

2024 news: HIV treatment, prevention and complications...



6th UK Conference of
people living with HIV, 1 June 2024



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Looking forward...

- Injectable ART: personal experience.
- PrEP – exciting changes.
- Statins – wider use recommended.
- ART and weight changes – GLP-1 drugs.
- Complications: hypertension and bone health.
- Breast/chest feeding guidelines.
- **Transgender healthcare and rights**



& your questions...

We have plenty of time for discussions and will try to cover any other questions you have too.

- ?
- ?
- ?



We are around all day for 1-2-1 talks. i-Base
email: questions@i-base.org.uk

Injectable ART

- Long-acting cabotegravir (CAB-LA) and rilpivirine (RPV-LA) – injections (into bottom muscle) every 2 months.
- Needs adherence to 6 visits a year.
- Pipeline: lenacapavir (6 months, sub-cut)
- Immune-based treatments – bNAbs might allow breaks from ART. (infusions every 2-6 months).



Personal experience

- Long-acting cabotegravir (CAB-LA) and rilpivirine (RPV-LA)
- Reasons for starting LAIs
- Criteria
- Practicalities
- My experience so far...



Access and cautions

- CAB-LA and RPV-LA **switch** option.
- Very effective but a low risk of viral rebound with perfect adherence: dual-class resistance and high VL (U=U).
- BHIVA: 1 in 60 risk at two yrs.
- Available across the UK but still limited access.

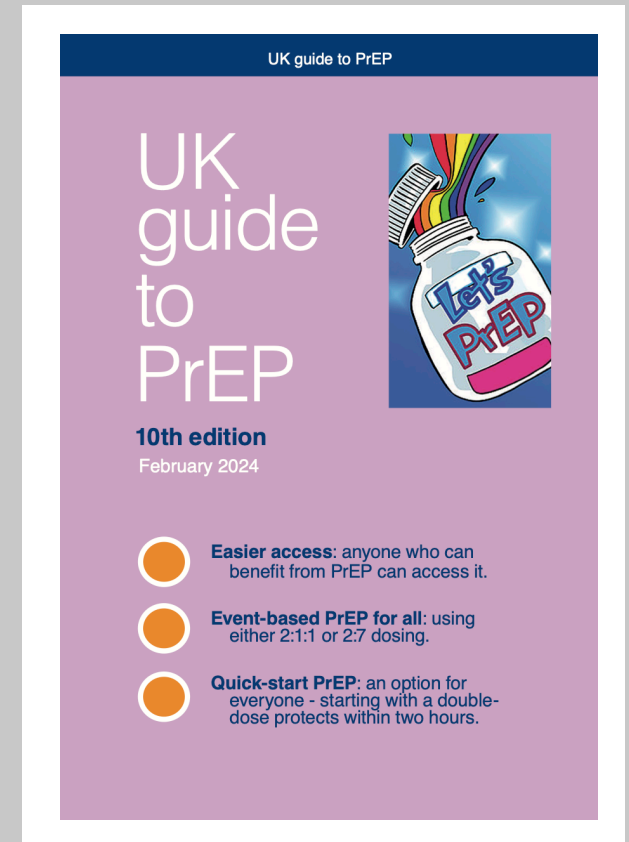
[More info: BHIVA guidance: https://www.bhiva.org/](https://www.bhiva.org/) (2022)



PrEP update

i-base.info/guides/prep

- PrEP: highly effective but different dosing and adherence for receptive anal vs vaginal/neovaginal sex.
- Cis women need higher adherence and longer time before protection.
- On demand 2:1:1 only for insertive sex and receptive anal sex.
- *UK guidelines 2018 - update soon?*



