HIV and HCV – Is Eradication Within Reach?

Bernard M. Branson, M.D. Director Scientific Affairs LLC



- Where we've been
- Where we are
- Where we can be

CENTERS FOR DISEASE CONTROL

July 3, 1981 / Vol. 30 / No. 25

 Epidemiologic Notes and Reports
 305 Kaposi's Sarcoma and Pneumocystis Pneumonia Among Homosexual Men – New York City and California
 308 Cutaneous Larva Migrans in American Tourists – Martinique and Mexico
 314 Measles – U.S. Military

MORBIDITY AND MORTALITY WEEKLY REPORT

Epidemiologic Notes and Reports

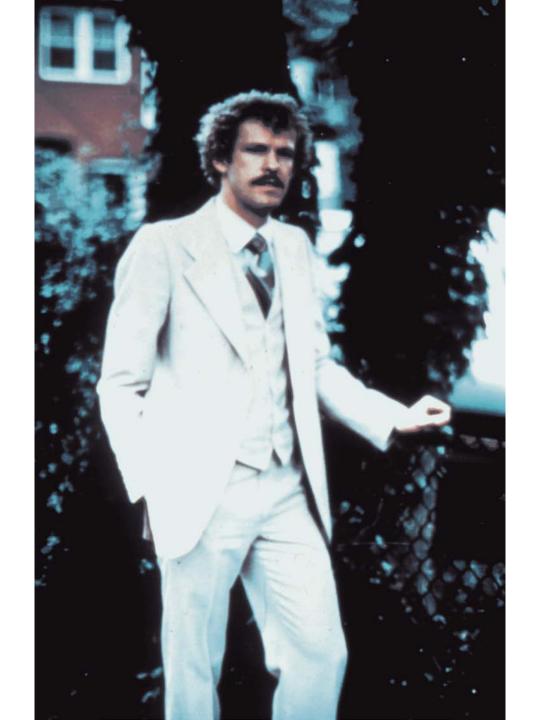
Kaposi's Sarcoma and *Pneumocystis* Pneumonia Among Homosexual Men – New York City and California

During the past 30 months, Kaposi's sarcoma (KS), an uncommonly reported malignancy in the United States, has been diagnosed in 26 homosexual men (20 in New York City [NYC]; 6 in California). The 26 patients range in age from 26-51 years (mean 39 years). Eight of these patients died (7 in NYC, 1 in California)—all 8 within 24 months after KS was diagnosed. The diagnoses in all 26 cases were based on histopathological examination of skin lesions, lymph nodes, or tumor in other organs. Twenty-five of the 26 patients were white, 1 was black. Presenting complaints from 20 of these patients are shown in Table 1.

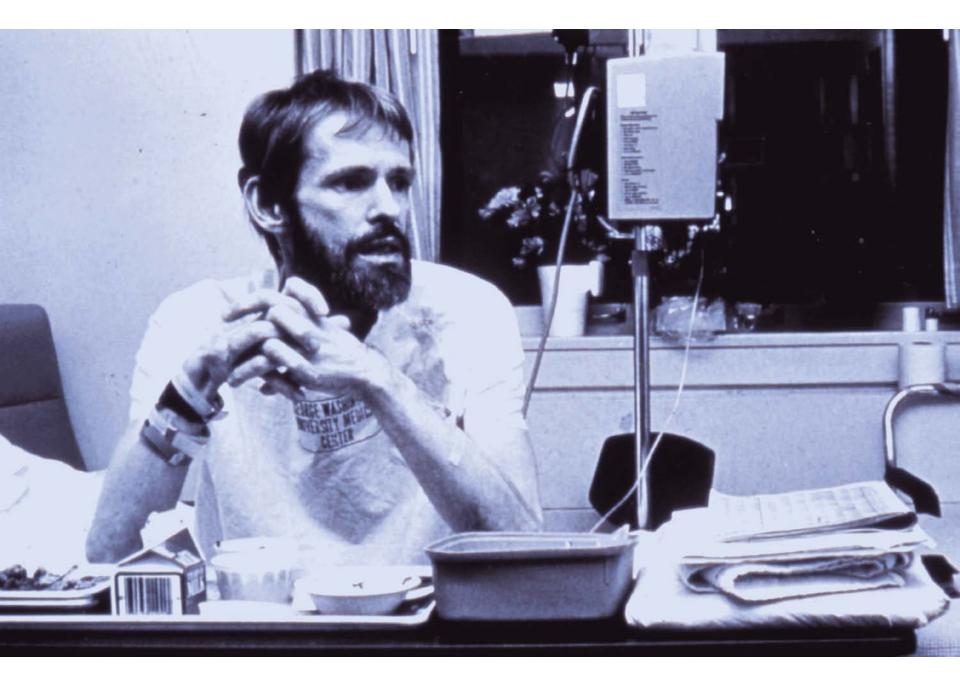
1983 Almanac

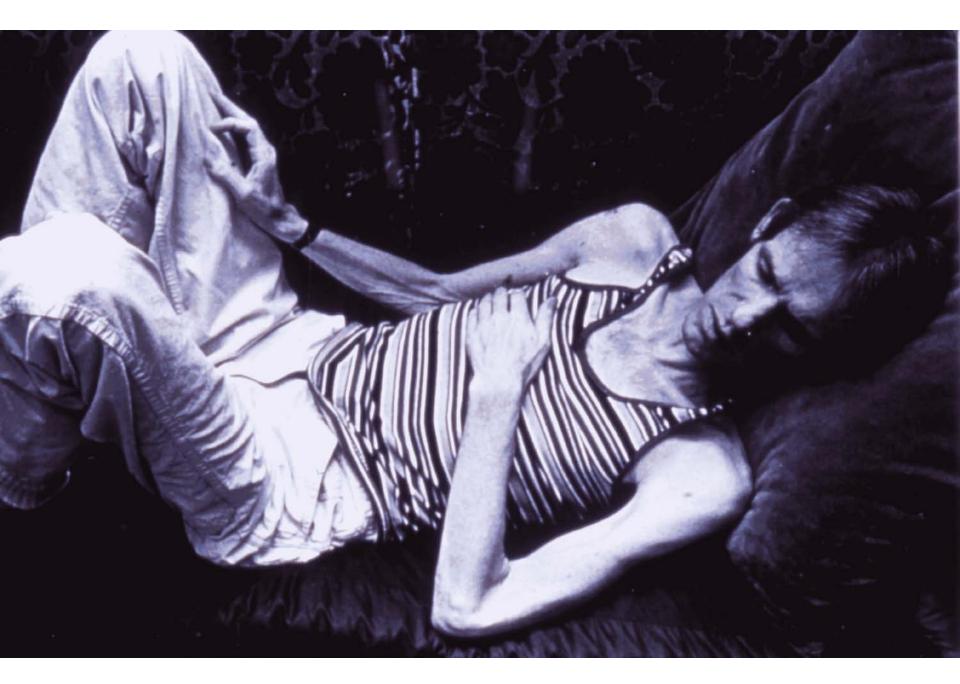


- "Evil Empire" speech
- Mortgage rate: 12%
- "Year of the Bible"
- U.S. invades Granada

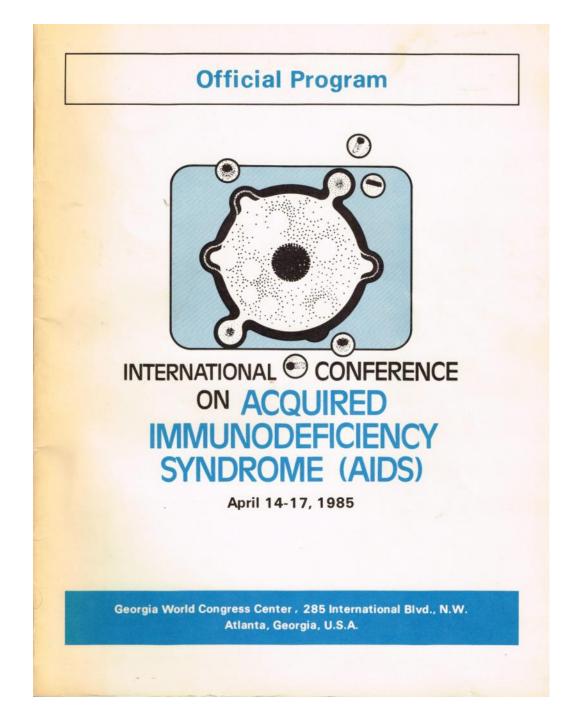












International Conference on Acquired Immunodeficiency Syndrome (AIDS)

Atlanta, Georgia 30333 • U.S.A. • April 14-17, 1985

Monday, April 15

8:30 OPENING SESSION

Auditorium, Georgia World Congress Center Call to Order Gary R. Noble, Program Chairman Welcome

The Honorable Andrew Young, Mayor of Atlanta Fakhry Assaad, The World Health Organization, Geneva

Introduction of the Keynote Speaker Donald R. Hopkins, Acting Director Centers for Disease Control, Atlanta

Keynote Address:

The AIDS Challenge The Honorable Margaret M. Heckler Secretary of Health and Human Services Washington, DC

9:15 PLENARY SESSION A CHAIR: James B. Wyngaarden, Director Nationar Institutes of neukly, Bethesda

The Epidemiology and Prevention of AIDS

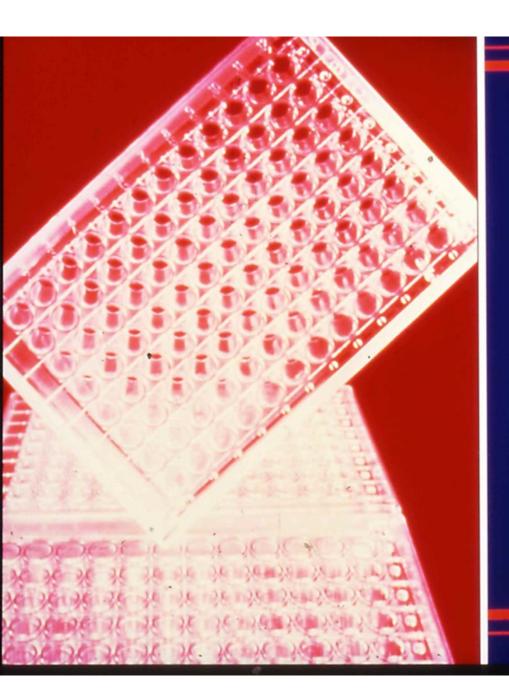
James W. Curran, Center for Infectious Diseases, Centers for Disease Control, Atlanta

2. EPIDEMIOLOGY Room 313

CHAIR: Mervyn Silverman, San Francisco Hlth. Dept.

