



U=U Campaign

(Undetectable = Untransmittable)

Informational campaign “U=U” aims at disseminating the fact that

If the viral load is undetectable, HIV is not transmitted sexually.

- Destigmatization (incl. self-stigmatization) of people living with HIV
- Raising public awareness of HIV infection
- Increasing adherence to ARVT for people living with HIV
- Motivation for HIV testing and early treatment

- Uganda Study
- The Swiss Statement
- HPTN-052 Study
- PARTNER Study
- Opposites Attract Study



- Duration: 30 months
- Participants: 415 heterosexual serodiscordant couples
- Cases of HIV transmission are rare in couples where HIV positive partner has a viral load less than 1500 copies per ml

- Uganda Study
- The Swiss Statement
- HPTN-052 Study
- PARTNER Study
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- 10 years of medical experience in conception in serodiscordant couples
- Analysis of 25 studies

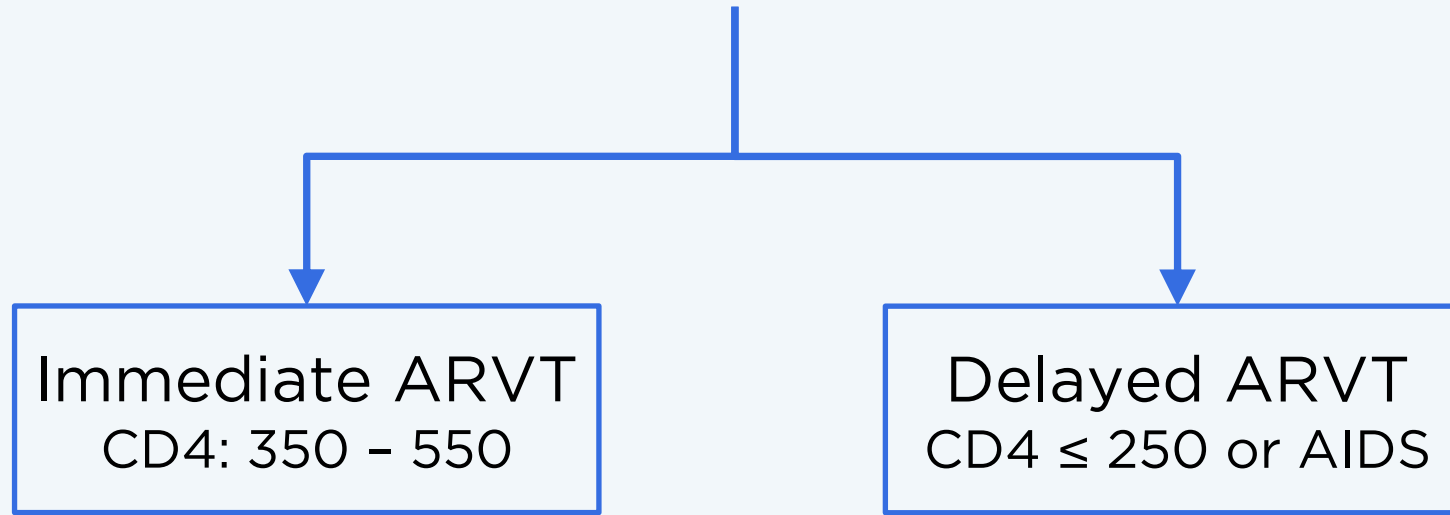


2008

HIV positive person cannot transmit HIV infection sexually if they are adherent to ARVT and have undetectable viral load for at least last six months

