

PRESENTED BY: Neha Gutkar

Undetectable = Untransmittable

—— Understanding undetectable viral load as a highly effective HIV prevention strategy

Territory Acknowledgment

With gratitude and respect, CATIE acknowledges that our work takes place on Indigenous lands, cared for by Indigenous Peoples since time immemorial. CATIE's office is situated on the traditional territories of the Mississaugas of the Credit First Nation, the Haudenosaunee, Six Nations, and the Huron-Wendat, which continue to be home to diverse First Nations, Inuit, and Métis Peoples today.

We honour the enduring relationships Indigenous Peoples have with these lands and recognize that CATIE's outreach and education work extends across Indigenous territories throughout Canada. We are committed to ongoing learning, respect, and reconciliation.

Agenda

1. The science of Undetectable=Untransmittable
2. U=U: The message and the movement
3. Research that led to U=U

Undetectable = Untransmittable

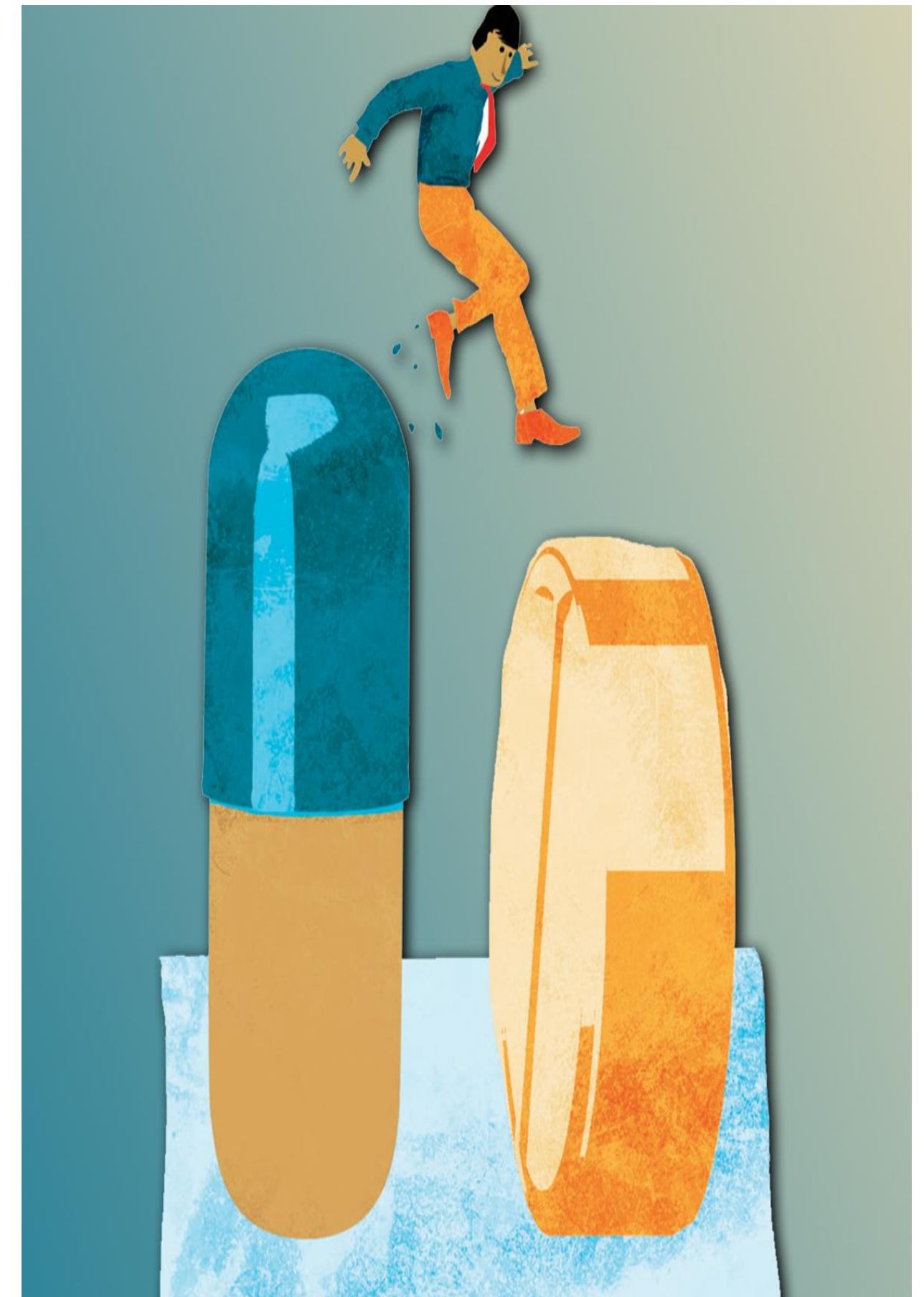
A very important message

Key Message

**Treatment provides health benefits
for people living with HIV**

Effective HIV treatment and undetectable viral load

- Effective HIV treatment lowers the amount of HIV in blood to undetectable levels
- Viral load: The amount of HIV in blood
- Undetectable viral load: when viral load is so low it can't be measured
- Undetectable levels are usually reached within three to six months of taking HIV treatment



Benefits of undetectable viral load

- cannot pass HIV through sex
- can have healthy HIV-negative babies