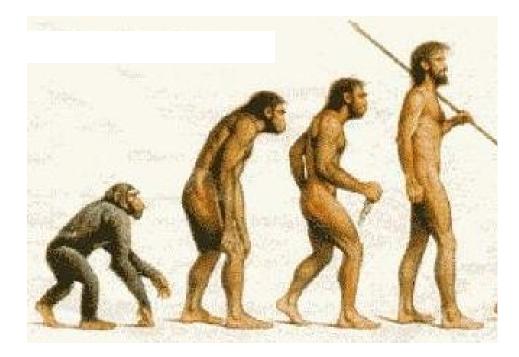
- 11:15 Surveillance for AIDS in Children Martha F. Rogers*, P. A. Thomas, R. M. Selik, A. M. Hardy, M. C. Rogers, W. M. Morgan, CDC, Atlanta, and New York City Dept. of Hith.
- 11:30 Mothers of Infants with the Acquired Immunodeficiency Syndrome: Outcome of Subsequent Pregnancies Gwendolyn B. Scott*, M. Fischl, N. Klimas, M. A. Fletcher, G. Dickinson, W. Parks, Univ. Miami, FL
- 11:45 Epidemiological Features of Pediatric Acquired Immunodeficiency Syndrome in New Jersey James M. Oleske*, M. Zabala, A. Minnefor, T. N. Denny, R. Bobila, V. V. Joshi, et al., UMD-New Jersey Med. Sch.; Children's Hosp. of New Jersey; St. Michael's Med. Ctr., Newark; and St. Joseph's Med. Ctr., Paterson, NJ
- 12:00 Immunodeficiency and HTLV-III/LAV Serology in Heterosexual Partners of AIDS Patients C. A. Harris*, C. Cabradilla, M. Robert-Guroff, R. S. Klein, G. H. Friedland, V. S. Kalyanaraman, et al. Montefiore Med. Ctr., Bronx, NY; NCI, NIH, Bethesda, MD; and CDC, Atlanta
- 12:15 Household Transmission of HTLV-III in Zaire Jonathan M. Mann*, H. Francis, B. M. Kapita, K. Ruti, T. Quinn, J. W. Curran, CDC, Atlanta; NIAID, NIH, Bethesda, MD; Mama

A/15 <u>CURRAN</u> Utral Infr: ALOS (84) Guess: SDO, 000 - 1, DUD, 000 inflicted. 1-2070 Complication Vati = ALOS



ELISA Test For HTLV-III Antibody

Evolution of HIV Tests













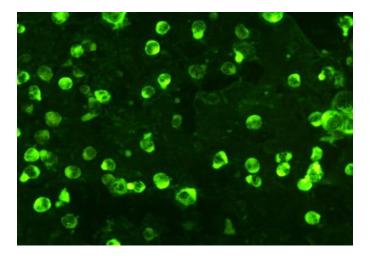
Evolution of HIV Tests

1st generation: whole viral lysate, detects IgG antibody

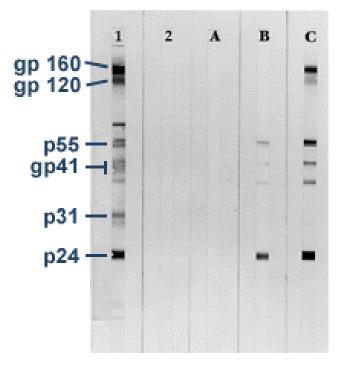
BA



IFA



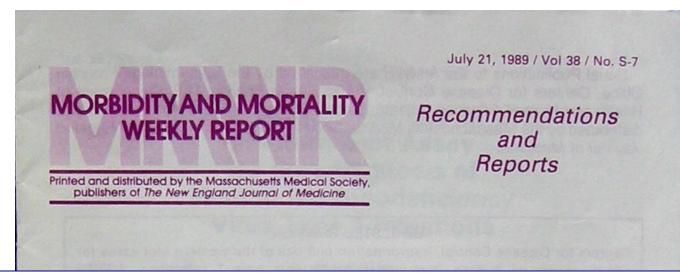
Western blot







Diagnostic Algorithm: 1989



The Public Health Service recommends that no positive test results be given to clients/patients until a <u>screening test</u> has been <u>repeatedly</u> <u>reactive</u> (i.e., greater than or equal to two tests) on the same specimen <u>and a supplemental,</u> <u>more specific test</u> such as the Western blot has been used to validate those results

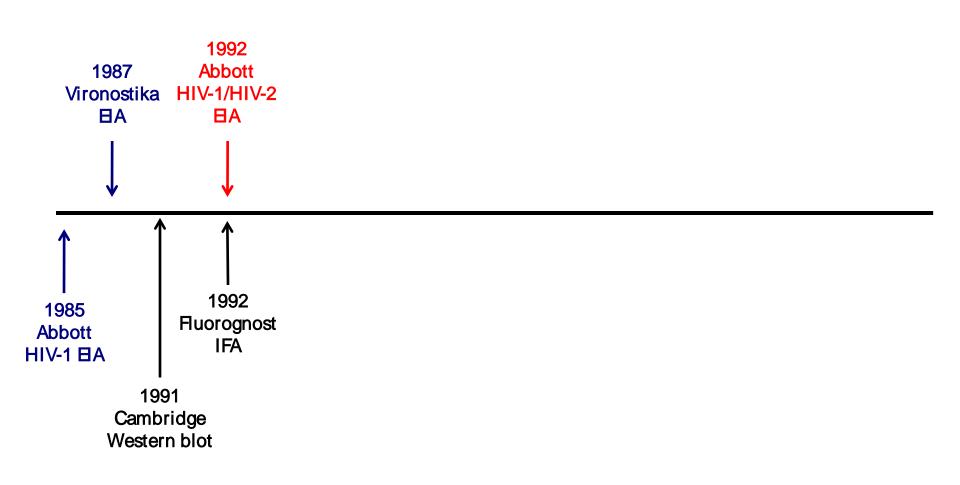
1989 Almanac

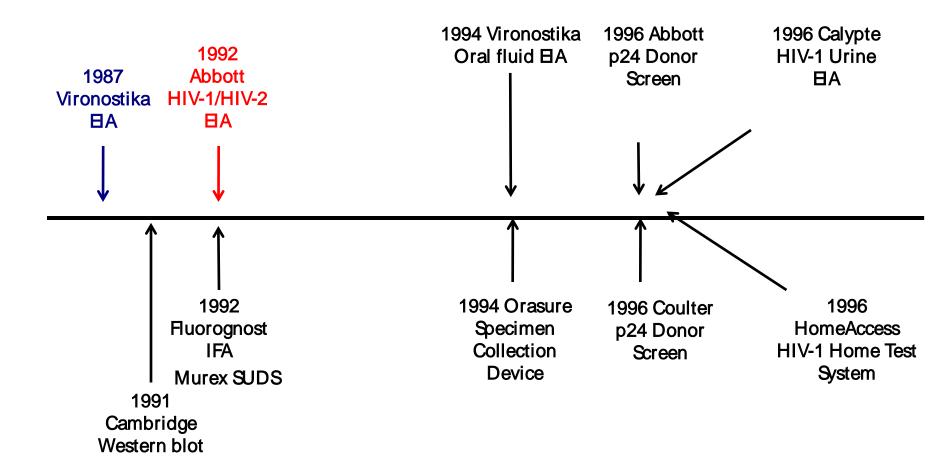


- Berlin Wall dismantled
- Tiananmen Square
- Exxon Valdez
- U.S. invades Panama

Also State of the Art in 1989









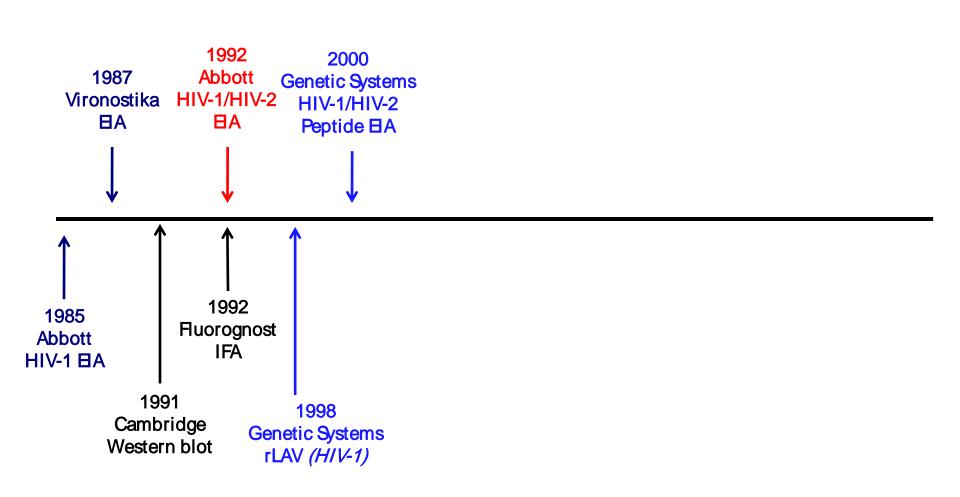
1996 Almanac

- U.S. Government shutdown
- Boris Yeltsin re-elected
- Mad cow disease strikes Britain
- Militant Taliban seize Kabul
- U.S. invades no one

Evolution of HIV Tests

1st generation: whole viral lysate, detects IgG antibody

2nd generation: synthetic peptides, detects IgG antibody



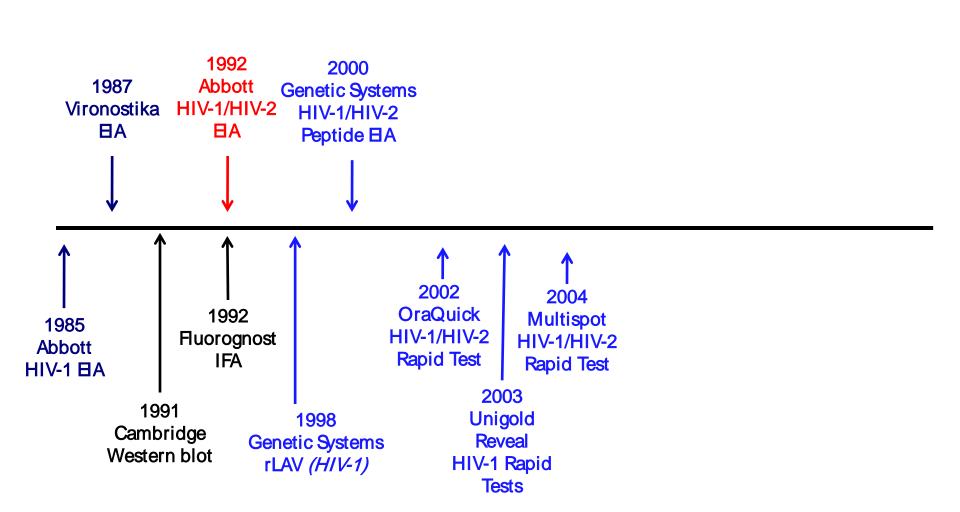


Update: HIV Counseling and Testing Using Rapid Tests — United States, 1995

Approximately 25 million persons each year in the United States are tested for antibody to human immunodeficiency virus (HIV). Publicly funded counseling and testing (CT) programs conduct approximately 2.5 million of these tests each year. CT can have important prevention benefits (1); however, in 1995, 25% of persons testing HIVpositive and 33% of persons testing HIV-negative at publicly funded clinics did not return for their test results (2). Rapid tests to detect HIV antibody can be performed in an average of 10 minutes (3), enabling health-care providers to supply definitive

New Recommendation

Health-care providers should provide preliminary positive test results before confirmatory results are available in situations where tested persons benefit.





