

PrEP and Women

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What is PrEP?

- Pre-Exposure Prophylaxis is a new HIV prevention method in which an HIV-uninfected individual takes antiretroviral medication **before** a potential HIV exposure to prevent infection.
- A new application of an old idea

Women take birth control pills prior to sexual intercourse to prevent pregnancy



What is PrEP?

- Tenofovir/emtricitabine (Truvada) is only the medication currently approved for PrEP in the U.S.
- Why was this medication chosen for PrEP?
 - ✓ Multiple clinical studies have shown it works for PrEP
 - ✓ One pill, once a day
 - ✓ Favorable safety and tolerability profiles



PrEP video

- <https://vimeo.com/186448201>



PrEP Timeline

2012

- July 2012
- FDA approves Tenofovir/emtricitabine (Truvada) for PrEP

2014

- May 2014
- DHHS releases the first federal PrEP guidelines
- June 2014
- NYS DOH releases guidance for the use of PrEP

2015

- May-June 2015
- New York State announces a comprehensive plan to end the AIDS epidemic including facilitating access to PrEP
- July 2015
- The Updated National HIV/AIDS Strategy was released-PrEP was described as a much needed HIV/AIDS prevention tool

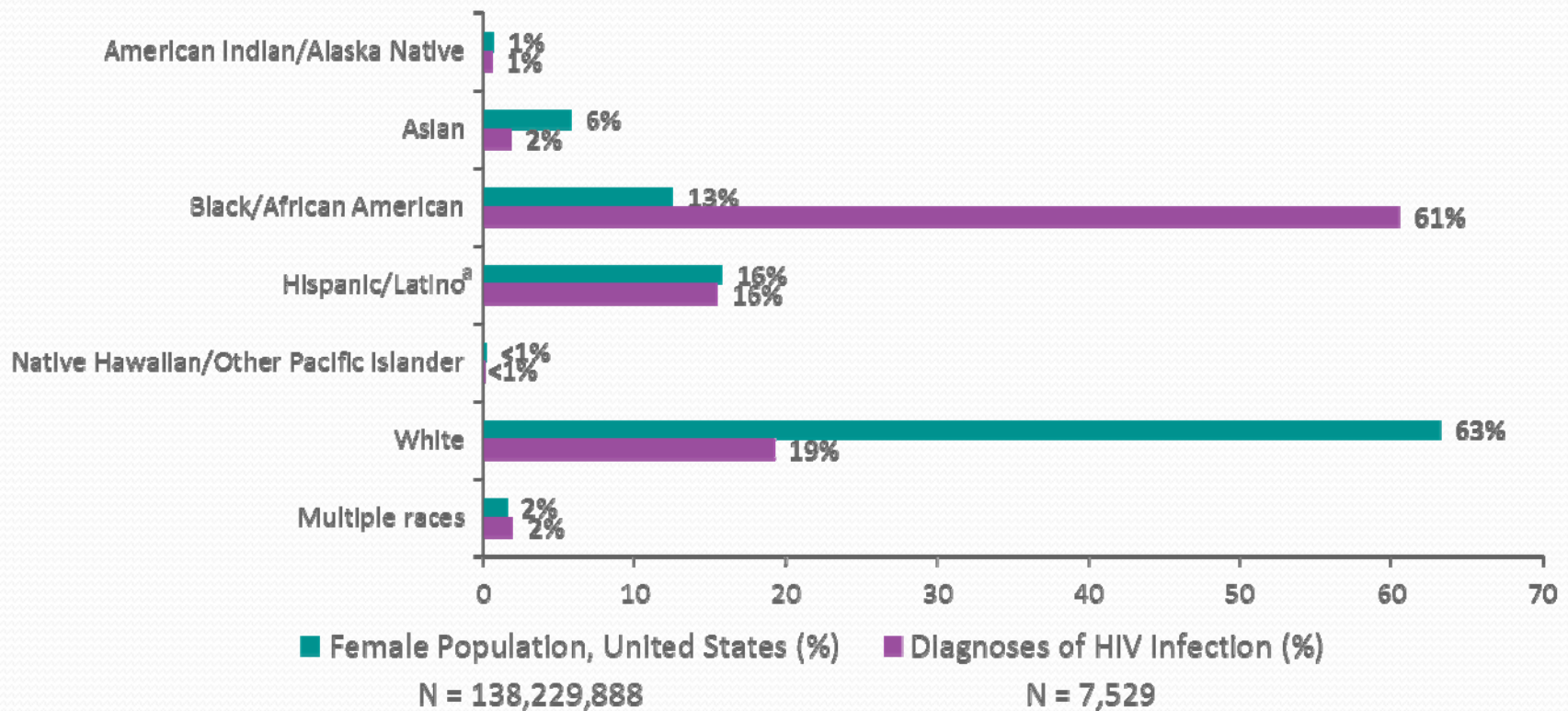
How do we know PrEP works for women?

