Prevention: PrEP Benefits

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Increased uptake of oral and injectable pre-exposure prophylaxis (PrEP) could dramatically lower new HIV cases. In December 2021, the Food and Drug Administration approved Apretude (long-acting cabotegravir) as the first injectable PrEP option. Studies showed that Apretude administered every other month works even better than daily Truvada PrEP pills. Some people say they find long-acting injections more convenient than daily pills, which could increase uptake and adherence. Researchers at Johns Hopkins University developed an epidemiological model to explore how the epidemic would change among gay and bisexual men in 32 communities in the United States as PrEP use increases. Even if nothing changes, current trends suggest that PrEP use would increase by up to 25%, resulting in a 19% drop in new HIV cases. If oral or injectable PrEP use grew by 10% in every jurisdiction, transmissions would drop 33% by 2030, and a 25% increase in PrEP use across the board would reduce new cases by half.

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