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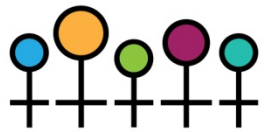
HIV Treatment as Prevention (TasP)

Together, we can change the course of the HIV epidemic...one woman at a time.

#onewomanatatime

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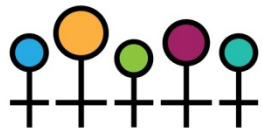
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What Is Treatment as Prevention?

Treatment as prevention (TasP): using HIV treatment to **lower the risk of spreading HIV**

- For people living with HIV:
 - Taking HIV drugs can reduce viral load
 - Blood, vaginal fluids, breast milk, and/or semen (cum) much less likely to spread HIV to others
- For people who are HIV-negative:
 - Taking HIV drugs can protect against becoming HIV positive if they are exposed to HIV

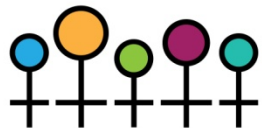




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TasP to Prevent Mother-To-Child Transmission

- In the 1990s, research showed pregnant women living with HIV who used Retrovir (**zidovudine** or **AZT**) greatly reduced risk of spreading HIV to their babies
- Now standard practice to:
 - Test pregnant women for HIV
 - Provide HIV drugs to women with HIV during pregnancy, delivery, breastfeeding
 - Give HIV drugs to babies of women with HIV
- Known as **preventing mother-to-child transmission (PMTCT)** or **preventing vertical transmission**
 - With proper HIV care, treatment, woman's chance of transmitting HIV to a baby can go from about 1 in 4 (no HIV drugs) to less than 1 in 100

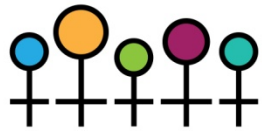


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TasP in Sexually Active Adults

In **2011**, **HPTN 052** showed HIV treatment could greatly reduce chance of an adult with HIV transmitting HIV to another through sexual contact

- Study took place in Africa, Asia, US
- Among **serodifferent** heterosexual couples, when the individual living with HIV took HIV drugs, the likelihood of transmitting HIV to partners went down by **up to 96%**
 - Effect occurred when person living with HIV took HIV drugs even though they had no HIV-related symptoms and CD4 counts were 350-500

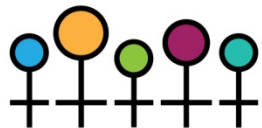


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Treatment with a Public Health Twist

HPTN 052 *changed HIV prevention*

- Additional tool – treatment – in prevention toolbox
- How it works from **public health** (vs. individual health) point of view:
 - If enough living with HIV could be treated so that their viral loads became undetectable
 - They would be much less likely to spread HIV
 - Number of new HIV cases would drop remarkably
 - Called a drop in **community viral load**



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Treatment with a Public Health Twist

Test and treat strategies:

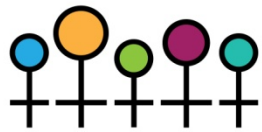
- Recommend universal HIV testing to identify, then treat, all people living with HIV (millions more than now get treatment)
 - Whatever their CD4 counts or viral loads
- Would require greatly expanded medical services
- Resource-limited countries may not be able to take on these additional public health tasks
 - Ethical concerns about who receives limited supplies of medical services and HIV drugs – those who need them for treatment, or those who need them for prevention, or both?



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Treatment with a Public Health Twist

- ***How well TasP works can vary*** depending on factors including:
 - Healthcare systems ability to provide testing, linkage to care, HIV drugs
 - Willingness, ability of people to get tested for HIV
 - HIV-related stigma, discrimination make people less likely to get tested
 - Willingness, ability of people living with HIV to adhere to HIV drug regimens so they remain virally suppressed
- HPTN 052 led World Health Organization (WHO) to recommend, in 2013, that ***all people living with HIV who are members of serodifferent couples should receive HIV treatment***



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Additional Methods of Treatment as Prevention

TasP for HIV-negative people:

- **PrEP** (Pre-Exposure Prophylaxis)
 - Taking drugs to prevent disease or condition before exposure
 - In case of HIV: HIV-negative people taking HIV drugs to reduce their risk of becoming HIV positive if exposed
 - Especially helpful for HIV-negative women who want to get pregnant and whose male partners are living with HIV
 - Promising tool women can use to ***prevent HIV without partners' knowledge or cooperation***

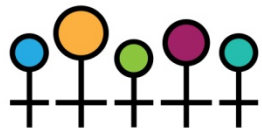


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Additional Methods of Treatment as Prevention

TasP for HIV-negative people:

- **PEP** (Post-Exposure Prophylaxis)
 - Taking HIV drugs for +/- 1 month after possible HIV exposure (needle-stick, sex without condom, sexual assault)
 - To be effective, PEP must be taken right away – within first 72 hours after exposure to HIV, if possible

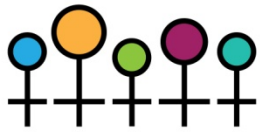


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In Conclusion

Research continues to show ***TasP can be a game-changer in the course of HIV pandemic***

TasP can not only ***positively affect health and well-being of those living with HIV,*** but also serve to ***protect those who are not living with HIV***



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Learn More!

- To learn more, and for links to articles featuring more details, please read the full fact sheet:
 - [HIV Treatment as Prevention \(TasP\)](#)
- For more fact sheets and to connect to our community of women living with HIV, visit:
 - www.thewellproject.org
 - www.facebook.com/thewellproject
 - www.twitter.com/thewellproject