

Update in Internal Medicine 2026

Saturday, May 2 • 8 a.m. – 4 p.m.

UT Southwestern Medical Center, T. Boone Pickens Medical Education & Conference Center



Updates in HIV and STI Prevention

Hayden Andrews, M.D.

UTSouthwestern
Medical Center

Disclosures

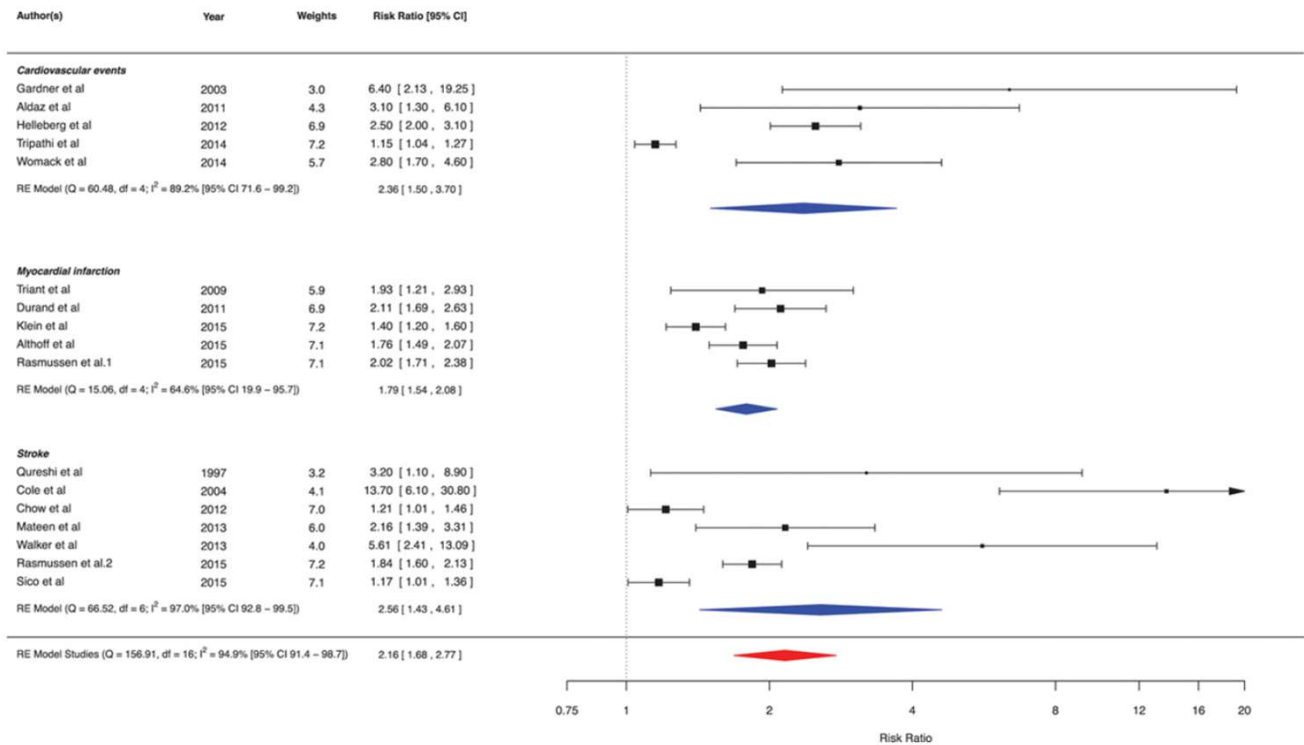
- Gilead Sciences, Inc: Research funding

Outline

- Statins for primary prevention for people with HIV
- Anal cancer screening for people with HIV
- Long-acting injectable HIV PrEP
- Doxycycline PEP for STI prevention

Statins for Primary Prevention for People with HIV

- People with HIV are **living longer**
- Have **2X risk of ASCVD**



Statins for Primary Prevention for People with HIV

- REPRIEVE Study
 - Methods
 - Double-blind RCT of **pitavastatin 4 mg** daily vs placebo
 - 7,800 people with HIV ages 40-75
 - **Low-to-moderate ASCVD risk**

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 - **Low-to-moderate ASCVD risk**
 - Primary Outcome
 - Occurrence of major adverse cardiovascular event (MACE)

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Selected Participant Characteristics

