

MTN-041 HIV Prevention Methods Video Script (13 December 2017)

1. Learn about two exciting HIV prevention methods: What is oral PrEP? What is the vaginal ring? How can they be used for HIV prevention and why are they important for women?

1.1 Introduction

Nearly 1500 women of reproductive age are infected with HIV in Africa every day. That's 62 every hour. And these numbers are on the rise.

No single solution suits everyone. And not everyone is able to use condoms consistently.

Additional prevention methods are required so women can choose a product they are comfortable using and feel supported by their partner and family.

Two methods - a daily tablet called Oral PrEP and a monthly vaginal ring - could make a difference for many women.

1.2 Why vaginal ring and oral PrEP?

Large studies around the world and in Africa have shown that oral PrEP and the vaginal ring are safe and can protect against HIV.

When the oral PrEP tablet is taken every day, or when the ring is kept in for a full month, every month, these methods work.

That's why many countries have approved oral PrEP and are beginning to make it available, and why approval is being sought for the ring.

1.3 How oral PrEP and the ring work

Both methods contain medicine that protect against HIV.

They work in a similar way by preventing HIV from multiplying in the body. If the virus can't multiply, it can't take over the body. And if the virus can't take over the body, the person won't become infected if they are exposed to HIV – such as through sex.

<p>1.4 About oral PrEP</p>	<p>Now let's talk about Oral PrEP... PrEP stands for pre-exposure prophylaxis. Prophylaxis mean prevention. One kind of Oral PrEP tablet is called Truvada.</p> <p>You may have heard about Truvada as a medicine for treating people with HIV, but it is also used as Oral PrEP for preventing HIV in people who are not infected.</p> <p>Tablets for HIV prevention must be taken EVERY DAY, just like contraceptive pills. You would collect a month's supply from a clinic BRING IT HOME AND SWALLOW one tablet every day.</p> <p>The medicine is released in the body and protects against HIV infection. The tablet doesn't have to be taken with food.</p>
<p>1.5 About the ring</p>	<p>Vaginal rings may be new for you – but they are used in many countries for contraception.</p> <p>The ring for HIV prevention is similar to the ring for contraception, except that it contains an anti-HIV medicine instead. The medicine in the ring is called dapivirine.</p> <p>The ring is inserted high up in the vagina, where it slowly releases the medicine during the month that it is worn and protects against HIV infection through sex.</p> <p>Women receive a ring at a clinic, and are shown by a nurse or doctor how to insert and remove it each month. The ring can also be inserted and removed by a provider if it's easier or more convenient.</p> <p>The ring is flexible. To insert it, it is pinched into the shape of a figure 8, and then pushed high up inside the vagina with a finger.</p> <p>After 1 month of continually wearing the ring, it is removed and a new vaginal ring is inserted.</p> <p>To remove it, a woman simply reaches into her vagina and pull it out with a finger.</p> <p>Once in place, the ring is not felt by the user. It doesn't interfere with daily activities and doesn't need to be removed during menstruation or sex. Many women forget it's there.</p>

1.6 Final Thoughts

You just heard about two exciting methods for HIV prevention - Oral PrEP and the vaginal ring - that women may want to use.

As with any new medication, everyone reacts differently. Health providers are available to answer questions and discuss how Oral PrEP or the vaginal ring may suit different women's needs.

No single prevention option will be right for everybody - that's why we need different choices.

The more HIV prevention options that become available, the more people are likely to be protected and live a healthy, HIV-free life.