CAB Conference Call
February 11, 2021
12:00 EST
Meeting Minutes

Participants:

Anisa	Harvard University
Carol	Bronx-Lebanon Hospital Center
Falon	University of Colorado, Denver
Haleigh	FSTRF
Heida	San Juan Hospital
Julie	University of Alabama, Birmingham
Julie	Westat
Kathy	Harvard University
Kylie	Texas Children's Hospital
Liz	Harvard University
Megan	Westat
Nataly	Westat
Raiko	University of Colorado, Denver
Rosalva	
Sharon	Harvard University
Shary	University of Southern California
Stephanie M.	University of California, San Diego
Tracy	Westat
Veronica	University of California, San Diego

• APPROVAL OF MINUTES

The minutes from the January 2021 call were approved with no changes.

• HAILO STUDY PRESENTATION

Dr. Kathy Tassiopoulos thanked the CAB for inviting her to talk about the HIV, Aging, and Immune Function Long-Term Observational Study (HAILO). HAILO, a substudy of the AIDS Clinical Trials Group (ACTG), is an observational study to look at older adults (both men and women) living with HIV. A total of 1,035 participants over the age of 40 were enrolled from the ACTG Longitudinal Linked Randomized Trials (ALLRT) Protocol. Participants have now been followed for seven years. The study will end in 2021.

Kathy talked about the study aims. The main study aims are to look at links between anti-retrovirals (ARV), aging and inflammation and clinical events (diabetes, cancer and heart disease), as well as frailty and physical function. HAILO researchers want to learn how a person's frailty affects their health as they get older.

Early in the study, participants had visits every six months, and now visits are once a year. During the visits, participants were asked about any falls they might have had since their last visit. Falls can be an indicator of how frail someone is. Participants were asked about their level of physical activity and any unexplained weight loss over 10 pounds since their last visit. Participants were also asked to complete a timed "chair rise" test.

Questions researchers are looking at:

1. Connections between frailty and falls;
2. Weight gain with switch to integrase inhibitor containing-regimen; and

3. Pilot study of a web-based survey.

The study found that the level of frailty and number of falls increased as participants got older. Participants who are frail are more at risk for falling. Only 12% of participants who were not frail had a fall in the next year. People who were already frail had a 49% chance of having a fall in the next year.

The study found that weight gain was greater among women, people of Black race, and those over the age of 60. There are ongoing studies to try to find out why there is a weight gain when on this regimen.

There are no results yet for the chair-rise test.

Researchers wanted to see if it might be possible to switch some of the in-person visits to an online survey. The researchers looked to see if older men and women would feel comfortable and accept answering medical questions in an online survey. The researchers looked to see if the people would find the survey easy to complete online. The researchers are also interested in the quality of the data collected. The HAILO surveys were administered in Illume. For participants under the age of 50, 50% of them would prefer to complete surveys online. For participants 70 and older, none of them said that they would prefer to complete the survey online. While those over 70 preferred to complete the surveys using pencil and paper, many said that they did not have a preference. Study findings were to offer online surveys but that it was important to continue to offer surveys using paper and pencil.

Raiko said she is happy someone is looking at weight gain from integrase inhibitors, as well as their links to cancer, diabetes, and heart disease.

NOTE: The next CAB call will be on Thursday, March 25, 2021 at 12:00 pm EST.