	Pitavastatin	Placebo
Age (IQR)	50 (45-55)	50 (45-55)
Male sex, %	68.9	68.9
Race, %		
Black	40.4	42.2
White	35.1	34.5
Asian	14.7	14.6
Hispanic, %	18.7	16.9
ASCVD Risk, %	4.5	4.5
CD4>500, %	67.7	67.7
RNA <400, %	97.9	97.7

Statins for Primary Prevention for People with HIV

■ REPRIEVE Study

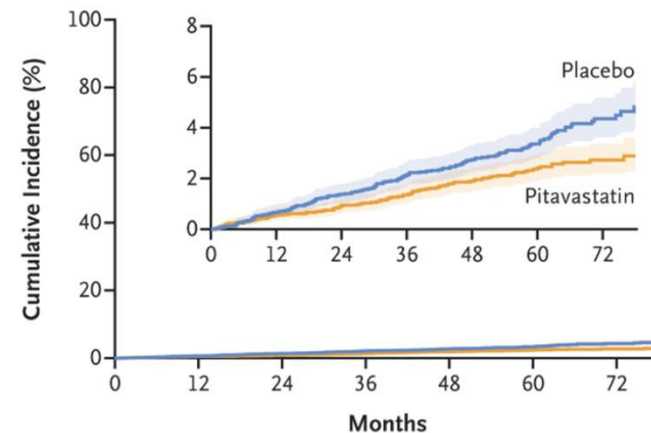
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B First MACE



	Cumulative Incidence of Event (%)						
	0	12	24	36	48	60	72
Placebo	0.00	0.66	1.38	2.14	2.74	3.36	4.36
Pitavastatin	0.00	0.56	0.95	1.35	1.89	2.41	2.73

	No. at Risk						
	0	12	24	36	48	60	72
Placebo	3881	3693	3506	3356	2997	2182	959
Pitavastatin	3888	3647	3475	3364	2997	1947	1052

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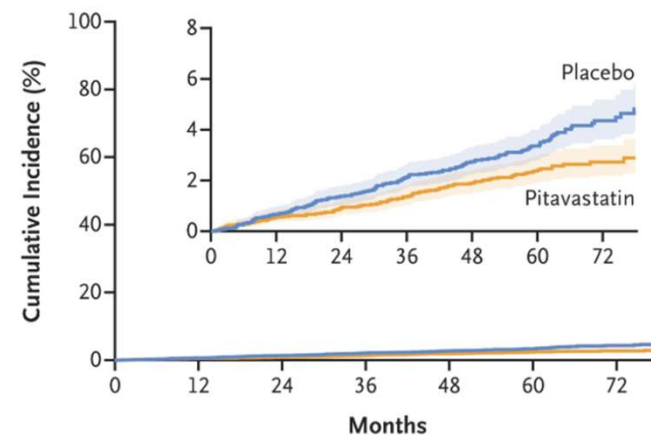
■ Primary Outcome

- Occurrence of major adverse cardiovascular event (MACE)

NNT ASCVD <5%: 149

NNT ASCVD >5%: 53

B First MACE



	0	12	24	36	48	60	72
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Statins for Primary Prevention for People with HIV

- U.S. HHS / ACC / AHA / HIVMA Updated Guidelines 2024
 - People with HIV age 40-75 with low-moderate ASCVD risk
 - ASCVD risk 5-20% : **initiate a moderate intensity statin** (AI)

Statins for Primary Prevention for People with HIV

- U.S. HHS / ACC / AHA / HIVMA Updated Guidelines 2024
 - People with HIV age 40-75 with low-moderate ASCVD risk
 - ASCVD risk 5-20% : **initiate a moderate intensity statin** (AI)
 - ASCVD risk <5% : favor initiating moderate-intensity statin but use shared-decision making (CI)

Updates in HIV and STI Prevention Summary

- For people with HIV over the age of 40, **start most on atorvastatin 20 mg daily** (or equivalent)

Outline

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Anal Cancer Screening for People with HIV

- U.S. HIV/AIDS Cancer Match Study (1996-2012) of 448,258 PWH

Anal Cancer Screening for People with HIV

- U.S. HIV/AIDS Cancer Match Study (1996-2012) of 448,258 PWH

Type of cancer	Number of cases (percent of total 21,294)
1. NHL	3,687 (17.3%)
2. Lung cancer	2,475 (11.6%)
3. KS	2,269 (10.7%)
4. Anal cancer	1,568 (7.4%)
5. Prostate cancer	1,522 (7.1%)