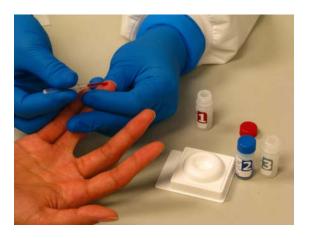
OraQuick Advance



MedMira Reveal G3

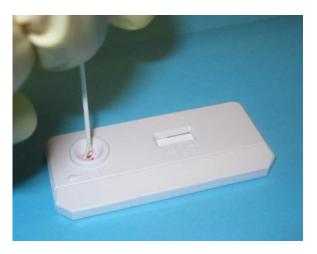


Multispot HIV-1/HIV-2





Clearview Complete



Chembio Stat Pak

INSTI

2nd Generation

2004 Almanac



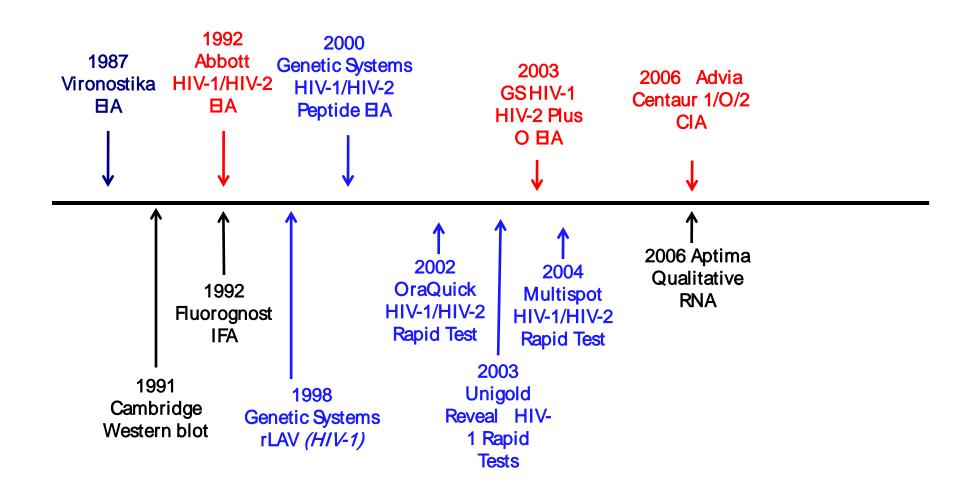
- Department of Homeland Security Established
- Euro adopted by the EU
- Enron collapses
- U.S. invades Iraq

Evolution of HIV Tests

1st generation: whole viral lysate, detects IgG antibody

2nd generation: synthetic peptides, detects IgG antibody

■ 3rd generation: detect IgM and IgG antibody





Bio-Rad GSHIV-1/2 PLUS O 2003



Unigold Recombigen 2003



Semens Advia Centaur

2006

3rd Generation

Ortho Vitros



Abbott Architect Ag/Ab Combo



Semens Advia Centaur 2006 2010



Ortho Vitros 2008



On-board Refrigeration of Multiple Different Assays



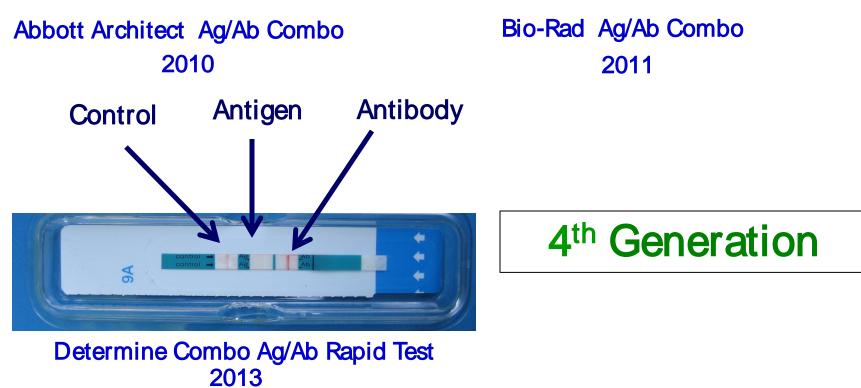
STAT sample requests without pausing Results in < 60 minutes

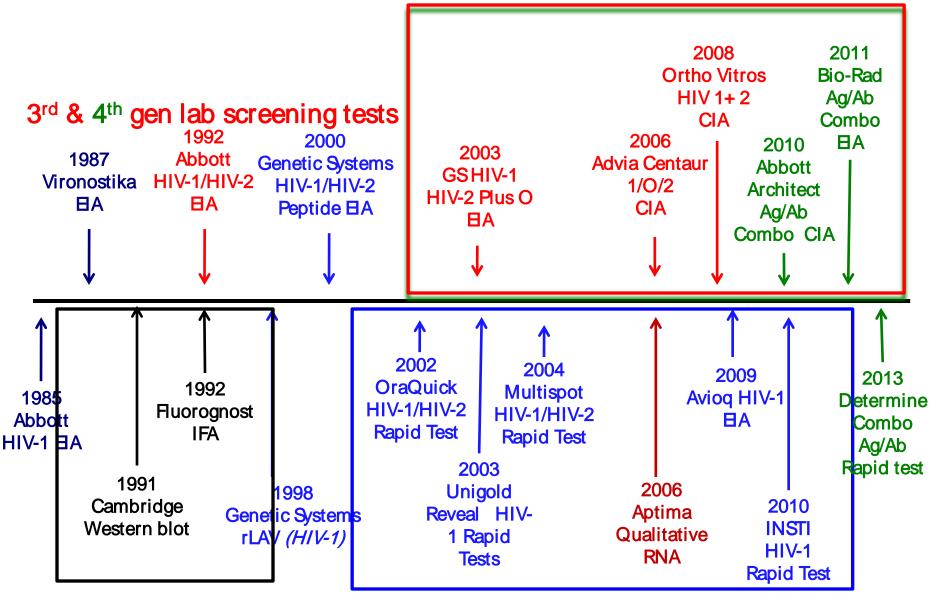
Evolution of HIV Tests

- 1st generation: whole viral lysate, detects IgG antibody
- 2nd generation: synthetic peptides, detects IgG antibody
- 3rd generation: detect IgM and IgG antibody
- 4th generation: detects IgM, IgG antibodies, p24 antigen









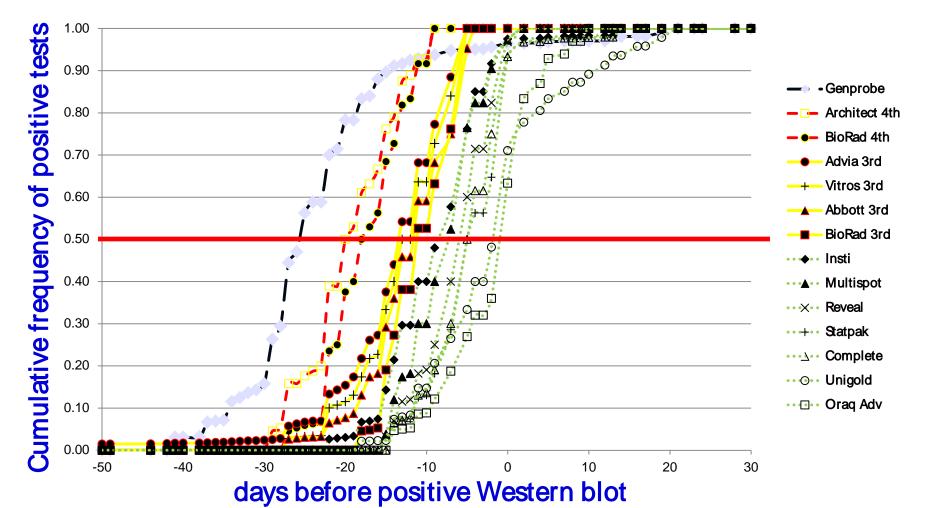
1st gen confirmatory tests

2nd gen rapid tests

Limitations of the 1989 Algorithm

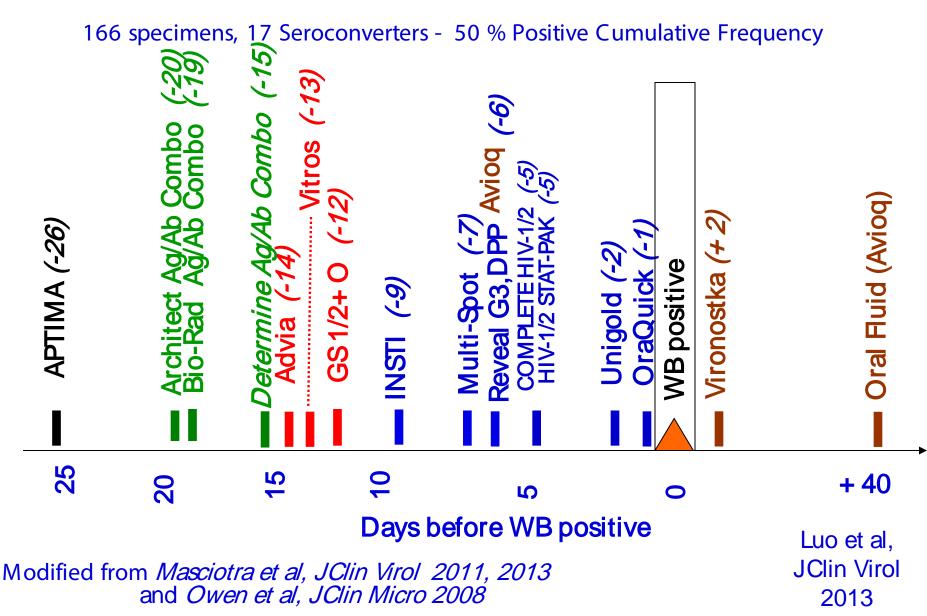
- Antibody tests do not detect infection in ~ 10% of infected persons at highest risk of transmission
- Western blot confirmation is less sensitive during early infection than many widely used screening tests
- Western blot misclassifies as HIV-1 > 60% of HIV-2 infections

Relative Seroconversion Sensitivity (Plasma)



- 26 seroconverters were analyzed with 14 tests
- 17 seroconverters with WB positive used for cumulative frequency analysis

Sequence of Test Positivity Relative to WB (plasma)



Why Does It Matter?

