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?

<table>
<thead>
<tr>
<th>Study</th>
<th>Location</th>
<th>Population</th>
<th>Overall HIV risk reduction</th>
</tr>
</thead>
<tbody>
<tr>
<td>iPrEX</td>
<td>6 countries including the US</td>
<td>MSM &amp; transgender women</td>
<td>44%</td>
</tr>
<tr>
<td>Partners PrEP</td>
<td>Kenya, Uganda</td>
<td>Cisgender men* Cisgender women*</td>
<td>84% 66%</td>
</tr>
<tr>
<td>TDF2</td>
<td>Botswana</td>
<td>Cis men and women</td>
<td>62%</td>
</tr>
<tr>
<td>Fem-PrEP</td>
<td>Kenya, South Africa, Tanzania</td>
<td>Cisgender women</td>
<td>No reduction</td>
</tr>
<tr>
<td>VOICE</td>
<td>Uganda, South African, Zimbabwe</td>
<td>Cisgender women</td>
<td>No reduction</td>
</tr>
</tbody>
</table>
Diagnoses of HIV Infection Amount Female Adults and Adolescents by Race/Ethnicity, 2016 – United States

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

Male
N = 12,895

- Male-to-male sexual contact: 79%
- Heterosexual contact: 15%
- Injection drug use (IDU): 4%
- Male-to-male sexual contact & IDU: 2%

Female
N = 4,560

- Heterosexual contact: 92%
- Injection drug use (IDU): 7%
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

Male: N = 8,882
- Male-to-male sexual contact: 83%
- Heterosexual contact: 5%
- Injection drug use (IDU): 5%
- Male-to-male sexual contact & IDU: 7%

Female: N = 1,451
- Heterosexual contact: 71%
- Injection drug use (IDU): 28%
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.

PrEP AND PREGNANCY
KNOW THE RISKS & SIDE EFFECTS
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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References

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- [www.gilead.com](http://www.gilead.com)
- [www.health.ny.gov](http://www.health.ny.gov)