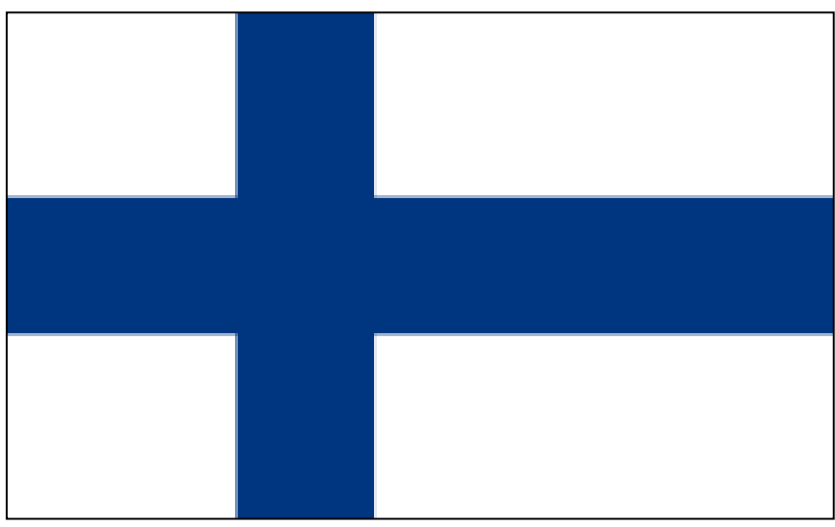


HIV IN FINLAND



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HIV and AIDS situation in Finland from 1980 to 2017

Geography of the Finnish HIV epidemic

- The Finnish HIV epidemic concentrates in Helsinki district. In 2016, the number of new HIV diagnoses in Finland was 183. Over half of them (55 %) were reported in The Hospital District of Helsinki (HUCH).
- By the end of 2016, a total of 2381 persons was diagnosed with HIV in HUCH region. This represented 64% of all reported cases in Finland.
- In 2016, the majority of the newly diagnosed patients had acquired HIV infection abroad. This is partly explained by migrants from high prevalence areas moving to Finland, who represented 60% of all new cases.
- Heterosexual contact has been the leading mode of transmission since year 2000, after a small HIV epidemic at millennium among IDU.

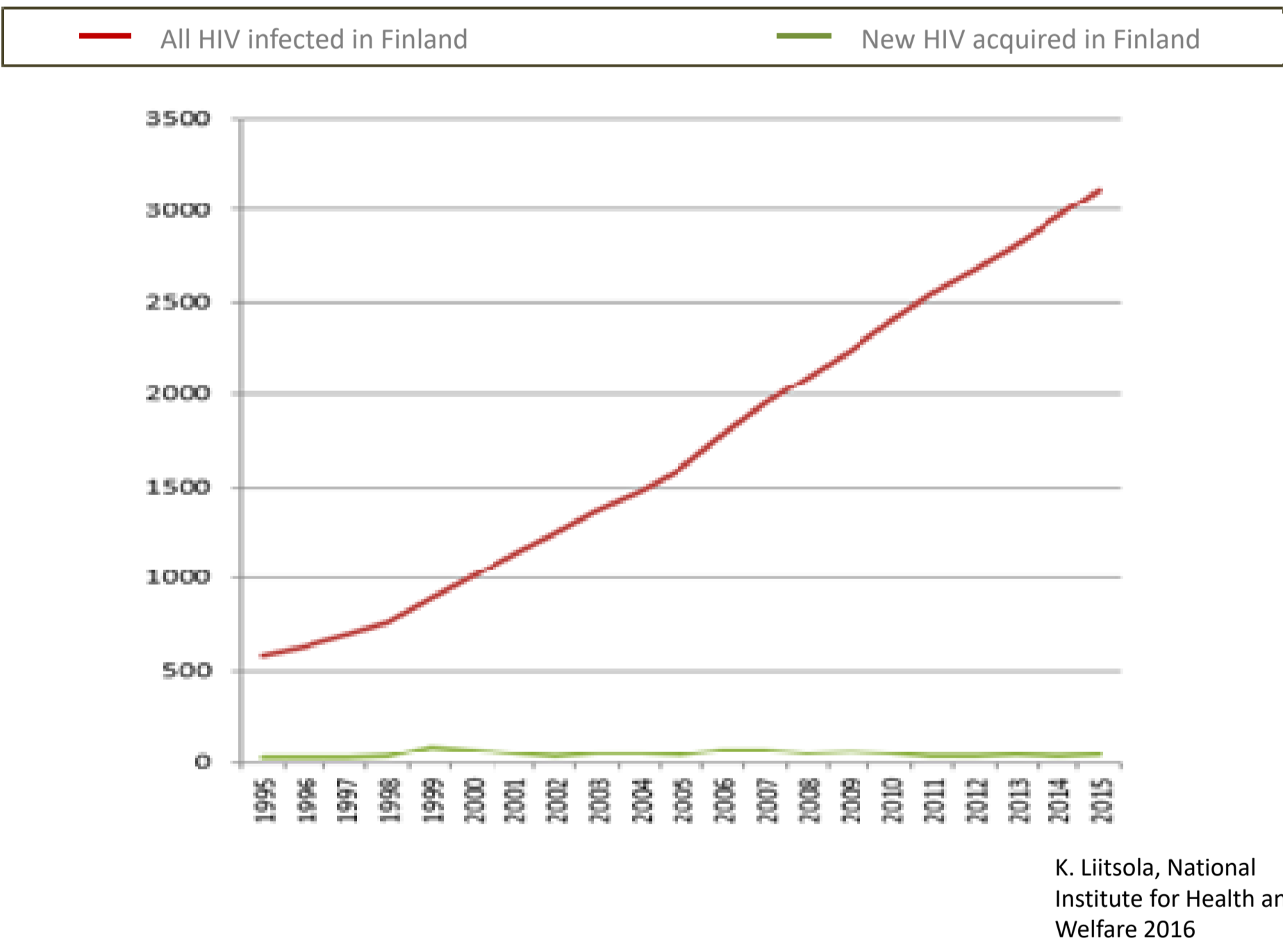
Successes of HIV prevention and treatment in Finland