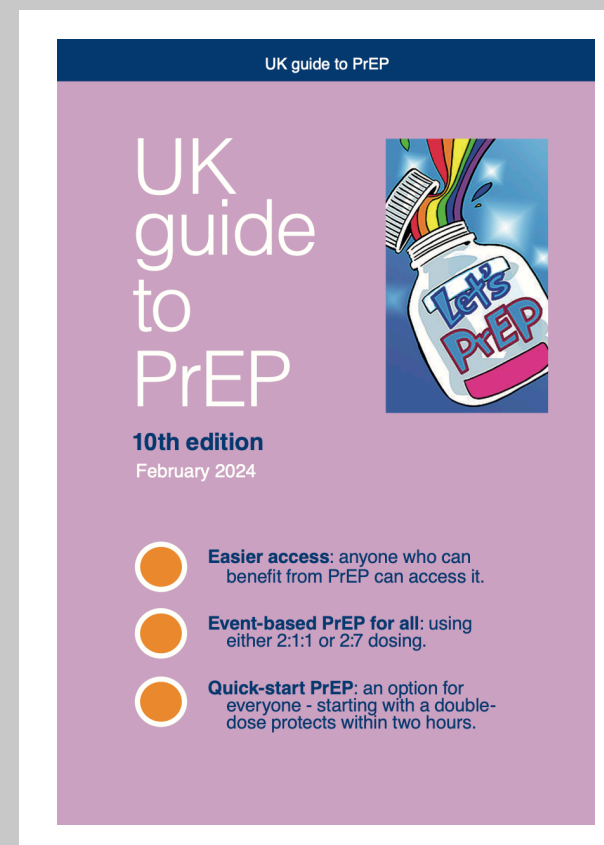
PrEP update

i-base.info/guides/prep

Recent research shows that protection in womens studies was not predicted by drug levels in vaginal tissue.

Also that drug levels from a double dose provides faster and longer protection for everyone.

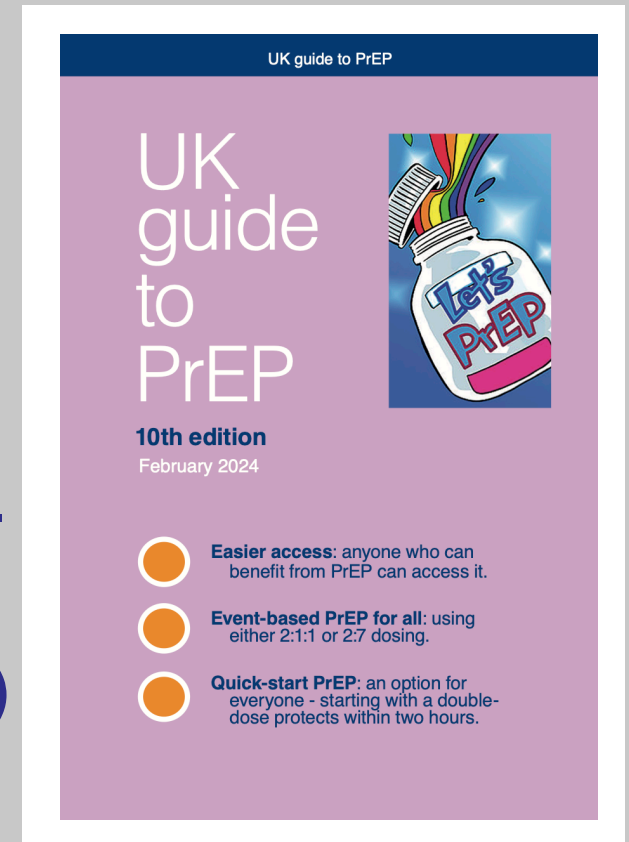
>4 daily doses each week is ok too.



