



Women's Advocacy and
Treatment Coalition on HIV

A program of The Well Project



Undetectable Equals Untransmittable: Building Hope and Ending HIV Stigma

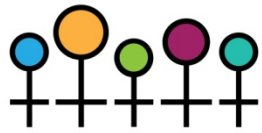
Thursday, July 13, 2017

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

#onewomanatatime

www.thewellproject.org

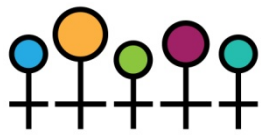
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About The Well Project

- Non-profit organization with a mission to change the course of the HIV/AIDS pandemic through a unique and comprehensive focus on women and girls
- Leverages technology to improve health outcomes and increase quality of life for women and girls living with HIV
- Provides accessible and comprehensive #information, #community support, and #advocacy building
- Access our resources and join our community at www.thewellproject.org

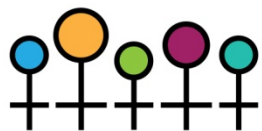


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About Prevention Access Campaign

- A community of HIV advocates, activists, researchers, and organizations around the world uniting to clarify and disseminate the revolutionary but largely unknown fact that *people living with HIV on effective treatment do not sexually transmit HIV*.
- Launched in early 2016 by a group of people living with HIV who created a [Consensus Statement](#) with global experts to clear up mixed messages about the science of U=U.
- That Statement was the [genesis of the U=U movement](#) that is sharing the U=U message to dismantle HIV stigma, improve the lives of people living with HIV, bolster treatment advocacy efforts, and bring us closer to ending the epidemic.

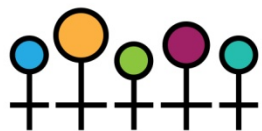




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About *WATCH!*

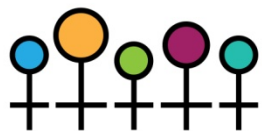
- *WATCH!* Women's Advocacy and Treatment Coalition on HIV is an ongoing HIV treatment advocacy and capacity-building webinar series
- The *WATCH!* 2017 series will take place throughout the year, and will include 4-5 webinars
- Certificates will be issued for each webinar for those who either attend the live webinar or view the recording, and take webinar pre- and post-test
 - Webinars will be recorded and can be accessed up to one month after they take place on website



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Webinar Details

- Webinar will last approximately 90 minutes with Q&A
- Use live chat box on left side to enter questions while presenters talk; questions will be put in queue
- If you are listening to webinar via your phone, please enter second audio pin to connect your phone to computer * (3-digit number)#
- Participants' lines will be muted (can unmute during Q&A if requested)
 - To unmute your phone, press *6, or click on microphone icon at the top of your screen (if using computer microphone)



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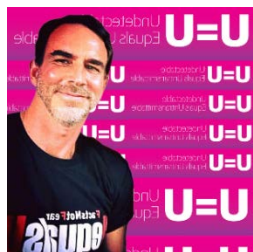
Speakers



Benjamin Young, MD, PhD, senior vice president/chief medical officer, International Association of Providers of AIDS Care (IAPAC)



Maria Mejia, global ambassador, community advisory board, *A Girl Like Me*, The Well Project



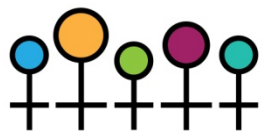
Bruce Richman, Ed.M, JD, founder, executive director, Prevention Access Campaign and Undetectable = Untransmittable (U=U)



Krista Martel, executive director, The Well Project (*moderator*)



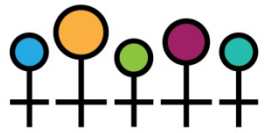
Gina Brown, MSW, community advisory board, WRI member, The Well Project



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Agenda

- Introductions
- U=U Overview
 - Treatment as prevention
 - Research
 - U=U campaign
 - Why didn't I know about this?
 - Issues specific to women
- Discussion of U=U with women living with HIV
- Q&A



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U=U Overview

Ben Young, MD, PhD



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What Is “U=U”?

