

# Lifestyle Counseling



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# Lifestyle Counseling

- **Case study**
- **HIV anno 2014**
- **Lifestyle related risk factors**
- **The role of counseling**
- **HIV & aging**
- **Conclusions**

# Case report: Paul

- **Homosexual male, born 1959**
- **Single**
- **Hiv seroconversion Aug 1988**
- **183 cm - 71 kg (BMI 20)**
- **Power training**

# Medication history

- 1990 AZT monotherapy
- 1993 d4T monotherapy
- 1995 AZT + ddI
- 1996 AZT+ 3TC
- 1997 AZT+ 3TC + amprenavir
- 1997 d4T + ddI + saquinavir/ritonavir
- 1998 d4T + ddI + ABC + EFV + hydroxyurea
- 2003 TDF + ABC + EFV
- 2007 TDF + ABC + ATV/r
- 2013 ABC/3TC + ATV/r + MVC

→ VL always undetectable      CD4 cells > 800/mm<sup>3</sup>

# Clinical course

- 1998      **lipodystrophy**
  - body weight
  - vitamines/magnesium/brewer's yeast
  - hypercaloric suppletion 350 kCal/day
- 1999
  - nandrolon IM twice
- 2000      **hyperlipidaemia**
  - ¼ l cream/day, butter
  - silicone instillation in the face
  - sees a psychiatrist 2x/week
- 2001      **syphilis**
- 2003      acute **hepatitis C**

- 2004      **diabetes type 2**
- 2006      **depression**
  - isolation
  - ashamed about his appearance (60kg BMI 18)
  - addicted to cyber sex
- 2007      **syphilis**
- 2009      **suicidal thoughts**
- 2012      **nephrotoxicity**
- 2013      **polyneuropathy**
- 2013      **syphilis**

# Case Report Paul: in summary

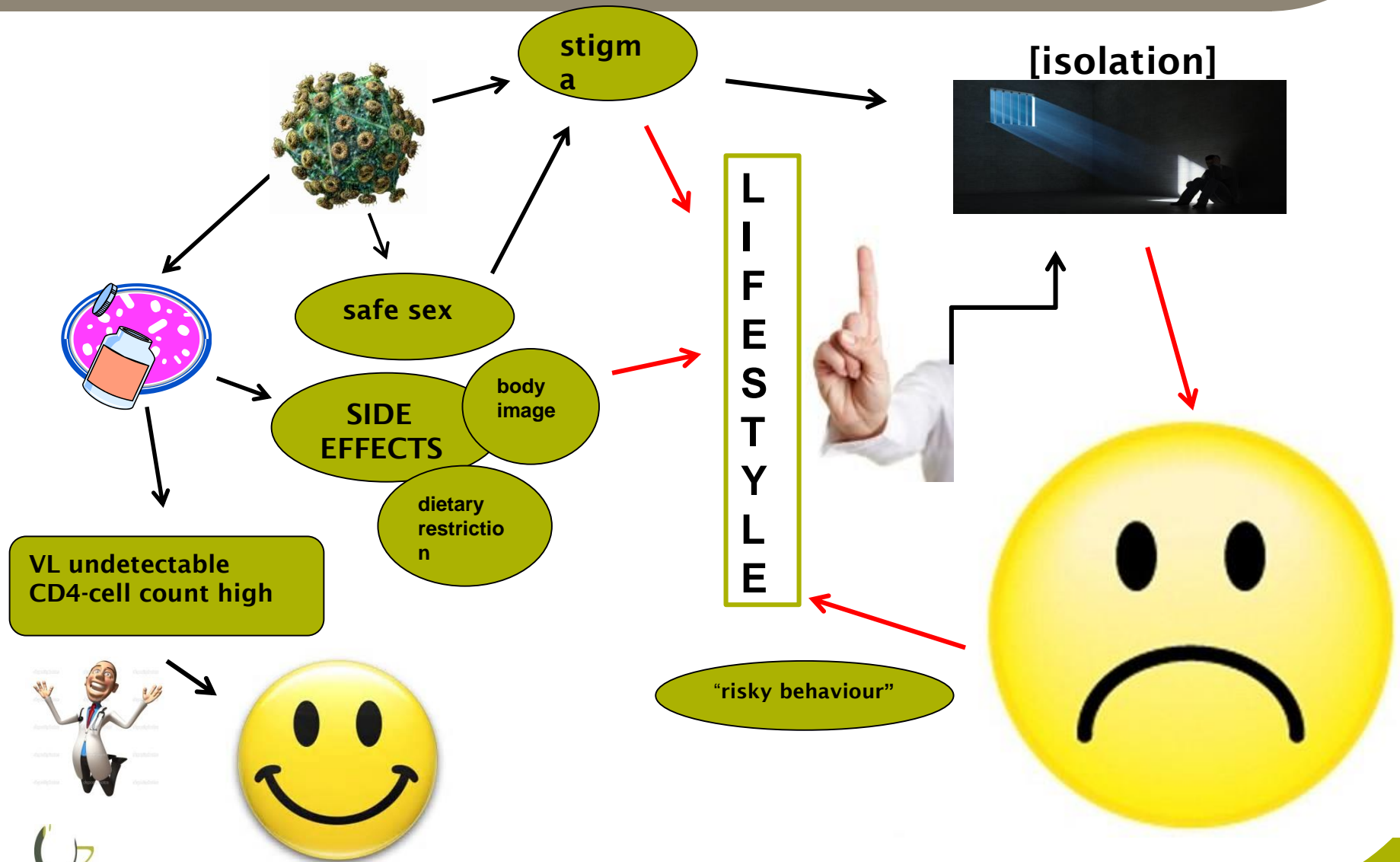
- **HIV-infected patiënt under cART**
  - cART well tolerated
  - suppressed VL
  - normal CD4-cell count
- **Clinical course complicated by**
  - chronic hepatitis C
    - treated with IFN + ribavirine
    - stop after 24 w as “non-responder”
  - diabetes mellitus (R/ metformin – gliquidone)
  - lipodystrophy with hypercholesterolaemia (R/ diet)
  - recurrent STD
  - depression



