

# Treatment and Care

Presented by: Jean Nsengiyumva



# STATISTICS

# Number of PLHIV

Approximately 63,000 people were living with HIV in Canada as of 2021.

Of these, about 10% were unaware of their status.

## New HIV Diagnoses

*"HIV does not discriminate, but Canada's diverse population means the impacts of HIV are felt differently across communities. Indigenous peoples, racialized communities, and marginalized groups bear a disproportionate burden of the epidemic"*

- Canadian Public Health Association

# INTRODUCTION TO ART



Antiretroviral therapy (ART) is the cornerstone treatment for managing HIV (Human Immunodeficiency Virus).

# The art of ART

- ▶ **ART (Antiretroviral Therapy)** targets different stages of the HIV life cycle to prevent the virus from replicating.
- ▶ **NRTIs** blocks an enzyme HIV needs to replicate.
- ▶ **NNRTIs** Inhibits the same enzyme as NRTIs but through a different mechanism.
- ▶ **PIs** Blocks the protease enzyme, which HIV needs to produce mature viral particles.
- ▶ **Integrase Strand Transfer Inhibitors (INSTIs):** Prevent HIV from integrating its genetic material into the host's DNA.
- ▶ **Entry and Fusion Inhibitors:** Block HIV from entering or fusing with host cells.

# New Developments in ART



Single-pill Regimens:

Dual Therapy:

Long-acting Injectable ART:

Cure Research:



# Side Effects of ART

## Short-term side effects:

- ▶ Headache, nausea, diarrhea, fatigue, and sleep disturbances are common during the early stages of treatment.

Supportive treatments, such as anti-nausea medications, pain relievers, or sleep aids, can be used to manage specific symptoms related to ART.

## Long-term side effects:

- ▶ Kidney damage
- ▶ Bone density loss,
- ▶ Liver toxicity,
- ▶ Metabolic changes

**Regular Monitoring:** Healthcare providers regularly monitor patients on ART for early signs of side effects like kidney, liver, or bone issues. This allows for prompt intervention if necessary.

**Diet and Lifestyle Changes:** Healthy eating, regular exercise, and quitting smoking can help mitigate some of the long-term effects of ART, particularly those related to metabolic health.

**Mental Health Support:** Counseling and mental health services may help individuals cope with the psychological stress of managing HIV and ART side effects.

# Management of ART Side Effects

Drug Switching: If side effects are intolerable

Symptom Management:

Regular Monitoring:

Diet and Lifestyle Changes:

Mental Health Support



# Conclusion

- ▶ Antiretroviral therapy remains the most effective treatment for managing HIV, However, managing side effects remains an important part of care, and ongoing research continues to focus on improving ART and, ultimately, finding a cure for HIV.



# QUESTIONS

WE HAVE THE ANSWER



Thank  
You!