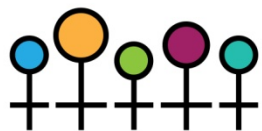
When a person living with HIV is taking HIV drugs and their viral load has reached **undetectable** levels (not enough HIV in their bloodstream for a test to measure), that person **cannot transmit HIV to a partner who is HIV-negative**

HIV community members, advocates, and experts refer to this as ***“Undetectable Equals Untransmittable”*** (“U=U”)



Get tested. Stay protected. Find out how at:
StartsWithMe.org.uk

Produced by Terrence Higgins Trust for HIV PREVENTION ENGLAND.
Terrence Higgins Trust is a registered charity in England and Wales (reg. no. 238527) and in Scotland (SC039916). Company reg. no. 1776147.

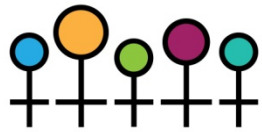


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Treatment as Prevention (TasP)



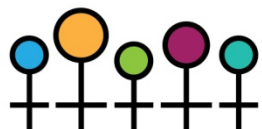
- Foundation of U=U
- Refers to ways we can use HIV treatment regimen to ***lower the risk of spreading HIV***
- For people living with HIV (HIV+):
 - Taking HIV drugs can reduce viral load
 - Blood, vaginal fluids, and/or semen (cum) is much less likely to transmit HIV to others
 - Mixed-status couples (one partner HIV+, one HIV-) who want to have babies are more likely to safely conceive "the old-fashioned way"



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How HIV Treatment Makes U=U

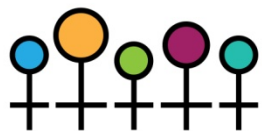
- Chance of passing on any virus has to do with **amount of virus** (viral load) in body fluids
- HIV drugs prevent virus from **reproducing** (making copies of itself)
- When an HIV treatment regimen works ...
 - HIV is **unable** to reproduce
 - HIV will not infect new cells in your body
 - **Viral load remains low**, which means you are...
 - More likely to have a healthy immune system
 - **Less likely to transmit HIV**



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How HIV Treatment Makes U=U

- HIV drugs **cannot cure HIV**
 - Even when viral load is **undetectable**, there are still 'resting' or latent HIV cells in certain areas (**reservoirs**) of your body (e.g., GI tract (gut), brain, or bone marrow)
- ... but having an undetectable viral load means there is **barely a trace of virus** in body fluids that transmit HIV
 - Blood, vaginal fluids, semen

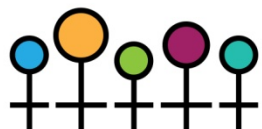


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The Research Behind U=U

The "Swiss Consensus Statement" (2008)

- Group of HIV care providers in Switzerland produced a paper aimed at other doctors in their country
- Agreed that an HIV+ person who had had an undetectable viral load for at least 6 months on HIV treatment had a **negligible risk** (so small or unimportant that it is not worth considering) of transmitting HIV
 - Based on new data and their clients' experiences

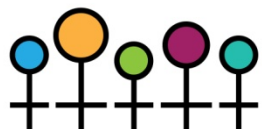


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The Research Behind U=U

HPTN 052 (2011)

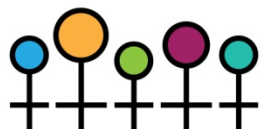
- Large study – more than 1,000 mostly heterosexual, mixed-status couples
- Showed that partners living with HIV and taking HIV treatment could reduce chance that their HIV-negative partners would acquire HIV by up to 96%
- ***Only 3 cases*** of HIV transmission in study group
 - In each case, partner living with HIV had detectable viral load
 - Their HIV drugs had not yet started working properly, or had stopped working



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The Research Behind U=U

- HPTN 052 ***changed HIV prevention***
 - Put an additional tool – treatment for people living with HIV – in prevention toolbox
- However, ***information not well known or understood*** outside of HIV advocate and expert circles
 - Mainstream media accounts of this news was often confusing, misleading, loaded with HIV stigma
- Many ***people living with HIV were not aware*** of this exciting development

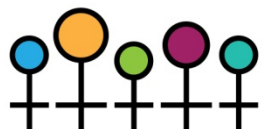


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The Research Behind U=U

PARTNER (2016)

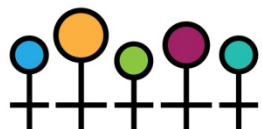
- Looked at HIV transmission risk in heterosexual and gay mixed-status couples
 - Partners living with HIV took HIV treatment, had undetectable viral loads
- After 58,000 instances of sex, among 1,166 couples who were not using condoms, ***zero cases of HIV acquisition***
- Results of PARTNER and follow-up results of HPTN 052 published in mid-2016
 - Still confusion, misinformation, silence around topic



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Why Didn't I Know About This?