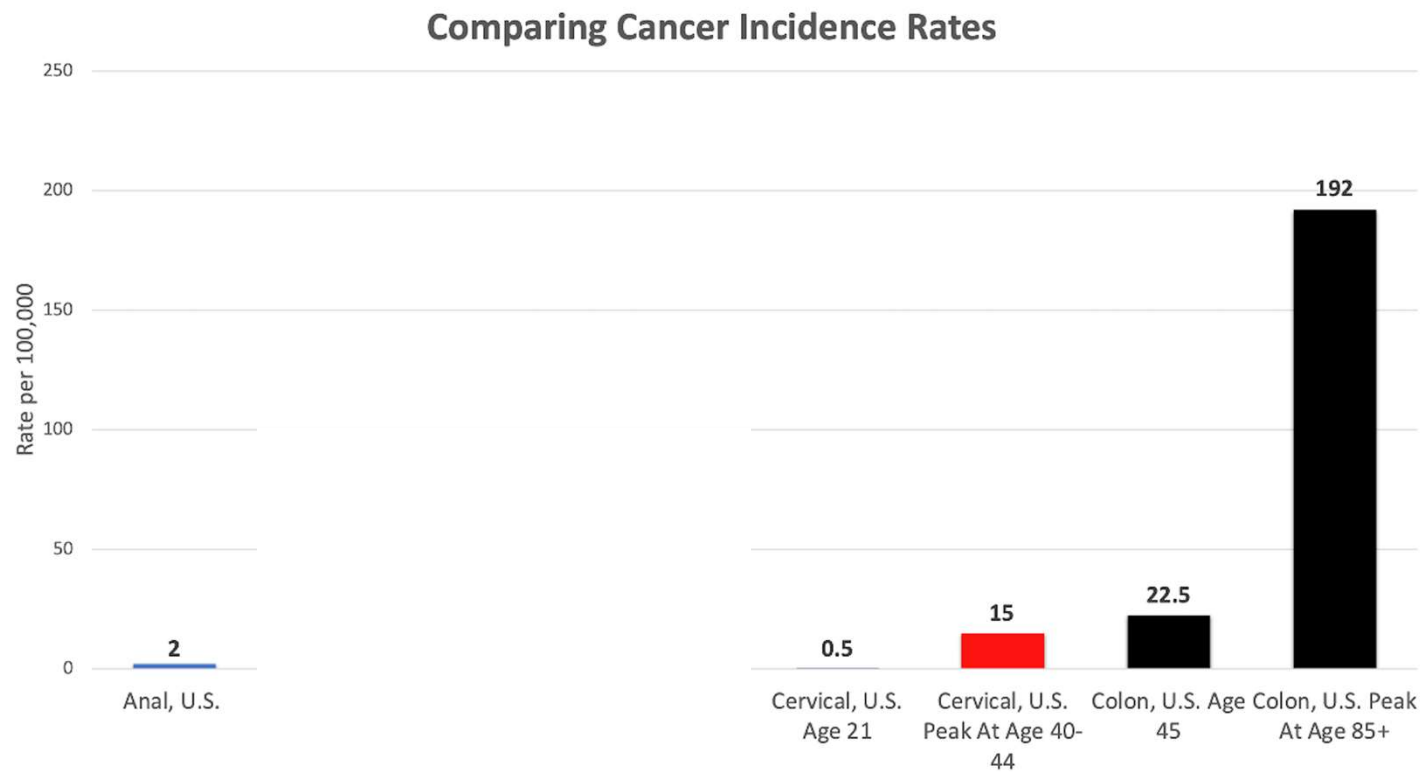
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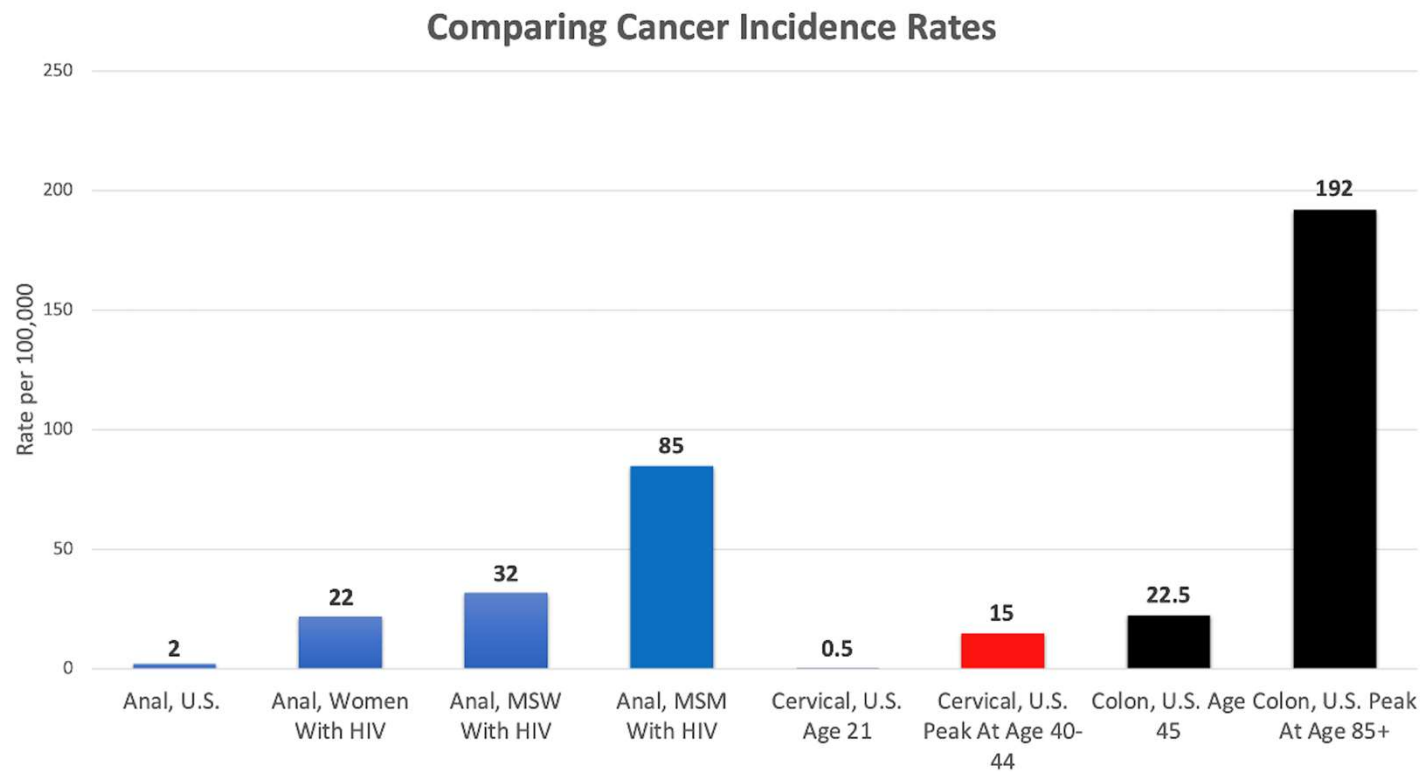
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69% higher risk of cancer compared to those without HIV

