



Statement by Deutsches Expertennetzwerk HIV/Hepatitis e.V. on “protection through treatment”

This new safer sex message has so far mostly been seen in the context of HIV prevention (public-health level). However, it provides specific individual benefits to HIV-positive people, which we would like to communicate here:

SAFER SEX (HIV) is:

- **Sex with condom***

*when used properly in combination with water-based lubricants

- **Sex with “protection through treatment” ****

** when the HIV-positive partner’s viral load has been below 200 copies/ml for at least 6 months and he/she takes medication on a regular basis

- **Sex with identical serostatus*****

***when both partners have the same confirmed serostatus (negative/negative or positive/positive)

- **Oral sex**

Especially with regards to the “protection through treatment” method, there is still a great deal of uncertainty, although the data available on this subject is consistent.

To date, only one case has been documented in which HIV is said to have been transmitted under these circumstances (case in Frankfurt).

Available data:

HTPN-052

http://www.hivandmore.de/kongresse/ias2011/HPTN_052_Therapie_ist_Praevention.shtml

Interim evaluation of a partner study at the CROI 2014

<http://www.hivandmore.de/kongresse/croi2014/partner-studie-keine-transmission-unter-erfolgreicher-art.shtml>

Starting a therapy should always be a voluntary and informed decision of the individual HIV-positive person.

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Deutsches Expertennetzwerk HIV/Hepatitis e.V.

Please find more information at www.nichtinfektioes.de