- Shifts in attitudes, beliefs, behaviors take time
 - For decades, condom use held up as only sure way to stop spread of HIV
 - Condom use often encouraged through campaigns and activities based in fear of contact with HIV
 - Undetectable viral load as a barrier to HIV transmission has been a difficult message for many to accept
 - STIs and unwanted pregnancies remain important issues
 - Condoms prevent these; HIV treatment as prevention does not

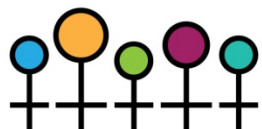


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Why Didn't I Know About This?

Intersectional forms of stigma affect whether U=U message is delivered

- People living with or vulnerable to HIV are often the same people whose sexuality carries stigma and judgment
 - E.g., transgender people, women of color, older women, young women, people living in poverty
 - Freedom to enjoy their sexual lives is often limited, not celebrated
 - Recognizing that TasP can make them unlikely to pass the virus to their partners may help with stigma and judgment
- Recent study found that almost 40% of women studied had not been told about U=U by providers
- In another study, participants vastly overestimated their own transmission risk

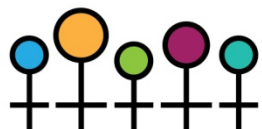


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Important U=U Issues for Women

Relationship Power Dynamics

- Part of how HIV epidemic continues to flourish among women globally
 - Women often cannot demand that their partners use condoms due to uneven power dynamics, fear of violence
 - May follow that women are unable to ask about their partners' treatment status or viral load
 - Partners may not honor a woman's request to use condoms or other barriers based on their undetectable viral load
- ***More research and insight is needed*** into ways U=U may be affected by partner power dynamics for women

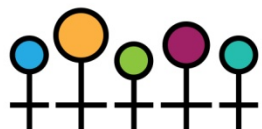


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Important U=U Issues for Women

Breastfeeding

- While HIV treatment can decrease HIV transmission through breast milk, there may still be some risk
 - Having undetectable viral load in blood may not guarantee undetectable viral load in breast milk
 - Other factors that affect HIV transmission through breastfeeding
 - E.g., **mastitis** (breast infection that can occur in breastfeeding mothers) can increase viral load before a woman knows she has it
 - In places without refrigeration or safe water, the risk from formula feeding with unsafe water – and the immune benefits of breastfeeding – may outweigh HIV risk

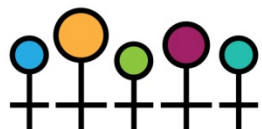


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Important U=U Issues for Women

Breastfeeding

- In high-resource areas with safe water, breastfeeding isn't recommended for women living with HIV
 - Experts on HIV and women's health divided as to whether or not this should be the case in U=U era
- Some providers suggest:
 - That women be given all information to make their own choice
 - Be supported to continue taking their HIV treatment
 - Be counseled on reducing potential harms of breastfeeding if they choose to do so

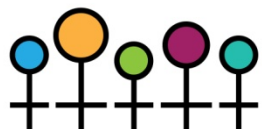


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Important U=U Issues for Women

HIV Criminalization

- As of April 2016, 72 countries and >30 U.S. states had laws making it a crime for a person living with HIV to do things (e.g., consensual sex) that are not crimes for HIV-people
- These laws build HIV stigma and discrimination into the legal system
- Do not take into account the realities of living with HIV in the era of U=U
 - U=U does not yet change status of existing laws

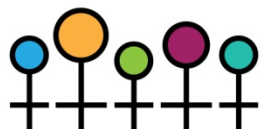


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Important U=U Issues for Women

HIV Criminalization

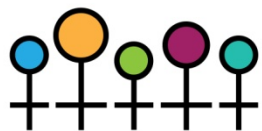
- In opposing these laws, it is important not to stigmatize or criminalize those that have detectable viral loads
- Women, especially, may have a harder time getting their viral loads to undetectable, for reasons including:
 - Being more likely to be diagnosed later in life than men
 - Prioritizing the health of others over their own
 - Higher rates of violence, poverty, instability that come with these social determinants of health that make it hard to be consistent with medication
- ***Criminalizing people based on HIV status is never appropriate, regardless of viral load***



