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INTERNATIONAL ASSOCIATION  
OF PROVIDERS OF AIDS CARE

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**FAST-TRACK CITIES 2023**

# U=U. Stigma. Medical Ethics.

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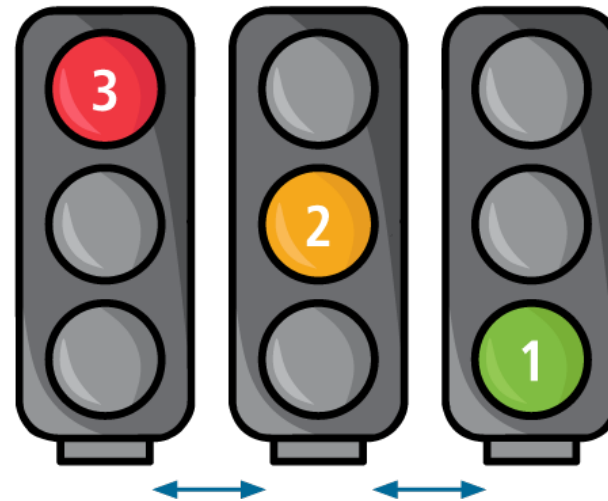
#SayZero and U=U: Innovative Win-Win Strategies to Accelerate Global HIV Targets  
27 September 2023

September 25-27, 2023 | RAI Amsterdam Convention Center

# WHO Policy Brief on The role of HIV viral suppression in improving individual health and reducing transmission, July 2023



Unsuppressed    Suppressed but detectable    Undetectable



- 1 Undetectable (not detected\*):** no measurable virus. Zero risk of transmission to sexual partner(s); minimal risk of mother to child transmission.
- 2 Suppressed (detected but  $\leq 1000$  copies/mL):** some virus replicating and present: could be due to missing doses, recent treatment initiation or drug resistance. Almost zero or negligible risk of transmission to sexual partner(s).
- 3 Unsuppressed ( $>1000$  copies/mL):** significant virus replicating and present: could be due to missing doses, recent treatment initiation or drug resistance. Increased risk of falling ill and/or passing virus on to sexual partner(s) or children.

# #SayZero

- What keeps us from saying zero?
- Why are we happy with undetectable VL and just clinical outcome?
- Isn't our goal to see a person living and loving fully with HIV?
- Do we need to humanize and de-medicalize U=U?

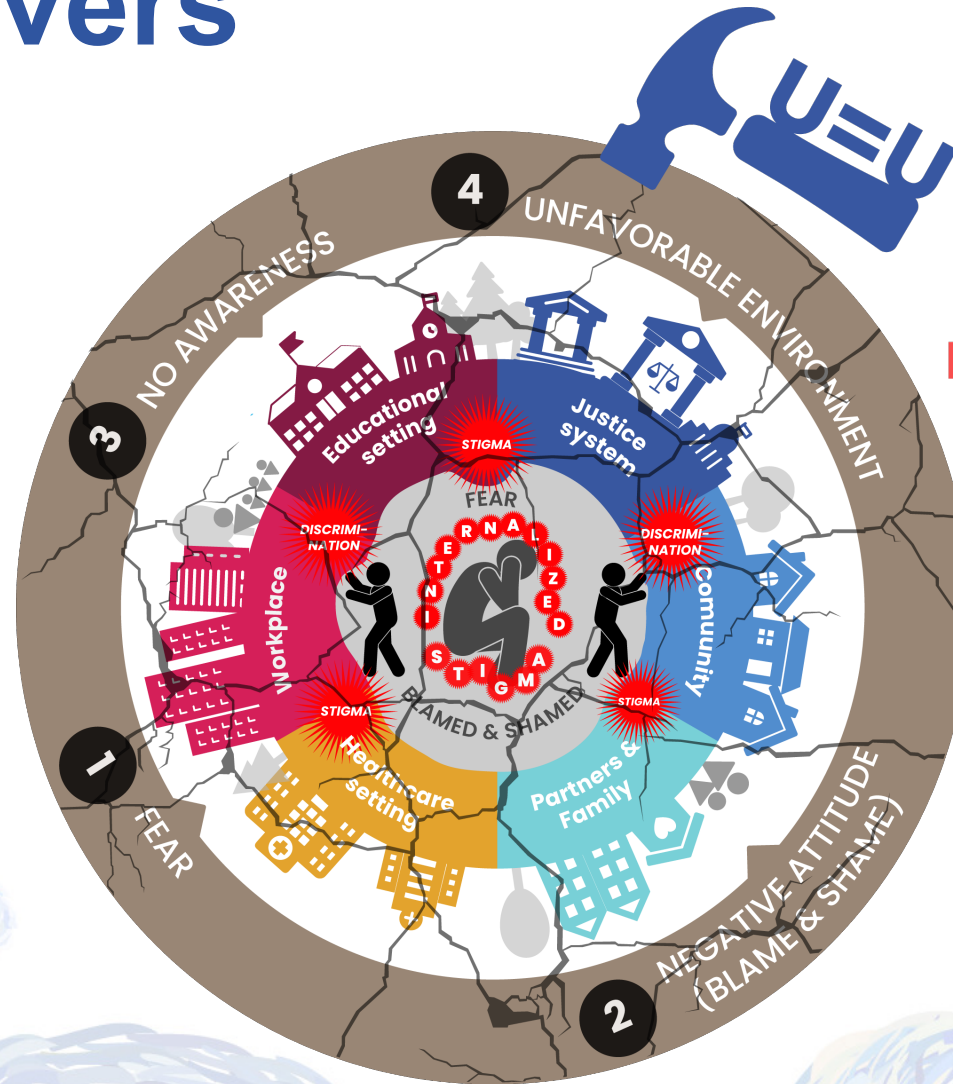
# The “4 drivers”