Sensitivity among frequently-tested MSM in Seattle

□ 192 infected with HIV

23 (12%) detected only by RNA

□ (15/16 tested detected by Ag/Ab immunoassay)

- 169 (88%) detected by serum Ab immunoassay
- 153 (80%) detected by oral fluid rapid test

- Stekler et al, Clin Inf Dis 2009

HIV-2 Infection

□ Remains uncommon in U.S., but

- Does not respond to NNRTIs, some PIs (first line therapy)
- Undetectable by HIV-1 viral load tests

Misclassification by HIV-1 Western blot:

- 54/58 (93%) HIV-2 patients tested had positive HIV-1 WB (NYC)*
- 97/163 (60%) HIV-2 cases reported had positive HIV -1 WB (CDC)**

HIV-2 often diagnosed after immunologic deterioration in patient with negative viral load

* Torian et al, Clinical Infectious Disease 2010 * * MMWR July 2011

Laboratory Testing for the Diagnosis of HIV Infection

Updated Recommendations

Published June 27, 2014

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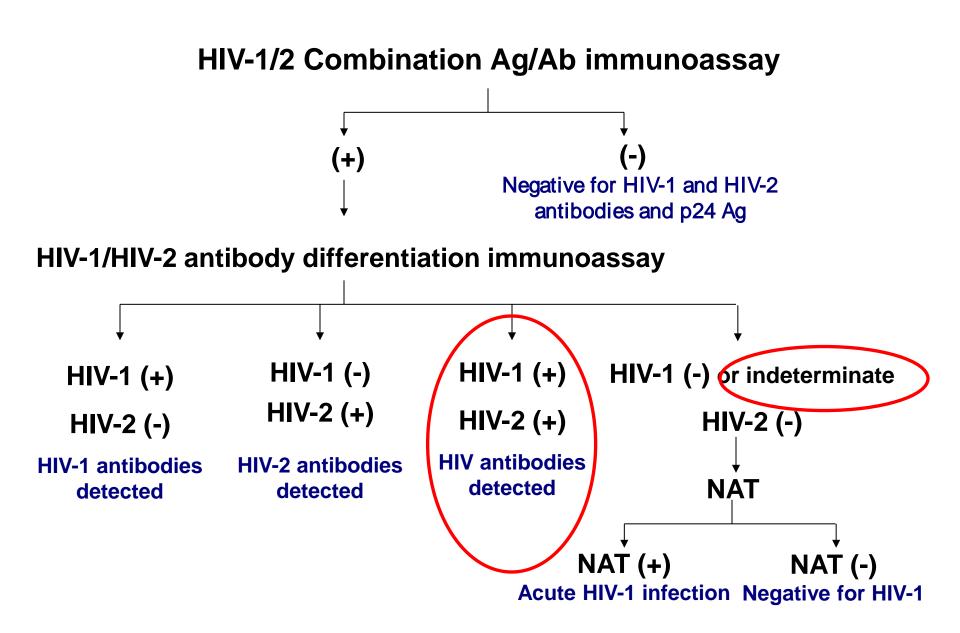






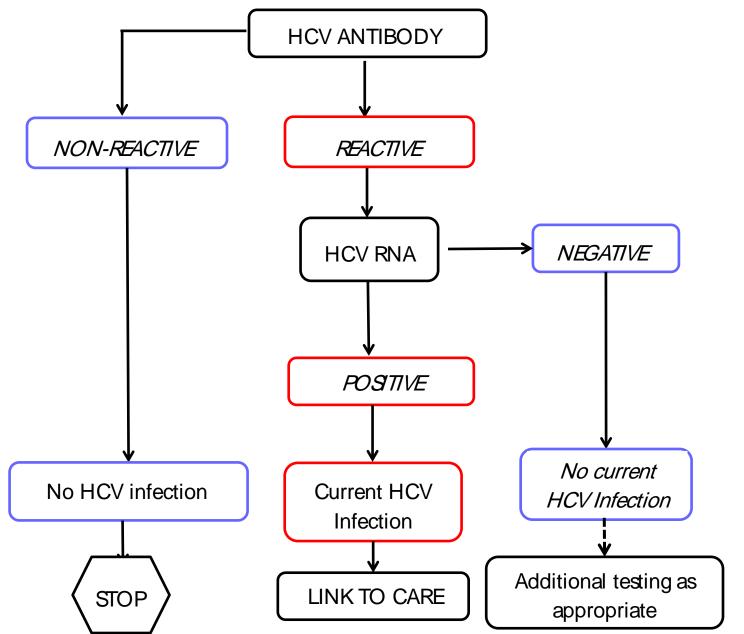


Centers for Disease Control and Prevention National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention



Available at: http://stacks.cdc.gov/view/cdc/23447

Laboratory testing to identify HCV infection

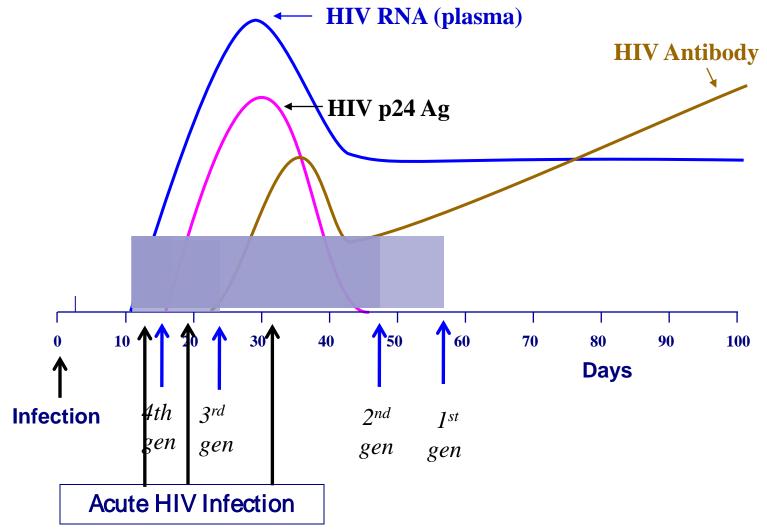


Nucleic Acid Test (NAT) for Diagnosis

APTIMA HIV-1 qualitative RNA assay is only NAT FDA-approved for diagnosis

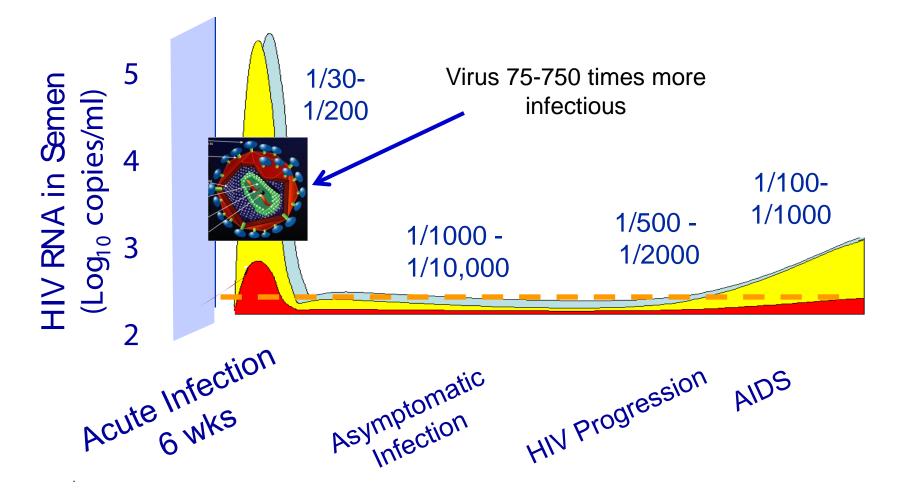
Viral load tests: Clinicians can order them, but labs cannot use them as a reflex part of the algorithm

HIV Infection and Laboratory Markers



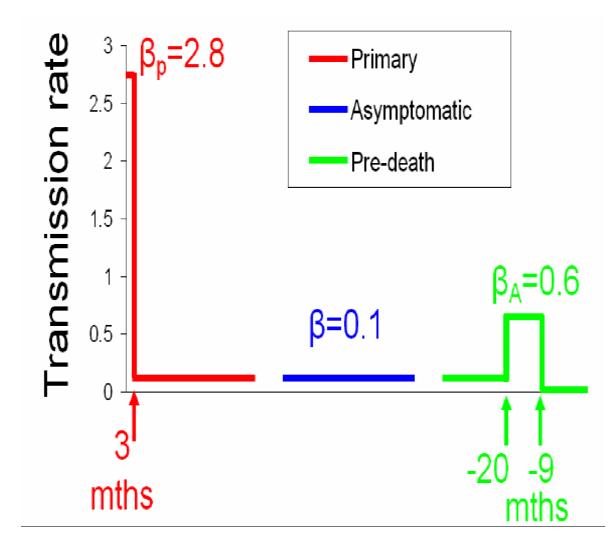
Modified after Busch et al. Am JMed. 1997 49

Acute HIV: Risk of Sexual Transmission



Cohen MS, et al. J Infect Dis. 2005

Transmission Rate by Stage of Infection



Hollingsworth et al, JD 2008

Phoenix ED Screening July 2011 through February 2013

- 4th gen screening of patients who had blood drawn
 15% of patients declined testing
 - □ 13,014 patients tested
 - □ 37 (0.3%) new HIV infections
 - 12 (32.4%) had Acute HIV Infection (antibody negative)
- Median viral load:
 - □ Patients with acute infections: 6 million
 - □ Patients with established infections: 25,000

-MMWR June 21, 2013

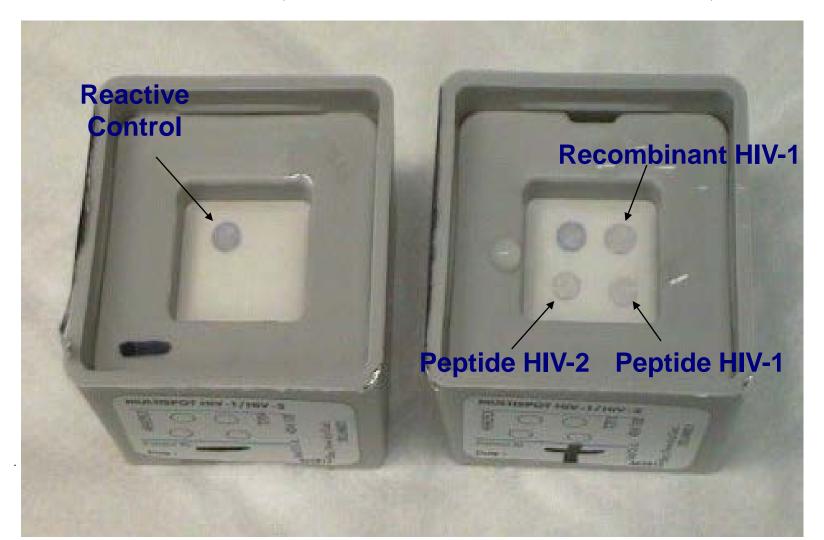
Acute HIV: Partner Notification

Persons with acute HIV infection named
 2.5 times as many sex partners
 1.9 times as many partners newly diagnosed with HIV

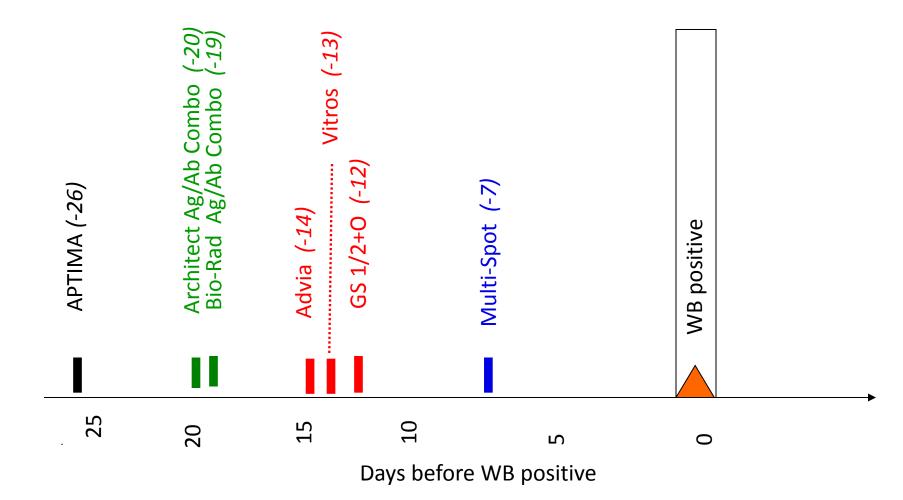
...as did persons with new diagnosis of established HIV infection

Moore et al, JAIDS 2009

FDA-approved HIV-1/HIV-2 Antibody Differentiation Assay



Major change with new algorithm: Continue beyond IgG serology



Where's My Western Blot?