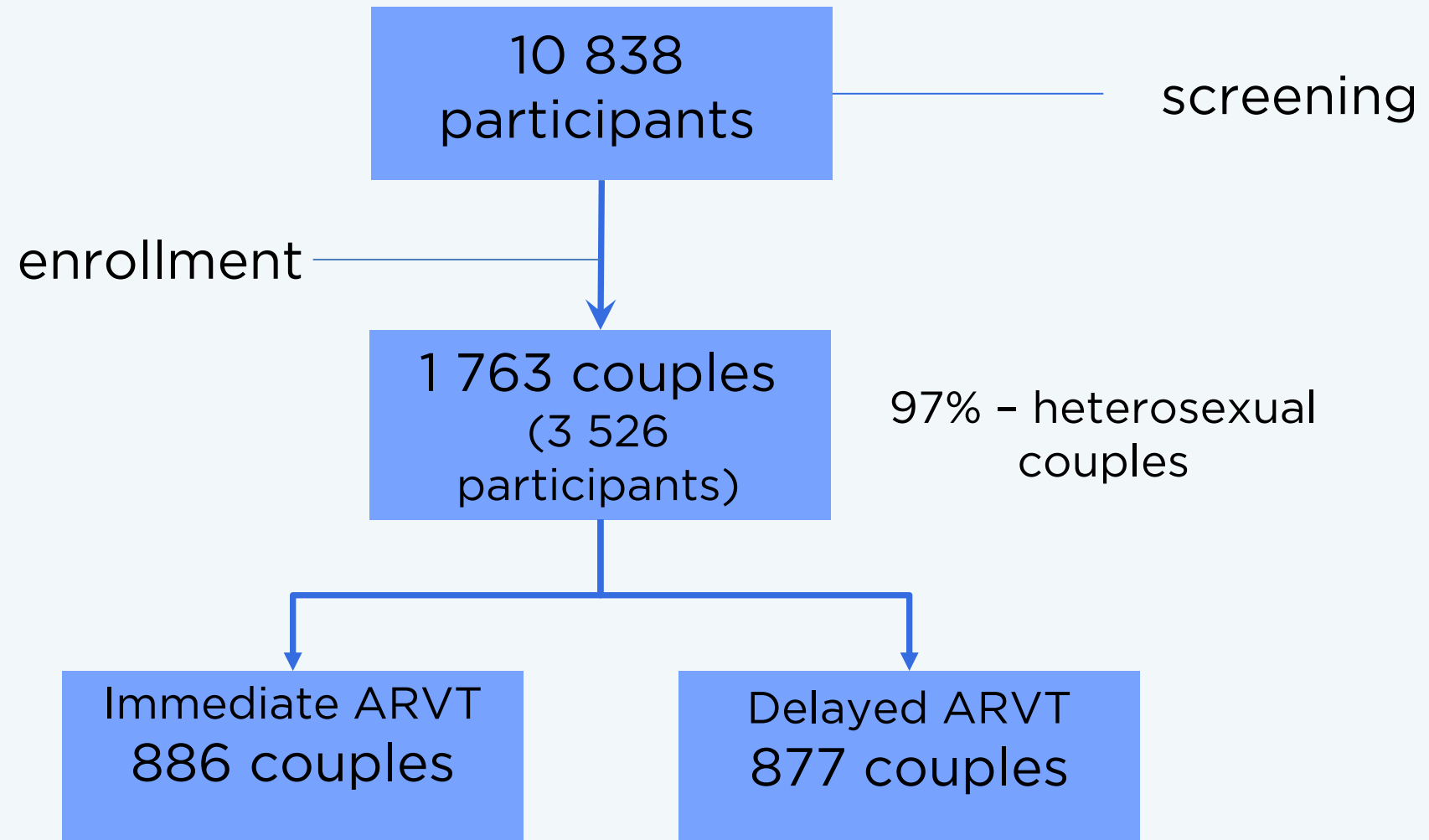
- Uganda Study
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