Nobody likes to think about the effects of ageing but it is helpful to know what to expect. This knowledge can help you make decisions now that can have a positive impact on your future, as well as plan for other important milestones in life.

www.HIVisJustapartofme.eu
You’ve got your first real job and you’re making new friends. It is important that you don’t forget your health at this age. If you look after yourself and make small lifestyle changes now, you could reach a life expectancy the same as someone who is HIV negative.

**Drink Sensibly**

**AGE OF PEAK MUSCLE STRENGTH**

Moderate regular exercise is good for your immune system at any age. You reach your peak muscle strength between 20–35 years of age. So make the most of this time by doing strength training and eating a balanced diet. Consider using a food diary app to measure your calorie intake.

**70%**

PROPORTION OF PEOPLE LIVING WITH HIV WHO ARE POTENTIALLY INSUFFICIENT IN VITAMIN D

Even into your late 20s, you can add to your peak bone mass. People living with HIV can be at a greater risk of osteoporosis, so the more bone mass you build up now, the less likely you are to develop osteoporosis in later years. Calcium and vitamin D are vital and can be obtained through oily fish, dairy products and egg yolks. Speak to your doctor if you are concerned about your vitamin D levels.

**95%**

SURVIVAL RATE IN THOSE WITH EARLY STAGE TESTICULAR CANCER

It’s a good idea to self-examine your testes monthly for abnormalities, lumps or swelling. Testicular cancer is the most common cancer in young men aged between 20–34 years of age. There is evidence that those with HIV may be more at risk.

**93 billion**

AMOUNT SPENT ON SUPPLEMENTS IN 2013 GLOBALLY

If you take supplements then you should mention this to your doctor because some HIV drugs can interact with them. Steroids should be avoided altogether, unless prescribed.

**20s**

**AMOUNT SPENT ON SUPPLEMENTS IN 2013 GLOBALLY**

If you take supplements then you should mention this to your doctor because some HIV drugs can interact with them. Steroids should be avoided altogether, unless prescribed.
In your 30s you’re probably relatively untouched by the normal effects of ageing which you’ll face further down the road. However busy you are, don’t neglect your health. Your 30s are important years for reducing the likelihood of problems later in life.

**SMOKING CONSIDER STOPPING**

Smoking is the largest avoidable health risk in Europe. People living with HIV are at risk of dying earlier if they smoke and this risk increases with age. If you haven’t already, consider stopping now. Speak to your doctor for help and advice on stopping.

**BODY MASS STARTS TO CHANGE**

As you age your metabolism slows down. The body requires less energy and the body starts to store more body fat and less muscle mass. HIV can contribute to metabolic changes too which can increase the risk of heart disease. Lifestyle changes such as changing your diet and exercise routine can reduce your risks. If you have any concerns speak to your doctor.

**ANNUAL FLU VACCINATION**

All people living with HIV, regardless of age, should receive a flu jab, as the risk of developing serious flu and related complications can be higher. Speak to your doctor about annual vaccines.

**1,164 KCAL IN A BIG MAC® MEAL**

Some people can manage to eat a staggering 1,000 calories each time they visit a fast-food restaurant. Indulge just twice a week and that’s over 6 kgs of extra weight in a year. In addition, some men may also experience HIV-associated fat redistribution.

**WHAT YOU CAN DO:**

- Eat a well-balanced diet
- Take moderate, regular exercise

- GRAINS
- FRUITS
- DAIRY
- PROTEIN
- VEGETABLES
Greyness and wrinkles should be the least of your worries in your 40s. Added responsibility, both at home and at work, can mean added pressure – and your health may take a back seat and suffer. Look out for signs and symptoms of ageing and take all the necessary health precautions now.

**47%**

**PERCENTAGE OF MEN WHO USE SUN PROTECTION**

Regardless of HIV status, men are twice as likely to develop skin cancer than women and men over 40 have the highest exposure to damaging UV rays. 47% of men use sun protection compared to 65% of women. Be safe and cover up! Speak to your doctor if you are concerned about any skin changes.

**35–50**

**THE AGE OF A MIDLIFE CRISIS**

The male midlife crisis is often made fun of, but for many men it is a distressing experience. It can be due to feeling that life is running out and can be triggered by a major life change, such as separation, illness, bereavement or job loss. It is not a medical condition but people going through a midlife crisis can experience anxiety and depression, both of which are more common amongst people living with HIV. Speak to your doctor on how to cope.