- have a greatly reduced chance of passing HIV through breastfeeding or chest feeding
- have a reduced chance of passing HIV through sharing injection drug use equipment

THE POWER OF UNDETECTABLE

How HIV Treatment Prevents Transmission



Who came up with U=U? What is the history here? And what does it mean?

The origins of the U=U campaign

U=U: The strength of the message

The message...

- Is a real gamechanger
- Has influenced public opinion
- Offers clear messaging
- Challenges stigma with science

Awareness of U=U and trust in the message among key communities

Limited data suggest many people living with HIV are familiar with U=U

Data are limited on other groups of people disproportionately affected by HIV

Awareness among the general public is low

The third “U” – Universal Access

Not everyone has equitable access to HIV care and treatment

Adherence impacts a person's ability to get to undetectable

Social and structural determinants of health have impacted communities and groups of people

Key Message

No one must be left behind

Research studies that led to U=U

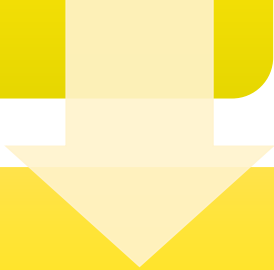
“It’s very, very clear that the risk is zero. If you are on suppressive antiretroviral treatment, you are sexually non-infectious.”

– Dr Alison Rodger, PARTNER, Research Lead

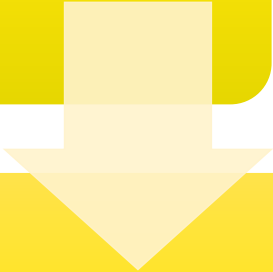


HPTN 052

Purpose: To determine how much the use of ART can reduce the risk of HIV transmission



Population: 1,763 heterosexual couples, where one person is living with HIV and the other is HIV negative