***How well is Paul treated?***



# A matter of balance ...



# HIV anno 2014

- **Changing clinical profile of hiv since cART**  
→ a chronic disease with increased survival
- **Implicating ...**  
→ more general health problems
  - chronic inflammation < hiv-infection
  - treatment
  - lifestyle decisions→ more risk of multiple comorbidities at younger age
- **And implicating ...**  
→ a shift in treatment goals  
→ a shift in representation of age categories

# Comorbidities

- **Cardiovascular disease**
- **Diabetes**
- **Renal disease**
- **Bone disease**

→ **Lifestyle-related chronic conditions**

# Lifestyle

- **‘A way of life or style of living that reflects the attitudes and values of a person or group’  
(dictionary)**
- **‘A pattern of individual practices and personal behavioural choices that are related to elevated or reduced health risk’  
(public health)**
- **The aggregation of decisions by individuals which affect their health, and over which they more or less have control.**

# Comorbidities

- **Cardiovascular disease**
  - **Diabetes**
  - **Renal disease**
  - **Bone disease**
- **Lifestyle-related chronic conditions**
- **Modifiable lifestyle related risk factors**

# Lifestyle related risk factors

- **Cigarette smoking**
- **Recreational drug use**
- **Alcohol intake**
- **Reduced physical activity**
- **Body composition (obesity)**
- **Blood pressure**
- **Dyslipidaemia**

# The role of counseling

- **Core element in holistic model of health care**
- **Determining whether lifestyle puts the individual at risk**
  - adherence
  - weight
  - blood pressure
  - smoking
  - ...
- **Overview of basic lifestyle modifications**
- **Assist patient in making well informed choices with respect to their lifestyle**
- **To promote health and manage disease**
- **Staying healthy**

# Staying healthy

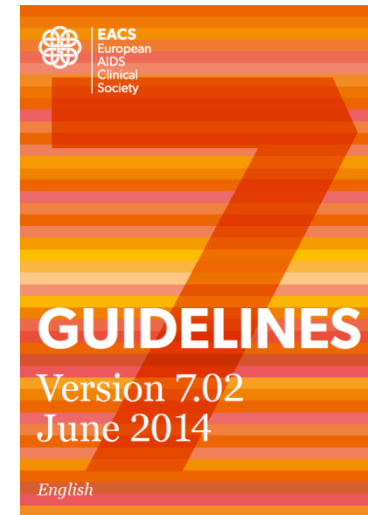
- **Mental health**
  - self confidence
  - depression
  - anxiety
- **Eating & drinking**
  - nutrition & hiv
  - supplements
- **Alcohol & drugs**
- **Exercise**
- **Sleep**
- **Sex**
- **Co-infection**
- **Aging**