Anal Cancer Screening for People with HIV



Anal Cancer Screening for People with HIV



Anal Cancer Screening for People with HIV

- ANCHOR Study
 - Methods
 - Open-label RCT 1:1 to **active monitoring or anal HSIL treatment**
 - 4500 people with HIV >35 years old in the U.S. with **biopsy proven anal HSIL**

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 - 4500 people with HIV >35 years old in the U.S. with **biopsy proven anal HSIL**
 - Primary Outcome
 - Anal cancer incidence

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■ Primary Outcome

- Anal cancer incidence

Selected Participant Characteristics

	Treatment Arm	Active Monitoring Arm
Median age	51	51
Male, %	80.5	80.3
HIV-1 RNA <50, %	83.7	81.8
Median CD4	602	607
Nadir CD4<200, %	50.7	50.5

Anal Cancer Screening for People with HIV

■ ANCHOR Study

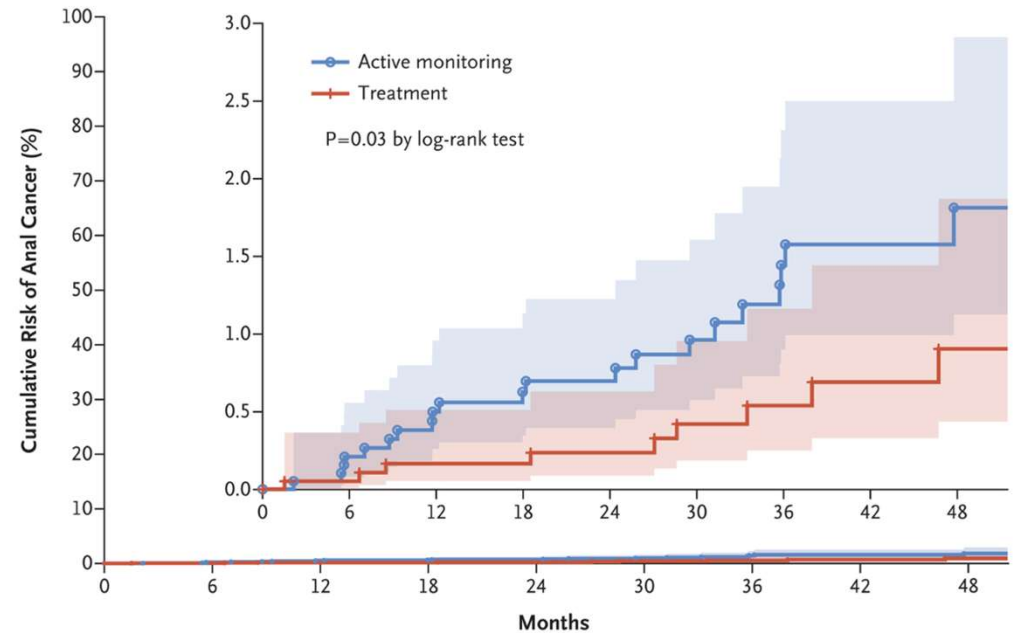
■ Methods

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■ Primary Outcome

- Anal cancer incidence

57% relative reduction

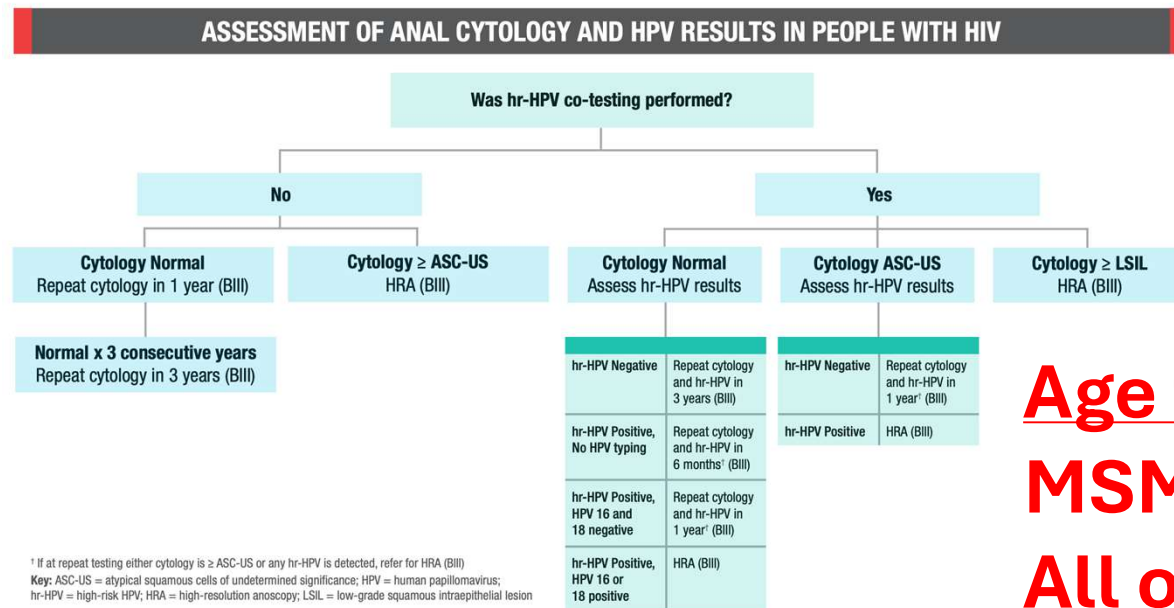


No. at Risk
Active monitoring
Treatment

Active monitoring	2219	1856	1671	1459	1238	992	758	572	407
Treatment	2227	1871	1655	1473	1224	989	753	557	409