What HIV Specialists Need to Know about Updated HIV Testing Recommendations







Bio-Rad Laboratories () BLOOD VIRUS DIVISION



Geenius[™] HIV 1/2 Supplemental Assay



The Geenius HIV-1/2 Cassette

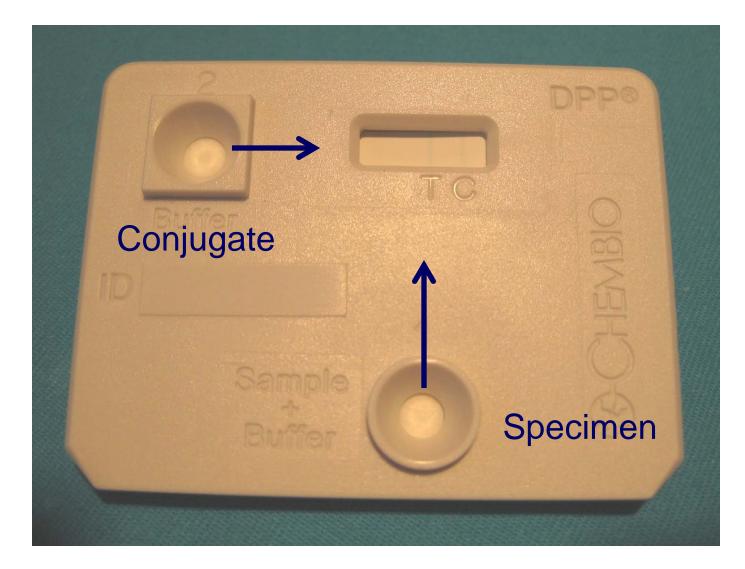
Dual Path Platform (DPP^R) licensed from CHEMBIO Diagnostic Systems, Inc.



- Whole blood, fingerstick, serum plasma
- FDA-approvedOctober 24, 2014

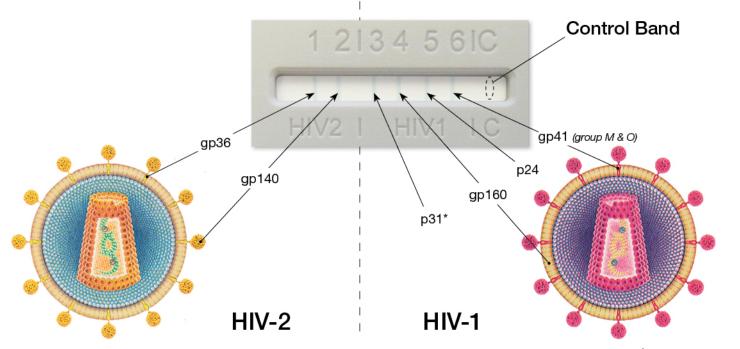
 CLIA moderate complexity; potential for waiver

Dual Path Platform



The Geenius[™] HIV-1/2 Lines

HIV-1 & HIV-2 Associated Lines



* inside the nucleocapsid

The Geenius Reader



- Automated reading and interpretation
- No visual reading
- Automatic Calibration
- LIS Connectivity

• USB connection to laptop computer containing Geenius software (provided)

The Geenius Software

Geenius Software	
	BIO RAD
Run SampleID 7BD681209 V S CassetteID 10K001000348 Kit Lot A0123456101231 Test HIV confirmatory (1.0) Assay Rule HIV1 HIV1 Criteria	Image: Second system Image: Second system Image: Secon
HIV1 HIV1 Citeria HIV2 HIV2 Criteria Control Last Control Negative Control ✓ 04/11/2010 09:52:08 (3) Positive Control ✓ 04/11/2010 09:50:48 (3)	rgp160 rp24 gp41 Interpretation Conclusion HIV-1 Positive Status Vaidated
Preview	Blocked Comment
Operator : Lab O'Technician Reader : Connected Calibration : OK	Database Size information OK

Automated reading and validated results generation

 Pre-programmed and validated assay validity criteria

• Archiving of test results including a picture of each cassette

The Geenius HIV-1/2 Cassette : Assay Controls

- Built-in assay Control Line to demonstrate assay validity
- HIV Negative Control and combined HIV-1/2 Positive Control
- Fingerstick whole blood, serum, plasma
- Performed in15 minutes





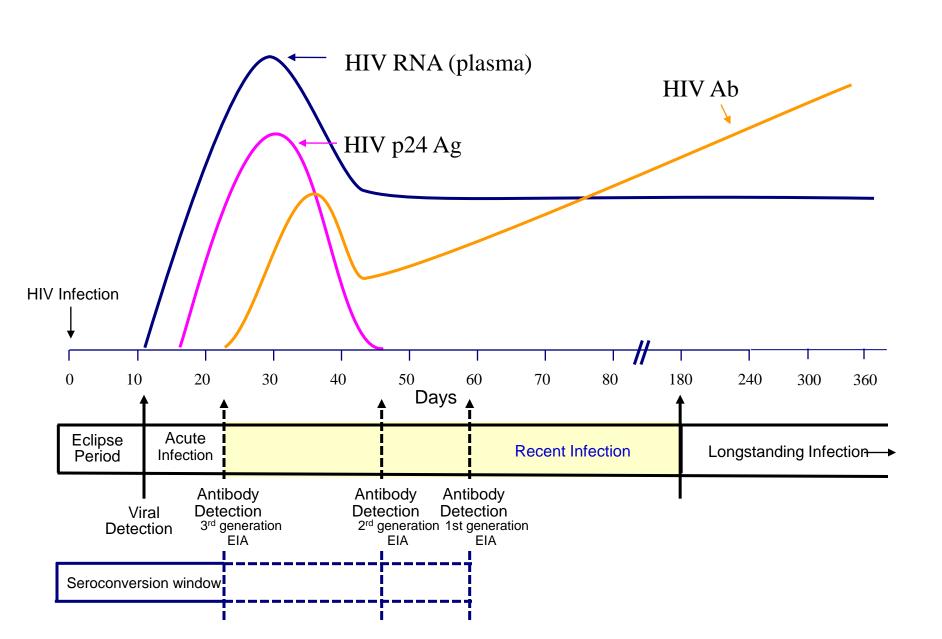
Negative Control

Positive Control

EDWARD R. ROYBAL INFECTIOUS DISEASE LABORATORY







Persons with HIV and Awareness of HIV Status, United States - 2011

Number HIV infected 1,144,500

Number unaware of their HIV infection 180,831 (18 %)

Estimated new infections 47,500 annually

HIV Surveillance Supplemental Report, 2013

Burden of HCV Infection and Disease

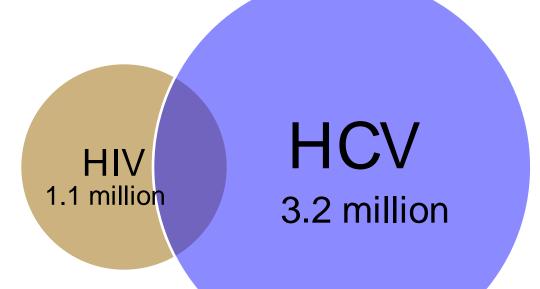
United States

□~ 3.2 M (2.7-3.9) persons living with chronic HCV

□ 16,000 deaths/year

- CDC. MMWR, 2012

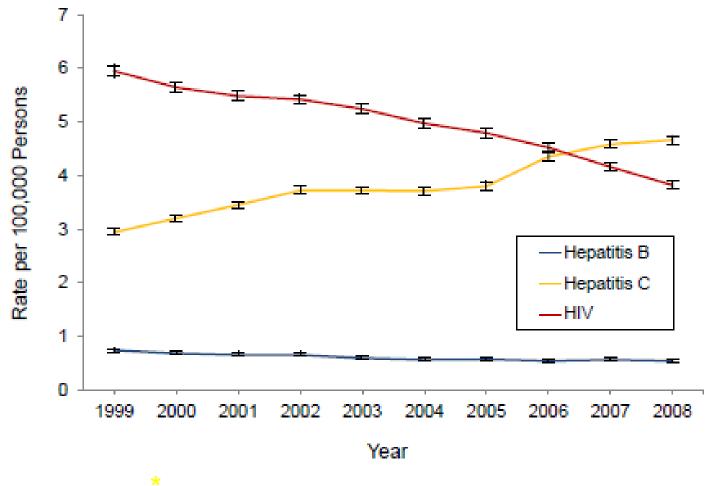
HCV in the Context of HIV in the US



HIV and HCV Co-infection

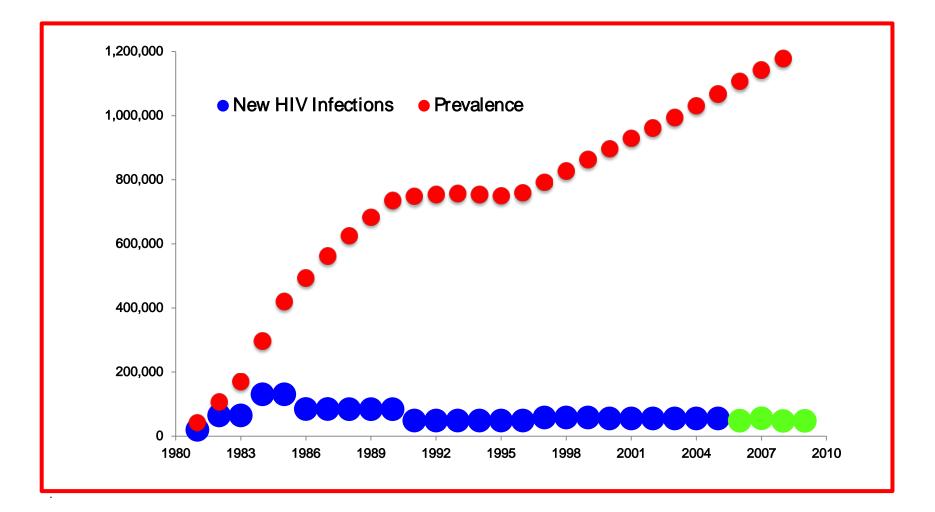
- Prevalence of co-infection varies by region
 25% of HIV infected persons in US
- HIV hastens progression of HCV related liver disease
- Liver disease is second leading cause of death for persons with HIV

Mortality associated With Hepatitis B, Hepatitis C, and HIV, United States, 1999 – 2008



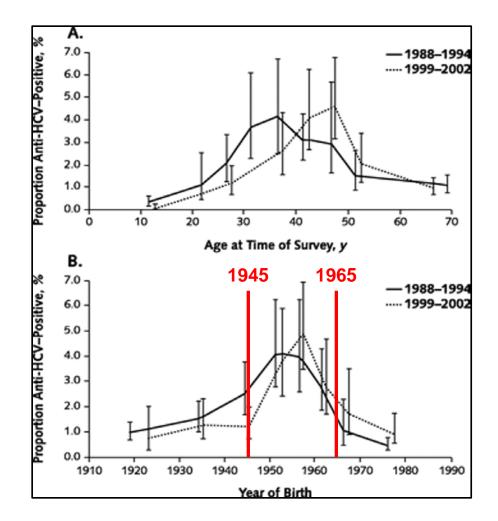
From: K Ly et al, Ann Intern Med 2012; 156:271-8

HIV Prevalence and Incidence



Hall JAMA 2008; PreJean PloS One 2011; MMWR 2011

HCV Prevalence Among Persons Born 1920-1980



- Smith, et al. American Association for the Study of Liver Disease Liver Meeting, San Francisco, CA. 2011.

