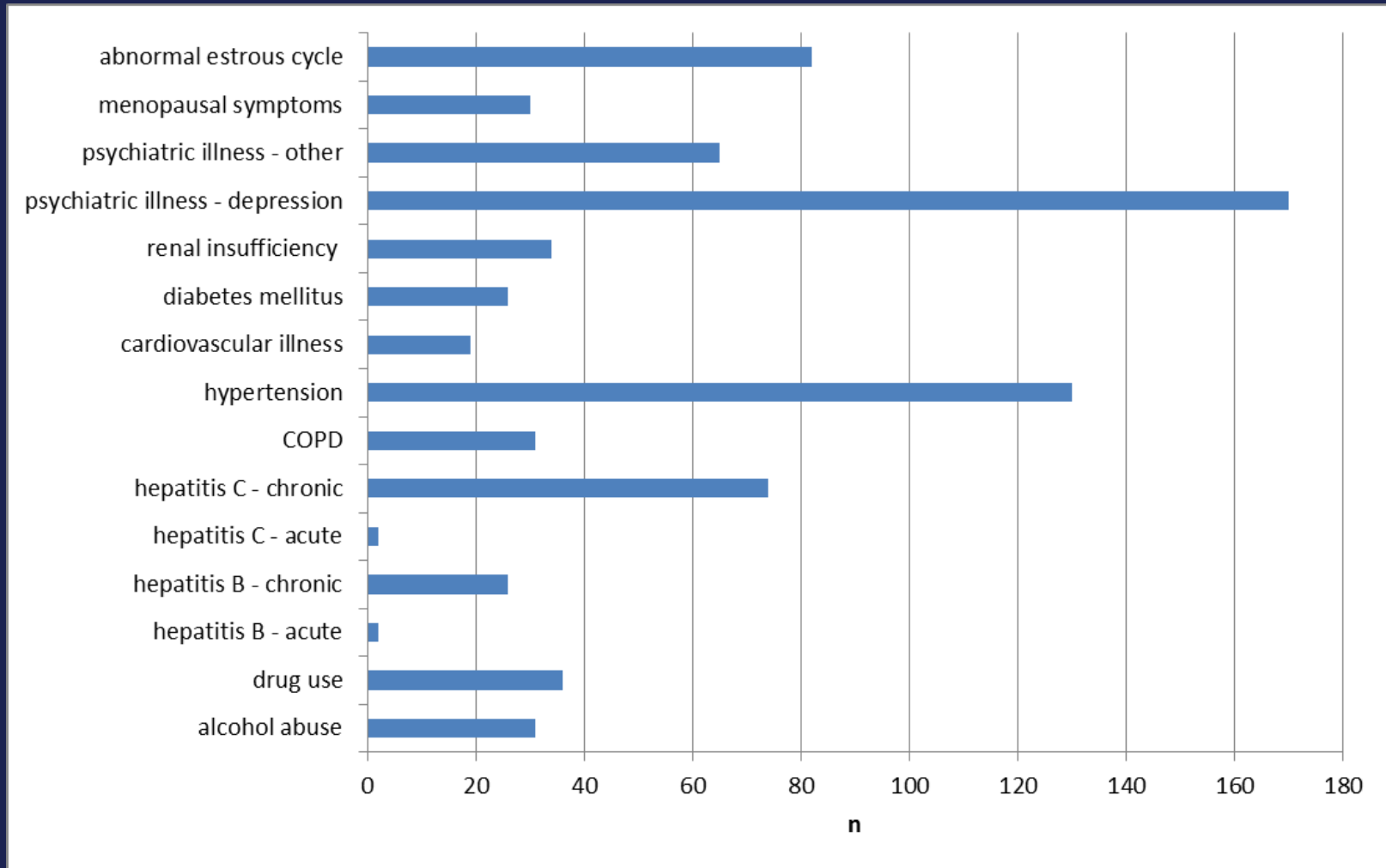
Results – Infection

- HIV-Subtype (documented for n=369)
 - B – 56%
 - C – 12%
- 13.5% CDC stage C3 at time of HIV-diagnosis (documented for n=697)
(vs. 22.9% in 2007/8)
- 22.8% with a history of a total of 270 AIDS-defining illness(es)
 1. P. jirovecii infections
 2. esophageal candidiasis
 3. mycobacterial infections
 4. toxoplasmosis

