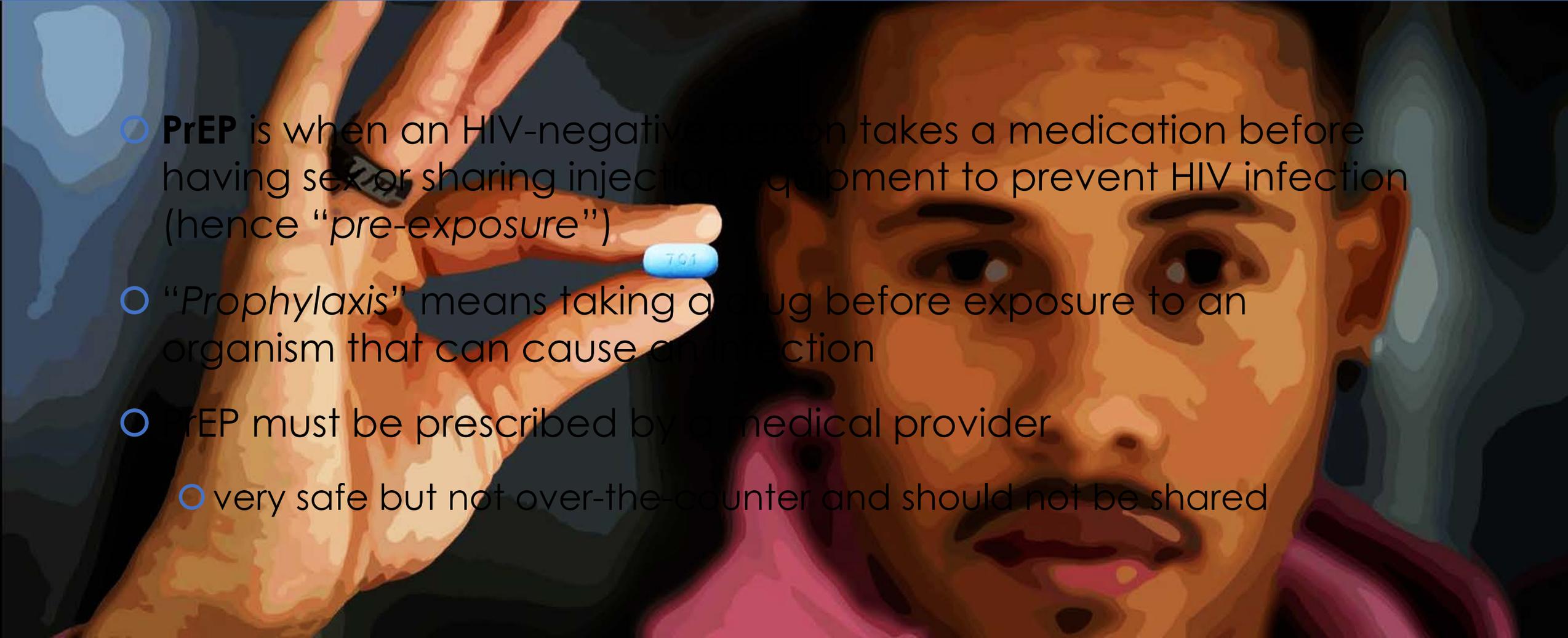




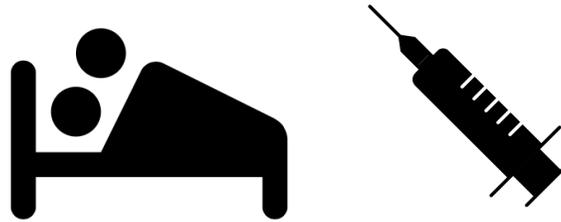
# Chat 4 Change

PrEP 101

# What is PrEP (Pre-Exposure Prophylaxis)?

- 
- **PrEP** is when an HIV-negative person takes a medication before having sex or sharing injection equipment to prevent HIV infection (hence “*pre-exposure*”)
  - “*Prophylaxis*” means taking a drug before exposure to an organism that can cause an infection
  - PrEP must be prescribed by a medical provider
    - very safe but not over-the-counter and should not be shared

# PrEP vs Other HIV Prevention Methods



## PrEP



Daily (before)

## Condoms & Safer Injection Equipmen



In the moment  
(and require preparation)

