HIV Treatments

HIV drugs, side effects and treatment strategies

Monitoring Tests

Tests to monitor HIV infection and treatment progress

- Monitoring your health from Your Guide to HIV Treatment
- HIV Viral Load Testing

More on Monitoring tests

HIV Drugs

Drugs used to treat HIV in Canada

- Common HIV drugs available in Canada for adults

More on HIV Drugs

See the Healthy Living section for Complementary and Alternative Therapies

Starting and Staying on Treatment

What you need to know about starting or switching HIV treatment

- Your Guide to HIV Treatment

Starting treatment

Starting HIV drug therapy

- Starting treatment from Your Guide to HIV Treatment
- Guideline on when to start ART and on PrEP for HIV – World Health Organization (WHO)
- On Your Mark, Get Set, StART from The Positive Side, CATIE’s health and wellness magazine for people living with HIV
- Starting HIV treatment: Personal stories
- Study heralds an important shift in care and treatment from TreatmentUpdate, CATIE’s digest on cutting-edge developments in HIV and hepatitis C research and treatment

More on starting treatment

Changing treatment

Changing HIV drug regimens

- How to tell if your treatment is working from Your Guide to HIV Treatment
- Changing your treatment from Your Guide to HIV Treatment

More on Changing treatment

Adherence and Resistance
Adhering to HIV drug treatment and HIV drug resistance

**Adherence**

Adhering to HIV drug treatment

- [Adherence](#) from *Your Guide to HIV Treatment*
- [Adherence is key!](#) from *Your Guide to HIV Treatment*
- [Chatty CATIE: Adherence Interference](#) from *The Positive Side*, CATIE’s health and wellness magazine for people living with HIV

**More on Adherence**

**Resistance**

How HIV can become resistant to treatment

- [Drug resistance](#) from *Your Guide to HIV Treatment*
- [Drug resistance and resistance testing](#) from *Your Guide to HIV Treatment*
- [Resistance Assistance](#) from *The Positive Side*, CATIE’s health and wellness magazine for people living with HIV

**More on resistance**

**Side Effects**

The side effects of HIV treatments and how to handle them

- [A Practical Guide to HIV Drug Side Effects](#), CATIE’s guide to common HIV drug side effects, with tips on how to handle them
- [Side effects](#) from *Your Guide to HIV Treatment*
- [Side effects and symptoms](#) from *Managing your health*, CATIE’s guide for people living with HIV
- [Managing the Effects of HIV and Meds on the Body](#) from *A Practical Guide to Nutrition*, CATIE’s guide to healthy eating
- [Managing Symptoms and Side Effects](#) from *A Practical Guide to Nutrition*
- [A Practical Guide to Complementary Therapies](#), CATIE’s overview of complementary therapies used by people living with HIV
- [Personal Health Record (PDF)](#) and [My Health Map (PDF)](#)

**More on side effects**

**Treatment to Prevent HIV Transmission**

The use of HIV drugs to reduce the risk of HIV transmission

**Pre-exposure prophylaxis for prevention (PrEP)**

The use of HIV drugs by HIV-negative people to reduce the risk of HIV transmission before exposure

- [Pre-exposure prophylaxis (PrEP) resources](#)
- [CATIE statement on the use of oral pre-exposure prophylaxis (PrEP) as a highly effective strategy to prevent the sexual transmission of HIV](#)
- [Oral pre-exposure prophylaxis (PrEP)](#) – CATIE fact sheet
- [Providing HIV PrEP: steps to patient engagement](#) – CTAC
- [Guideline on when to start ART and on PrEP for HIV](#) – WHO
- [Is taking PrEP the right choice for you?](#) – Project Inform
- [Oral pre-exposure prophylaxis—putting a new choice in context](#) – UNAIDS
- [Oral pre-exposure prophylaxis—questions and answers](#) – UNAIDS
- [Avis intérimaire sur la prophylaxie préexposition au virus de l’immunodéficience humaine](#) – Ministère de la Santé
More on PrEP

Websites

- Pre-exposure prophylaxis – Canadian Public Health Association (CPHA)
- Pre-exposure prophylaxis – Centers for Disease Control and Prevention (CDC)
- Pre-exposure prophylaxis (PrEP) – AVAC
- PrEPfacts.org – San Francisco AIDS Foundation
- My PrEP Experience
- PrEP Watch
- Start.Truvada.com

Post-exposure prophylaxis for prevention (PEP)

The use of HIV drugs by HIV-negative people to reduce the risk of HIV transmission after exposure