Anal Cancer Screening for People with HIV

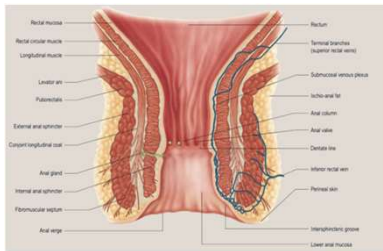
- U.S. HHS Guidelines



Age to start
MSM: age 35
All others: age 45

Anal Cancer Screening for People with HIV

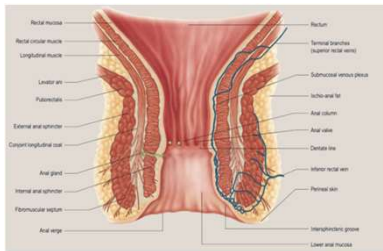
- How to screen for anal cancer



Anal pap test: Cytology +/- HPV

Anal Cancer Screening for People with HIV

- How to screen for anal cancer



Anal pap test: Cytology +/- HPV

High-Resolution Anoscopy (HRA)

Updates in HIV and STI Prevention Summary

- For people with HIV over the age of 40, **start most on atorvastatin 20 mg daily** (or equivalent)
- If access to high-resolution anoscopy (HRA), recommend **anal cancer screening for people with HIV** starting at age 35 for MSM/TW and 45 for all others

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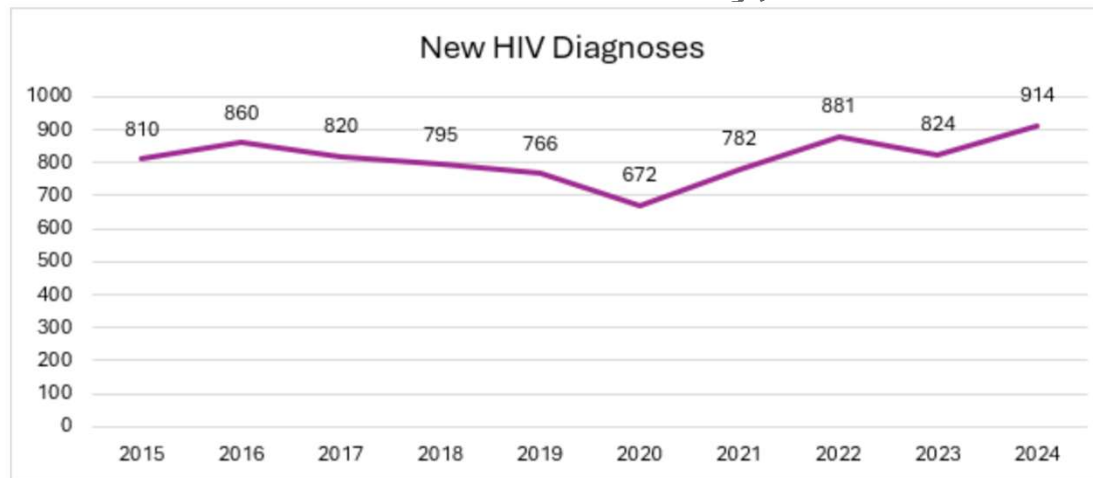
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Long-acting Injectable HIV PrEP

- 2.2 million Americans could benefit from PrEP
 - **Only about 25% on PrEP**

Long-acting Injectable HIV PrEP

- 2.2 million Americans could benefit from PrEP
 - **Only about 25% on PrEP**
- Incident HIV infections in Dallas County, TX



4X higher
than the U.S.
average

Long-acting Injectable HIV PrEP

- PURPOSE 2 Study
 - Methods
 - Double-blind RCT **lenacapavir SC q6month vs TDF/FTC** PO daily
 - 3300 mainly MSM >16 years old

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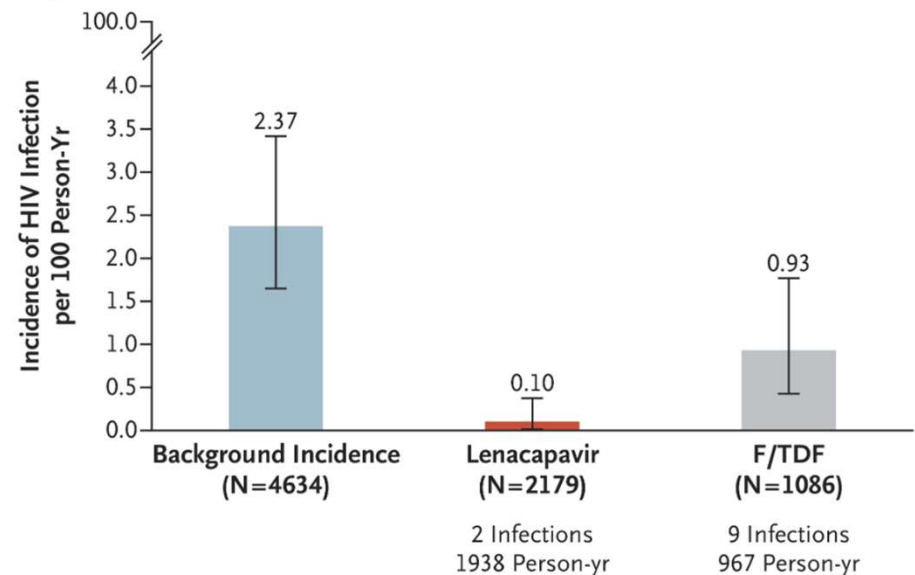
	Lenacapavir	TDF/FTC
Age	28	29
Previous PrEP Use, %	23.6	22.9
Condomless anal sex >2 partners in last 12 weeks, %	97.5	96.4
Stimulant use last 12 weeks, %	22.5	24.9