**AVOIDING DRUG INTERACTIONS**

It is important to let your doctor know if you are taking any over the counter medications. Your doctor can check for any potential unwanted interactions with your HIV medications.

**RISK OF DIABETES INCREASES**

The risk of type 2 diabetes increases in your 40s regardless of HIV status. This risk is also increased in people living with HIV. It is good to plan ahead to reduce your future increased risks. Ask your doctor for your blood glucose results and make lifestyle changes if you’re at risk.

**2.5 LITRES OF FLUID A DAY**

The kidneys have several functions – removing waste products and excess water, helping control your blood pressure, producing hormones and balancing the minerals in your body. Looking after them is important for your overall health. Men should aim for 2.5 litres of fluid per day. Some, but not all, HIV drugs can increase the risks of kidney disease. Speak to your doctor about your kidney test results.
By the time you’re in your 50s, you probably can’t escape the fact that you’re getting older – you may notice new aches and pains or changes in your wellbeing. There are a number of things to look out for.

Europe has the highest prevalence of elevated cholesterol in the world, which is a major cause of heart disease and stroke. HIV itself and some treatments can also increase cholesterol. The risk of stroke and heart disease is further increased if you smoke and have high blood pressure. Speak to your doctor about your cholesterol blood test results.

Colorectal cancer is the second most common cause of cancer death in Europe, regardless of HIV status. Speak to your doctor about colorectal screening, which is recommended for everyone over the age of 50.

Men living with HIV are at an increased risk of erectile dysfunction (not being able to get or keep an erection) at this age. It is important to tell your doctor as it can be a sign of another health problem such as diabetes, kidney disease and heart disease.

Prostate cancer mainly affects men over 50 and your risk increases with age. About 1 in 8 men will get prostate cancer at some point in their lives. Older men, men with a family history of prostate cancer and black Afro-Caribbean men are more at risk. There is no increased risk for men with HIV. Speak to your doctor if you have any concerns.

Sleeping patterns often change as you get older. Getting too little sleep can increase your risk for certain health problems. If you are having problems sleeping, then speak to your doctor for help and advice.

People living with HIV can be at an increased risk of losing bone mass so make sure your daily calcium and vitamin D intake is adequate and speak to your doctor about the best way to monitor and manage your bone health.

As you age the liver becomes less active and less efficient at managing food and chemicals. Damage to the liver can occur more quickly if you are co-infected with hepatitis C virus or drink too much alcohol. Visit www.HIVisJustapartofme.eu to find out more about preventing co-infections and ask your doctor about your liver test results.
You've hit your 60s and are heading for your retirement years; you can start enjoying a slower pace of life. Continue your healthy living regime throughout your 60s and beyond to enjoy a good quality of life.

**60s**

**AGE WHEN STROKE RISK INCREASES**

The risk of stroke increases as you age and certain factors can accelerate the process. These include HIV, smoking, high blood pressure (hypertension), obesity, high cholesterol levels, diabetes and an excessive alcohol intake. Visit [www.HIVisJustapartofme.eu](http://www.HIVisJustapartofme.eu) for healthy living tips and speak to your doctor about how to reduce your risks.

**NEARLY EVERYONE WILL NEED GLASSES OR LENSES BY THIS AGE**

Having regular eye tests, wearing the right prescription and looking after your eyes gives you a better chance of your sight remaining clear. This will improve your quality of life and reduce the risk of accidents such as falls, which can lead to bone fractures – ask your optician how regularly you should be tested.

**STAYING HAPPY IN YOUR OLDER YEARS**

Many people living with HIV in older years are happy with their quality of life. Keeping active, socialising and joining clubs or groups can improve wellbeing and reduce feelings of isolation and loneliness.

The HIV is: Just a part of me website has information to help you develop your understanding of HIV and long-term health, including the following:

- Short films from people living with HIV sharing their experiences following diagnosis
- Tools to help you engage in positive conversations with your doctor and raise any concerns you may have
- Suggestions for how you can take an active role in your HIV management
- A short quiz to test your knowledge

Please visit the website at [www.HIVisJustapartofme.eu](http://www.HIVisJustapartofme.eu)