

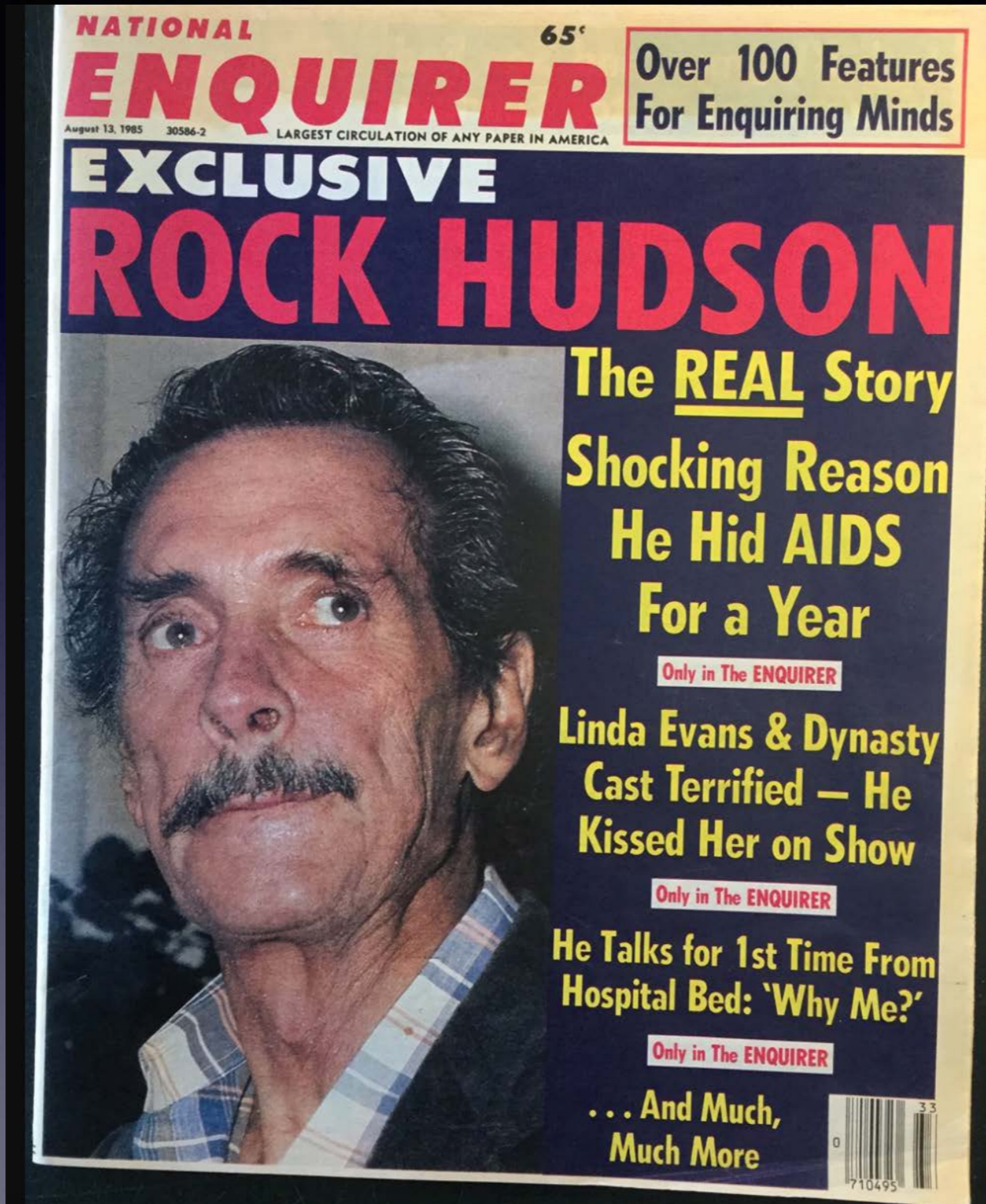
PrEP in the 20s: Invitations and Innovations for Pleasure

