REDUCING ALCOHOL CONSUMPTION IMPROVED HIV VIRAL SUPRESSION IN WOMEN

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Introduction

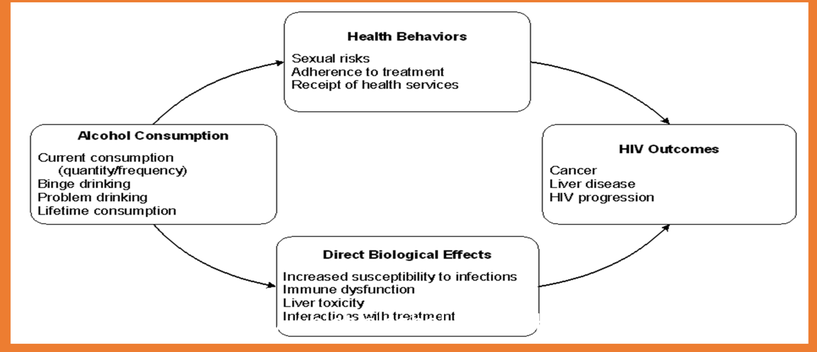
- High levels of alcohol consumption are associated with several HIV-related behaviors and outcomes, including HIV viral suppression.
- Achieving HIV viral suppression is a top priority for individuals and public health.
- Most heavy drinkers do not receive any intervention.
- Need evidence to demonstrate whether alcohol intervention will improve HIV outcomes.
- Limited information on alcohol and HIV in women.
- Objective: Determine whether reduced drinking after alcohol intervention is associated with improvements in HIV viral suppression

Methods

- Observational study of women participating in a randomized clinical trial of naltrexone vs. placebo. (NCT01625091)
- From, 2012 to 2016 we enrolled 194 women who exceeded 7 drinks/week or ≥2 binge sections/month.
- Women were randomly assigned to receive oral naltrexone or placebo for 4 months; alcohol and HIV viral loads assessed at 2-, 4-, and 7-months.
- 166 women completed the 7 month visit and were categorized as "quitting/heavy drinking" if they had reduced to (<7 drinks/week) or abstinence.
- Logistic regression with propensity score weighting done to assess association of quitting heavy drinking with HIV viral load suppression (≤200 copies/mL)

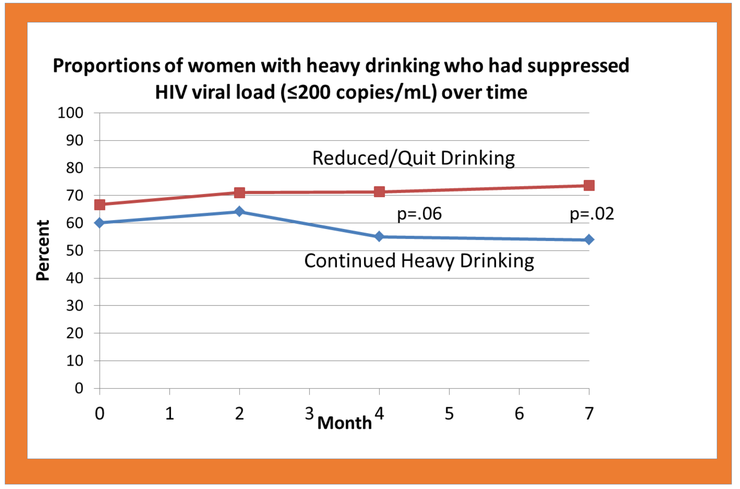
Results

- Of the 166 women, 11%, 85%, and 4% were Hispanic, black, or white; the mean age was 48 years; and 96% were receiving antiretroviral therapy (ART).
- The majority (76%) had quit heavy drinking at 7 months – with no significant difference by study medication (data not shown).
- Baseline differences in women who quit vs. not quit shown in Table. Viral suppression was improved at 7-months follow-up in those who quit vs. those who did not quit (74% vs. 54%, p=0.02).
- In multivariable analysis, quitting heavy drinking was significantly associated with achieving HIV viral suppression (Adjusted OR: 2.62, 95% CI: 1.02, 6.69)



Status at Baseline	Quit/reduced (n=126)	Did not Reduce (n=40)	
Age > 50 years	51 (40%)	18 (45%)	
Race, black (n, %)	105 (83%)	36 (90%)	
Alcohol dependence	66 (52%)	21 (52%)	
Baseline >28 drinks/wk	84 (67%)	36 (90%)	*
Tobacco use	65 (52%)	29 (72%)	*
Any drug use	61 (48%)	31 (78%)	*
ART adherence >95%	70 (56%)	23 (58%)	
HIV Viral Suppression	84 (67%)	24 (60%)	

*p< 0.05



Discussion

- In this sample of heavy drinking women living with HIV, those who successfully reduced drinking were significantly more likely to achieve HIV viral suppression.
- The findings support continued efforts to screen and intervene to reduce hazardous drinking in persons with HIV, especially those who have not achieved consistent HIV viral suppression

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