Study	Location	Population	Overall HIV risk reduction
iPrEX	6 countries including the US	MSM & transgender women	↓ 44%
Partners PrEP	Kenya, Uganda	Cisgender men* Cisgender women*	↓ 84% 66%
TDF ₂	Botswana	Cis men and women	↓ 62%
Fem-PrEP	Kenya, South Africa, Tanzania	Cisgender women	No reduction
VOICE	Uganda, South African, Zimbabwe	Cisgender women	No reduction

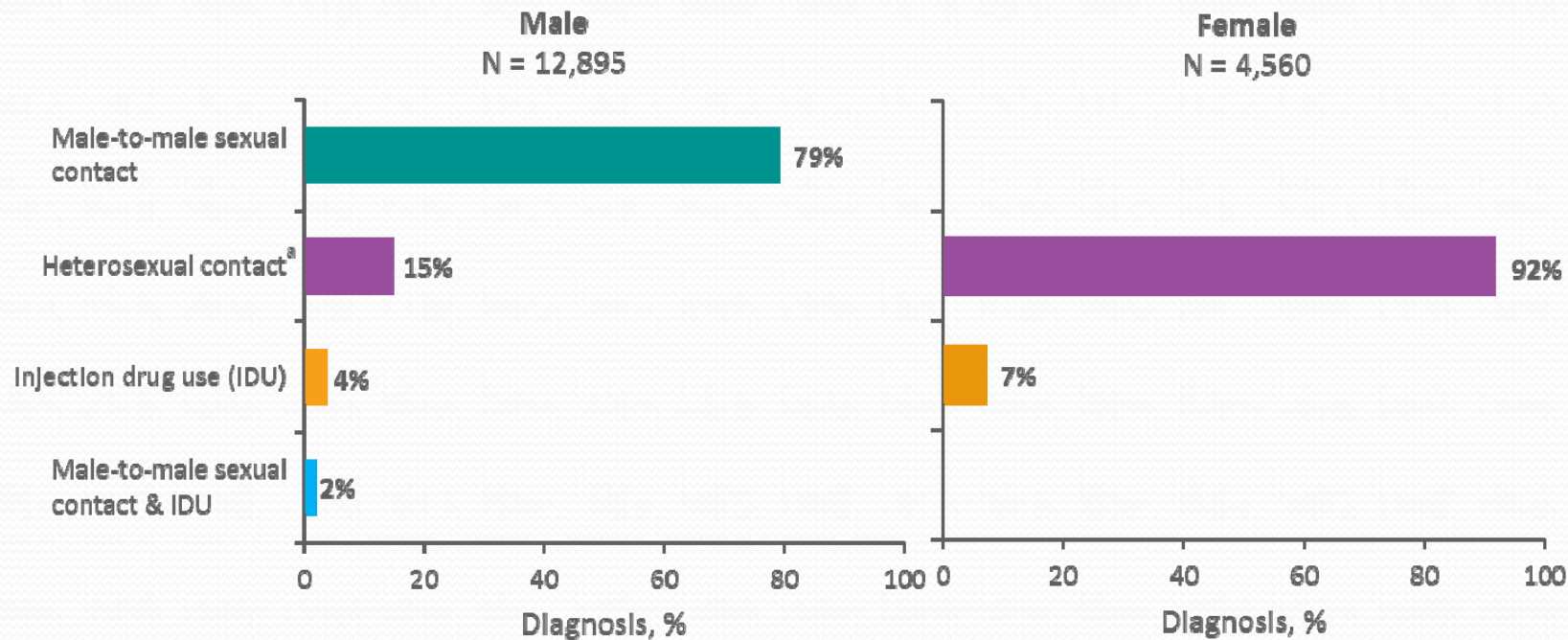
Diagnoses of HIV Infection Among Female Adults and Adolescents by Race/Ethnicity, 2016 – United States

