



## The European Guidelines version 8.0 for HIV and co-infection recommend treatment for all

- The Guidelines were presented at the press conference on the second day of the European AIDS Conference (EACS).
- The EACS panel, in charge of updating the Guidelines, recommends starting treatment for all HIV-positive persons, irrespectively of DC4 cell count.
- A new section on Pre-Exposure Prophylaxis (PrEP) has been added to the Guidelines.

**Barcelona; October 22, 2015.** The highlight of the press conference was the New European Guidelines for treatment of HIV-infected adults in Europe. This new edition has taken into account the new scientific evidence: Recommending ARV treatment to all patients. As Dr. Anton Pozniak from the Chelsea and Westminster Hospital explained, “Everyone should be offered treatment in the moment of diagnostics, regardless the CD4 count.” The Guidelines strongly recommend treatment in the case of CD4 count lower than 350 cells/mm<sup>3</sup>.

Prof. Jens D. Lundgren from the University of Copenhagen explained the importance of the START and D:A:D studies in the current treatment landscape. The START (Strategic Timing of Antiretroviral Treatment) is a trial assessing if early treatment of HIV infection (before the CD4 count gets lower to 500 cells/mm<sup>3</sup>) has extra benefits rather than wait until the current level of 350 cells/mm<sup>3</sup>. The D:A:D study (Data collection on Adverse events of Anti-HIV Drugs) will assess the incidence of adverse events – which may also affect the recommendation of whether to start or not the treatment sooner. Prof. Lundgren added, “Initiating treatment is a very important moment for patients; we want to be sure that people starting treatment are comfortable with their decision”.

In addition to the recommendations in HIV treatment, “The EACS guidelines make a strong call for access to treatment earlier in all cases of Hepatitis C” stated Prof. Jürgen K. Rockstroh from the University of Bonn. This new recommendation is crucial in the current HCV-HIV co-infection epidemic that Europe is facing.

The European Guidelines version 8.0 for treatment of HIV-infected adults in Europe recommends the use of Truvada as prevention for HIV transmission. The recommendation goes for Men who have sex with Men, transgender individuals and is considered for high-risk heterosexual men and women. As Dr. Christian Manzardo explained “Pre-Exposure Prophylaxis (PrEP) is now indicated with Truvada, as both a continuous and intermittent option. The EACS Guidelines are a reference and can be a support in obtaining the label for PrEP”. PrEP is already approved in the US by the Food and Drug Administration but it still needs to be approved by the European Medicines Agency in Europe.

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## About the 15th European AIDS Conference

[www.eacs-conference2015.com](http://www.eacs-conference2015.com)

Since the first European AIDS Conference held in 1987 in Brussels, the Conference has become a must for clinicians and researchers, communities and people living with HIV / AIDS. Through scientific excellence, the Conference promotes the participation and engagement of young researchers in clinical research. The Conference aims at presenting and critically discussing new knowledge as a fundamental part of good clinical practice and health care, whether to deal with HIV transmission, Hepatitis C and other co-infections, as well as co-morbidities. The European AIDS Conference is held every two years, this being its 15th edition.

## About the European AIDS Clinical Society (EACS)

[www.eacsociety.org](http://www.eacsociety.org)

The European AIDS Clinical Society was founded with the aim of bringing together health professionals that are working in the HIV/AIDS field in Europe. Since its beginning, the EACS has ensured compliance with the highest ethical standards, care and treatment of people living with HIV, as well as scientific excellence, in order to respond to the pandemic. The organisation of the European AIDS Conference is one of the most important activities of the EACS.

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