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U=U Campaign

(Undetectable = Untransmittable)

Informational campaign “U=U” aims at disseminating the fact that

*If the viral load is undetectable, HIV is not transmitted sexually.*

- Destigmatization (incl. self-stigmatization) of people living with HIV
- Raising public awareness of HIV infection
- Increasing adherence to ARVT for people living with HIV
- Motivation for HIV testing and early treatment

- Uganda Study
- The Swiss Statement
- HPTN-052 Study
- PARTNER1 Study
- Opposites Attract Study
- PARTNER2 Study



- Duration: 30 months
- Participants: 415 heterosexual serodiscordant couples
- Cases of HIV transmission are rare in couples where partner living with HIV has a viral load less than 1500 copies per ml

- Uganda Study
- The Swiss Statement
- HPTN-052 Study
- PARTNER1 Study
- Opposites Attract Study
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- 10 years of medical experience in conception in serodiscordant couples
- Analysis of 25 studies



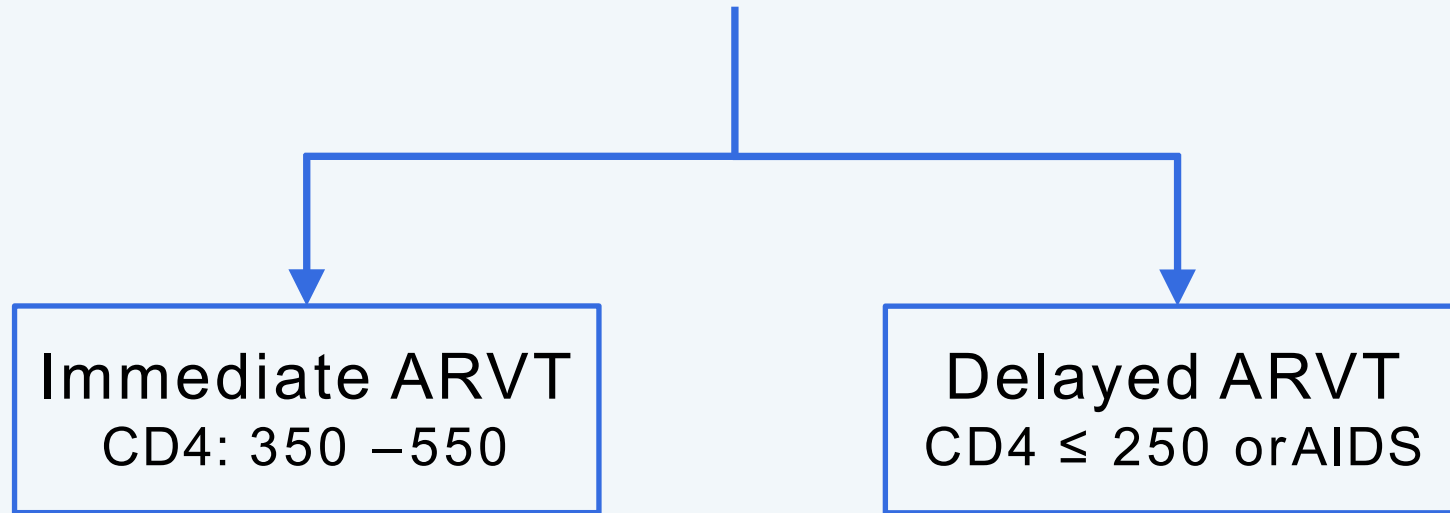
2008

*Person living with HIV cannot transmit HIV infection sexually if they are adherent to ARVT and have undetectable viral load for at least last six months*

- Uganda Study
- The Swiss Statement
- HPTN-052 Study
- PARTNER1 Study
- Opposites Attract Study
- PARTNER2 Study