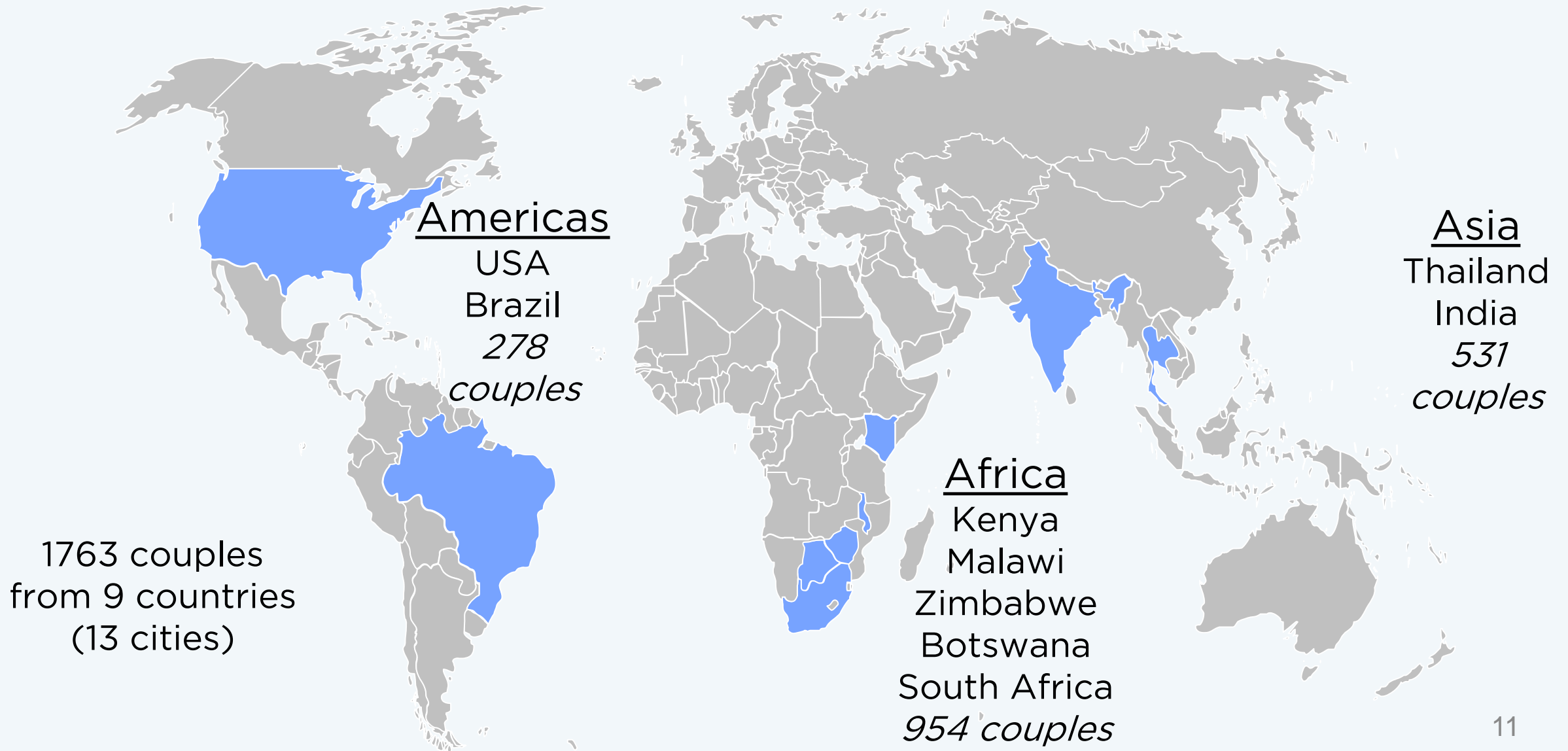
Stable, healthy, sexually active serodiscordant couples
CD4: 350 – 550 cells/ml

