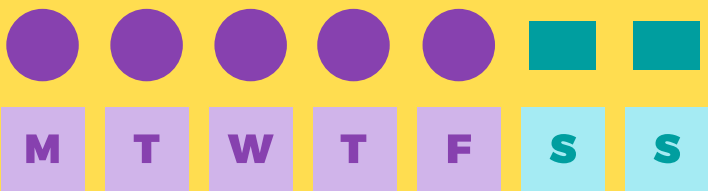


BREATHER+ Results



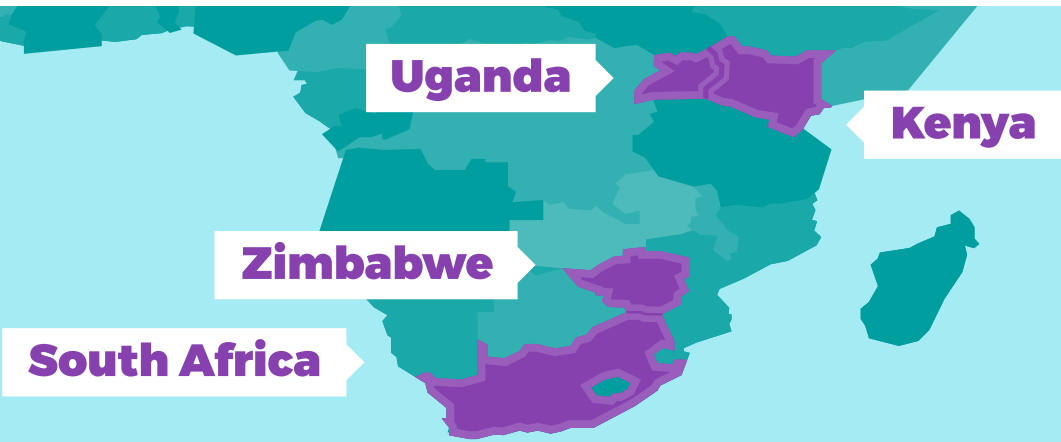
What is BREATHER+?

It's a research study asking if it is safe to take HIV medicine for five days a week and have two days off treatment at weekends.

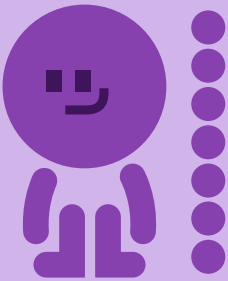


Who has been part of BREATHER+?

470 young people living with HIV aged 12-19 years who were already taking the HIV medicine tested in the study, and their HIV was already asleep (undetectable). From Uganda, Kenya, Zimbabwe and South Africa.

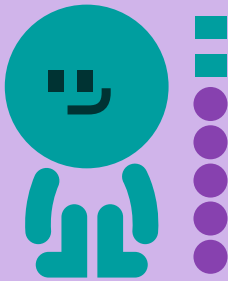


The HIV medicine in BREATHER+ is called **T** (tenofovir) **L** (lamivudine) **D** (dolutegravir)



GROUP 1:
Continuous therapy

Keep taking medicine every day.



GROUP 2:
Short-cycle therapy

Take medicine 5 days, then have 2 days off.

What did BREATHER+ do?

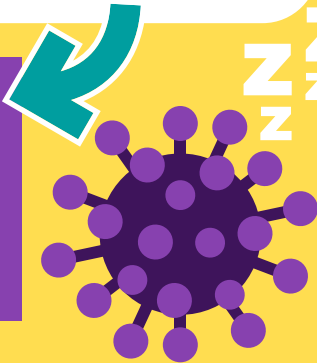
It looked at two groups of people, one taking HIV medicine every day, the other taking them 5 days in a row and then having 2 days off. During the study, the people taking part were watched closely by doctors and nurses. They had regular checkups to keep them safe and healthy.

If the medicine didn't work well, doctors quickly put people back on daily treatment to keep them healthy and safe. Sometimes doctors also changed their medicine to keep the virus asleep or under control.

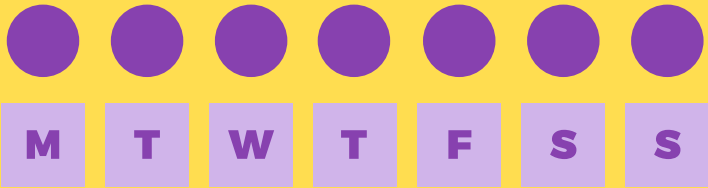


What did BREATHER+ find out?

BREATHER+ found that taking HIV medicine every day is the best way to keep the virus asleep. Stopping the medicine on weekends doesn't work as well. During the study, people where the virus woke up were changed back to the daily pills and the virus went back to sleep.



The trial was important to see if taking HIV medicine every day is still the best way, or if taking breaks could work too. Even though the results were a bit disappointing, they helped us learn something important.



We advise young people living with HIV to take their medication every day. Do not skip any doses. This is the best way to keep the virus asleep and under control.



What now?

Thanks to the young people who joined the trial, we have proved that taking treatment daily works best! This will help doctors to give the best care and help young people to know taking tablets every day is the best way to stay healthy.

We are working hard on other studies to find easier ways for young people to take their treatment. Your help in this study is really important.

Thanks for being part of it!