Results – Co-morbidities 1

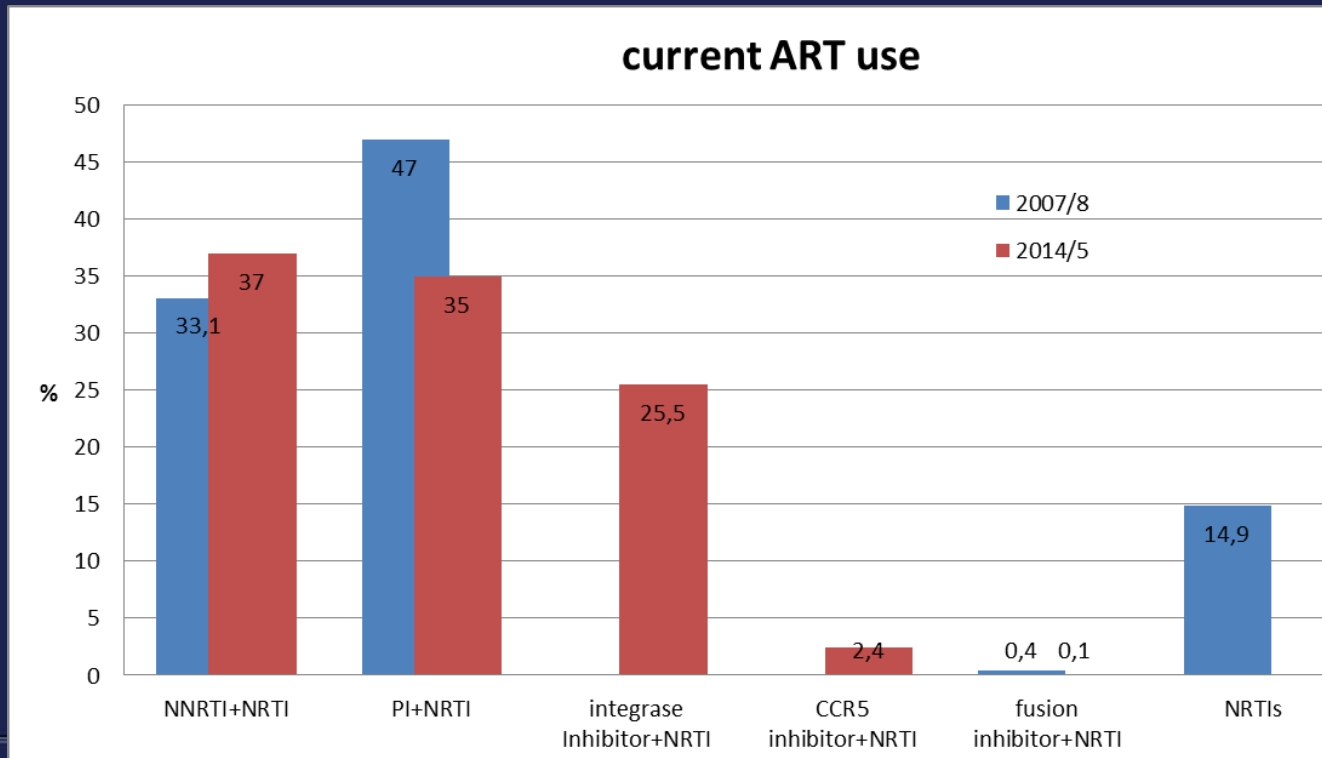
- 59.4% of women reported co-morbidities (vs. 58.3% in 2007/8)
 - 30% - psychiatric conditions especially depression
 - 17% - hypertension – correlated with age, but not ethnic background
 - 11% - an abnormal estrous cycle – correlated with age*
 - 13% - co-infection with hepatitis B/C

