



Colorado Clinical and Translational Sciences Institute (CCTSI)

UNIVERSITY OF COLORADO **DENVER** | **ANSCHUTZ MEDICAL CAMPUS**



Biography

Kristine Erlandson, MD
Associate Professor, Infectious Disease
University of Colorado School of Medicine, Anschutz Medical Campus

Dr. Kristine Erlandson's research is focused on the complications of aging, understanding the mechanisms of successful aging and implementing interventions to ensure successful aging among persons living with HIV. Her National Institute of Aging (NIA) funded R01, the HEALTH Study, tests high-intensity interval training paired with text messaging to improve adherence to exercise in older adults with HIV. A separate NIA funded R01 tests the effects of pitavastatin on physical function among 600 older adults with HIV at 35 AIDS Clinical Trials Group (ACTG) sites.

Erlandson's work on physical function and frailty looks at functional limitations and frailty in HIV, with a focus on identification and interventions, including exercise, to prevent or treat. Her research in this area was some of the first in the HIV field. She also explores exercise as medicine as it is one of the only interventions consistently demonstrating improvement in physical function and prevention of frailty. Currently, she is investigating the use of exercise in the recovery of COVID.

Erlandson received her BA Augustana College and MD from the Southern Illinois University School of Medicine.