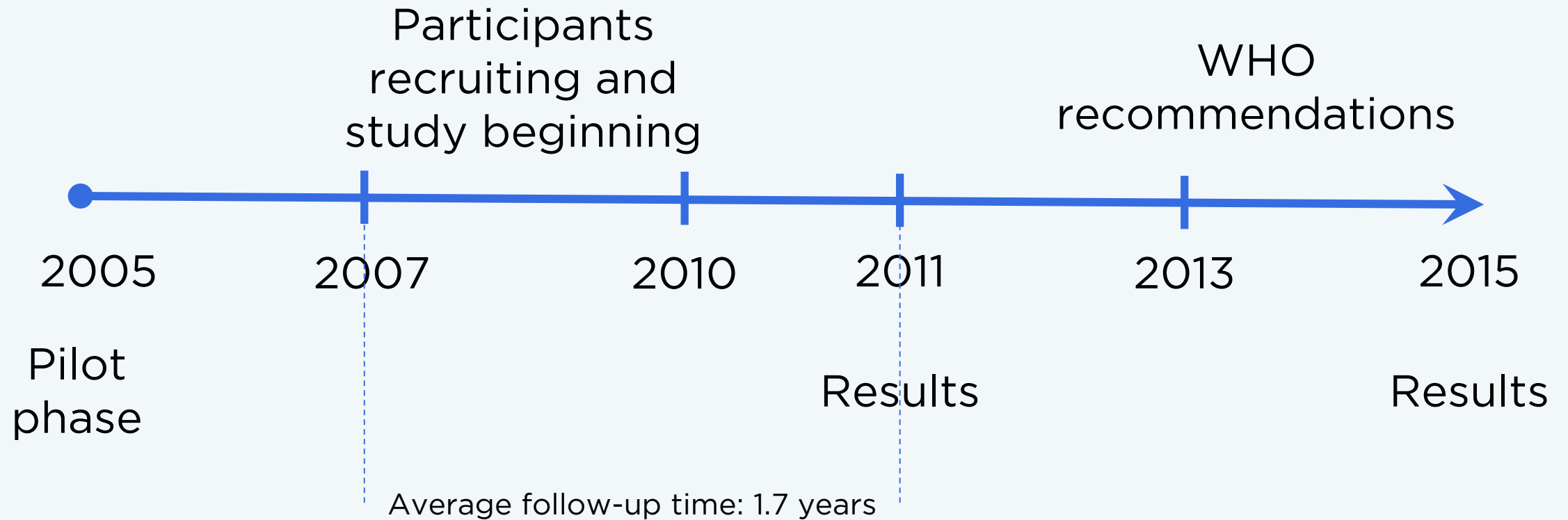


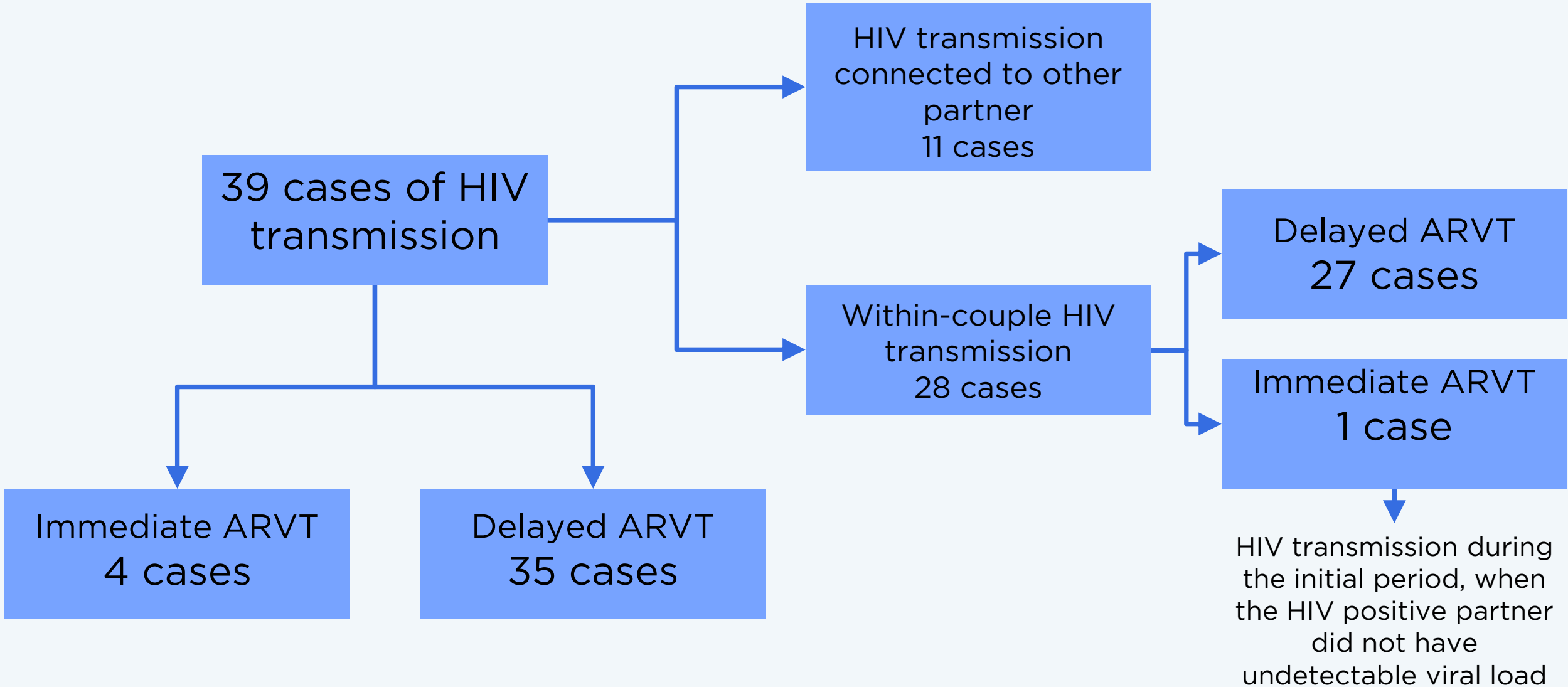
Final points

- HIV transmission
- Death, clinical stage 4 by WHO classification, TB, some bacteriological infections and/or severe not AIDS-associated diseases (CVD, diseases of liver or kidneys, diabetes, cancer)