Terminology

 Targeted testing: performing a test on subpopulations of persons at higher risk based on behavioral, clinical or demographic characteristics Screening: performing a test for all persons in a defined population

Criteria that Justify Routine Screening

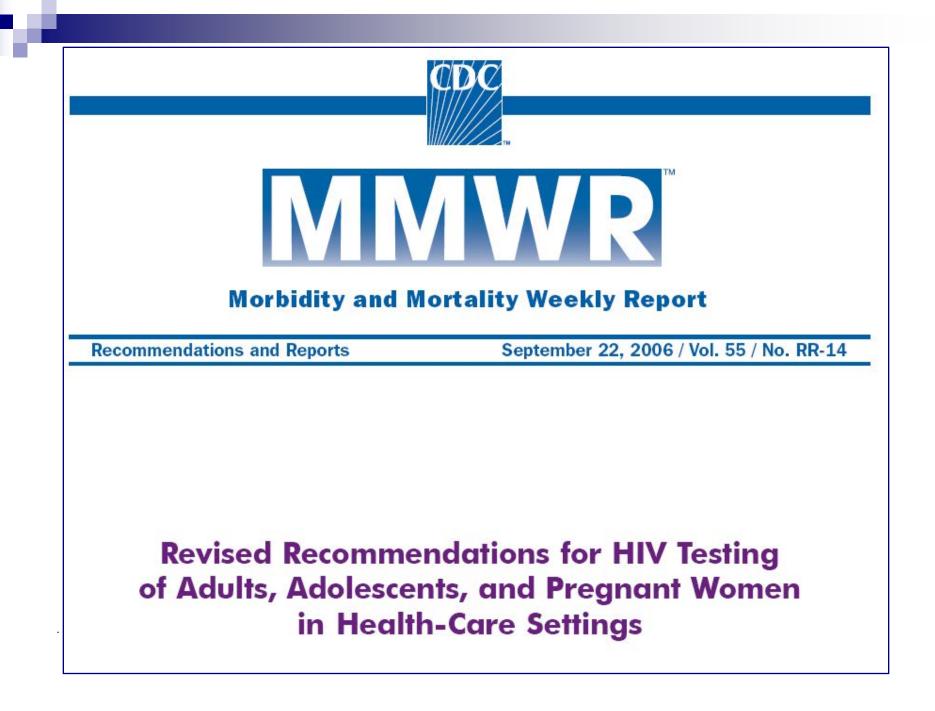
- Serious health disorder that can be detected before symptoms develop
- 2. Treatment is more beneficial when begun before symptoms develop
- 3. Reliable, inexpensive, acceptable screening test
- 4. Costs of screening are reasonable in relation to anticipated benefits
- 5. Treatment must be accessible

Principles and Practice of Screening for Disease -WHO Public Health Paper, 1968

Limited Effectiveness of Risk-based HCV Testing Strategies

Prior CDC recommendations:

- □ Injection drug uæ
- □ Blood transfusion before 1992 and other blood exposures
- Many clinicians are not aware of HCV testing guidelines
- Clinicians may be reluctant to ask about risks
- Patients may be reluctant to disclose or may not recall risks
- 45-85% are unaware of their HCV infection





Recommendations and Reports / Vol. 61 / No. 4

Morbidity and Mortality Weekly Report

August 17, 2012

Recommendations for the Identification of Chronic Hepatitis C Virus Infection Among Persons Born During 1945–1965



US Preventive Services Task Force

- 2013 Recommendation for HIV screening:
 All pregnant women Grade A
 Persons at increased risk for HIV Grade A
 Adolescents and adults ages 15 to 65 years Grade A
- 2013 Recommendation for HCV screening
 Persons at increased risk: Grade B
 Persons born between 1945-1965: Grade B

Screening: Cervical Cancer

Cervical CA

Annual new cases

Deaths

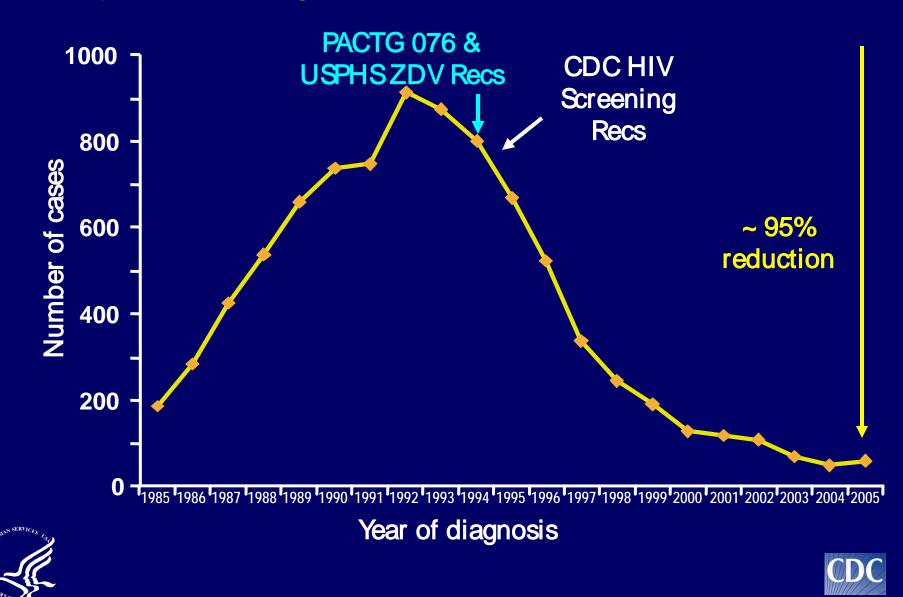
11,270

4,070

Screening: Cervical Cancer vs. HIVHIVCervical CAAnnual new cases50,00011,270Deaths15,5644,070

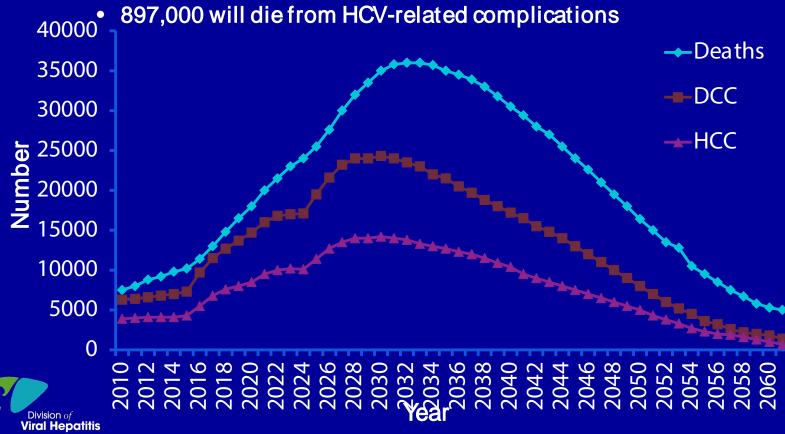
Screening works.

Estimated Number of Perinatally Acquired AIDS Cases, by Year of Diagnosis, 1985-2005 – United States



Future Burden of Hepatitis C Related Morbidity and Mortality in the US

- Markov model of health outcomes
 - Of 2.7 M HCV infected persons in primary care
 - 1.47 M will develop cirrhosis
 - 350,000 will develop liver cancer

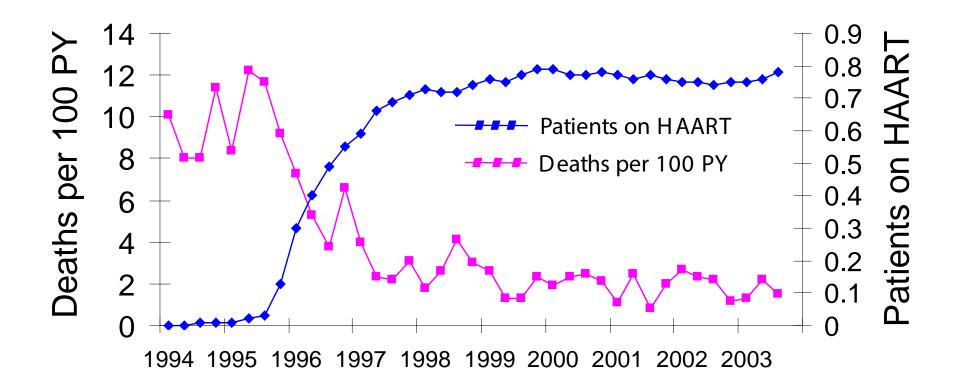


Rein D, et al. Dig Liver Dis 2010.

1. The Medical Rationale

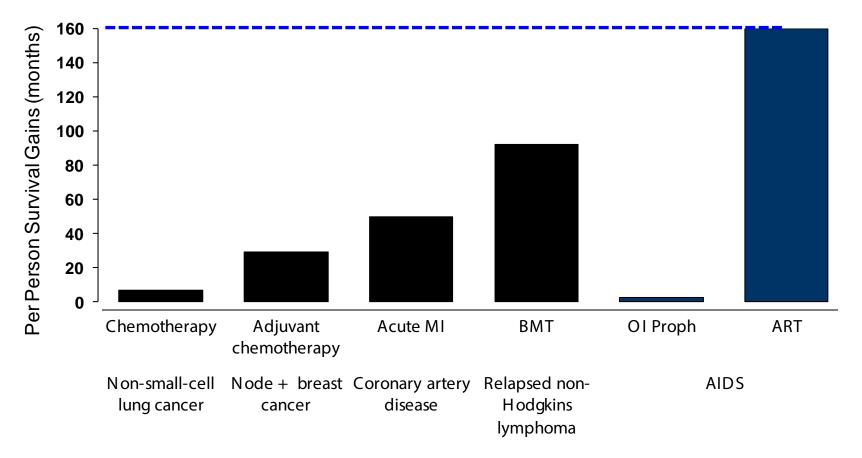
- Treatment is Effective.
- Treatment is recommended for everyone with HIV
 March 2012 DHHS Treatment Guidelines
- Treatment cures HCV

