

Do you speak U=U?

Talking to patients about treatment as prevention

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BHIVA Autumn Conference



Good news



Reduction in HIV
diagnoses

London hits 90-90-90

Equal life-expectancy
plus Marriage equality
coming to Australia

#UequalsU

It's a fact

U=U

Undetectable equals untransmittable



The British HIV Association is proud to support the **#UequalsU** consensus statement of the Prevention Access Campaign

“As the UK’s leading voice for HIV health professionals, our backing for U=U is unequivocal.”

Do you tell all of your HIV+ patients about TaP / U=U?

- Yes all of them
- Sometimes (time constraints)
- Sometimes (depends on the patient)
- Sometimes (other reason)
- Never

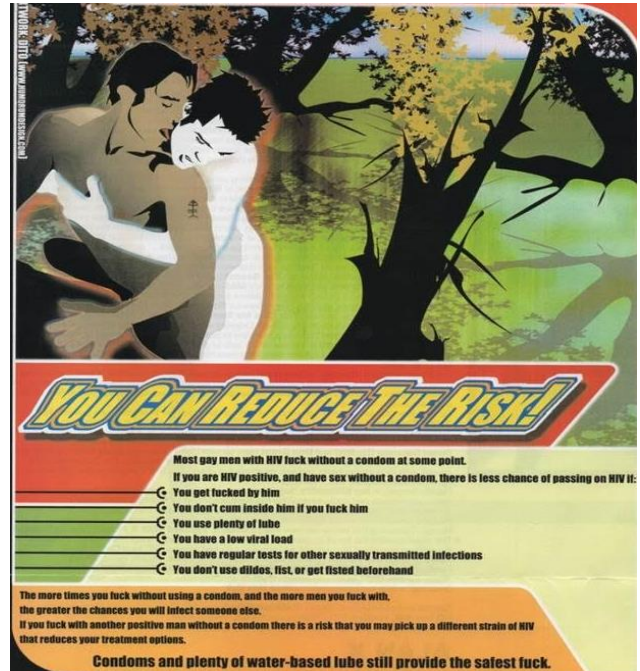
Messaging about TaP

2001 Gay Men Fighting AIDS campaign included the following:

“If you are HIV positive, and have sex without a condom, there is less chance of passing on HIV if...

- *You have a low viral load”*

October 2001



The 'Swiss Statement'

People with HIV *are not* sexually infectious (“*ne transmettent pas le VIH par voie sexuelle*”), as long as the following conditions are met:

- The HIV-positive individual takes antiretroviral therapy consistently and as prescribed and is regularly followed by his/her doctor.
- Viral load is 'undetectable' and has been so for at least six months.
- The HIV-positive individual does not have any STIs

January 2008

BHIVA discussion of Swiss Statement

The screenshot shows the nam aidsmap website interface. At the top, there is a search bar and navigation menus for Home, News, HIV Basics, Topics, Resources, Translations, E-atlas, and About us. A 'Donate' button with a red ribbon icon is also visible. The main content area features a news article with the following details:

- Section:** TRANSMISSION AND PREVENTION
- Title:** UK conference discusses the 'Swiss statement' on infectiousness of people on HIV treatment
- Author:** Michael Carter
- Published:** 15 October 2008
- Jump to:**
 - Undetectable = uninfected*
 - HIV replication in sexual compartments
 - The community response – gay men
 - The community response – women
 - Wider UK responses
- Text:** There was broad consensus at last week's autumn conference of the British HIV Association that effective HIV treatment significantly reduces the risk of HIV transmission. But nobody – even a leading proponent of what has become known as the 'Swiss statement' – was prepared to say that HIV transmissions never occurred when an individual had an undetectable viral load.
- Text:** In January this year leading Swiss HIV doctors issued a statement saying that HIV-positive individuals who were taking antiretroviral therapy with an undetectable viral load in their blood and no sexually transmitted infections could not pass on HIV to their sex partner. It quickly became known as the 'Swiss statement' and has been hotly debated ever since, becoming one of the top subjects of this year's International AIDS Conference in Mexico City.
- Text:** A consensus quickly emerged that HIV treatment that suppresses viral load in the blood to undetectable levels does significantly reduce the risk of HIV transmission during unprotected sex. A dissenting voice, however, was raised by some Australian HIV doctors who developed a model that assumed that there was no lower limit below which HIV transmission could not occur. But an editorial

On the right side of the article, there are sections for 'Related topics' (Transmission and prevention), 'Related news' (listing HIV diagnoses in English gay men, UK's largest sexual health clinic, and NAM European HIV prevention survey), and 'Related news selected from other sources' (listing 'Say Goodbye to 'Risk'' and HIVRAP Conference).