Early ARVT leads to 96% decrease in
sexual transmission of HIV in
serodiscordant couples

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apps.who.int/iris/bitstream/10665/85321/1/9789241505727_eng.pdf?ua=1

Alex

92 Consolidated guidelines on the use of antiretroviral drugs for treating and preventing HIV infection

7. CLINICAL GUIDANCE ACROSS THE CONTINUUM OF CARE: ANTIRETROVIRAL THERAPY

7.1 When to start ART

Early treatment initiation is associated with clinical and HIV prevention benefits, improving survival and reducing the incidence of HIV infection at the community level. The 2013 Guidelines Development Group recommends that national HIV programmes provide ART to all people with a confirmed HIV diagnosis with a CD4 count of 500 cells/mm³ or less, giving priority to initiating ART among those with severe/advanced HIV disease (see Annex 1) or a CD4 count of 350 cells/mm³ or less. It is also recommended to initiate ART in people with active TB disease and HBV coinfection with severe chronic liver disease, all pregnant and breastfeeding women with HIV, all children younger than five years living with HIV and all individuals with HIV in serodiscordant relationships, regardless of CD4 cell count (Table 7.1).

Table 7.1 Summary of recommendations on when to start ART in adults, adolescents, pregnant and breastfeeding women and children

Additional follow-up: 4 years

Couples remained: 1 171

Cases of within-couple HIV transmission: 8

4 cases: transmission during the initial period, when the HIV positive partner did not have undetectable viral load

4 cases: the HIV positive partner did not have undetectable viral load due to incorrect ARVT

During the study, there were no documented cases of within-couple HIV transmission among serodiscordant couples in which the HIV-positive partner had undetectable viral load

- Uganda Study
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- PARTNER Study
- Opposites Attract Study

Participants: 888 couples

75 cities, 14 European countries

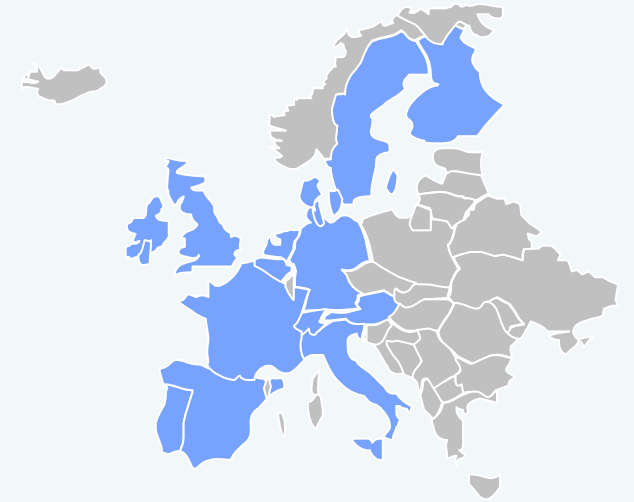
Average time of supervision: 1.3 years

Undetectable viral load < 200 copies/mL

Condomless sex acts: 58 000

Cases of HIV transmission: 11

Cases of within-couple HIV transmission: 0



- Uganda Study
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- Opposites Attract Study

Participants: 358 homosexual couples

Brazil
96 couples

Australia
157 couples

Thailand
105 couples



Undetectable viral load < 200 copies/mL

Condomless sex acts: 16 889

Cases of HIV transmission: 3

Cases of within-couple HIV transmission: 0

During the study, there were no documented cases of within-couple HIV transmission among serodiscordant couples in which the HIV-positive partner had undetectable viral load

1. Uganda Study: <http://www.nejm.org/doi/full/10.1056/NEJM200003303421303#t=article>
2. The Swiss Statement: <https://www.ncbi.nlm.nih.gov/pubmed/18657710>;
<https://smw.ch/article/doi/smw.2016.14246>
3. HPTN-052 Study: <https://hptn.org/research/studies/hptn052>;
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3486734/>
4. PARTNER Study: <http://i-base.info/partner-study/>;
<https://jamanetwork.com/journals/jama/article-abstract/2533066>
5. Opposites Attract Study: <http://programme.ias2017.org/Abstract/Abstract/5469>;
<https://bmcpublichealth.biomedcentral.com/articles/10.1186/1471-2458-14-917>

THANKS FOR YOUR ATTENTION