HIV Antiretroviral Therapy Improves Survival



Mortality and HAART Use Over Time HIV Outpatient Study, CDC, 1994-2003

Per-Person Survival Gains with Various Disease Interventions

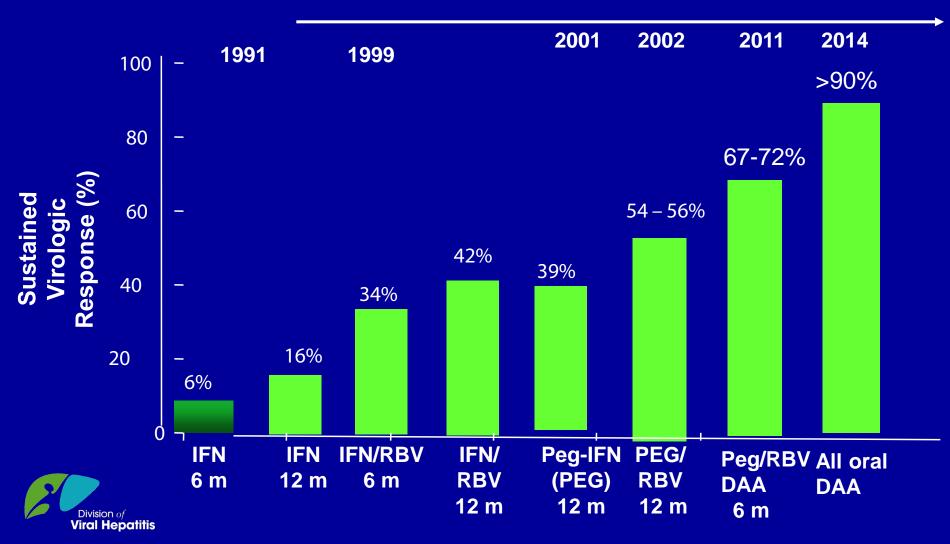


- Walensky et al. JID, 2006

HCV Therapy Can Eliminate HCV Infection and Reduce Morbidity/Mortality Risks

- Therapy can cure HCV infection -sustained virologic response (SVR)
- SVR is associated with
 - □ 70% reduction in Hepatocellular carcinoma
 - □ 50% reduction in all-cause mortality

Advances in HCV Therapy



Adapted from Strader DB, et al. Hepatology. 2004;39:1147-71

2. Potential Effects on Transmission

Persons Whose HIV is Diagnosed Are Less Likely to Transmit

After people become aware they are HIVpositive, the prevalence of high-risk sexual behavior is reduced substantially.

Reduction in Unprotected Anal or Vaginal Intercourse with HIV-neg partners: HIV-pos Aware vs. HIV-pos Unaware



Meta-analysis of high-risk sexual behavior in persons aware and unaware they are infected with HIV in the U.S Marks G, et al. JAIDS 2005;39:446

ART Stops HIV Transmission

The NEW ENGLAND JOURNAL of MEDICINE

ORIGINAL ARTICLE

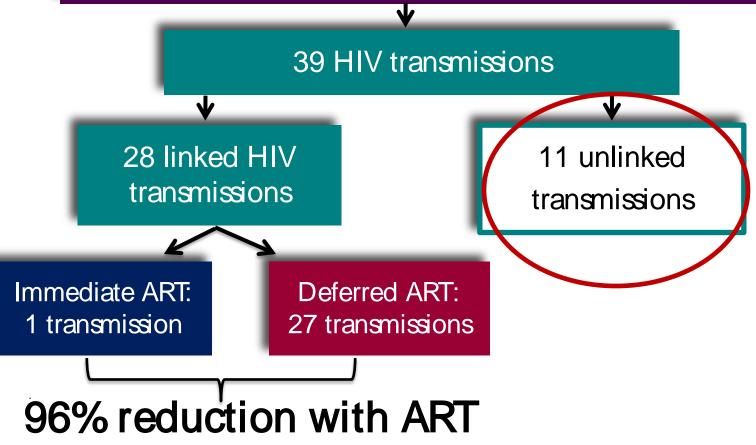
Prevention of HIV-1 Infection with Early Antiretroviral Therapy

Myron S. Cohen, M.D., Ying Q. Chen, Ph.D., Marybeth McCauley, M.P.H., Theresa Gamble, Ph.D., Mina C. Hosseinipour, M.D., Nagalingeswaran Kumarasamy, M.B., B.S., James G. Hakim, M.D.,
Johnstone Kumwenda, F.R.C.P., Beatriz Grinsztejn, M.D., Jose H.S. Pilotto, M.D.,
Sheela V. Godbole, M.D., Sanjay Mehendale, M.D., Suwat Chariyalertsak, M.D., Breno R. Santos, M.D., Kenneth H. Mayer, M.D., Irving F. Hoffman, P.A.,
Susan H. Eshleman, M.D., Estelle Piwowar-Manning, M.T., Lei Wang, Ph.D.,
Joseph Makhema, F.R.C.P., Lisa A. Mills, M.D., Guy de Bruyn, M.B., B.Ch., Ian Sanne, M.B., B.Ch., Joseph Eron, M.D., Joel Gallant, M.D.,
Diane Havlir, M.D., Susan Swindells, M.B., B.S., Heather Ribaudo, Ph.D.,
Vanessa Elharrar, M.D., David Burns, M.D., Taha E. Taha, M.B., B.S.,
Karin Nielsen-Saines, M.D., David Celentano, Sc.D., Max Essex, D.V.M., and Thomas R. Fleming, Ph.D., for the HPTN 052 Study Team*



HPTN 052: HIV Transmissions

1,763 sero-discordant couples (97% heterosexual) HIV infected partners: 890 men, 873 women

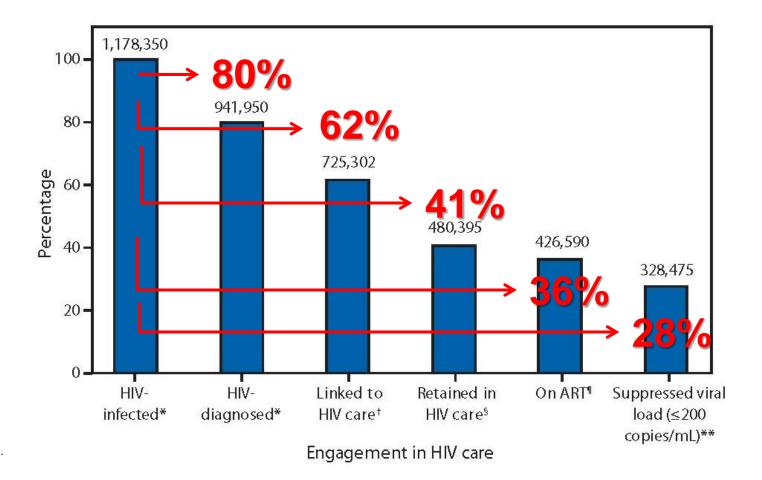


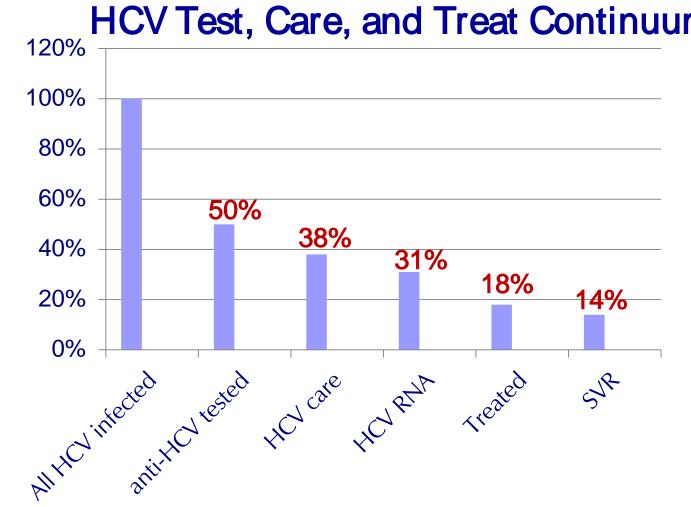
- Cohen M et al, NEJM 2011

Viral Suppression as Prevention

- To increase the % of persons with viral suppression in the U.S.:
 - □ Test
 - Link to care
 - Remain in care
 - □ Receive ART
 - Adhere to ART

The Percentage with Viral Suppression





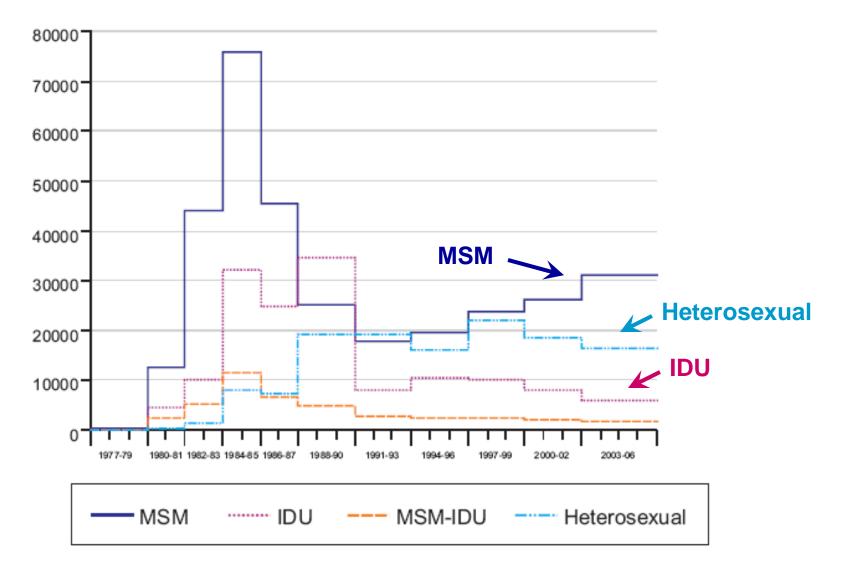
HCV Test, Care, and Treat Continuum

CDC CHeCS unpublished data; North et al Gen Hosp Psych 2012)

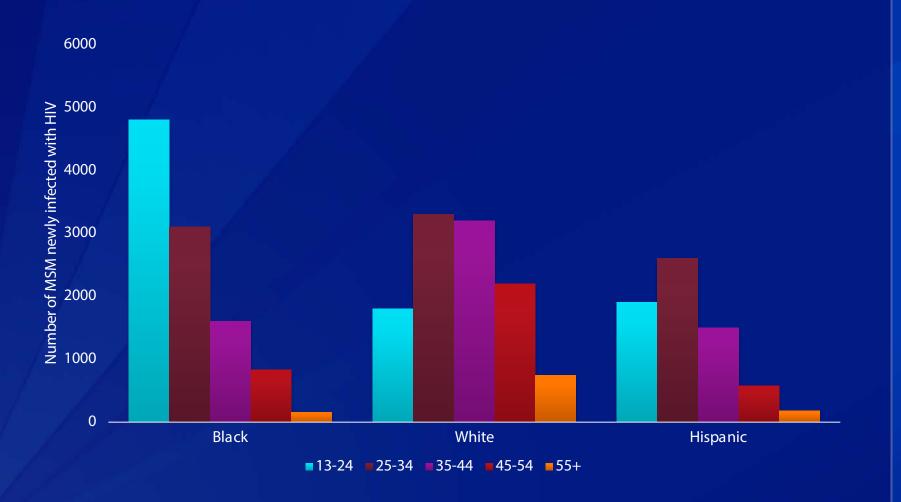


I/N 8908

Estimated Number of New HIV Infections by Transmission Category Extended Back-Calculation Model, 50 U.S. States & DC, 1977-2006

