

What's the deal with **PrEP?**



Pre Exposure Prophylaxis

WHAT IS PrEP?

PrEP is short for Pre-Exposure Prophylaxis.

PrEP is a new HIV prevention method in which people who are not infected with HIV take a daily pill to reduce their risk of becoming infected. When used consistently, PrEP has been shown to reduce the risk of HIV infection among adult men and women at very high risk for HIV infection through sex or injecting drug use.

PrEP was approved by the FDA in 2012 and is shown to protect against HIV acquisition.

For some individuals at high risk for HIV infection, PrEP may represent a much-needed additional prevention method. It will not be right for everyone and is not intended to be used in isolation, but rather in combination with other prevention methods to reduce the risk of getting HIV infection.

You can access additional information on PrEP by visiting the Centers for Disease Control and Prevention's website on PrEP:
www.cdc.gov/hiv/prevention/research/prep/

WHAT ARE THE RISKS OF PrEP?

All medications have side effects but Truvada has been found to be safe and effective. It has been used for over 10 years to treat HIV infection and is now available as an effective way to prevent HIV infection too. Some of the more common side effects of taking Truvada for PrEP include headache, stomach-area (abdomen) pain, and decreased weight. When taking PrEP it will be necessary to see your doctor every 3 months for blood tests to ensure you are not having other potential side effects that could affect your kidney function and STI/HIV tests to ensure you are still HIV negative and have no sexually transmitted infections.

You can access this information by visiting the following website: <http://start.truvada.com/individual>

Who's at high-risk for infection with HIV?

In the United States, approximately 20% of individuals living with HIV infection are unaware of their positive status and only about 30% of HIV positive Americans are virally suppressed. Therefore, the CDC recommends that all persons aged 15 to 65 be tested for HIV at least once, independent of risk, and on a regular basis if they are at high-risk for HIV acquisition. Those at increased risk for HIV

- Men who have sex with men
- Active injection drug users
- Having unprotected vaginal or anal intercourse
- Having sexual partners who are HIV-infected, bisexual, or injection drug users
- Exchanging sex for drugs or money

Partner with your care provider to select the optimal prevention plan which meets your risk factors for HIV acquisition.

Key Component of a PrEP Prevention Plan

- Safer-sex counseling, focusing on reduction in the number of sexual partners, avoidance of high-risk behaviors (e.g., unprotected receptive anal or vaginal sex), and correct and consistent condom and lubricant use.
- Supply of condoms and lubrication.
- Screening and treatment for other sexually transmitted infections, as these can facilitate HIV acquisition..
- PrEP Medication: currently Truvada is the only medication approved for use as PrEP.
- Behavioral interventions, for individuals at ongoing, high risk for HIV acquisition.
Provision of clean syringes for injection drug users.

PrEP Package consists of the prescription of antiretroviral medications to high-risk persons in addition to ongoing safer-sex counseling, condom provision, treatment of other sexually transmitted infections, and monitoring for adherence and adverse effects. In essence, it involves taking a pill as part of a process aimed at optimizing the prevention effect.

In the United States, once-daily Truvada (tenofovir -emtricitabine) is the only medication currently FDA approved for use as part of a PrEP risk-reduction plan.

REFERENCED:

- www.uspreventiveservicestaskforce.org/uspstf13/hiv/hivfinalrs.pdf
- www.cdc.gov/hiv/prevention/research/prep/
- www.truvada.com/
- www.cdc.gov/media/releases/2014/p1125-hiv-testing.html