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The Bottom Line

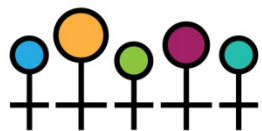
- Increasing awareness that having an undetectable viral load means that people living with HIV will not transmit the virus can have a ***dramatic impact on public and personal perceptions of HIV***
- HIV stigma = biggest barrier to ending HIV epidemic
- Important to break down stigma wherever possible by providing access to information, community support, advocacy -- all of which build **hope**
- U=U has the potential to address all kinds of HIV stigma



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The Bottom Line

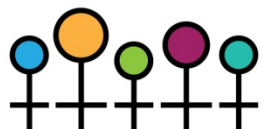
- While researchers must continue to examine promise and impact of treatment as prevention, ***the science that is currently available strongly supports U=U***
- We need to make sure that ***all people living with HIV, or vulnerable to becoming HIV+, have access to this life-altering information***, so that they can make informed decisions about their own sexual health and lives



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U=U Campaign

Bruce Richman



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The U=U Campaign

#UequalsU

- Launched by health equity program **Prevention Access Campaign (PAC)** in early 2016
- A project **led by people living with HIV**
- Unites global community of HIV advocates, activists, researchers, community partners
- Mission is to clarify and share the fact that ***people living with HIV, who are on effective HIV treatment, do not transmit HIV when they have sex***



If your viral load is undetectable, it means you can't pass HIV to others. Treatment = Prevention! on.nyc.gov/staysure #PlaySure #TasP



UNDETECTABLE = UNTRANSMISSIBLE
НЕДЕТЕКТАБИЛНО = НЕПРЕНОСИВО

ЗАЕДНУ Задружје за поддршка на луѓето живее со ВИВ - ЗАЕДНО ПОСВИДНИ СЕАЏЕ

U=U

Undetectable = Untransmittable
non rilevabile = non trasmissibile

#UequalsU

INDETECTABLE
SIGNIFICA
INTRANSMISSIBILE



U=U
UNDETECTABLE EQUALS UNTRANSMISSIBLE

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IT STARTS WITH ME.
I WON'T PASS ON HIV.
I know that someone thing will on my medication won't pass it on. If my viral load stays low I can stop HIV.

U=U
UNDETECTABLE
MEANS
UNINFECTIOUS
[+U] BODY POSITIVO

UNDETECTABLES

U=U
UNDETECTABLE
= UNTRANSMISSIBLE
A PERSON LIVING WITH HIV WHO HAS AN
UNDETECTABLE VIRAL LOAD DOES NOT
TRANSMIT THE VIRUS TO THEIR PARTNERS.
The International AIDS Society is proud to endorse the U=U consensus statement of the Prevention Access Campaign.

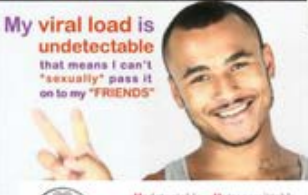
IASI

SAFARI AIDS FOR FOUNDATION
NEWS & EVENTS HIV INFO
Risk Testing Treat
etting your viral load down to undetectable also helps prevent new infections. Studies show that people living with HIV who are on treatment and have a suppressed viral load do not transmit HIV to HIV-negative sex partners. In other words, if you are living with HIV and are on an undetectable viral load, you don't have to worry about passing HIV to your sex partners. For many people, being undetectable offers a renewed sense of freedom, brings less anxiety around sex, and reduces stigma associated with HIV.
The San Francisco AIDS Foundation supports the Undetectable = Untransmittable message by Prevention Access Campaign. Read more about the initiative.

NIET DETECTEERBAAR
BETEKEN
NIET OVERDRAAGBAAR
n=n

HOUSINGWORKS
HOW DO YOU BECOME UNDETECTABLE?
You don't need to be a superhero to do something powerful for yourself and your community.
By regularly taking the right medicine, you can lower the amount of HIV in your blood (the viral load) to become undetectable. A low viral load is a good thing!
UNDETECTABLE = UNTRANSMISSIBLE!
People who are undetectable cannot transmit the virus to others. When you're undetectable, you both protect your own health and prevent new HIV infections. And many experts agree!
This doesn't mean you no longer have HIV—it means that by continuing your plan of treatment, you can live with HIV by managing your health on your own terms.
PEOPLE WITH HIV ON EFFECTIVE TREATMENT DO NOT SEXUALLY TRANSMIT HIV
ACT UP
DUBLIN
UNDETECTABLE = UNTRANSMISSIBLE

U=U
#LOVE POSITIVE
exæquo
AIDES



nam aidsmap

HIV & AIDS - sharing knowledge, changing lives

"The scientific evidence is clear. Someone whose HIV is undetectable does not pose an infection risk to their sexual partners."