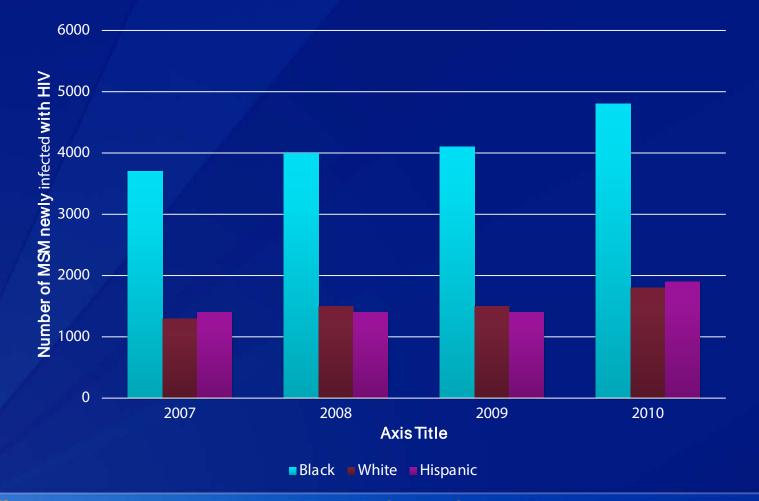


Estimated New HIV Infections in MSM 2010, by race/ethnicity and age group



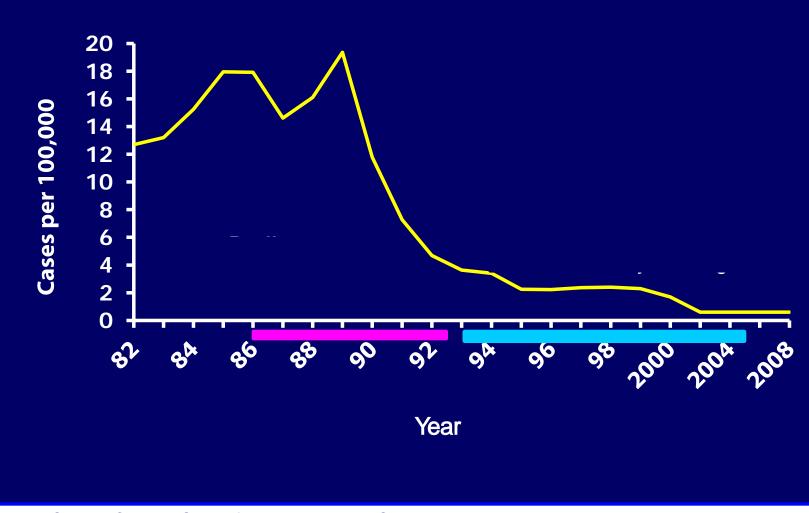
SOURCE Centers for Disease Control and Prevention;. Estimated HIV incidence in the United States, 2007-2010. HIV Surveillance Supplemental Report. 2012;17(4). http://www.cdc.gov/hiv/pdf/statistics_hssr_vol_17_no_4.pdf.

HIV Incidence in Young MSM ages 13-24 years, 2007-2010



SOURCES: CDC; Estimated HIV incidence in the United States, 2007-2010. *HIV Surveillance Supplemental Report*. 2012;17(4). http://www.cdc.gov/hiv/pdf/statistics_hssr_vol_17_no_4.pdf.

Estimated Incidence of Acute Hepatitis C: United States, 1982 – 2009



Source: Sentinel Counties Study of Viral Hepatitis and State Disease Surveillance, CDC

Acute Infections in MSM detected by RNA only

- 0.3% of 14,005 frequently tested MSM in Seattle STD clinic; 20% of all HIV infections detected - Stekler et al, Clin Infect Dis 2009
- 26 (74%) of 35 AHI cases detected in LA at MSM clinic; 25% of all HIV infections detected - Patel et al, Archives Int Med 2010
- 0.08% of 21,425 STD clinic patients in New York City; 9% of all HIV infections detected; 94% were MSM - Shepard et al, MMWR 2009



Daily Oral PrEP Efficacy by Adherence

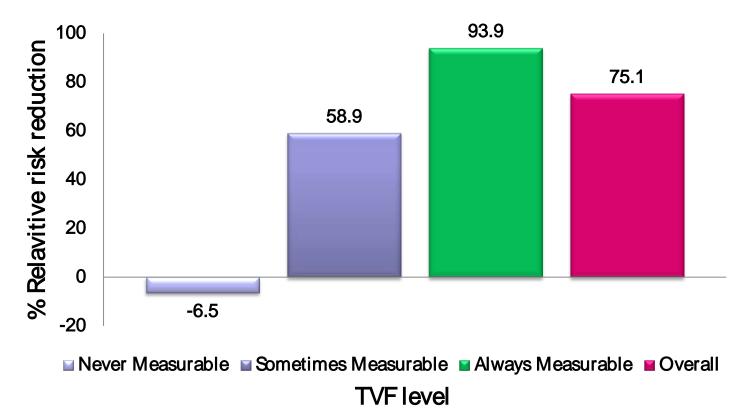
Intervention	mITT	Drug detected
MSM (iPrEx, TDF/FTC)	44%	92%
Heterosexuals (Partners PrEP, TDF/FTC)	75%	90%
IDU (Bangkok Tenofovir Study, TDF)	49%	70%

Grant RM et al. Preexposure chemoprophylaxis for HIV prevention in men who have sex with men. *NEJM.* 2010;363(27):2587-2599.

Baeten JM et al. Antiretroviral Prophylaxis for HIV Prevention in Heterosexual Men and Women. *NEJM.* 2012;367(5):399-410. Choopanya K et al. Antiretroviral prophylaxis for HIV infection in injecting drug users in Bangkok, Thailand. *Lancet* 2013;381(9883):2083-2090.

Efficacy and Adherence Over Time

Activated drug (TVF) across multiple visits in Partners PrEP trial



Clinical Practice Guideline

- Review of efficacy and safety evidence
- Identifying patients with
 - Indications for PrEP
 - Contraindications for PrEP
- Prescribing, laboratory testing, and followup care
- Supporting adherence and risk reduction

http://www.cdc.gov/hiv/pdf/PrEPguidelines2014.pdf

Indications for PrEP

Brief sexual history

Sex with men, women, or both?

Consistent condom use?

□ Number and HIV status of sex partners

□ Recent STIs?

Brief drug use history

□ Injection drug use?

Drug treatment

Most recent potential HIV exposure

Contraindications

- HIV infection
- Recent signs/symptoms of acute viral illness
- Renal or bone disease

Initial laboratory testing

- HIV test
- Creatinine
- Hepatitis B (if unvaccinated)
- Pregnancy test
- STI testing (including extragenital for MSM)

PrEP Follow-up Visits

- HIV test every 3 months
- Creatinine at 3 months, then every 6 months
- Pregnancy test every 3 months
- STI tests every 6 months if asymptomatic

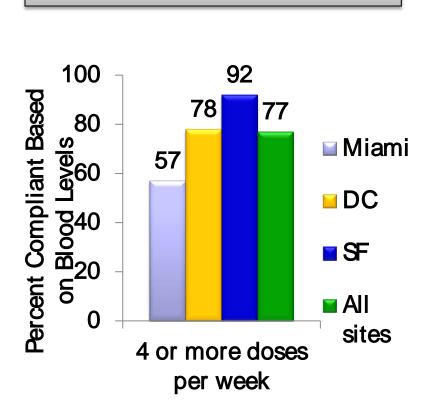
Assess

- Medication adherence
- □ HIV risk and protective behaviors

Pr works if you take it (in community settings)

Adherence by Drug Concentration	HIV Incidence per 100 PY
0 pills⁄week	4.7
< 2 pills/week	2.3
2-3 pills/week	0.6
≥4 pills⁄w eek	0.0

iPrEx Open Label Extension Study (MSM)

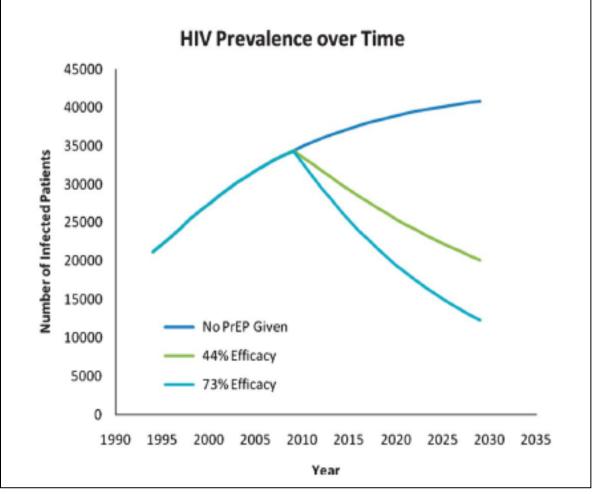


STD clinics (MSM)

Adherence Matters

- Daily PrEP provides high levels of protection if taken consistently
- PrEP has some "forgiveness" if occasional doses are missed
- No evidence PrEP is effective when taken sporadically or intermittently

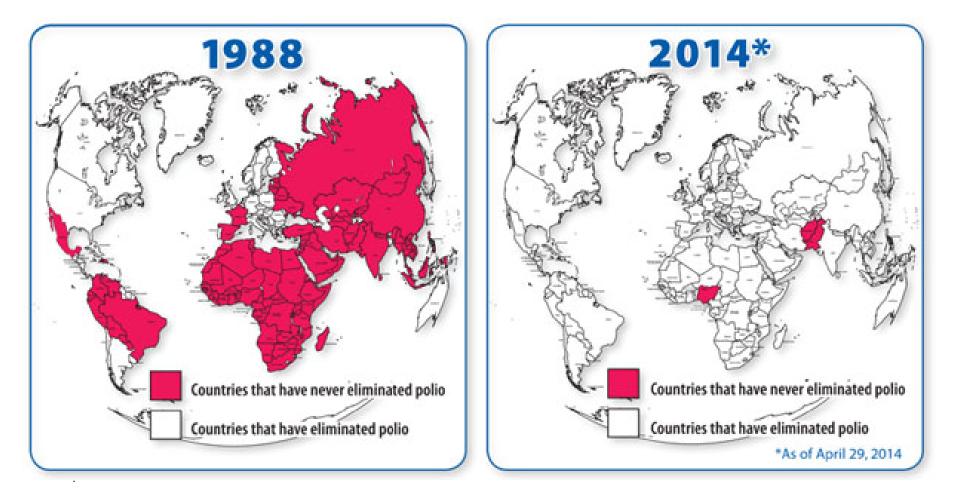
Potential Impact of PrEP for MSM in New York City



Koppenhaver et al. J Acquir Immune Defic Syndr (2011) 58(2):e51-e52



Polio Eradication



Tell It Like It Is.

• Epidemic is over.

□ No matter what the Communications people say.

- Prevention versus Care and Treatment?
 Prevention Goal: 0 new transmissions
 Treatment Goal: 0 new cases of AIDS
- "AIDS-free generation"
 - □ Use the tools we have
 - □ Use the techniques that worked before
 - Start young