- HIV treatment, care and support have been successful in Finland. Similar to many EU-countries, Finland fulfils the last two of the United Nations (UN) “90-90-90” targets for year 2020. In HUCH district, 98% of HIV-infected individuals in care are on ART and 95% are virally suppressed by the end of July 2017.
- HIV treatment and care are free for HIV positive patients by the Communicable Diseases Act.
- As Finland faced an HIV epidemic at millenium among IDU, effective preventive measures were introduced successfully. In recent years, new HIV transmissions among Finnish IDU have been very rare.
- One of the preventive measures in Helsinki was the establishment of a low threshold center for IDUs in 2002. The center provides not only HIV-treatment including laboratory testing but methadone substitution therapy as well as assistance by social workers. The center also offers free food and internet, and facilities for laundry and shower.

Challenges of HIV epidemic and care in Finland

- In year 2016, 27 new AIDS cases were diagnosed , two thirds being Finnish citizens. In most cases, the reason is late diagnosis.
- Approximately half of the new cases are diagnosed with a CD4 count less than 350 E9/L. In year 2015, 39% (68/173) of new diagnoses had a CD4 count less than 350 E9/L and 38% (65/173) had a CD4 count more than 350 E9/L, for the rest, the initial CD4 count was not reported to the national registry.
- In Helsinki HIV clinic, AIDS-diseases remained the most common known cause of death in years 2000-2011. AIDS related deaths represented 43% of 82 cases. Non-AIDS malignancies represented 15% and cardiovascular diseases 10% of all deaths. (J. Lassila, study report)
- As HIV infected people are gradually ageing, the focus of HIV care is changing. Besides maintaining successful ART, we need to concentrate on other risk factors and co-morbidities during follow up visits. In Helsinki HIV clinic, one third of the patients are current smokers and approximately half are overweight or obese (BMI>25). Over half (55%, 116/212) of the obese (BMI>30) have at least one co-morbidity, hypertension (29%) and diabetes (15%) being the most common ones.