Results – Co-morbidities 2



Results – ART 1

- 91% of women were currently on ART (77% in 2008)
- 16% started ART due to pregnancy

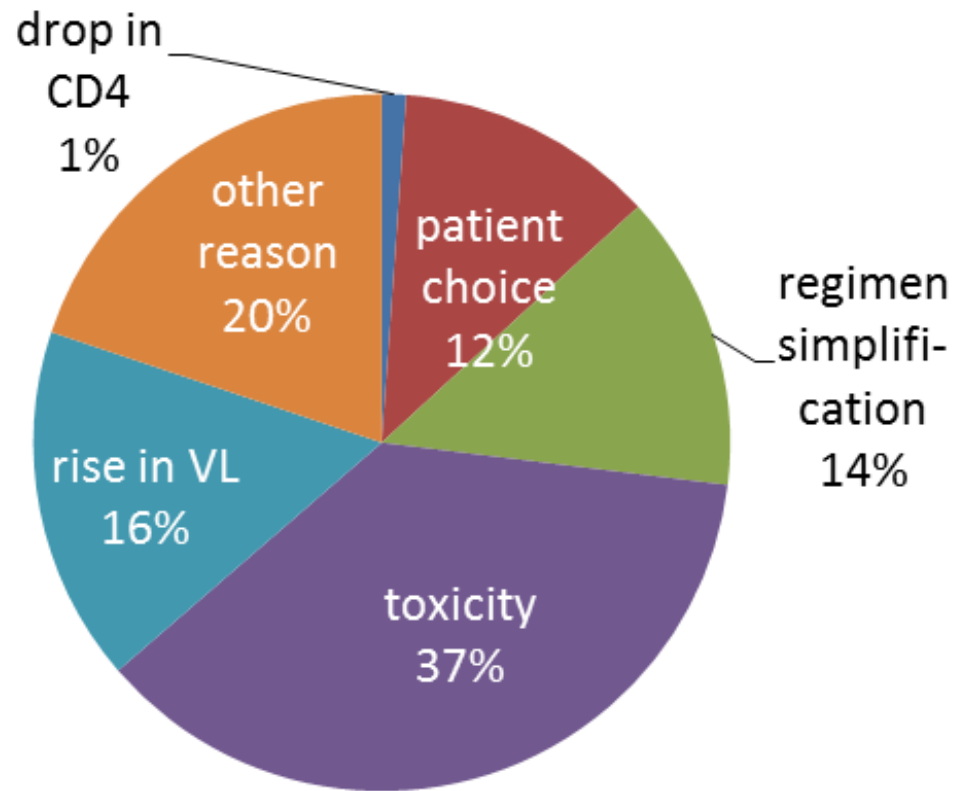


Results – ART 2

	2007/08	2014/15
• HIV-1 RNA<50 copies/ml	48%	88%
• HIV-1 RNA<400 copies/ml	82%	97%
• median detectable viral load in treated women	34.802 copies/ml	68 copies/ml [IQR: 38-350]
• median CD4 cell count	489 cells/ μ l	621 cells/ μ l [IQR: 437-828]
• median CD4 percent	n/a	33% [IQR:26-39]

