



Treatment: Simpler Treatment

A combination pill containing bictegravir and lenacapavir could enable more people to switch to a simple single-tablet regimen.

September 23, 2024 By [Liz Highleyman](#)

A once-daily oral combination of bictegravir and lenacapavir could enable simpler HIV treatment for people taking more complex regimens. Standard antiretroviral therapy is highly effective for most people, but some can't use convenient single-tablet regimens due to drug resistance or side effects. The ARTISTRY-1 trial evaluated the integrase inhibitor bictegravir plus the capsid inhibitor lenacapavir for people who had achieved viral suppression on a more complex regimen. The 128 participants were randomly assigned to receive bictegravir plus one of two doses of lenacapavir once daily or to stay on their current regimen. After 48 weeks, 92% of people in the lower-dose lenacapavir group and 90% in the higher-dose group had a viral load below 50, as did everyone who stayed on their baseline regimen. Changes in CD4 counts were comparable. Bictegravir plus lenacapavir was generally safe and well tolerated. Gilead Sciences is now testing a combination pill containing bictegravir and lenacapavir, which could enable more people to switch to a simple single-tablet regimen.

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