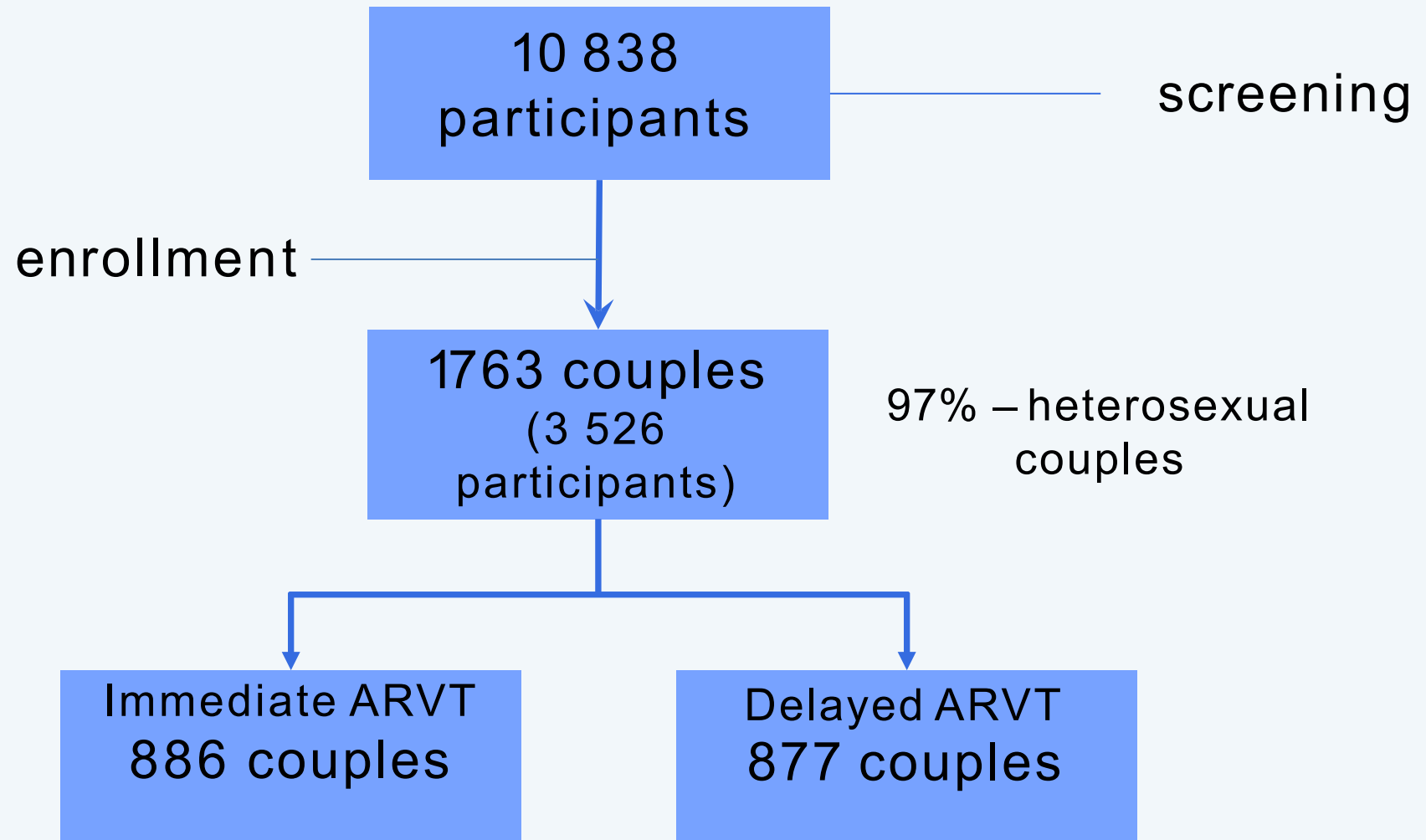


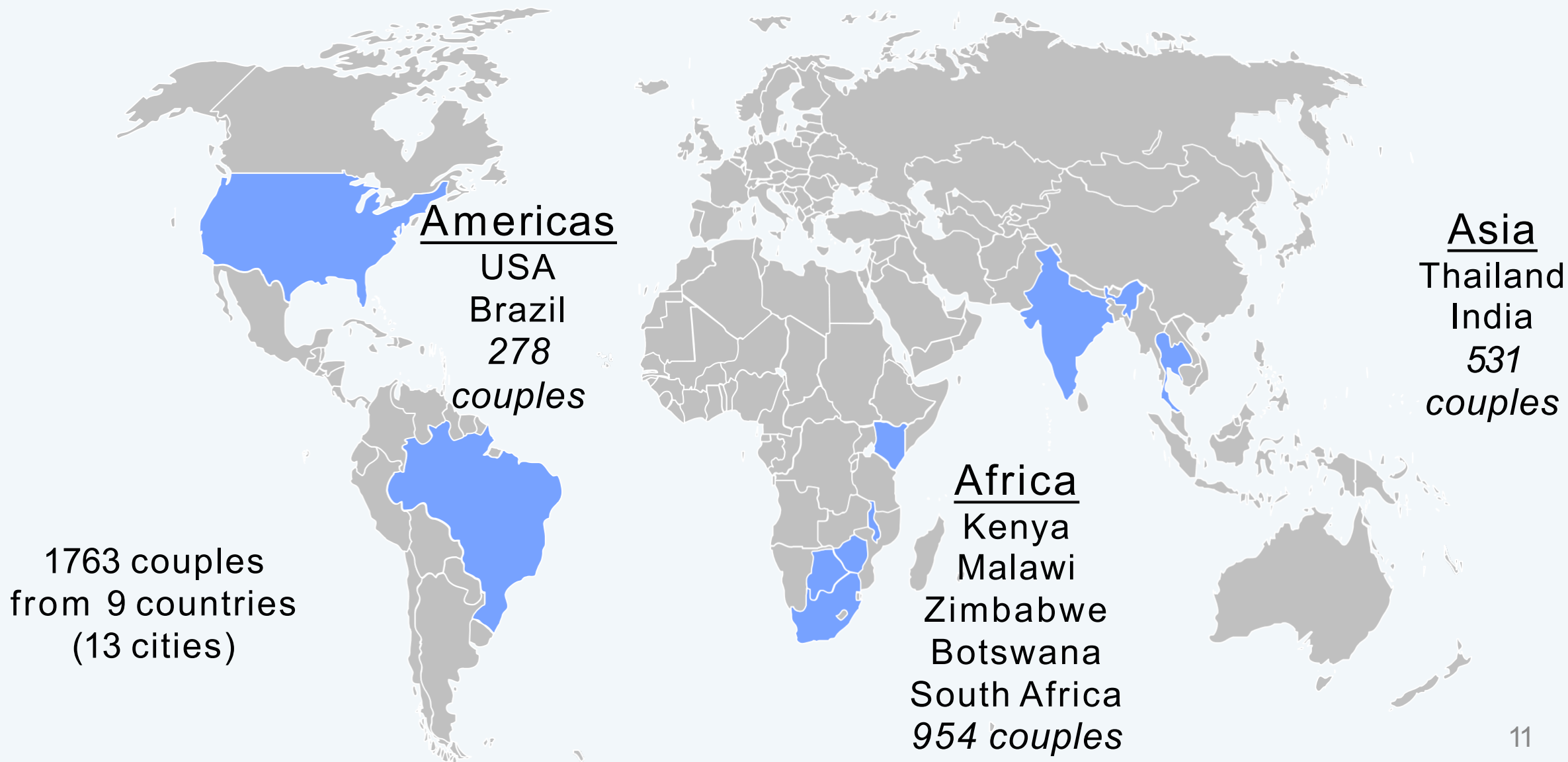
Stable, healthy, sexually active serodiscordant couples  
CD4: 350 – 550 cells/ml

