



Workshop 10: HIV-AIDS prevention, making informed choices

Thursday 29 October 2015,
16:30 – 18:00
Room Pella
Hosts: EATG - PRAKSIS

An update on the latest developments in HIV prevention
and discussion on what this means for the LGBT community

What is?

Biomedical prevention is using medicines, medical devices and surgery (e.g. circumcision) to prevent HIV infection. It is a complementary tool to behavioural prevention.

PEP (Post-Exposure Prophylaxis): a short (4-week) course of HIV treatment (3 drugs) to reduce the chance of infection after potential exposure to HIV.

PrEP (Pre-Exposure Prophylaxis): the systematic (daily) or intermittent (before and after sexual act) course of HIV treatment (2 drugs) to prevent HIV infection. New forms of administration are under investigation (e.g. long-lasting formulations). PrEP is not yet available in Europe.

TasP (Treatment as Prevention): HIV treatment given to people living with HIV (PLHIV) reduces the HIV viral load in the blood, semen, vaginal fluid and rectal fluid to very low levels ('undetectable'). Recent research suggests that this reduces the chance of HIV transmission practically to zero and that is even more effective than condom use.

Behavioural prevention's most common strategies are consistently using condoms, pulling-out before ejaculation, choosing less risky sexual practices (e.g. oral sex instead of anal sex) and reducing the number of sexual partners.

Seropositioning: Choosing a different sexual position or practice depending on the HIV serostatus of one's partner (being the 'top' reduces the chances to get HIV compared to being the 'bottom').

Serosorting: Choosing a sexual partner known to be of the same HIV serostatus, often to engage in condomless sex, in order to reduce the risk of acquiring or transmitting HIV.

Seroadaptation: Choosing different means and levels of prevention each time, adapting them to the known or perceived HIV serostatus and/or any biomedical prevention followed by the sexual partners (e.g. not using condoms if your partner is HIV+ with undetectable viral load or if you are on PrEP).

Combination prevention means combining two or more biomedical and/or behavioural prevention strategies following risk assessment.

Keep in mind!

- Different prevention strategies work for different people
- Different ways of prevention work better for different sexual practices and behaviours
- Open communication is important in order to make informed choices