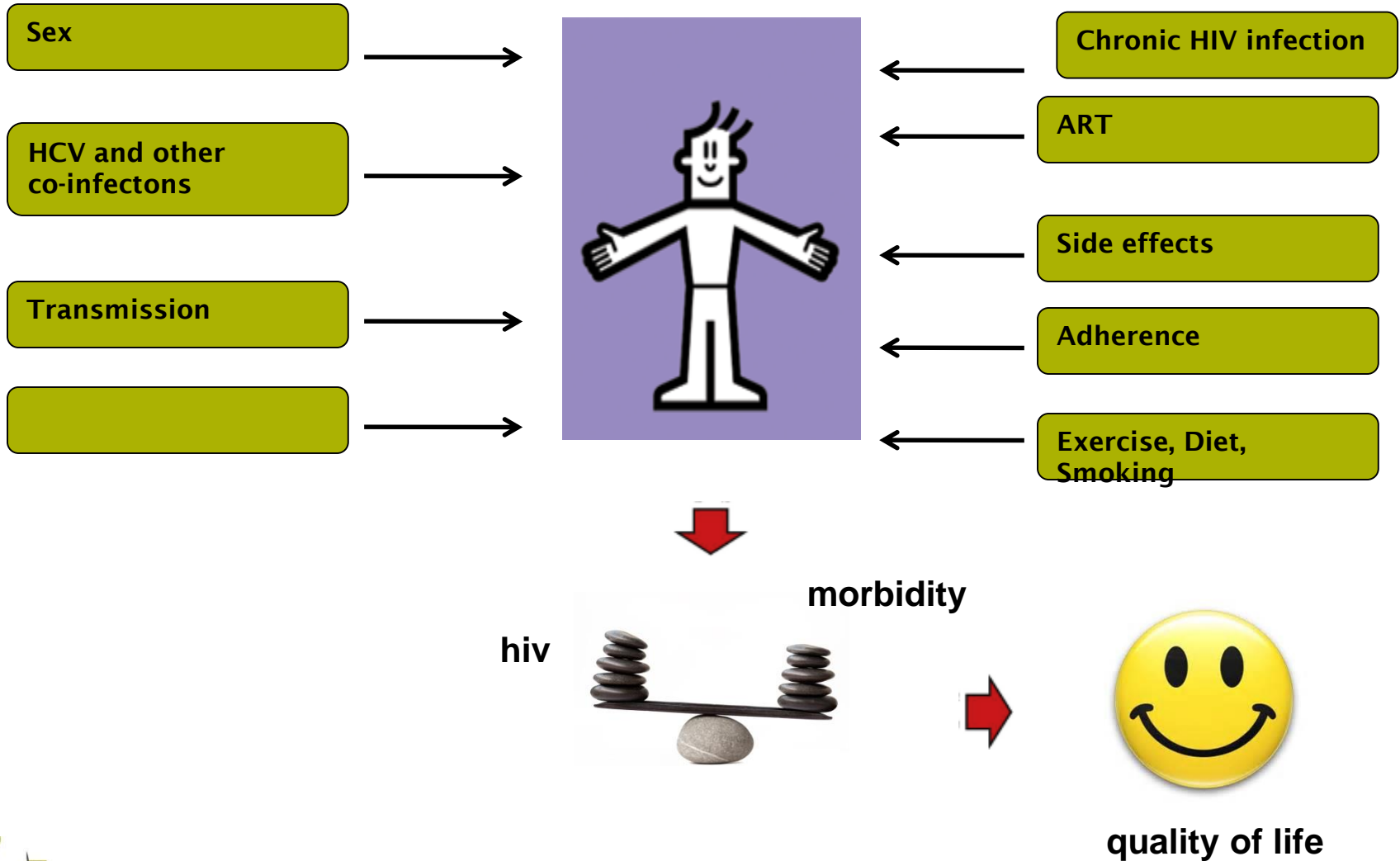


# HIV & Aging

- **“Hiv causes accelerated aging”**
  - chronic inflammation
  - immune senescence
- **No one can stop the aging process**
- **We can make changes to our lifestyles**
  - stop smoking
  - improving diet
  - exercising more
  - managing HIV



# Counseling



# Conclusions

- Hiv therapy *anno 2014* includes
  - cART
  - comorbidity control
- Comorbidity is related to *lifestyle*, which is about personal behaviour
- Counseling is a way to assist the patient in making *well informed choices* with the aim
  - to promote health
  - to manage disease
- The ultimate *goal* is
  - to live long
  - in good health
  - with good quality of life

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