Long-acting Injectable HIV PrEP

■ PURPOSE 2 Study

- Methods
 - Double-blind RCT **lenacapavir SC q6month vs TDF/FTC** PO daily
 - 3300 mainly MSM >16 years old
- Primary Outcome
 - Incident HIV infection

A Background HIV Incidence and Incidence in the Lenacapavir Group and F/TDF Group



Long-acting Injectable HIV PrEP

- Available HIV PrEP options
 - Daily oral TDF/FTC
 - Daily oral TAF/FTC
 - On-demand oral TDF/FTC
 - **Every 2 months cabotegravir IM**
 - **Every 6 months lenacapavir SC**

Long-acting Injectable HIV PrEP

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- USPSTF

Grade



- CDC

- “Inform all sexually active adults and adolescents about proven options for PrEP”
- “Strongly recommends lenacapavir”

Updates in HIV and STI Prevention Summary

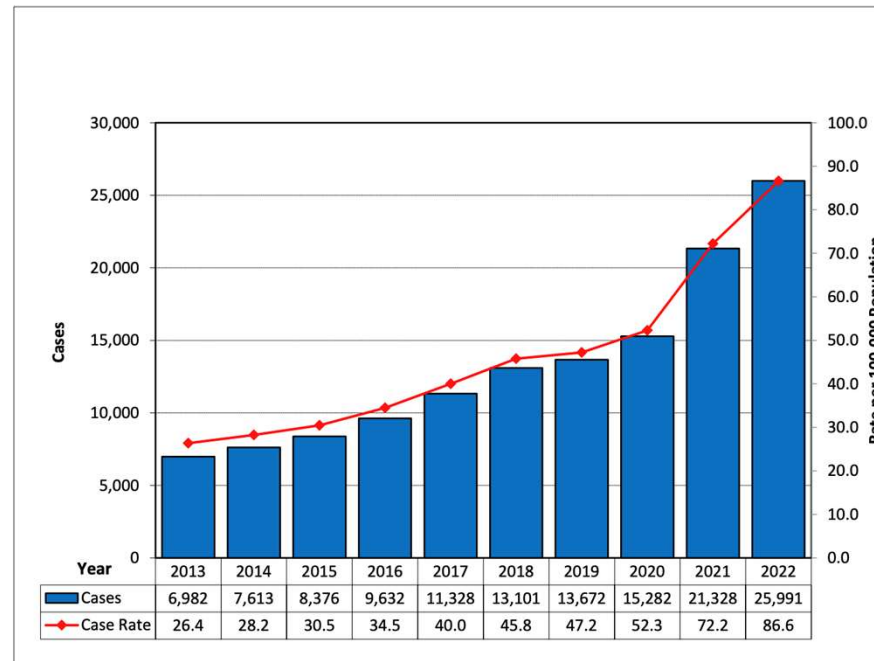
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- If access to high-resolution anoscopy (HRA), recommend **anal cancer screening for people with HIV** starting at age 35 for MSM/TW and 45 for all others
- Strongly encourage people who need or want PrEP to **utilize long-acting injectable options**

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Doxycycline PEP for STI Prevention

Total Syphilis Cases and Case Rates by Year of Diagnosis in Texas, 2013-2022



Doxycycline PEP for STI Prevention

- DoxyPEP Study
 - Methods
 - Open-label RCT of **doxycycline 200 mg PO X1 within 72 hours of condomless sex** or standard care
 - 500 MSM/TW in the U.S. with HIV or on PrEP

