**Modern HIV Prevention Strategies**

**What are the implications for German populations? Community perspectives?**

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1. **Background/Fragestellung**

   As was made clear at the 11th Conference on Retrovirology in Rome in July 2011, global HIV prevention has entered a new era. Results of several large-scale trials looking at pre-exposure prophylactic, microbicides and treatment as prevention could potentially change the landscape of effective prevention options in the near future, while recent studies in vaccineology and a few that indicated much more is possible with sustained commitment. There is still a lot of promise, yet understudied, existing strategies including behavioral change, condoms and needle-exchange.

   Why do we need new HIV prevention options? And who needs them?

   HIV infection remains a major public health concern in Europe, with evidence of increasing transmission in several European countries. Since 2011, there has been a 20% increase in the number of people living with HIV in eastern Europe and central Asia. In the western part of Europe, the epidemic remains concentrated among men who have sex with men (accounting for 39% of newly diagnosed cases in 2011) and migrants from countries with generalized epidemics (accounting for at least one third of heterosexually acquired infections). The integration of new preventive interventions could potentially affect substantial numbers of HIV infections in Europe, including in Germany, where 2,400 people were diagnosed with HIV in 2011.

2. **Methods/Methoden**

   In 2008, IEUCA, the Interolie National AIDS Commission, concluded that "the existing portfolio of proven effective programs to prevent HIV transmission is not sufficient to achieve the 2010 targets and prevent two million new infections in the next 10 years. In 2011, a clinical trial showed that providing immediate ARV therapy to the HIV-positive partner in couples with a positive HIV-1 test result, significantly reduced the risk of transmitting HIV to their HIV-negative partner and provided health benefits to the HIV-positive partner.

   **What are Modern Prevention Strategies?**

   Oral PrEP can be an HIV prevention strategy using ARV drugs that don’t need to be used at the time of sex. This offers women (and men) an HIV risk reduction option that could be used without negotiating with partners. The data to date come from trials in which participants were controlled to take either one of several TDF/FTC (brand name Truvada) or oral TDF (brand name Viread) every day.

   Results have shown that daily oral PrEP using TDF/FTC to TDF reduces HIV risk in women and men who take it correctly and consistently. Daily oral PrEP using oral TDF/FTC to TDF for women and men is now being considered by the US Food and Drug Administration for a formal label indicator for HIV prevention and is being implemented in demonstrations projects around the world, including in France.

3. **Results/Ergebnisse**

   Commercial sex has become an increasingly important factor in several countries’ epidemics. Limited data suggest that HIV prevalence among sex workers remains relatively low. However, their usually transmitted infection rates, which generally serve as a precursor for the population’s spread, are high.

   Eastern Europe and Central Asia have seen a dramatic increase in the number of sex workers due to changes in the socioeconomic and political situation in the region that limit women’s economic opportunities and increase female poverty. The Russian Federation, Ukraine, Romania and Moldova reportedly have the largest number of female sex workers in Europe. For example, the number of young women with HIV aged 15-24 is twice higher than among men of the same age. (Source: UNAIDS 2012).

   In 2009, women accounted for about 28% of all people living with HIV in Western and Central Europe (European AIDS Prevention 2011). The number of people living with HIV in Eastern Europe and Central Asia almost tripled between 2000 and 2009. In 2010, there were an estimated 1.5 million people living with HIV in the region. The number of new infections in Eastern Europe and Central Asia has increased by 150% in the last decade. HIV represents a growing threat for women in the region. Women make up a rising proportion of people living with HIV in Eastern Europe and Central Asia. In Russia, for example, the number of new HIV infections is not reported.

   Commercial sex has become an increasingly important factor in several countries’

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**About GSGG**

The German Society for Sexual Health (GSGG) was founded in 2007 and develops and promotes projects particularly in the fields of sexual and reproductive health and HIV/STI and the German Leukodin Project. In addition to its national projects, GSGG cooperates at events concerning sexual health and services on an exchange with national and international experts. For more information, please visit the GSGG website at www.gsgg.org.

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**SOURCE:** VHR 2012, UNAIDS 2006, DSW 2008, Robert Koch Institut

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