For information on HIV you can rely on: www.aidsmap.com

nyc nycHealthy @nycHealthy

If your viral load is undetectable means you can't pass HIV to your partners.
Treatment = Prevention!
staysure #PlaySure #Tasvea

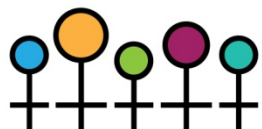


Undetectable = Untransmittable
Podporujemo!
HIV BELIRLENEMİYORSA BULAŞTIRILAMAZ. MIT
U=U
UNDETECTABLE UNTRANSMISSIBILE

U=U Undetectable Equals Untransmittable



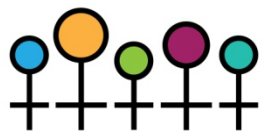
AIDS FIGHTS UNITED
AIDS FIGHTS UNITED



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Community and Medical Experts Agree

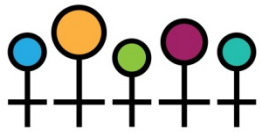
- 2016: U=U campaign released first-ever **global consensus statement** confirming science behind U=U
- >280 HIV experts, advocacy groups, service organizations, departments of health from 34 countries have endorsed U=U message
- Statement translated into 11 languages (so far)
 - The Well Project proudly endorsed consensus statement in April 2017
- Partners share info in ways that work for their communities
- Part of a strategy to break down HIV **stigma**; provide **hope**; **improve** lives of people living with HIV; move closer to ending HIV as a worldwide epidemic



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Panel Discussion

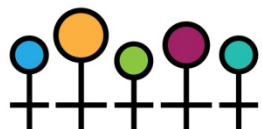
*with Maria Mejia and Gina Brown,
led by Bruce Richman*



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Learn More!

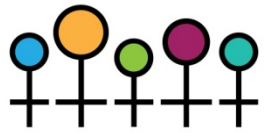
- To learn more about this topic, and for links to articles featuring more details, please read the full fact sheet on this topic:
 - [Undetectable Equals Untransmittable: Building Hope and Ending HIV](#)
- Visit [Prevention Access Campaign](#) **#UequalsU**
- For more fact sheets and to connect to our community of women living with HIV, visit:
 - www.thewellproject.org
 - www.facebook.com/thewellproject
 - www.twitter.com/thewellproject



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Additional Resources

- [U=U: Undetectable = Untransmittable](#) (Video)
 - *from Prevention Access Campaign*
- [If I Am Undetectable I Can't Transmit the HIV Virus](#) (Video Blog)
 - *by Maria T. Mejia*
- [HIV Undetectable = Untransmittable: Interview With Bruce Richman](#)
 - *by Nelson Vergel, from Program for Wellness Restoration*
- [Infant Feeding Basics: For Women Living with HIV in the US](#) (PDF)
 - *from HIVE*
- [If We Act to Remove Structural, Behavioral and Social Barriers, We Can End the HIV Epidemic With the Medicines We Already Have: A Conversation With Dr. Ben Young](#)
 - *by Olivia G. Ford, from TheBodyPRO.com*
- [Why, for HIV, Undetectable = Untransmittable](#)
 - *by Roger Pebody, from TheBody.com*



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Post-Assessment Test

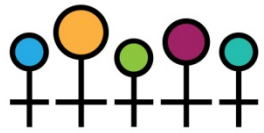
Please go to

https://www.surveymonkey.com/r/WATCH2017_PostTest2

to take today's webinar Post-Assessment Test

An email message will be sent out on in the coming days, with the link to the webpage for today's webinar that has links to pre- and post-assessment tests, the webinar recording, and additional resources on this topic.

Thank you for your participation!



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Thank You!



Questions & Answers

The Q & A will come from the questions submitted to the presenters through the chat box during the webinar session.