METHODS

Study design
- Monocentric open-label cohort
- Study drug: Truvada (TDF/FTC)
- Study population: 200 HIV neg, high risk MSM and transgenders
- Study site: Institute of Tropical Medicine (ITM), Antwerp, Belgium
- Follow-up: 18 months (starting Sept 2015)

Study methods
- Web-based diary with self-recording of sexual activity and PrEP intake
- Medical interview and examination
- Self-administered questionnaire
- HIV & STI testing: N. gonorrhoeae (NG)*, C. trachomatis (CT)*, M. genitalium (MG)*, T. vaginalis (TV)*, syphilis; hepatitis C (HCV)

At each study visit
- 3-monthly
  * urine, anal and pharyngeal
  HCV: 6-monthly

Study regimen: participants self-select in 2 groups (#):
- Daily PrEP
- Event-driven PrEP (2 tablets before anticipated sex, continuing with 1 tablet daily until 2 days after the last sex event)

# Switch-over between groups is possible

RESULTS AND CONCLUSIONS (12 MONTHS FOLLOW-UP)

Background
- HIV incidence in Belgium is high among Men who have Sex with Men (MSM)
- Efficacy and safety of Pre-Exposure Prophylaxis (PrEP) has been proven in various clinical trials
- Questions remain on how to optimize implementation

Objectives of the Be-PrEP-ared study
- To document current preventive needs of MSM: uptake, acceptability and feasibility of 2 regimens of PrEP
- To evaluate adherence to the 2 PrEP regimens
- To study the impact of PrEP on condom use and on STI incidence

Study population:
- 197 MSM, 3 transgender women
- Mean age 39 yrs (range 22-70)

Adherence: Proportion of covered (*) sex acts

Risk behaviour, previous 3 months:
- Nb of anonymous sex partners
- Nb of condomless receptive sex

Conclusions:
- Event-driven PrEP was preferred by about 1/4 PrEP users, which may better suit their prevention needs
- Adherence to PrEP was high
- Despite high risk behaviour and high incidence of STI during FU, no new HIV infections were observed.

STIs:

<table>
<thead>
<tr>
<th>STI</th>
<th>Enrollment, %</th>
<th>Prevalence</th>
<th>FU, 100PY</th>
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<tbody>
<tr>
<td>HIV</td>
<td>0%</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Syphilis *</td>
<td>7.5</td>
<td>9.3 (5.6-15.5)</td>
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</tr>
<tr>
<td>NG *</td>
<td>12.2</td>
<td>36.7 (28.4-47.5)</td>
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</tr>
<tr>
<td>CT *</td>
<td>11.7 §</td>
<td>34.5 (26.5-45.0) §</td>
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</tr>
<tr>
<td>MG *</td>
<td>17.2</td>
<td>25.0 (17.9-35.0)</td>
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<tr>
<td>Any of(*)</td>
<td>39.5</td>
<td>74.9 (59.9-93.6)</td>
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<tr>
<td>TV</td>
<td>0</td>
<td>1.1 (0.3-4.4)</td>
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<tr>
<td>HCV</td>
<td>1.5</td>
<td>2.8 (1.2-6.7)</td>
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</tr>
</tbody>
</table>

Funding: IWT (Agentschap Innoveren en Ondernemen) – TBM (Toegepast Biomedisch Onderzoek), Belgium - Study drugs donated by Gilead

Poster: THPEC320