Damon L. Jacobs

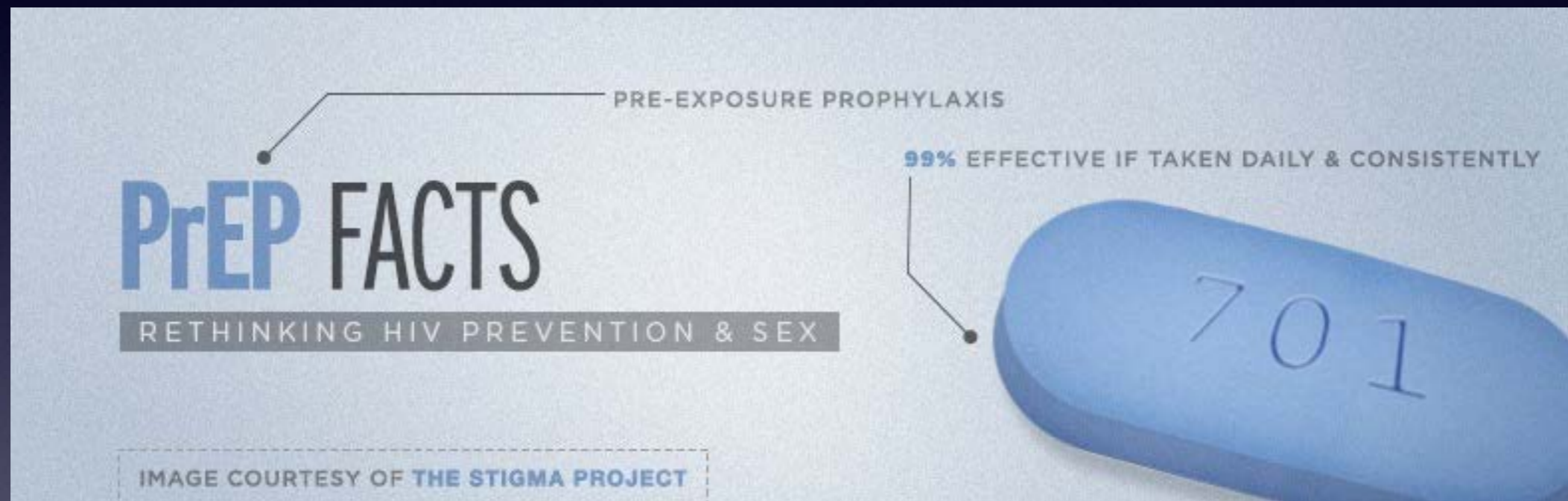
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My Story



On July 1, 2013, I started the first international group in social media using FaceBook, titled “PrEP Facts: Rethinking HIV Prevention and Sex,” (<https://www.facebook.com/groups/PrEPFacts>). This is an opportunity for people anywhere in the world to receive science, facts, conversation, and more.



Truvada



Advantages:

- FDA approved in 2012 for all genders
- Several efficacy trials provided consistent data since 2007
- Once a day pill shown to have >99% efficacy
- 2-1-1 dosing demonstrated to have >99% efficacy
- Minimal side effects (rare renal changes, bone density)
- Has CDC guidelines
- Generic equivalent now commercially available in U.S.

Disadvantages:

- May not be ideal for older adults with osteoporosis, adolescents
- Side effects exaggerated / not understood (false lawsuits)*
- Carries brunt of “Truvada Whore” stigma

More details here: <https://www.thebody.com/article/those-truvada-lawsuits-ads-you-see-everywhere-may-hinder-public-health>

Descovy



Advantages:

- Once a day pill shown to have >99% efficacy
- Less processing done by kidneys
- Less impact on bone density (relevant for adolescents / older adults)
- FDA approved October 2019

Disadvantages:

- Not FDA approved for women or transgender men
 - No studies supporting 2-1-1
 - Only one trial showing efficacy (“Discover Trial”)
 - Demonstrative weight gain
 - Potential impact on LDL Cholesterol
 - No CDC guidelines
 - Only brand name commercially available in U.S.
 - Misunderstanding about being a “safer” drug
 - Controversial rollout by pharmaceutical company
- <https://www.thebody.com/article/truvada-descovy-better-hiv-prep>

Cabotegravir



Advantages:

- One single injection every 8 weeks
- Two large studies (HPTN 083, HPTN 084) demonstrating >99% efficacy in all genders
- Side effects reported to be mild
- Better for people who have difficulty accessing medication
- Better for people who have difficulty taking daily medication

Disadvantages:

- Unknown safety issues for adolescents
- Unknown safety for pregnant women
- How to deliver in-person injection every 8 weeks
- Potential resistance at 'tail'
- Access issues / clinics / COVID
- Likely more than a year before commercially available

More info: <https://www.who.int/news/item/09-11-2020-trial-results-reveal-that-long-acting-injectable-cabotegravir-as-prep-is-highly-effective-in-preventing-hiv-acquisition-in-women>

People use PrEP to experience P.R.E.P.

Proactive
Responsible
Empowered
Pleasure

**Together we can go through the
20s with purpose, compassion, and
love!!**



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