Race/ethnicity	No.	Rate	%
American Indian/Alaska Native	45	4.5	0.6
Asian	145	1.8	1.9
Black/African American	4,560	26.2	60.6
Hispanic/Latino ^a	1,168	5.3	15.5
Native Hawaiian/other Pacific Islander	9	3.9	0.1
White	1,450	1.7	19.3
Multiple races	152	6.7	2.0
Total	7,529	5.4	100

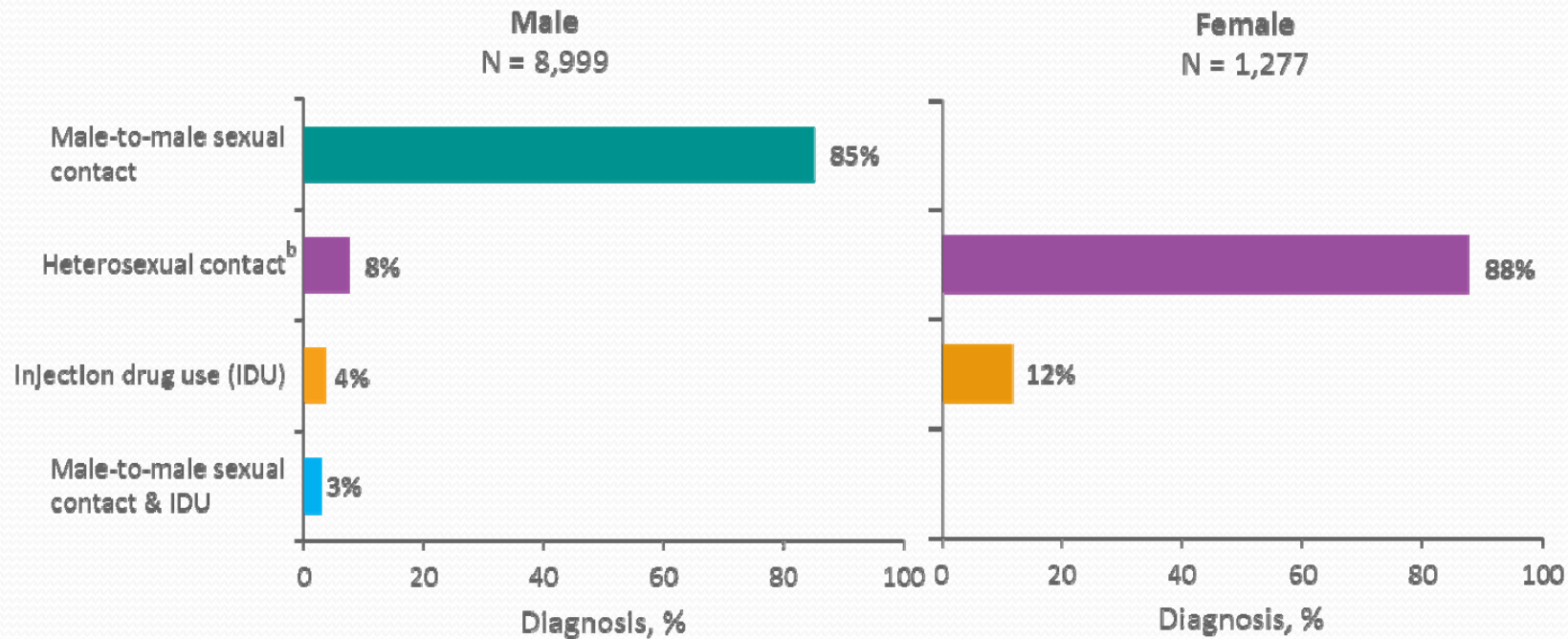
Diagnoses of HIV Infection and Population Among Female Adults and Adolescents, by Race/Ethnicity, 2016- United States



