
PrEP BASICS



1. What is PrEP?

PrEP stands for Pre-Exposure Prophylaxis. It is an HIV prevention medication that HIV-negative individuals take to reduce their risk of contracting HIV. When taken as prescribed, PrEP is highly effective for preventing HIV.

2. How Does PrEP Work?

PrEP works by using antiretroviral drugs to prevent HIV from establishing infection within the body if exposed. 3. Are there different types of PrEP?

PrEP can
be pills or
shots.

There are two pills approved for
use as PrEP:

Truvada[®] and Descovy[®].

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- Truvada[®] is for people at risk through sex or injection drug use.
 - Descovy[®] is for people at risk through sex. Descovy is not for people assigned female at birth who are at risk for HIV through receptive vaginal sex.
 - Apretude is the only shot approved for use as PrEP. Apretude is for people at risk through sex who weigh at least 77 pounds (35 kg).

4. Is PrEP safe?

- PrEP is safe, but some people experience side effects like diarrhea, nausea, headache, fatigue, and stomach pain. These side effects usually go away over time.
- Tell your healthcare provider about any side effects that are severe or do not go away.
- Common side effects of PrEP may include nausea, headache, and diarrhea. Serious side effects are rare but may include kidney issues. It is essential to report any side effects to healthcare providers promptly.
- Learn more about side effects from Truvada[®], Descovy[®], and Apretude

5. Who Should Consider PrEP?

- Individuals in high-risk groups for HIV transmission.
- Those with HIV-positive partners.
- People who inject drugs or engage in unprotected sex.

6. Can adolescents take PrEP?

Yes. PrEP pills are approved for use by adolescents without HIV who weigh at least 77 pounds (35 kg) and at risk for getting HIV from sex or injection drug use. PrEP shots are approved for adolescents at risk for getting HIV from sex.

7. PrEP Myths and Facts

- Myth: PrEP encourages risky behavior. Fact: PrEP is part of a comprehensive prevention strategy that includes safe sex practices and regular testing.
- Myth: PrEP is only for gay men. Fact: PrEP is for anyone at risk of HIV, regardless of sexual orientation or gender identity.

SPECIAL
CONSIDERATIONS
IF YOU'RE TRANS*

Transgender individuals, particularly transgender women, are at a higher risk of HIV infection than the general population. PrEP can be an effective HIV prevention tool for transgender individuals who are at risk of HIV. Here are some key considerations for PrEP use among transgender individuals:

Hormone therapy: Some transgender individuals may be taking hormone therapy as part of their gender affirmation process. Studies have shown that taking hormone therapy does not affect the effectiveness of PrEP, but it's important to speak with a healthcare provider about any potential drug interactions.

Surgical interventions: Transgender individuals may undergo surgical interventions, such as vaginoplasty or phalloplasty. It's important to speak with a healthcare provider about how surgical interventions may affect PrEP use and effectiveness.

PrEP adherence: PrEP must be taken daily to be effective in preventing HIV. Transgender individuals who face stigma or discrimination may experience additional barriers to PrEP adherence. It's important to discuss adherence strategies with a healthcare provider and consider using reminder tools, peer support, or mental health counseling.

Monitoring for side effects: Transgender individuals who are taking hormone therapy or have undergone surgical interventions may be at a higher risk of experiencing PrEP side effects, such as bone loss or liver damage. It's important to discuss any concerns related to PrEP side effects with a healthcare provider and to get regular monitoring for potential side effects.

Access to PrEP: Transgender individuals may face additional barriers to accessing PrEP due to stigma and discrimination. It's important to find a healthcare provider who is knowledgeable about PrEP and who can provide non-judgmental and supportive care.

Some transgender individuals may also face barriers to accessing PrEP due to insurance coverage or financial concerns. It's important to explore options for financial assistance, such as patient assistance programs or state-funded programs.

Sexual practices: Transgender individuals may engage in a variety of sexual practices, including receptive or insertive anal or vaginal sex. It's important to discuss sexual practices with a healthcare provider to determine the most appropriate PrEP regimen.

Regular HIV testing: It's important for transgender individuals taking PrEP to get regular HIV testing to ensure the medication effectively prevents HIV. It's recommended to get tested for HIV every three months while taking PrEP. Regular testing also helps to detect any potential breakthrough infections early on.

Contact info:

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This provides a brief overview of PrEP. For detailed information and personalized guidance, consult healthcare professionals specializing in HIV prevention and treatment at your nearest healthcare facility.