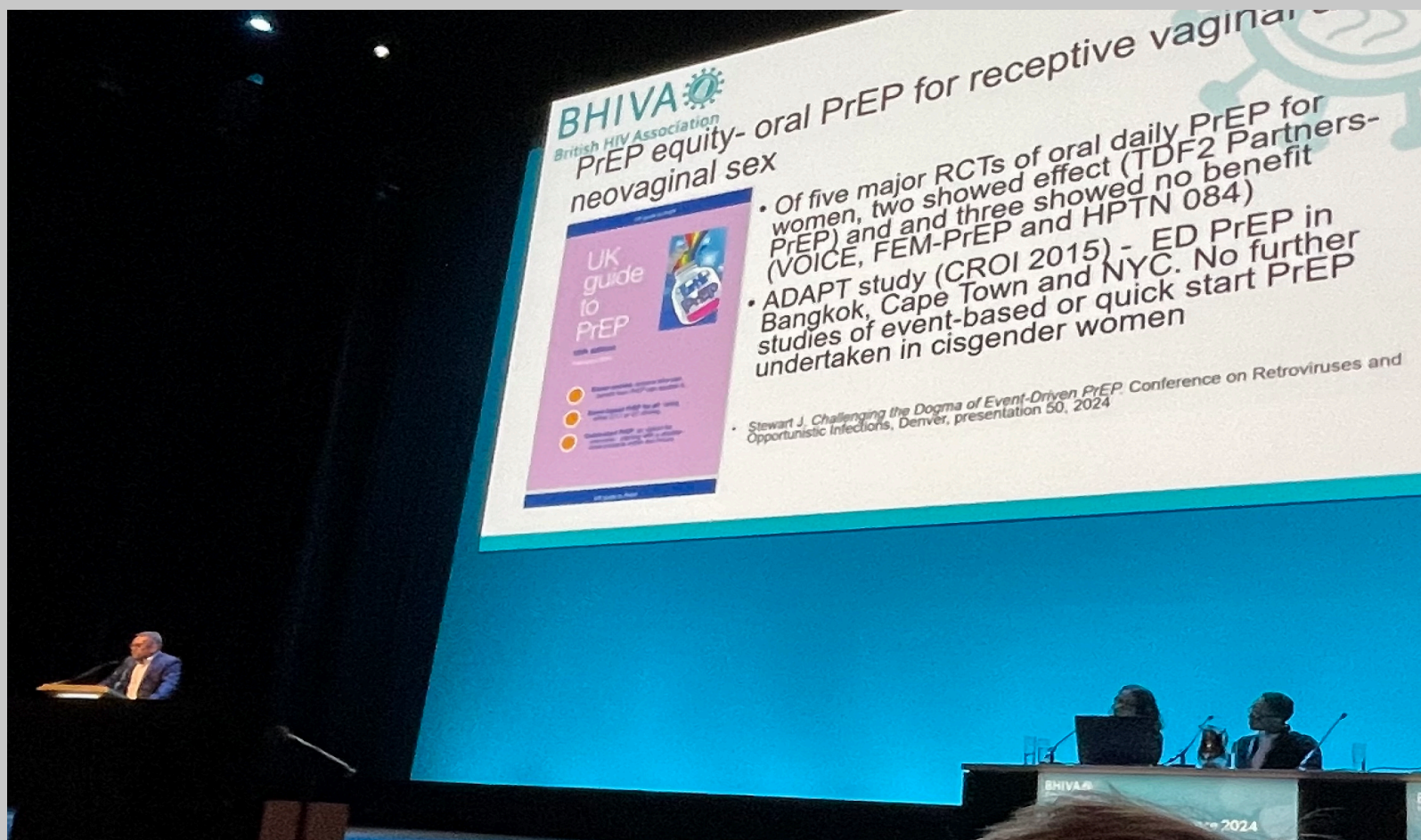
New PrEP options

i-base.info/guides/prep

- Everyone can start with a double dose (2 pills).
- This gives protection after two hours.
- Event-based dosing for women - using 2:7 dosing (7 daily doses after)
- Daily PrEP still active with 4 or more doses a week.
- *Guidelines still in production...*



BHIVA conference 2024



Simon Collins & Angelina Namiba

6th UK conference of people living with HIV, 1 June 2024

Benefits from statins: >40 years old

- Pitavastatin to reduce risk of heart problems: new UK and US guidelines.
- REPRIEVE study – CROI 2023 and 2024.
- Large, randomised, international placebo-controlled in 7769 people with HIV at low 10-year risk (<5%) - but HIV increases risk.
- Stopped early after 5 yrs.



REPRIEVE: Randomised trial to prevent vascular events in HIV.

REPRIEVE results

Statins reduced risk of a major heart event by 35%.

No significant safety differences - monitor for diabetes.

10-year risk	NNT
>10%	35
5-10%	53
2.5%-5%	149
<2.5%	199



NNT = number needed to treat to prevent one major heart-related event.

Statins if older than 40

- Holistic approach (smoking, diet, exercise) to 10-year vs lifetime risk.
- Irrespective of risk or lipid levels – but estimating risk might still be important.
- Pitavastatin 4 mg or atorvastatin 20 mg (check interactions).
- **Not during pregnancy or breast/chestfeeding.**
- Prescription charges - via GP.