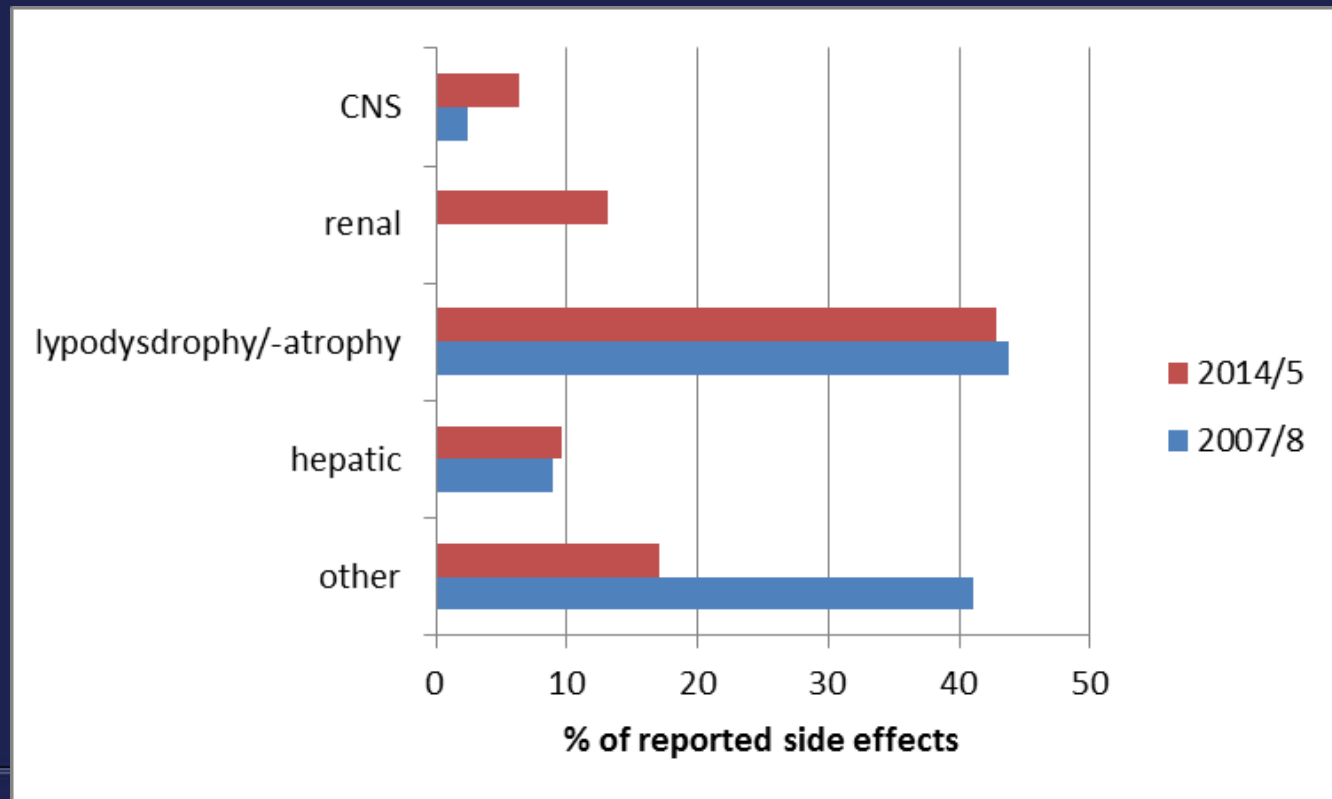
Results – ART 3

- reasons for ART discontinuation



Results – ART – toxicity

- 29.3% of ART-experienced women reported ≥ 1 side effect
- those suffering from lypodys- or atrophy were ART-treated for a mean of 16.4 years (compared to 11 years overall, $p < 0.0001$)



Conclusions 1

- Improvement in the treatment of HIV-infected women in Germany since 2008 as reflected by an increase in
 - the number of ART treated HIV-positive women in Germany
 - the number of successfully treated women
- We attribute this to
 - an increasing awareness of women issues in this field
 - specific measures taken in the meantime with positive outcomes
 - the updates in treatment guidelines
 - novel treatment options

Conclusions 2

- Women continue to face specific challenges:
 - one-third have a migration background and need to adapt to a different society
 - ~ two-thirds have children; ~one-quarter are single-parenting
 - ~ one-half live in an HIV-discordant relationship
 - ~ two-thirds have co-morbidities
 - ~ one-third suffer from psychiatric illnesses, eg. depression
 - ~ one in seven are co-infected with hepatitis C
- Care-givers and the health care system need to be aware of these challenges in order to be able to respond to the special needs of this patient population



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HELPINGHAND
 Ein Projekt zur Patientenschulung und Begleitung
 von HIV-Patienten mit Migrationshintergrund



XXella

Ein Samstag für Frauen

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Correspondence

dagnä e.V. – 3A

The German Association of Physicians specialized in HIV Care

Nürnberger Str. 16, 10789 Berlin, Germany

verein@dagnae.de