“Never say never.”

“Grieving process.”

“Muddying of prevention messages.”

October 2008

HPTN 052 study reported at IAS

nam aidsmap
HIV & AIDS - sharing knowledge, changing lives

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News

Latest news News by topic HIV update News feeds Conference news

INFECTIOUSNESS AND TREATMENT AS PREVENTION

Treatment is prevention: HPTN 052 study shows 96% reduction in transmission when HIV-positive partner starts treatment early

Print
Email
Like 127
Tweet

Related topics

- HIV prevention policy
- Infectiousness and treatment as prevention
- Starting treatment

Related news

- Starting ART immediately after HIV diagnosis cuts mortality risk by two-thirds for people with high CD4 cell counts
08 November 2017
- Australian clinic records show significant reduction in duration of infectiousness in HIV-positive gay men from 2007-2016
25 September 2017
- San Francisco annual report shows continued drop in new HIV infections
18 September 2017
- New South Wales reports record drop in HIV diagnoses: fewest this year since records began
25 August 2017

Related news selected from other sources

- HIV Undetectable

Prof. Myron Cohen, University of North Carolina @ASMercurus Rose/Workers Photos

Keith Alcorn
Published: 18 July 2011

Jump to

- Results
- Reactions
- Further information
- References

Results from a trial showing that antiretroviral treatment prevents HIV from being passed onto uninfected partners received a standing ovation today at the Sixth International AIDS Society.

Reported 96% reduction in risk.

“These are important results to give to a serodiscordant couple.”

Standing ovation

July 2011

PARTNER study (1st 2 years), CROI

The screenshot shows the nam aidsmap website interface. At the top, there is a search bar and navigation links for Home, News, HIV Basics, Topics, Resources, Translations, E-atlas, and About us. A 'Donate' button is also visible. The main content area features a news article titled "No-one with an undetectable viral load, gay or heterosexual, transmits HIV in first two years of PARTNER study". The article text states: "Viral load suppression means risk of HIV transmission is 'at most' 4% during anal sex, but final results not due till 2017". Below the text is a photograph of a press conference at CROI 2014, with a caption: "Press conference at CROI 2014. Photo by Liz Highleyman. hivandhepatitis.com." To the right of the article, there is a sidebar with a section titled "Viral load and transmission" containing a factheet and a link to find out more. Below that is a "Related topics" section listing: Infectiousness and treatment as prevention, Men who have sex with men (MSM), Safer sex, Sexual transmission, and Sexually transmitted infections. At the bottom of the sidebar is a "Related news" section with a link to "MSM in London diagnosed with early HIV, one of a possible new HIV test".

March 2014

No transmissions occurred despite quite high levels of STIs.

"Our best estimate is it's zero."

More from PARTNER, AIDS 2016

The screenshot shows the nam aidsmap website with a news article titled "More confidence on zero risk: still no undetectables seen from people with an undetectable viral load in PARTNER study". The article includes a sub-headline "Odds of seeing a transmission now even lower, but more data still needed on gay men, say researchers" and a chart with the word "Zero?" in the center. The chart displays five percentages: 0.5% (top), 1.0% (left), 0.89% (right), 0.3% (bottom-left), and 0.71% (bottom-right). The article is dated 19 July 2016. To the right of the article are sections for "Related topics" (Epidemiology and behaviour, Infectiousness and treatment as prevention, Men who have sex with men (MSM), Sexual transmission, Viral load) and "Related news" (MSM in London diagnosed with early syphilis are a priority group for PrEP, HIV diagnoses in the UK fell in gay men last year for the first time since the mid-1990s, Public Health England confirms, 03 October 2017; Virally suppressed people have 'effectively no risk' of transmitting HIV, says US CDC: but how many are suppressed?, 03 October 2017; HIV diagnoses on the rise among over-50s in Europe, 27 September 2017).

July 2016

“We can fairly safely say that the chance of transmission from a virally-suppressed HIV-positive person during heterosexual sex is negligible.”