- Post-exposure Prophylaxis (PEP) – CATIE fact sheet
- Enhancing the potential benefit of PEP from CATIE News, CATIE’s HIV and hepatitis C news bulletins
- Can we prevent infection with HIV after an exposure? The world of post-exposure prophylaxis (PEP) from Prevention in Focus, CATIE’s online prevention resource
- The PEP Program at Clinique l’Actuel from Programming Connection, CATIE’s toolkit of Canadian frontline program models
- Post-exposure prophylaxis for consensual sexual activity in British Columbia – Health Initiative for Men (HIM)

More on PEP

Websites

- Post-Exposure Prophylaxis (PEP) – Health Initiative for Men (HIM)
- Prophylaxis following non-occupational exposure to HIV: Related resources – HIV Insite
- Treatment after exposure to HIV – The Body
- Post-exposure prophylaxis – World Health Organization (WHO)

Treating HIV to prevent HIV transmission

The use of HIV drugs by HIV-positive people to reduce the risk of HIV transmission

- CATIE statement on the use of antiretroviral treatment (ART) to maintain an undetectable viral load as a highly effective strategy to prevent the sexual transmission of HIV
- HIV treatment and an undetectable viral load to prevent HIV transmission – CATIE fact sheet
- The HIV treatment cascade - patching the leaks to improve HIV prevention from Prevention in Focus
- Treatment Benefits For All? from The Positive Side, CATIE’s health and wellness magazine for people living with HIV

More on treating HIV to prevent HIV transmission

Websites

- Treatment as Prevention – B.C. Centre for Excellence in HIV/AIDS
- AVAC: Global Advocacy for HIV Prevention – a comprehensive information source on treatment as prevention
- Antiretroviral therapy for prevention – World Health Organization (WHO)

Treatment Guidelines

Guidelines on managing HIV infection and the use of HIV drugs to reduce HIV transmission
Managing HIV infection

- Consolidated guidelines on the use of antiretroviral drugs for treating and preventing HIV infection: Recommendations for a public health approach - Second edition - World Health Organization (WHO)
- The British Columbia Centre for Excellence in HIV/AIDS - therapeutic guidelines for antiretroviral therapy in adults
- The U.S. Department of Health and Human Services - guidelines on testing, post-exposure prophylaxis, treatment and managing complications
- Antiretroviral Drugs for Treatment and Prevention of HIV Infection in Adults - 2016 Recommendations of the International Antiviral Society-USA Panel
- The British HIV Association - guidelines on treatment, as well as adherence, co-infection, immunization and transplantation
- European AIDS Clinical Society - therapeutic guidelines for antiretroviral therapy in adults
- Santé et Services sociaux Quebec - La thérapie antirétrovirale pour les adultes infectés par le VIH (French only)

Using HIV drugs to reduce transmission

Guidelines on the use of HIV drugs to reduce the risk of HIV transmission

- Guideline on when to start ART and on PrEP for HIV - World Health Organization (WHO)
- Guidance on couples HIV testing and counselling - including antiretroviral therapy for treatment and prevention in serodiscordant couples - WHO
- Guidance on PrEP for serodiscordant couples, men and transgender women who have sex with men at high risk of HIV - WHO
- Guidelines on post-exposure prophylaxis for HIV and the use of co-trimoxazole prophylaxis for HIV-related infections among adults, adolescents and children: recommendations for a public health approach - WHO

Clinical Trials

HIV clinical trials in Canada

- A participant's guide to clinical research - Canadian HIV Trials Network (CTN) and the Canadian AIDS Society (CAS)
- HIV-related clinical trials enrolling in Canada

More on Clinical trials

Cure Research

Developments in HIV cure research

- Research Towards an HIV Cure: Engaging the Public - CanCURE (Canadian HIV Cure Enterprise)
- HIV Cure Research from TreatmentUpdate, CATIE's digest on HIV and hepatitis C research and treatment
- New Danish results spark interest for future HIV cure research from CATIE News, CATIE’s HIV and hepatitis C news bulletins
- Hints of a cure—the future of stem cell transplants and HIV from CATIE News

More

Websites

- CanCURE - The Canadian HIV Cure Enterprise, a research consortium focused on the study of HIV reservoirs and the development of therapeutic strategies towards a functional cure.
Disclaimer

Decisions about particular medical treatments should always be made in consultation with a qualified medical practitioner knowledgeable about HIV- and hepatitis C-related illness and the treatments in question.

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