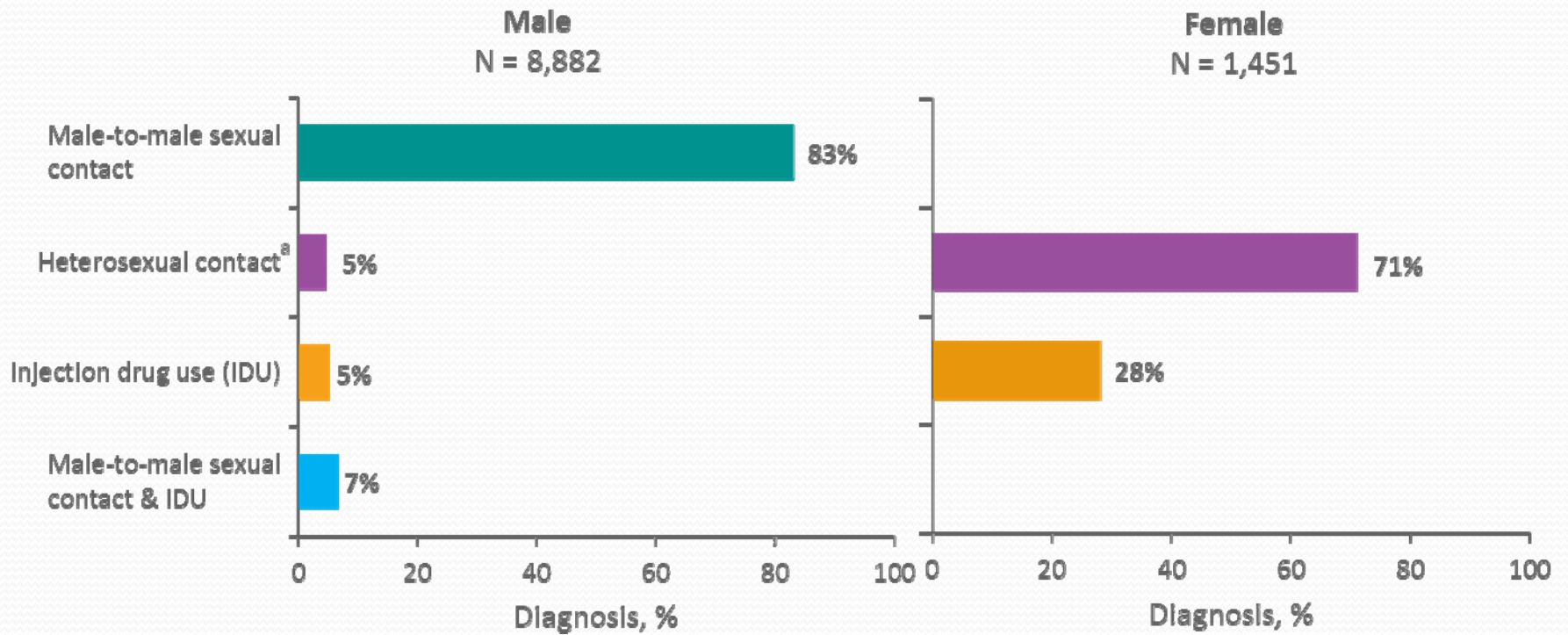
Diagnosis of HIV Infection among Black/African American Adults and Adolescents by Sex and Transmission Category, 2016 – United States and 6 Dependent Areas



Diagnoses of HIV Infection among Hispanic/Latino(a) Adults and Adolescents, by Sex and Transmission Category, 2016 – United States and 6 Dependent Areas



Diagnoses of HIV Infection among White Adults and Adolescents, by Sex and Transmission Category, 2016 – United States and 6 Dependent Areas



Trends in HIV diagnosis in the U.S.

