

What is HIV?

HIV (Human Immunodeficiency Virus) is a virus that attacks the immune system, weakening the body's ability to fight infections and diseases. Without proper treatment, HIV can progress to AIDS (Acquired Immunodeficiency Syndrome).

Key Facts

- ✓ **Causes:** HIV is caused by a virus that attacks the body's immune system, specifically targeting and destroying CD4 cells, also known as T-helper cells.
- ✓ **Transmission:** HIV is primarily spread through unprotected sex, sharing needles, blood transfusion and from mother to child during childbirth or breastfeeding. HIV is not spread through casual contact, such as hugging, shaking hands, or sharing utensils.
- ✓ **Effects on the Immune System:** HIV targets CD4 cells (T cells), leading to a compromised immune system that cannot defend against opportunistic infections.



What is Hypertension?

Hypertension, or high blood pressure, is a condition where the force of blood against the artery walls is too high. Often called the “silent killer,” it can lead to serious health problems if untreated.

Key Facts

- ✓ **Risk Factors:** Poor diet (high in salt and fat), lack of exercise, smoking, excessive alcohol consumption, stress, and genetic predisposition.
- ✓ **Symptoms:** Most people with hypertension have no symptoms, making regular blood pressure checks crucial.
- ✓ **Health Implications:** Uncontrolled hypertension increases the risk of heart disease, stroke, kidney damage, and other complications.



Understanding

HIV and Hypertension

Protecting Your Health,

One Step at a Time



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Your Health, Your Responsibility

- Get tested regularly for HIV and monitor your blood pressure.
- Adopt a heart-healthy lifestyle: Eat balanced meals, stay active, and avoid smoking or excessive alcohol.
- Consult your healthcare provider about managing both conditions effectively.

Stay informed. Take control. Live healthy.

Why It Matters?

Managing both conditions together is critical for long-term health. Early diagnosis, regular monitoring, and lifestyle changes can significantly improve outcomes.



How Are HIV and Hypertension Connected?

People living with HIV are at a higher risk of developing hypertension due to factors such as:

Medication Side Effects



Some antiretroviral therapies (ART) can increase blood pressure.

Chronic Inflammation



HIV causes inflammation, which can damage blood vessels over time.

Aging with HIV



Aging increases hypertension risk, especially with HIV and ART effects significantly increases hypertension risk

Lifestyle Factors



Smoking, poor diet, and inactivity can increase risks for both conditions.

Co-infection and Comorbidities



Co-infections like Hepatitis C and Chronic Kidney Disease (CKD) are common in HIV patients. These co-infections worsen vascular damage, increasing HIV-related hypertension.