HIV infected in Finland



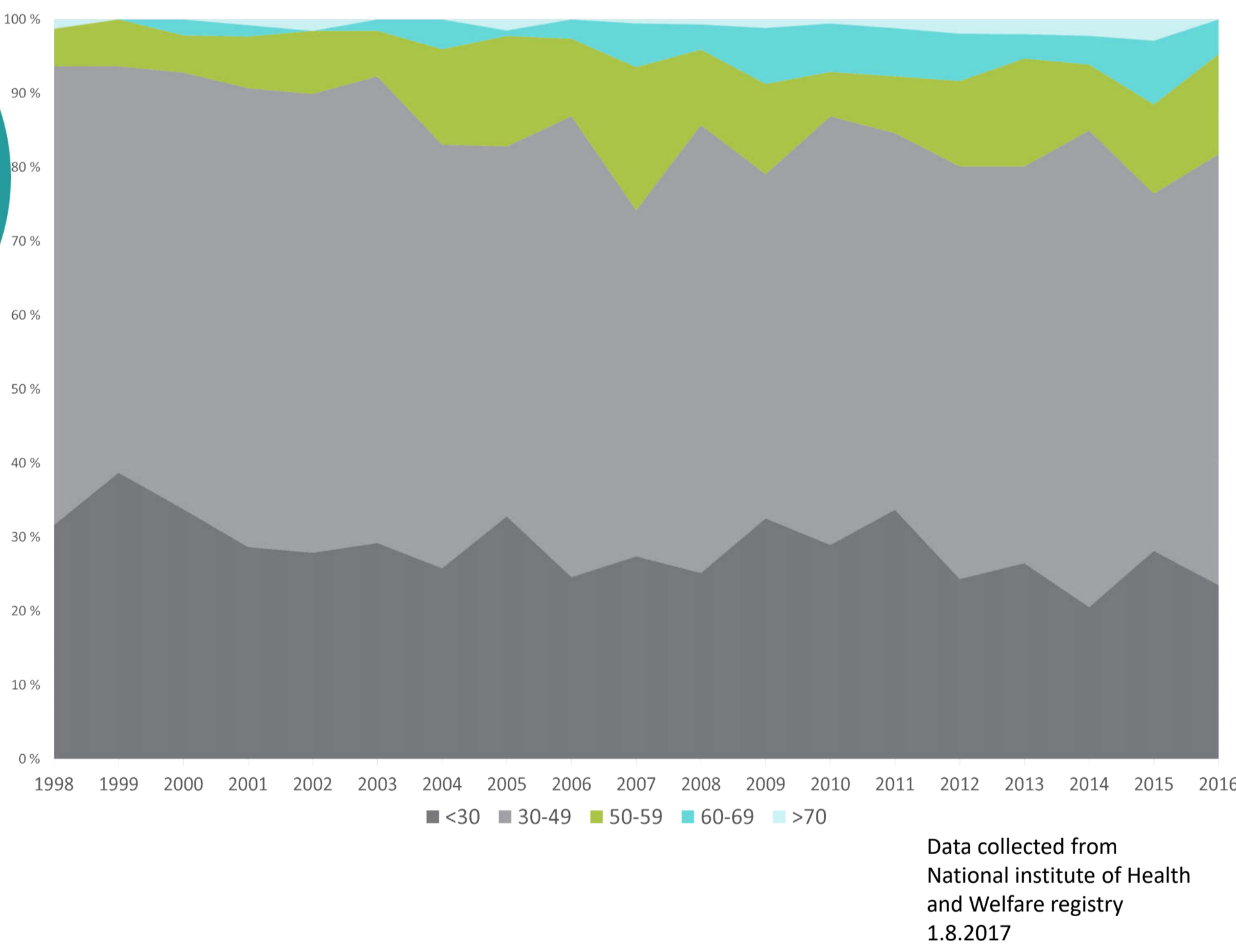
Mode of transmission and ART in Helsinki HIV clinic

Mode of transmission	Patients	ART in use	HIV1-Nh <50*
IDU	163	(160/163) 98%	(155/163) 95%
MSM	643	(640/643) 99%	(631/643) 98%
Heterosex	701	(681/701) 97%	(649/701) 93%
Data missing	39	(39/39) 100%	(35/39) 90%
All	1546	(1520/1546) 98%	(1470/1546) 95%

*proportion of patients who have used ART > 4 months

Data collected from HIV registry in Helsinki HIV clinic 30.7.2017

Hiv+ age distribution in Finland



BMI and smoking characteristics in Helsinki HIV clinic