Opposites Attract, IAS 2017

The screenshot shows the AIDSmap website interface. At the top, there is a search bar and navigation links for Home, News, HIV Basics, Topics, Resources, Translations, E-atlas, and About us. A 'Donate' button is also visible. The main content area features a news article with the following details:

- Category:** INFECTIOUSNESS AND TREATMENT AS PREVENTION
- Title:** International study of gay couples reports no transmissions from an HIV-positive partner on treatment
- Image:** A photograph of two people, one in a blue outfit and one in a green outfit, embracing. The image is labeled 'IAS2017' and 'Image from Opposites Attract study: www.oppositesattract.net.au'.
- Author:** Gus Cairns
- Published:** 25 July 2017
- Text:** A study of 343 gay couples, where one partner had HIV and the other did not, has not found a single case of HIV transmission in 16,889 acts of condomless anal sex, the 9th International AIDS Society Conference on HIV Science (IAS 2017) in Paris, France, was told today. The Opposites Attract study looked at whether HIV is transmitted between gay male couples of different HIV status when the HIV-positive partner is on treatment that fully suppresses HIV. The HIV-positive partners in Opposites Attract had a so-called 'undetectable viral load' 98% of the time.

On the right side of the article, there are social media sharing options (Print, Email, Share, Like 167, Tweet) and two 'E-atlas' sections for Australia and Brazil, each with a map and a link to find more details.

July 2017

“This is demolishing HIV stigma and encouraging people to start treatment and bring an end to the epidemic.”

U=U activism

Consensus statement signed by IAS

Consensus statement on TaP:

People living with HIV on ART with an undetectable viral load in their blood have a negligible risk of sexual transmission of HIV.

Depending on the drugs employed it may take as long as six months for the viral load to become undetectable.

Continued and reliable HIV suppression requires selection of appropriate agents and excellent adherence to treatment.

HIV viral suppression should be monitored to assure both personal health and public health benefits.



#UequalsU

“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

#UequalsU

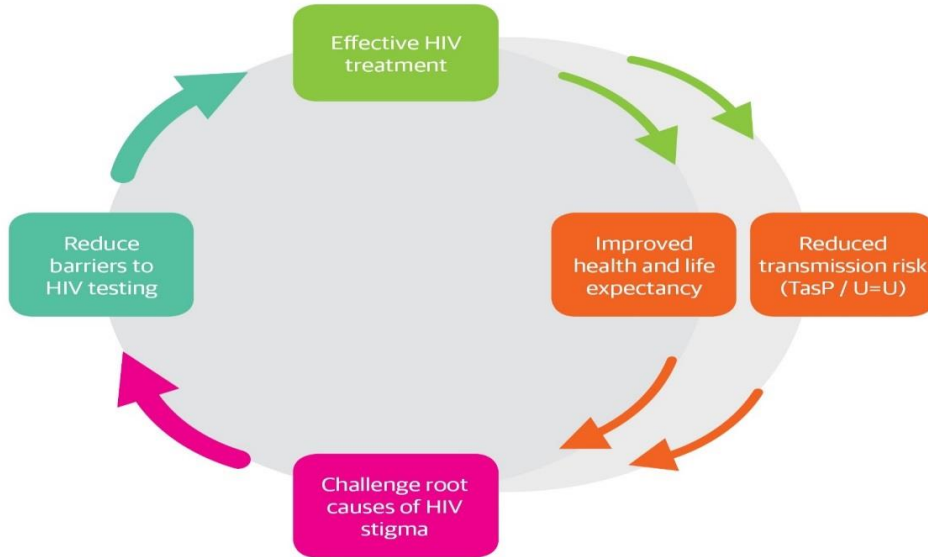
U=U Undetectable
Equals Untransmittable

90% reduction in HIV diagnoses at 56 Dean Street

"Viral undetectability is an urgently desired status and doctors should use that as a motivation for treatment."

Gus Cairns

Everyone wins



U=U may:

- Reduce HIV related stigma
- Improve mental / emotional health for people living with HIV
- Reduce barriers to testing
- Reduce time between infection and diagnosis
- Prevent new infections.

"Having sex with someone who is living with the virus is not as dangerous as you think.

"I believe it's an ethical requirement to tell your patients this.

"The risk is so low that to tell patients they must use a condom without telling them that there is virtually no evidence to support this statement is unethical."

Pietro Vernazza

co-author of 'The Swiss Statement'

UNDETECTABLE = UNTRANSMITTABLE



Prevention Access Campaign

www.uequalsu.org
#UequalsU



HIV & AIDS – sharing knowledge, changing lives

Thank you

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