



Treatment: Weight Gain

Some studies have found that people who start taking a potent integrase inhibitor or tenofovir alafenamide may put on more pounds.

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People who switched from more complex antiretroviral regimens to Dovato (dolutegravir/lamivudine) or Biktarvy (bictegravir/tenofovir alafenamide/emtricitabine) were about equally likely to maintain viral suppression, but those who used Dovato gained less weight, researchers reported at the European AIDS Conference in October. Some studies have found that people who start taking a potent integrase inhibitor or tenofovir alafenamide may put on more pounds. The Phase IV PASO DOBLE study enrolled more than 500 adults living with HIV in Spain who were on regimens that could be optimized—for example, those containing multiple daily pills or boosting agents. At 48 weeks, just six people (2.0%) who were randomly assigned to switch to Dovato and two people (1.4%) assigned to Biktarvy had a viral load of 50 or higher. At 96 weeks, 0.4% and 1.1%, respectively, had detectable HIV. Dovato, however, was associated with less weight gain than Biktarvy (about 2 pounds versus 5 pounds on average) and fewer drug-related adverse events.

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