



**Kristine Erlandson, MD**  
University of Colorado

## BIOSKETCH

Professor in the Division of Infectious Diseases, with secondary appointments in the Division of Geriatrics and Department of Epidemiology at the University of Colorado Denver- Anschutz Medical Campus.

Dr. Erlandson's NIA-funded research program is focused on the complications of aging, understanding the mechanisms of successful aging, and implementing interventions to ensure successful aging among persons with HIV. Through this work, in the HEALTH Study (MPI: R01AG066562 and Co-I/site PI: R01AG077997), she is investigating high intensity interval training paired with text messaging and peer support on improvements in function, fatigue, and adherence to exercise in older adults with HIV.

Dr. Erlandson's research has also focused on the critical clinical conundrum of weight gain among people with HIV with antiretroviral initiation.



# AGING AND HIV

## Co-morbidities and Modifiable Factors

*Monday, April 21, 2025*

*10:00am – 11:00am ET*

## WEBINAR

- Discuss key considerations in treatment of comorbidities associated with aging with HIV
- Describe the role of body composition (muscle, fat) on physical function
- Describe recommendations to successfully treat HIV and comorbidities in persons over age 50

*Link to register:* <https://www.maaetc.org/events/view/28403>

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THE CENTER FOR INFECTIOUS DISEASE  
AND NURSING INNOVATION



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