Treatment: Every Two Months

Whether given every four or eight weeks, long-acting injections of cabotegravir and rilpivirine suppressed HIV equally well.

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The long-acting injectable antiretroviral regimen Cabenuva (cabotegravir/rilpivirine) works as well when given every two months as it does when administered monthly. Last year, two large clinical trials showed that monthly injections of Cabenuva suppress HIV as well as a standard oral regimen in both people who switched from oral meds and those just starting treatment. Now, the ATLAS-2M study has shown that injections given every eight weeks are equally safe and effective for those with an undetectable viral load who switch. However, those who did not maintain viral suppression were more likely to develop drug resistance. The Food and Drug Administration delayed Cabenuva approval last December, citing manufacturing issues, but Canada approved the new treatment in March. Although some people who received Cabenuva experienced mild injection site reactions, most study participants said they preferred receiving injections every month or every other month versus taking daily pills.

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