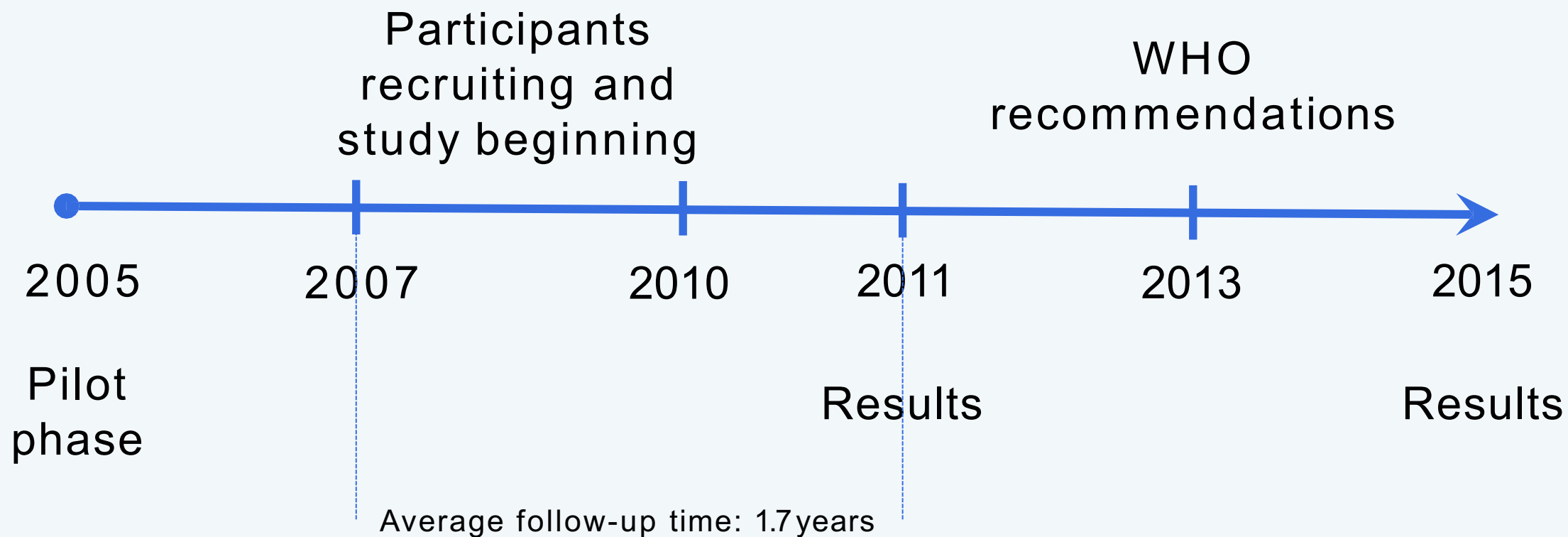


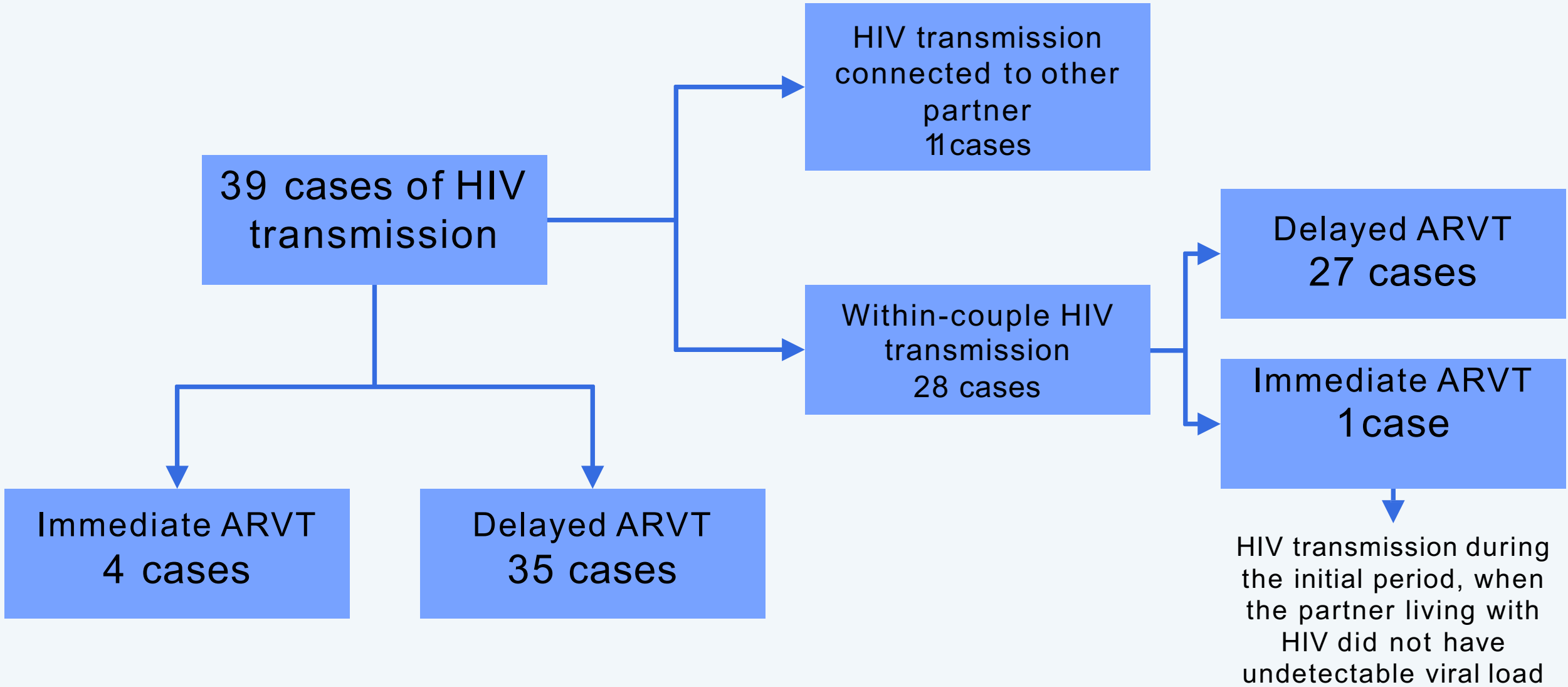
## *Final points*

- HIV transmission
- Death, clinical stage 4 by WHO classification, TB, some bacteriological infections and/or severe not AIDS-associated diseases (CVD, diseases of liver or kidneys, diabetes, cancer)

