



Prevention: PrEP for Trans Women

Researchers enrolled more than 4,500 cisgender men and trans women.

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Apretude (long-acting cabotegravir) injections every other month are a safe and effective pre-exposure prophylaxis (PrEP) option for transgender women. The HPTN 083 trial enrolled more than 4,500 cisgender men and trans women. They were randomized to receive Apretude or daily oral TDF/FTC (Truvada). Overall, Apretude was about 66% more effective than daily PrEP pills. The researchers then looked in detail at the 570 trans women in the trial (13%). They were primarily from Asia and Latin America, and most were under age 30. Childhood sexual abuse, intimate partner violence, depression and drug and alcohol use were common. More than a quarter did not agree that they were at risk for HIV, but their high incidence of sexually transmitted infections said otherwise. There were two HIV seroconversions in the Apretude group and seven in the TDF/FTC group, or 0.54 versus 1.80 cases per 100 person-years. Both forms of PrEP were well tolerated. Cabotegravir concentrations did not differ significantly based on use of gender-affirming hormones.

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