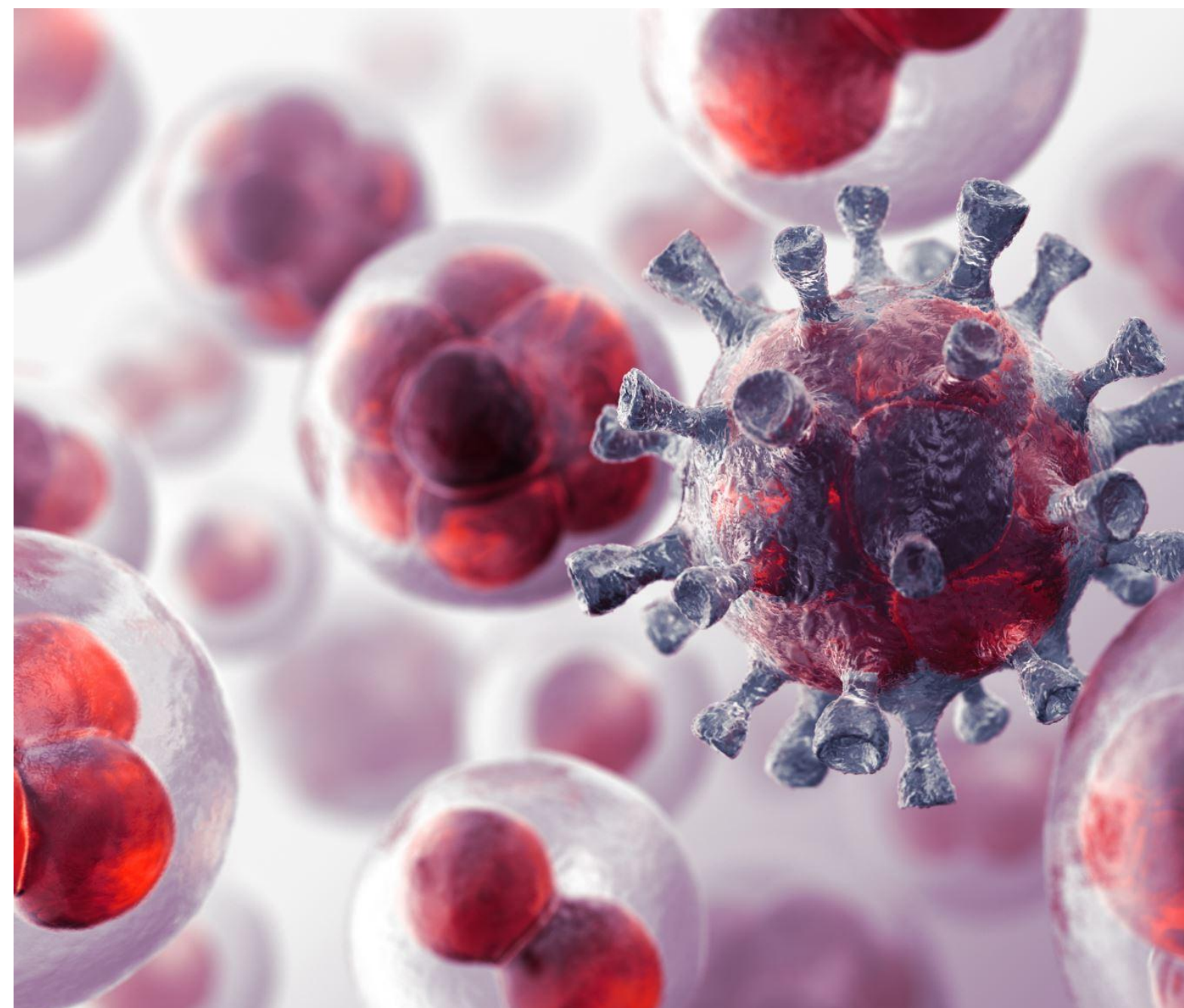


Design: Half of the couples started ART immediately and half delayed treatment initiation



HPTN 052: Final results

- Zero transmissions occurred when viral load was undetectable
- Eight HIV transmissions occurred between partners while the HIV-positive partner was on treatment, but their viral load was detectable