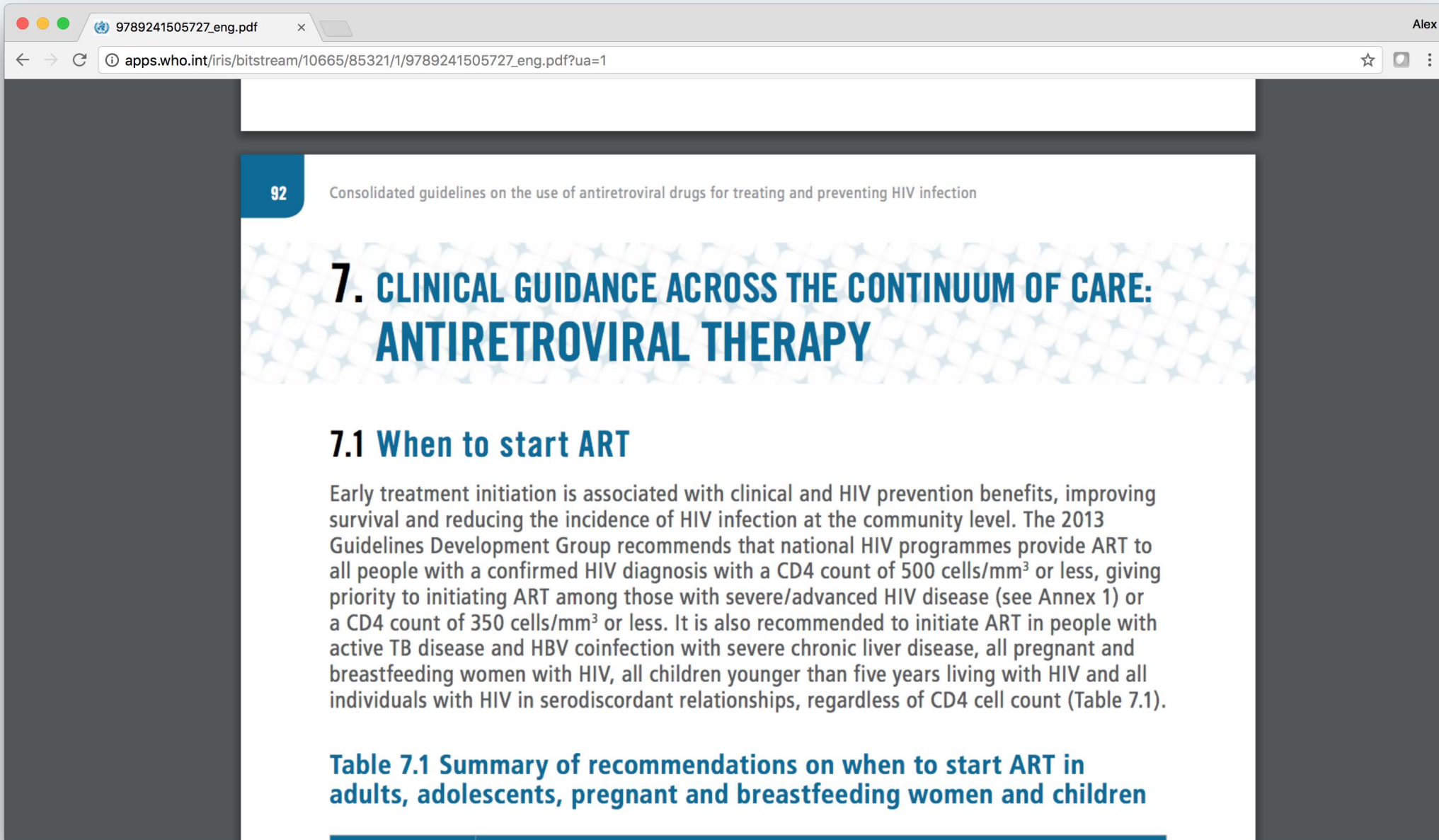








Early ARVT leads to 96% decrease in  
sexual transmission of HIV in  
serodiscordant couples



9789241505727\_eng.pdf

apps.who.int/iris/bitstream/10665/85321/1/9789241505727\_eng.pdf?ua=1

Alex

92 Consolidated guidelines on the use of antiretroviral drugs for treating and preventing HIV infection

## 7. CLINICAL GUIDANCE ACROSS THE CONTINUUM OF CARE: ANTIRETROVIRAL THERAPY

### 7.1 When to start ART

Early treatment initiation is associated with clinical and HIV prevention benefits, improving survival and reducing the incidence of HIV infection at the community level. The 2013 Guidelines Development Group recommends that national HIV programmes provide ART to all people with a confirmed HIV diagnosis with a CD4 count of 500 cells/mm<sup>3</sup> or less, giving priority to initiating ART among those with severe/advanced HIV disease (see Annex 1) or a CD4 count of 350 cells/mm<sup>3</sup> or less. It is also recommended to initiate ART in people with active TB disease and HBV coinfection with severe chronic liver disease, all pregnant and breastfeeding women with HIV, all children younger than five years living with HIV and all individuals with HIV in serodiscordant relationships, regardless of CD4 cell count (Table 7.1).

#### Table 7.1 Summary of recommendations on when to start ART in adults, adolescents, pregnant and breastfeeding women and children

Additional follow-up: 4 years

Couples remained: 1171

Cases of within-couple HIV transmission: 8

4 cases: transmission during the initial period, when the partner living with HIV did not have undetectable viral load

4 cases: partner living with HIV did not have undetectable viral load due to incorrect ARVT



During the study, there were no documented cases of within-couple HIV transmission among serodiscordant couples in which the partner living with HIV had undetectable viral load

- Uganda Study
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- HPTN-052 Study
- PARTNER1 Study
- Opposites Attract Study
- PARTNER2 Study