- Number of new HIV diagnoses declined 5% between 2011 and 2015
- Women account for 19% of new infections
 - ✓ 87% heterosexual contact
 - ✓ 12% IVDU

PrEP:
*HIV PREVENTION
WITH JUST
1 PILL A DAY*



Why is PrEP Important for Women?

- Significant racial/ethnic disparities in HIV infections among women
- Certain populations of women continue to have high levels of infections
- Primary mode of HIV acquisition among women is sexual contact with a male partner
- Limited options that can be controlled by women themselves
- PrEP can empower women to achieve their sexual health goals and have pleasurable sex lives

The Importance of PrEP adherence for vaginal intercourse

- Tenofovir reaches lower concentrations in vaginal tissues as compared with rectal tissues
- Therefore, adherence to PrEP (i.e., taking PrEP as prescribed) may be more important for vaginal vs. anal intercourse.



PrEP and Pregnancy

- Engaging in medical care and talking the medical provider are essential to good health the mother and the baby.
- Discuss with medical provider the pros and cons of being on PrEP, as well as other prevention options, during pregnancy and while breastfeeding.



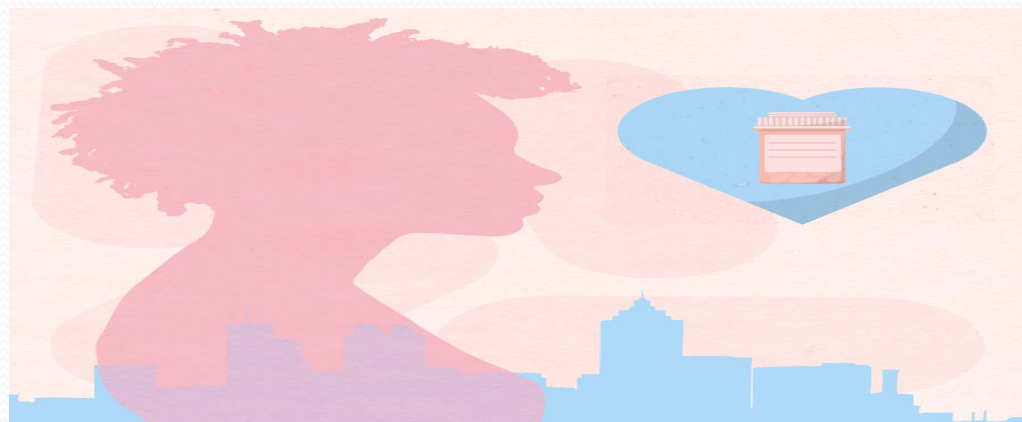
For whom Might PrEP be Beneficial?

- Any HIV – negative woman who:
 - ✓ Is in a sexual relationship with a known HIV – positive male partner
 - ✓ Is transgender & engages in high-risk sexual behaviors
 - ✓ Inject drugs & reports sharing equipment, engaging in high-risk sexual behaviors, etc.
 - ✓ Engages in transactional sex
 - ✓ Reports at least one other sexual transmitted infection in the last year
 - ✓ In high prevalence area or sexual network



So why aren't women taking PrEP?

- Women have limited knowledge of PrEP
- Stigma (accessing prevention services, talking to health provider)
- Pill burden
- Lack of perception of HIV risk



Cases in Which Starting PrEP is not Appropriate

- Documented HIV infection
- Abnormal kidney function
- Lack of readiness to adhere



Other Important Point about PrEP

- Reduces the risk of acquiring HIV, but does **not** eliminate the risk
- Does **not**:
 - ✓ Protect against other sexually transmitted infections
 - ✓ Prevent pregnancy
 - ✓ Cure HIV or function as HIV treatment alone for someone living with HIV



PrEP Take-Home Messages

- PrEP is a choice
- ✓ Depending on situation, PrEP may be a life-long commitment or only used during “seasons of risk”
- PrEP is one of many HIV prevention strategies
- ✓ The more approaches used, the better the protection against HIV
- Individuals must test HIV negative to start and continue PrEP
- Adherence is ***essential*** for PrEP to work, especially for protection during vaginal intercourse

PrEP may not be for EVERY woman,
but it's an option for ALL women

-Kimberleigh Smith, Harlem United

Any Questions!!!???

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