The Partner Study

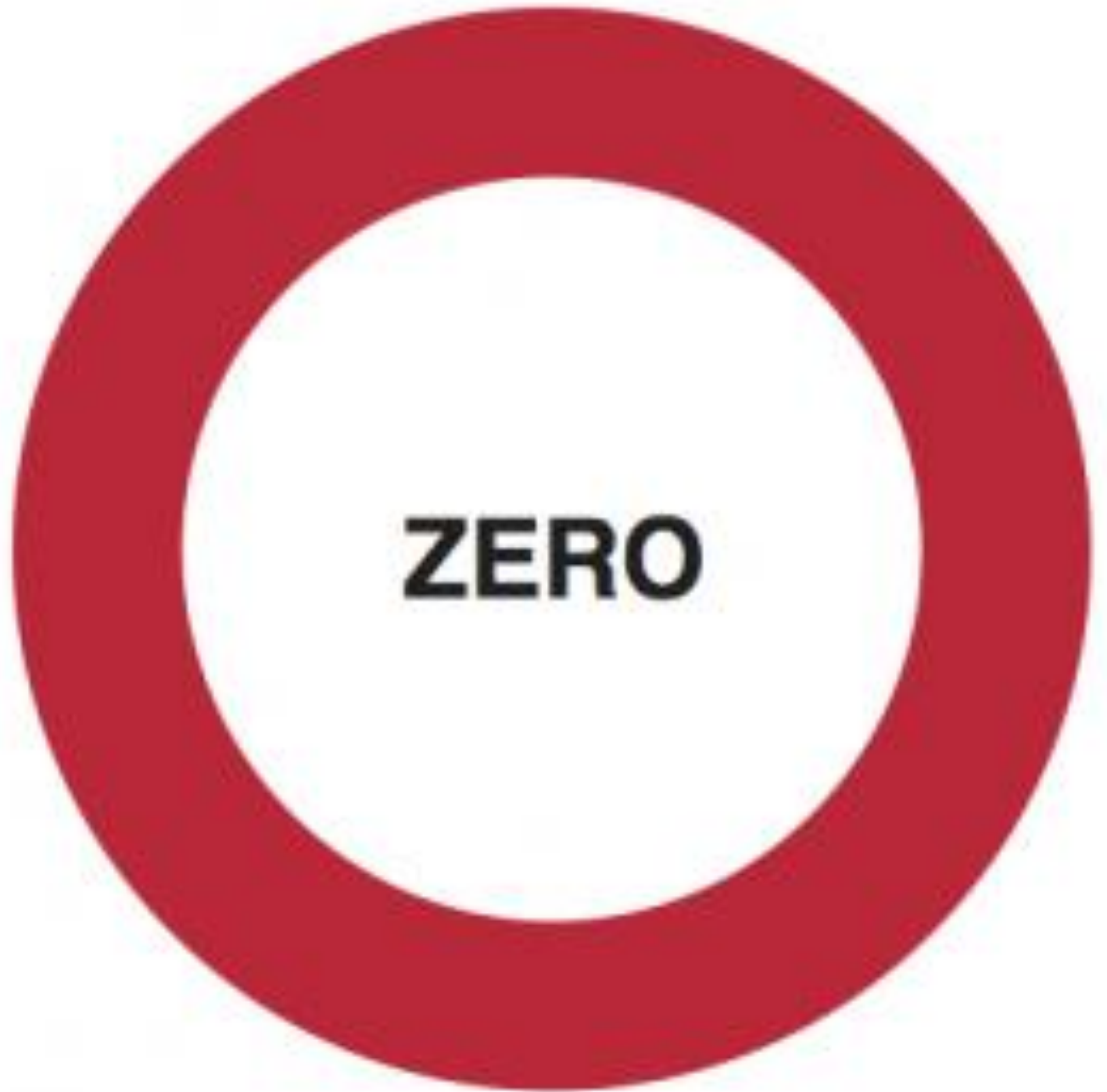
Purpose: Assess the risk of HIV transmission when no condoms, PrEP or PEP were used and the HIV-positive partner was undetectable

Population: 485 heterosexual and 783 gay male Sero discordant couples on ART & not using condoms

Design: Observational (all couples on ART, none randomized to a control group)

PARTNER: Final results

**Zero HIV transmissions
between couples!**



Opposite Attracts

- Approximately 16,800 acts of condomless anal sex in gay male couples where one partner was positive and one partner was negative
- **Zero** transmissions from a partner with an undetectable viral load!



U=U: Driven by Community, Validated by Science

The message...

- Community-led origins
- Lived experience Leading Science
- Shifting the Narrative
- Community Power in action

Research Take Home Message

The science is clear: U=U



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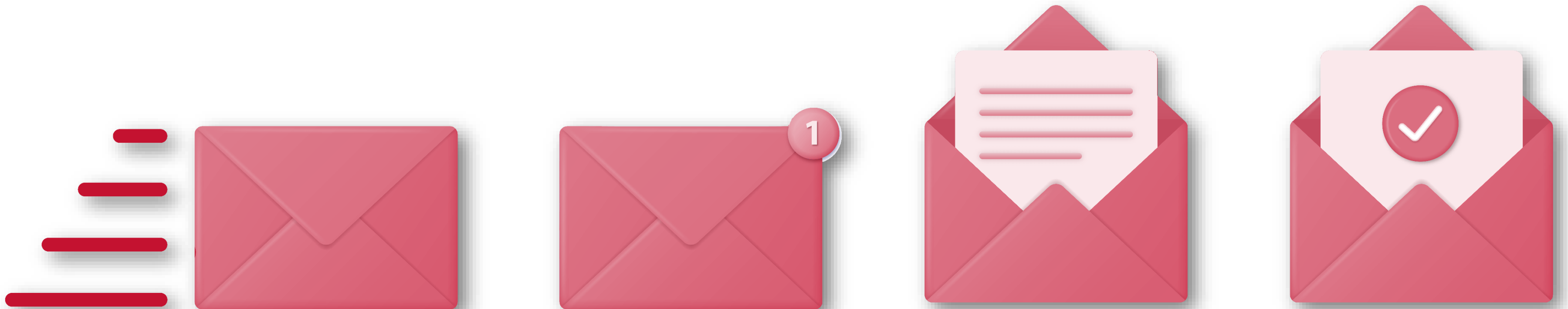
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Thank You!

**Please fill out your evaluation – it
helps us a lot!**