ART and weight changes...

Unexpected weight changes

over 192 weeks ~ 4 years:

+9 kg in dolutegravir + TAF/FTC.

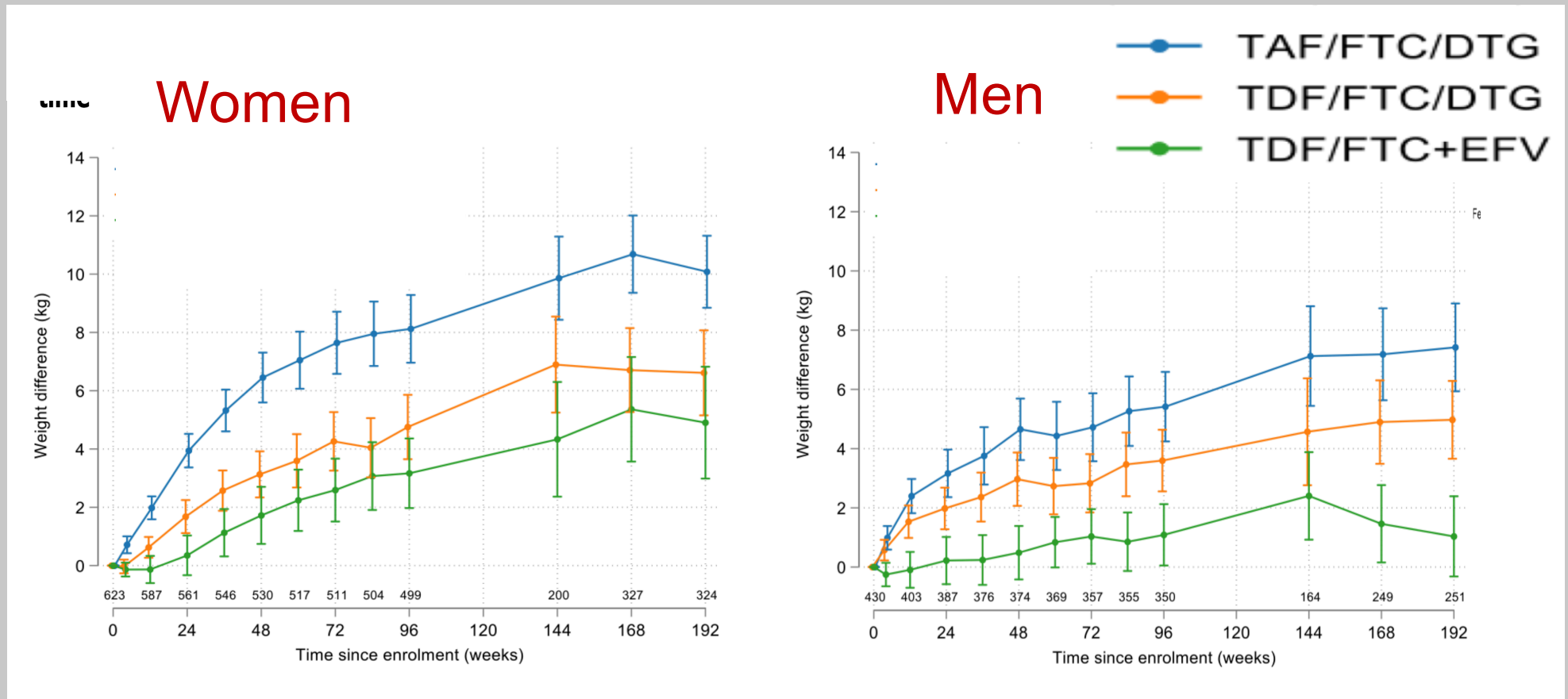
+3 kg **efavirenz/TDF/FTC** (Atripla).

Greater in African women vs men.

