



Primary Care for Adults With HIV

July 2024

Checklist 4: Primary Prevention for Adults With HIV (alphabetical order)

- **Breast cancer:** See [USPSTF recommendations \(2019\)](#)
 - An anatomical inventory is necessary to identify appropriate sex-based prevention.
 - Risk-reducing medications, such as tamoxifen, raloxifene, or aromatase inhibitors, are recommended for women who are at increased risk of breast cancer and low risk of medication-related adverse effects.
 - Routine preventive medication is not recommended for women who are not at increased risk.
- **Cardiovascular disease:** See:
 - [Aspirin Use to Prevent Cardiovascular Disease: Preventive Medication](#) (USPSTF 2022)
 - [Guidelines for the Use of Antiviral Agents in Adults and Adolescents With HIV > Recommendations for the Use of Statin Therapy as Primary Prevention of Atherosclerotic Cardiovascular Disease in People with HIV](#) (DHHS 2024)
 - [Statin Use for the Primary Prevention of Cardiovascular Disease in Adults: Preventive Medication](#) (USPSTF 2022)
 - [Healthy Diet and Physical Activity for Cardiovascular Disease Prevention in Adults With Cardiovascular Risk Factors: Behavioral Counseling Interventions](#) (USPSTF 2020)
- **Falls prevention:** See [USPSTF recommendations \(2024\)](#)
 - Exercise interventions are recommended to prevent falls in community-dwelling adults 65 years or older who are at increased risk for falls.
 - Note: This committee advises clinicians to include osteoporosis screening.
- **Neural tube defects:** See [USPSTF recommendations \(2023\)](#)
 - Folic acid supplementation is recommended for individuals who are planning or capable of pregnancy.
 - An anatomical inventory is necessary to identify appropriate sex-based prevention.
- **Sexually transmitted infections:** Discuss [recommended vaccinations](#). See:
 - [Behavioral counseling recommendations](#) (USPSTF 2020)
 - NYSDOH AI guideline [Doxycycline Post-Exposure Prophylaxis to Prevent Bacterial Sexually Transmitted Infections](#)
 - CDC: [Sexually Transmitted Infections Treatment Guidelines, 2021 > Primary Prevention Methods](#)
 - Note: An anatomical inventory is necessary to identify appropriate sex-based prevention.
- **Skin cancer:** See [USPSTF recommendations \(2018\)](#)
 - Counsel patients to minimize exposure to ultraviolet radiation.
- **Smoking:** See [USPSTF recommendations \(2021\)](#)
 - Screen all adults for tobacco use. Recommend cessation. Provide behavioral interventions and FDA-approved pharmacologic therapy.
 - Also see [Millionhearts.hhs.gov: Protocol for Identifying and Treating Patients Who Use Tobacco](#), [Identifying and Treating Patients Who Use Tobacco: Action Steps for Clinicians](#), and [Tobacco Cessation Change Package](#)

Abbreviations: CDC, Centers for Disease Control and Prevention; DHHS, U.S. Department of Health and Human Services; FDA, U.S. Food and Drug Administration; USPSTF, U.S. Preventive Services Task Force.