



Treatment: Durable Therapy

Today's HIV treatment is more effective and durable.

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Modern integrase inhibitor-based antiretroviral treatment, including once-daily pills and long-acting injectables, can control HIV for years, recent studies show. When multiclass antiretroviral therapy debuted in the mid-1990s, some people had trouble maintaining good adherence and viral suppression, resulting in drug resistance. Thus, people were advised to plan ahead for their next regimen after the current one failed. But today's treatment is more effective and durable, so focusing on treatment sequencing isn't necessary for most people. One study showed that the all-in-one pill Biktarvy (bictegravir/tenofovir alafenamide/emtricitabine) has kept HIV in check over five years of follow-up so far. Likewise, the long-acting injectable regimen Cabenuva (cabotegravir and rilpivirine) administered every other month suppressed HIV for three years and counting. And two-drug oral regimens containing dolutegravir (including the Dovato and Juluca combinations) held the virus at bay for more than six years in real-world clinical practice.

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