## PEP



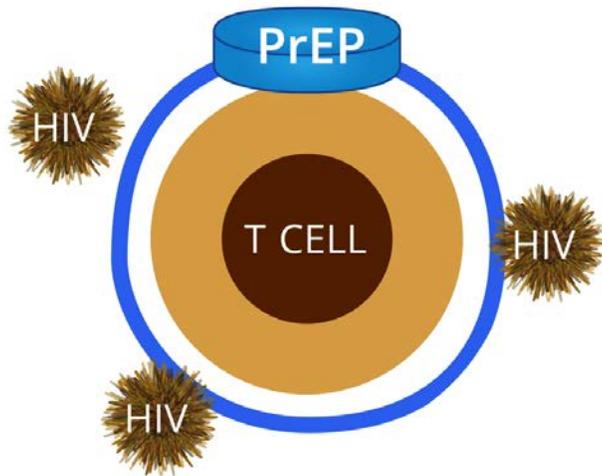
Right after  
(ASAP / within  
36 hours)

# How PrEP Works



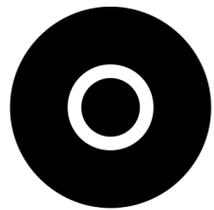
Source: CATIE

# How PrEP Works



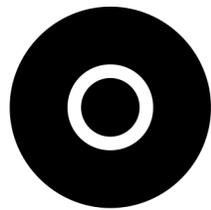
- Pre-Exposure: The drugs work by already being in your cells before HIV exposure.
- Stop's HIV Making More of Itself: PrEP stops HIV from taking over immune cells to make more copies of itself.
  - Then your immune system can clear the remaining virus.
- PrEP Is Not a Vaccine: It isn't stimulating immune response, so once you stop taking it, it stops working.
  - It doesn't create a lasting impact on your body's ability to prevent HIV
- PrEP Only Protects Against HIV: not other sexually transmitted infections (STIs) or pregnancy.

# PrEP Is Not “New”



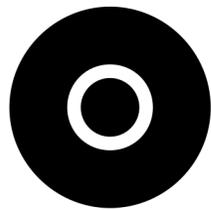
**2004**

Used as part of HIV treatment since 2004



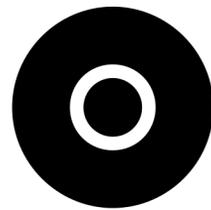
**2010**

Studies show it lowered HIV risk more than 90%



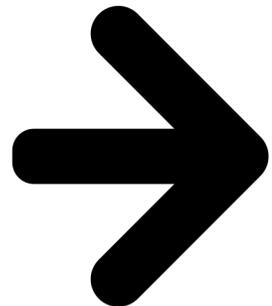
**2012**

Daily PrEP approved



**2021**

~10 years of real-world use continues to show it works



# How We Know PrEP Works

gay and bisexual  
cisgender men

**iPrEx and  
iPrEx OLE:**

Daily Truvada vs. placebo;  
HIV infections reduced by  
92%

in heterosexual  
cisgender women  
and men

**Partners PrEP:**

Daily Truvada or tenofovir  
alone vs. placebo;  
infections reduced  
by 90%

People who  
inject drugs

**Bangkok TDF PrEP:**

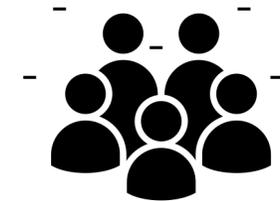
Daily tenofovir vs. placebo  
in more than 2,400;  
infections reduced  
by 74%.

# How We Know PrEP Works

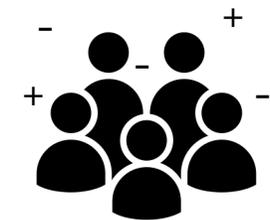
PrEP medications were given to some HIV- people and not others



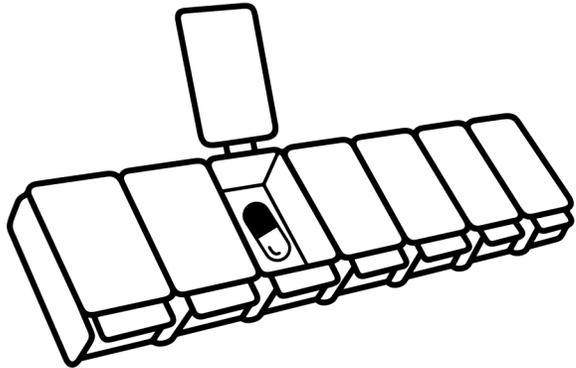
Those that received PrEP and took it consistently almost never got HIV



People who got a placebo pill (the "control" group) got HIV at a more typical rate



# PrEP Works If You Take It



-  People who took it daily very very rarely got HIV (this continues to be true)
-  People who took it sometimes or not at all got HIV at rates almost as high as the group who didn't get PrEP
-  Someone "on PrEP" who got HIV will typically mean they were prescribed PrEP but didn't take it enough
-  Very rarely HIV can evade the medication

part of why condom use and HIV testing of partners is still encouraged

# Whom PrEP Works For

Men Who Have  
Sex With Men

Insertive and  
receptive partners  
(tops & bottoms)