Participants: 888 couples

75 cities, 14 European countries

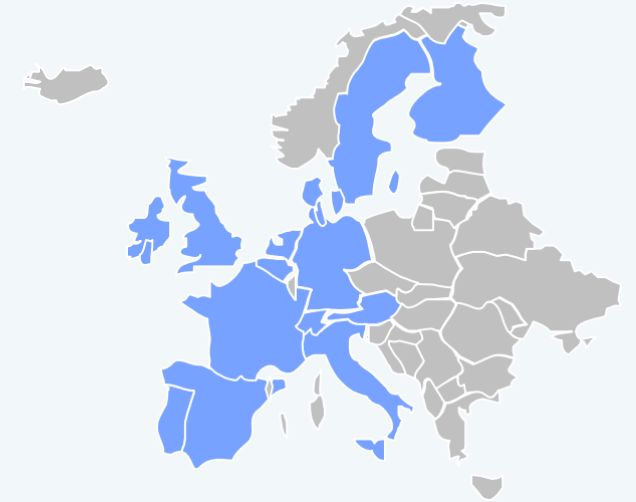
Average time of supervision: 1.3years

Undetectable viral load < 200 copies/mL

Condomless sex acts: 58 000

Cases of HIV transmission: 11

Cases of within-couple HIV transmission: 0



- Uganda Study
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- PARTNER2 Study

Participants: 358 homosexual couples

Brazil  
*96 couples*

Australia  
*157 couples*

Thailand  
*105 couples*



Undetectable viral load < 200 copies/mL

Condomless sex acts: 16 889

Cases of HIV transmission: 3

Cases of within-couple HIV transmission: 0

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Participants: 972 couples

14 European countries

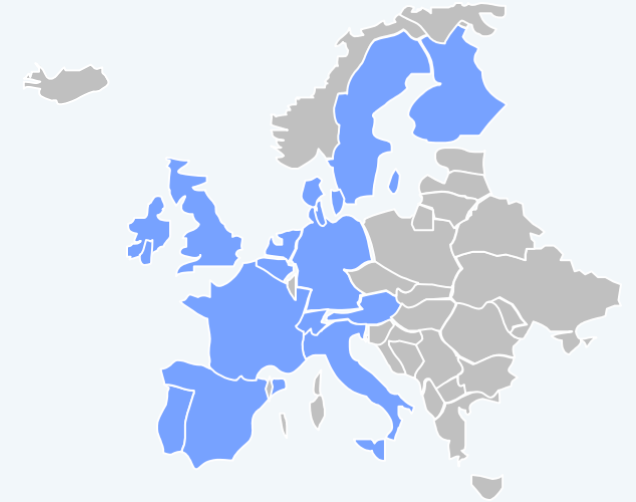
Average time of supervision: 1.6 years

Undetectable viral load < 200 copies/mL

Condomless sex acts: 77 000

Cases of HIV transmission: 15

Cases of within-couple HIV transmission: 0



During the study, there were no documented cases of within-couple HIV transmission among serodiscordant couples in which the partner living with HIV had undetectable viral load



Mathematical analysis showed that for the possible HIV transmission, a couple must-have sex for at least 400 years to a thousand years.

In other words, the risk of transmission under these conditions is zero.

1. Uganda Study: <http://www.nejm.org/doi/full/10.1056/NEJM200003303421303#t=article>
2. The Swiss Statement: [https://www.unige.ch/sciences-societe/socio/files/4814/0533/6055/Vernazza\\_2008.pdf](https://www.unige.ch/sciences-societe/socio/files/4814/0533/6055/Vernazza_2008.pdf)
3. HPTN-052 Study: <https://hptn.org/research/studies/hptn052>;  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3486734/>
4. PARTNER1 Study: <https://jamanetwork.com/journals/jama/article-abstract/2533066>
5. Opposites Attract Study:  
[https://www.thelancet.com/journals/lanhiv/article/PIIS2352-3018\(18\)30132-2/fulltext](https://www.thelancet.com/journals/lanhiv/article/PIIS2352-3018(18)30132-2/fulltext);  
<https://bmcpublichealth.biomedcentral.com/articles/10.1186/1471-2458-14-917>
6. PARTNER2 Study: [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(19\)30418-0/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(19)30418-0/fulltext)

**THANKS FOR YOUR ATTENTION**