

OUR+CARE OC

A NEWSLETTER CREATED BY HIV-POSITIVE INDIVIDUALS
FOR PEOPLE LIVING WITH HIV

The Future of ART (Antiretroviral Therapy)

The treatment and care of HIV/AIDS has come a long way since the first diagnosis of AIDS in 1981. HIV/AIDS was once a disease with no treatment available and a high death rate. Now, there are many ways to prevent and treat HIV/AIDS.

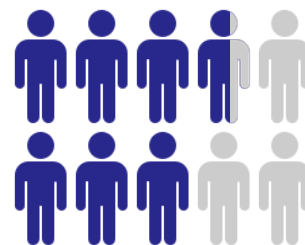
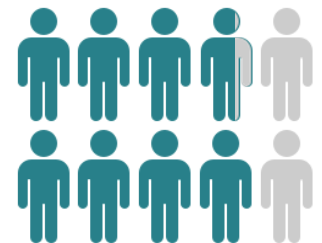
In the 1980s, researchers found that the drug AZT was good at stopping HIV from multiplying in patients' bodies. In 1987, the U.S. Food and Drug Administration (FDA) approved AZT as the first antiretroviral therapy (ART) for the treatment of AIDS.

Over the years, many new ART drugs have been made that are better at treating HIV with less side effects. People diagnosed with HIV should start ART as soon as possible after their diagnosis.

ART works to lower the risks for HIV infection and transmission. For ART to work well, it is important for a person to take their medication daily and stay in care. By taking ART daily, a PLWH (person living with HIV) can lower the amount of HIV in their blood so that it is undetectable and they cannot give the virus to others.

As of 2019, the CDC (Centers for Disease Control and Prevention) reported that out of 100 PLWH, on average, 78 received some form of HIV care, 58 stayed in care, and 66 were virally suppressed¹. Of those prescribed medications, 61% reported taking all of their medicine over 30 days¹. The most current data available in Orange County (2021) shows that 74.5% of PLWH in Orange County were retained in HIV Care and 70.4% reached viral load suppression.¹

76 OUT OF **100**
RECEIVED
HIV CARE



66 OUT OF **100**
VIRALLY
SUPPRESSED

58 OUT OF **100**
retained
IN CARE



61% OF PATIENTS TOOK ALL OF THEIR
MEDICATION
OVER A 30 DAY PERIOD

¹CDC HIV Surveillance Supplemental Report 2021;26(2)

LONG ACTING ANTIRETROVIRALS

There is a new treatment for PLWH. In January 2021, the FDA approved injectable ART (long acting antiretrovirals). Clients have the option to receive their ART as an injection (shot). Currently, there is one (1) type of injectable ART available. Cabenuva, is given once a month or every two (2) months

depending on the patient's treatment plan.

With the shot, there is no longer the need to take ART pills daily and it could help people who have a hard time with their current treatment schedule.

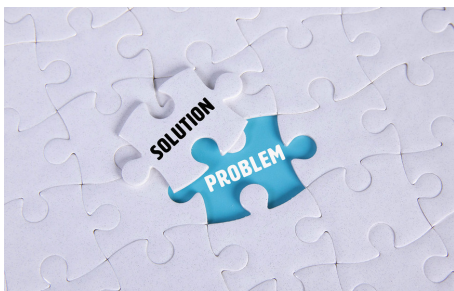
PLWH that want to learn more about injectable ART, they should follow up with their

HIV doctor to talk about their treatment options.



LOOKING FORWARD

For some PLWH, long acting ART may help improve viral suppression and help them stay in care. Injectable ART could be helpful for people who have a hard time remembering to take a pill everyday. An easier medication schedule may help people take their medication as prescribed. This can help PLWH become undetectable and prevent new HIV cases in the future.



RESOURCES

CDC: HIV Surveillance Supplemental Report 2021

<https://www.cdc.gov/hiv/group/age/viral-suppression.html>

CDC: HIV Treatment Info Sheet

<https://www.cdc.gov/hiv/pdf/library/consumer-info-sheets/cdc-hiv-consumer-info-sheet-treatment-can-prevent-sexual-transmission.pdf>

HIV Treatment Overview

<https://www.hiv.gov/hiv-basics/staying-in-hiv-care/hiv-treatment/hiv-treatment-overview>

ORANGE COUNTY HIV QUALITY MANAGEMENT COMMITTEE

This is a project of the Orange County HIV Quality Management Committee and HIV Client Advocacy Committee. The HIV Quality Management Committee works to improve the quality of Ryan White services. If you have feedback or suggestions for future newsletters, please contact Kristin Alix at KALix@ochca.com.

