



INTEGRATED HIV/HTN

An Introduction to HIV and Hypertension



**Understanding the Connection and
Importance of Early Detection**

This project (CSA2018HS-2518) is part of the EDCTP Programme supported by the European Union



EDCTP

INTRODUCTION



Human Immunodeficiency Virus (HIV) infection and hypertension are chronic health conditions that have gained significant attention worldwide. Individually, they pose immense challenges to global healthcare systems. However, recent research has shed light on these conditions' alarming prevalence and interconnectedness, underscoring the urgent need for increased awareness and early detection.

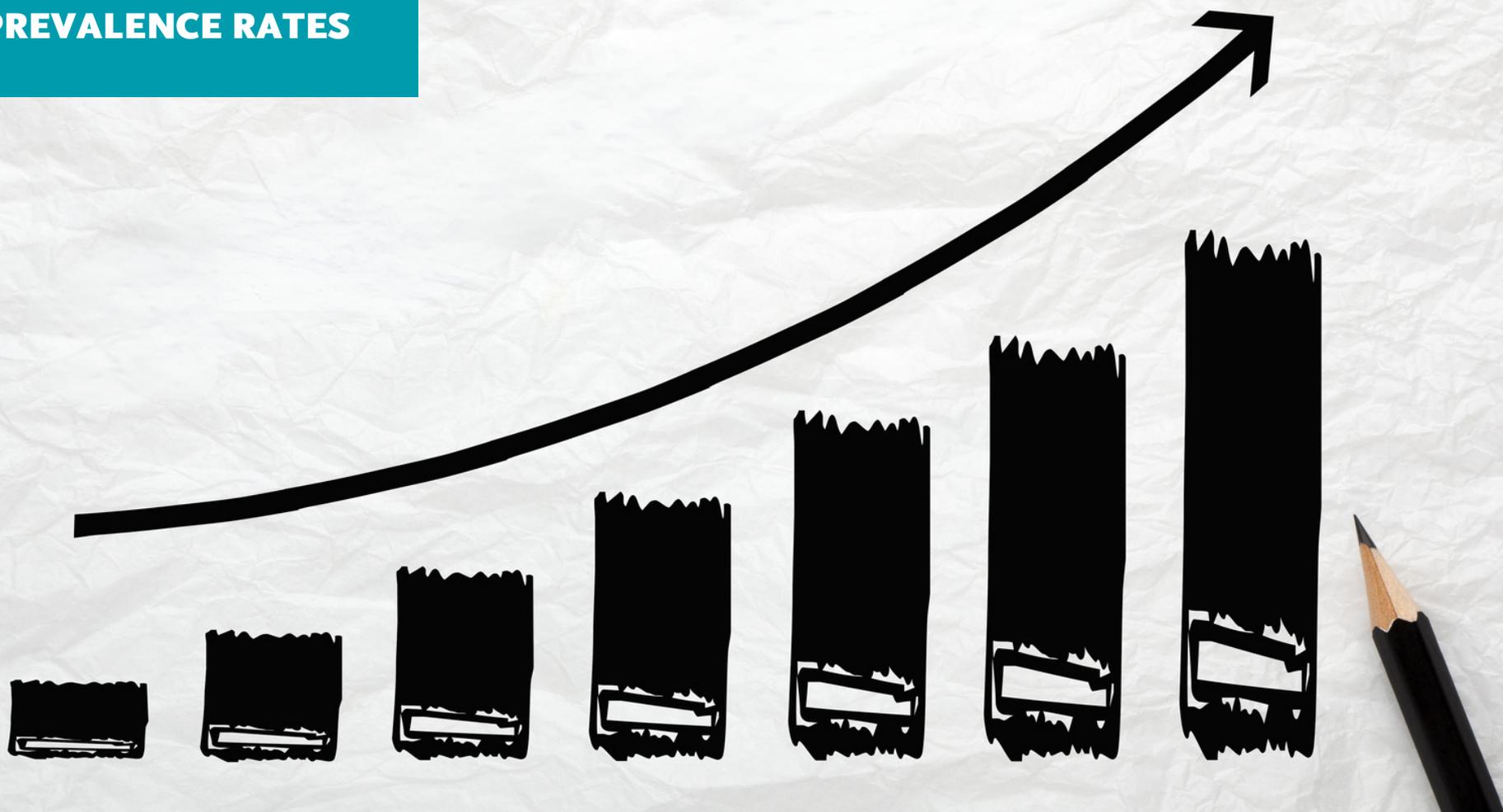
<http://integratedhivhtn.idrc-uganda.org/index.html>

UNDERSTANDING HIV AND HYPERTENSION



HIV, a virus that attacks the immune system, can lead to acquired immunodeficiency syndrome (AIDS) if left untreated. It weakens the body's ability to fight infections and diseases. On the other hand, hypertension, commonly known as high blood pressure, is a chronic condition that occurs when the force of blood against the artery walls is consistently too high.

PREVALENCE RATES



It is crucial to recognise that the prevalence rates of hypertension among people living with HIV are disproportionately high, ranging from 30% to 60%. The reasons for this increased susceptibility can be associated with various factors, including the direct effects of HIV infection on blood vessels, antiretroviral therapy (ART), and lifestyle choices.

THE INTERPLAY BETWEEN HIV AND HYPERTENSION



The relationship between HIV and hypertension is complex and multifactorial. HIV infection can cause inflammation and endothelial dysfunction, impairing blood vessel flexibility and increased resistance to blood flow. Additionally, some antiretroviral medications have been associated with metabolic abnormalities, including dyslipidaemia and insulin resistance, further exacerbating the risk of developing hypertension.

THE SIGNIFICANCE OF EARLY DETECTION



Early detection of both HIV and hypertension is crucial for effective management and improved health outcomes. Regular blood pressure screenings for all individuals, particularly those with HIV, can help identify hypertension early, enabling prompt intervention and treatment. This proactive approach reduces the risk of serious cardiovascular complications and enhances the overall quality of life for individuals living with HIV.

EMPOWERING HEALTHCARE PROFESSIONALS



Healthcare professionals are vital in promoting early detection and managing hypertension in people living with HIV. Educating and training healthcare workers to comprehensively understand the interplay between HIV and hypertension is imperative. This equips them with the necessary knowledge and skills to provide appropriate care and support to individuals seeking guidance on hypertension treatment.



If you are living with HIV and have concerns or inquiries regarding hypertension, it is important to consult healthcare professionals trained in HIV and hypertension management. Our integrated HIV/HTN teams can offer valuable guidance and tailored treatment plans and address any specific concerns you may have.

CONCLUSION



As we delve deeper into the complexities of HIV and hypertension, it becomes clear that raising awareness and promoting early detection is crucial to improving the health and well-being of individuals living with HIV. By empowering healthcare professionals, urging regular screenings, and encouraging open discussions, we can pave the way for a healthier future in which the management of these coexisting conditions is prioritised. Remember, knowledge is power, and seeking assistance from trained healthcare professionals is the first step towards effective management. Let us work together to create a more aware and supportive environment for those living with HIV and hypertension.