CREATE AWARENESS




BREAK THE FEAR

ENABLE ENVIRONMENT

RID OF BLAME & SHAME





- 
**INDIVIDUAL, PARTNERS & FAMILY**
▶ Optimal relationship, intimacy and sex
- 
**EDUCATIONAL SETTING**
▶ No exclusion of people living with HIV or affected by HIV
- 
**JUSTICE SYSTEM**
▶ Anti-discrimination law
- 
**WORKPLACE**
▶ No mandatory HIV testing
- 
**COMMUNITY**
▶ Non-judgemental & inclusive society

## “Living and loving with HIV – the medical ethics”

<p><del>Condom = Responsibility</del></p> <p>↓</p> <p>Respect an informed decision to choose prevention tool-of-choice <b>[AUTONOMY]</b></p>	<p><del>Saying negligible risk</del></p> <p>↓</p> <p>#SayZero to enhance physical, mental &amp; sexual health <b>[BENEFACTENCE]</b></p>	<p><del>Selective communication</del></p> <p>↓</p> <p>Discuss U=U with all PLHIV <b>[JUSTICE]</b></p>
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**SCAN HERE**  
to watch  
U=U series

If U=U, with the equal sign,

U=U: We can live together



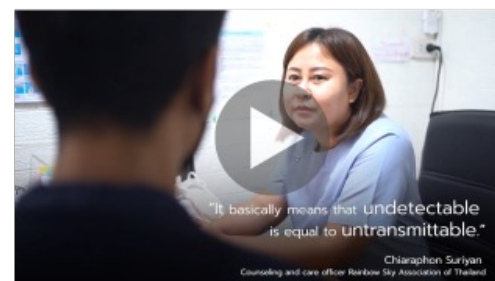
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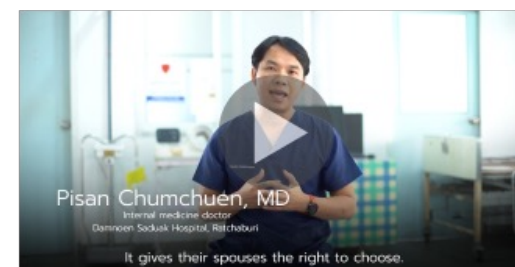
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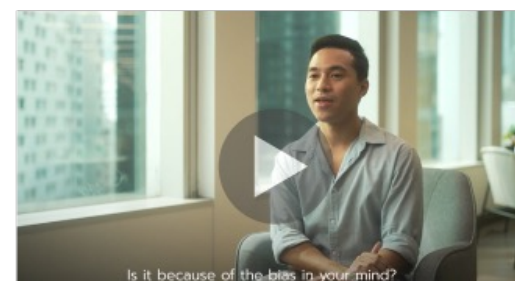
How does U=U change lives of people living with HIV?



How should healthcare professionals communicate U=U to clients living with HIV?



How should healthcare professionals communicate U=U to clients living with HIV?



What is U=U?



THANK YOU