



**POPPY**

Pharmacokinetic and clinical observations in people over 50

**As we all get older age-associated conditions such as high blood pressure, diabetes, heart, kidney, bone and brain disorders are seen more commonly.**

You may well be aware of the dramatic changes that have taken place to the health of people living with HIV since the introduction of effective antiretroviral therapy (ART). As a result, individuals living with HIV are now living for many decades and entering into their 50s, 60s, 70s and beyond, a possibility that could barely have been considered ten years ago.

These successes have brought new challenges, one of which is how to care for people living with HIV who are ageing. Some research groups have suggested that age-associated diseases may occur at a younger age in people living with HIV, even in those receiving effective antiretroviral therapy.

The POPPY study is looking at the health of people, with and without HIV, who are over 50 in order to determine if there is a difference in health among people with HIV infection compared to people living without HIV infection.

**We therefore need your help to act as a comparison to people of a similar profile as yourself who have HIV infection.**

**No medication is involved.**

- You will be asked to complete a health questionnaire.
- You will undergo testing of mobility and brain function.
- You will undergo a bone scan to look for osteoporosis (bone mass).
- You will be tested for HIV, viral hepatitis and several medical conditions.
- A blood and urine sample will be obtained and stored for research.

**The visits generally last over 2 hours**



The study is taking place across various locations in the UK, including most areas of London and in Brighton. We also have a study site in Dublin.

Call for an informal discussion with one of the medical team on

**Tel: 0207 594 3413**

Please leave a message if there is no reply.

Or Email: **poppy@imperial.ac.uk**

**www.poppystudy.org**

You may also contact your local teams direct. Please mention that you are interested in the **POPPY** study:

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