



National Medical Association (NMA in partnership with Howard University College of Medicine
Capitol Region Telehealth Project (HU CRTP)

Case Study for: December 15, 2014 Webinar: “Individualizing HIV Care: Choosing the Right
Therapy for Each Patient”

Case: Mr. CQM

- Viral load: 89,125 and 95,110 c/mL
- CD4 count 391 and 450mm³
- Genotype shows no mutations
- States he is very good about adhering to current medication regimen
 - However, his BP is 150/87, says he ran out of the house this AM – so didn’t have time to take his AM BP medication – was rushing to be sure and make it on time to this appointment
- What regimen(s) do you consider?

Case: Mr. CQM

- Mr. M comes in to start treatment
- He is a 48 year old Latino male
- His last HIV negative test was a year ago, tested positive six months ago
- Medical history –
 - Hypertension – stable on an ARB, Cr Cl is 89ml/min
 - History of anxiety; improved on an SSRI and prn BZD qhs
 - Overweight -- BMI 28.1, has returned to his gym and lost 10 pounds in the past 4 months
 - Father had an MI at age 59 years old, was a smoker