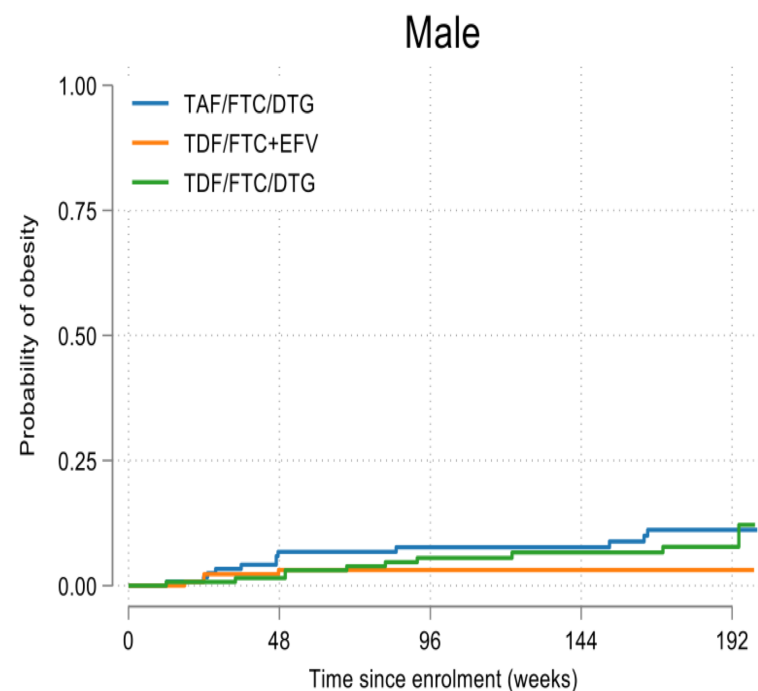
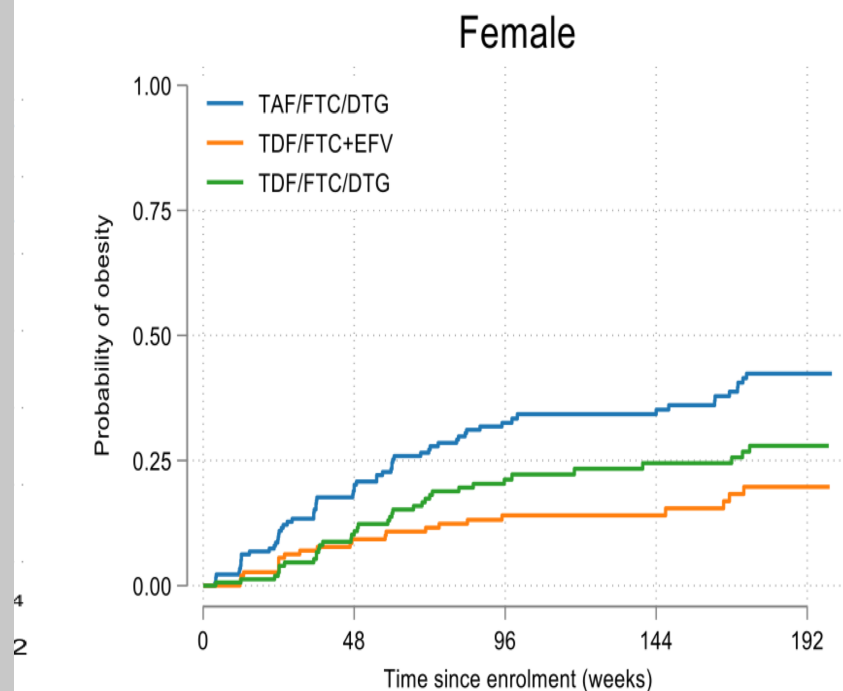
Significantly more women became clinically overweight compared to men (35% vs 12 % at 2 yrs).



ADVANCE: weight changes over time



ADVANCE: Time to obesity (BMI ≥ 30)



TAF/FTC/DTG	179	129	89	73	25
TDF/FTC+EFV	159	119	90	61	21
TDF/FTC/DTG	159	127	91	67	25

TAF/FTC/DTG	132	108	84	80	30
TDF/FTC+EFV	141	117	95	78	32
TDF/FTC/DTG	137	127	101	85	36

Female ADVANCE participants. Excludes individuals obese at enrolment & those with no follow-up visits. Unadjusted curves.

Male ADVANCE participants. Excludes individuals obese at enrolment & those with no follow-up visits. Unadjusted curves.

ART and weight differences...

Unexpected weight differences:

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ART and weight differences...

Unexpected weight differences with dolutegravir and TAF explained by:

1. **Returning to normal weights** compared to the general population in SA.
2. Both **efavirenz and TDF limit weight gain**.