Heterosexual  
Men & Women

Transgender  
Men & Women

\*Transgender men not  
specifically part of PrEP  
approval studies

Does not affect  
hormone therapy

People Who  
Inject Drugs

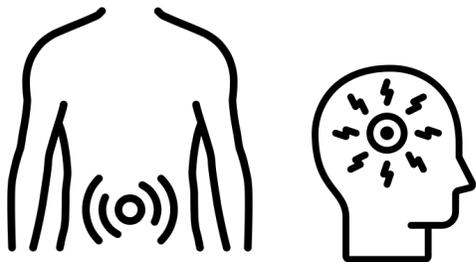
Somewhat less  
effective than  
protection from  
sexual risk

# PrEP and Other Substances



NO Interactions	Possible Red Flags
<p><u>Food</u>: no food restrictions (can be taken with or without food)</p>	<p><u>Other Antivirals</u>: <i>may interact</i> with other antiviral medicines</p>
<p><u>Alcohol</u>: no interaction; people <u>can</u> drink alcohol while on PrEP</p>	<p><u>Non-opioid pain medicines</u>: high-dose or multiple painkillers like Tylenol or Naproxen should be avoided (extra stress on kidneys)</p>
<p><u>Hormones</u>: no effect on levels of hormones in trans women or men taking hormone therapy</p>	<p><u>Supplements</u>: Body building supplements like creatine, mineral supplements</p>
<p><u>Recreational Drugs</u>: no interaction with opioids, marijuana, meth</p>	<p><u>Kidney Disease</u>:</p>
<p><u>Most Prescription Medications</u>: no interaction</p>	

# PrEP Potential Side Effects

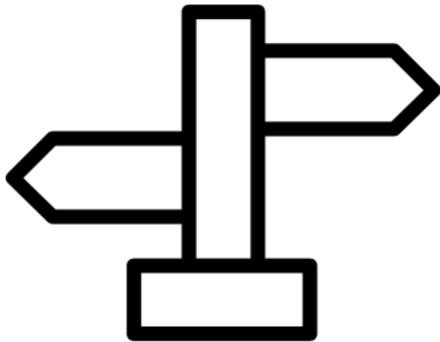


- Within the first week or two, people may experience headache, fatigue, or stomach discomfort such as nausea, diarrhea, indigestion. These are not uncommon but usually pass as the body adjusts to taking PrEP. Although not dangerous symptoms should still be reported to medical provider.
- It's even more common for someone to feel nothing at all from taking PrEP and that's great; it doesn't mean PrEP isn't working
- Ingredients in PrEP have been prescribed for 20 years to people with HIV and are among the best tolerated options

# PrEP Medications

	<b>TRUVADA</b> 	<b>DESCOVY</b> 
Active ingredients	Emtricitabine (FTC) and tenofovir disoproxil fumarate (TDF)	Emtricitabine (FTC) and tenofovir alafenamide (TAF)
Individuals	All sexes and genders, people who inject drugs	<b>People assigned male at birth whose risk is through anal sex</b>
Bones	Can increase bone thinning in some	Less impact on bone thinning
Weight	May cause small weight loss	May cause small weight gain
Cholesterol	May decrease levels	May increase levels
Generic available?	<b>Yes</b>	No

# PrEP Medications



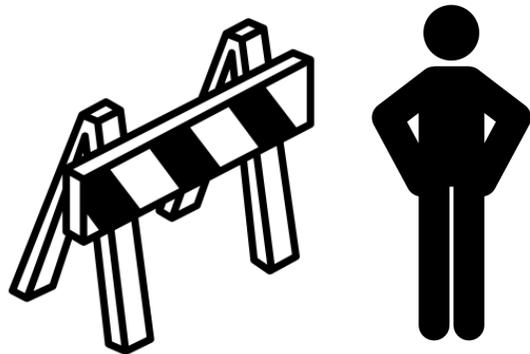
- Descovy has only been tested with men who have anal sex: Daily Descovy PrEP was approved in October 2019 for preventing HIV transmission through anal sex (insertive or receptive); it is not yet approved for receptive vaginal sex or injection drug use but studies are ongoing
- More options coming: Other medications, dosing strategies, and ways to take PrEP are being studied. Within a year or two an injectable version that will last one to several months.
- 2-1-1 (on-Demand) PrEP: Truvada has been studied for use in a non-daily regimen for men whose risk is through anal sex with other men. Can be effective but sex can be difficult to predict. Not a strategy recommended by CDC

# PrEP Questions



- What Questions Do You Have About PrEP?

# Getting PrEP: Challenges



## PrEP Barriers and Facilitators Exercise