But weight gain will impact on quality of life and long-term health. Switching studies showed little benefit, diet and exercise work but difficult to sustain.

Maybe need all together?

GLP-1 drugs... more to come

Semaglutide (Ozempic, Wescovy)

FDA approved: 2017 (diabetes), 2021 (weight loss)

Effective - reduce weight by 15-20%.

Expensive (difficult to access, high demand, reverses effect if stopped, side effects (10% discontinue), some non responders.

Reduces fat from all sites (including face), some lean muscle loss. **Blocks reward/addictive behaviour.**

Complications and inflammation

- Immune activation is linked to many possible complications. Especially before starting ART.
- Greatly reduced on ART - but still residual inflammation that increases our risks a little.
- **Heathy lifestyle:** stay active, eat well etc

Hypertension

- Definition
- Link to HIV drugs?
- Does it affect people living with HIV differently? Eg, age, gender, ethnicity...
- Risks if left untreated
- How to treat,,,

Bone health

- Low bone mineral density is monitored using FRAX
- every 3 years: 10 yr risk.

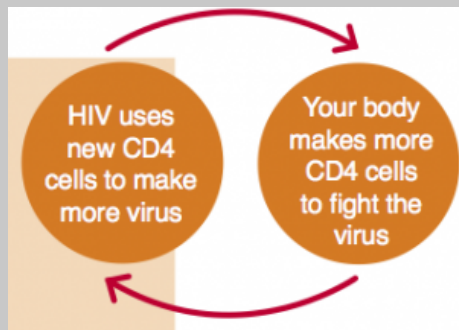
<https://www.bhiva.org/ClinicalCalculators>

- Post-menopause, older than 50, other people at high-risk.

• DEXA	Osteopenia	-1.0 to -2.5
	Osteoporosis	less than -2.5

- Calcium, vitamin D, bisphosphonates

The immune system in overdrive



High viral load when not on ART HIV steadily wears down our immune system.

This activation increases risk of heart attacks, cancers and other serious problems.



Complications and inflammation

- Immune inflammation/activation can increase the risk of heart/liver/kidney problems, some cancers.
- Also perhaps neurological and other serious problems.

This is another reason why staying on continuous ART with undetectable viral load is so important.

Breast/chestfeeding guidelines

- When are the latest guidelines due?
- Any updates/ potential changes
- How can people living with HIV get involved?
- Consultation before publication?

Transgender rights

- Medicalised: doctors gatekeep access to gender affirming hormones.
 - Long waiting times for all services: **years** for appointments and then **more years** for surgery. Puberty blockers now illegal.
 - Adult gender clinics face a review which could further restrict trans healthcare.
 - We need to support/advocate for trans rights. For equity, to end discrimination.
- Learn more, connect & support.**



Learn more, connect & support

TransActual @TransActualCIC

<https://x.com/transactualcic>

Trans Safety Network @trans_safety

https://x.com/trans_safety

What The Trans @WhatTheTrans

<https://x.com/whatthetrans>

WHO THRIVES? WHO DIES?

WHOSE BODY MATTERS?

WHOSE HISTORY SURVIVES?

WHO GETS POLICED?

WHO IS SAFE?

WHO IS MISSING?

queercrisis.tumblr.com

Questions?

i-base
HIV treatment information service

Calls are free from land lines and most mobile networks. All calls are confidential.



ASK A QUESTION
by phone, email or online
0808 800 6013
questions@i-base.org.uk
www.i-base.info

Information to be used in discussion with your doctor. Registered charity no: 1081905.

9th edition **i-base**
0800 800 6013

ART in pictures
HIV treatment explained
April 2022

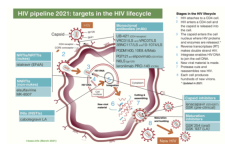


9th edition **pipeline** **HIV 2021**
New drugs in development

HIV supplement: 2021 (Vol 22(1), August 2021)

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HIV pipeline 2021: targets in the HIV lifecycle




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Published by HIV i-base

4MNet for the Future
Women living with HIV Reimagining the Future



Femifesto

4M Network
My health, My choice, My child, My life

UK National Network of Peer Mentor Mothers

4M Network
My health, My choice, My child, My life