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 - Incidence of at least one STI per follow-up quarter

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Selected Participant Characteristics

	DoxyPEP	Standard care
Age (HIV, PrEP)	43, 36	42, 36
>=2 STI in past 12 mo, % (HIV, PrEP)	33, 48	47, 41
# Sexual partners last 3 mo (HIV, PrEP)	7, 8	10.5, 10
Substance use last 3 mo, % (HIV, PrEP)	66, 52	72, 62

Doxycycline PEP for STI Prevention

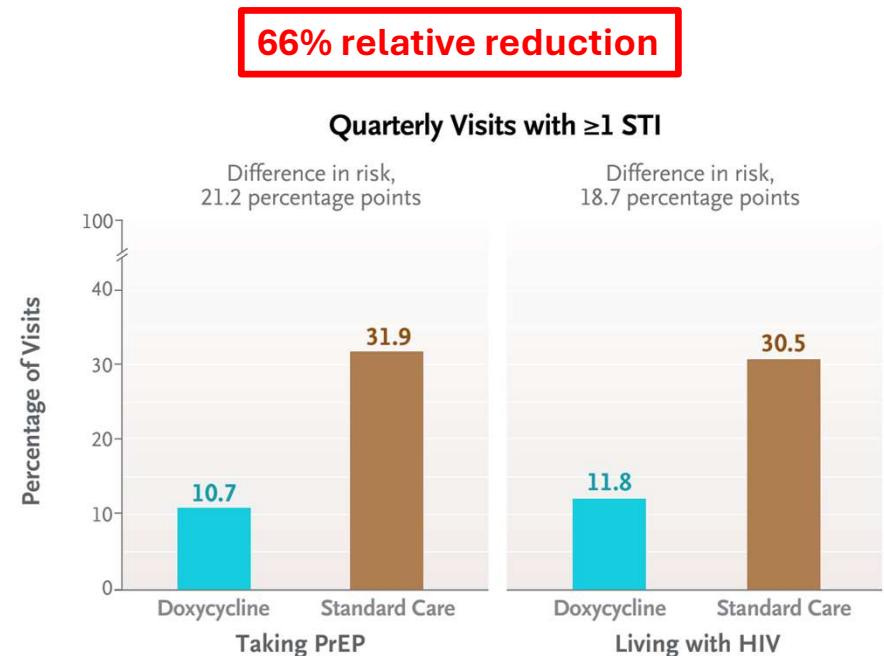
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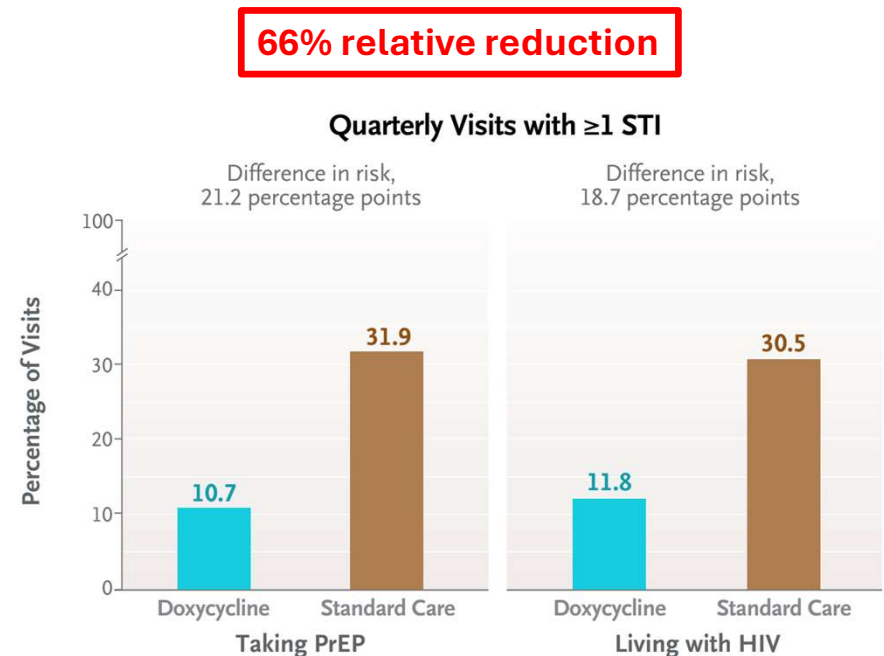
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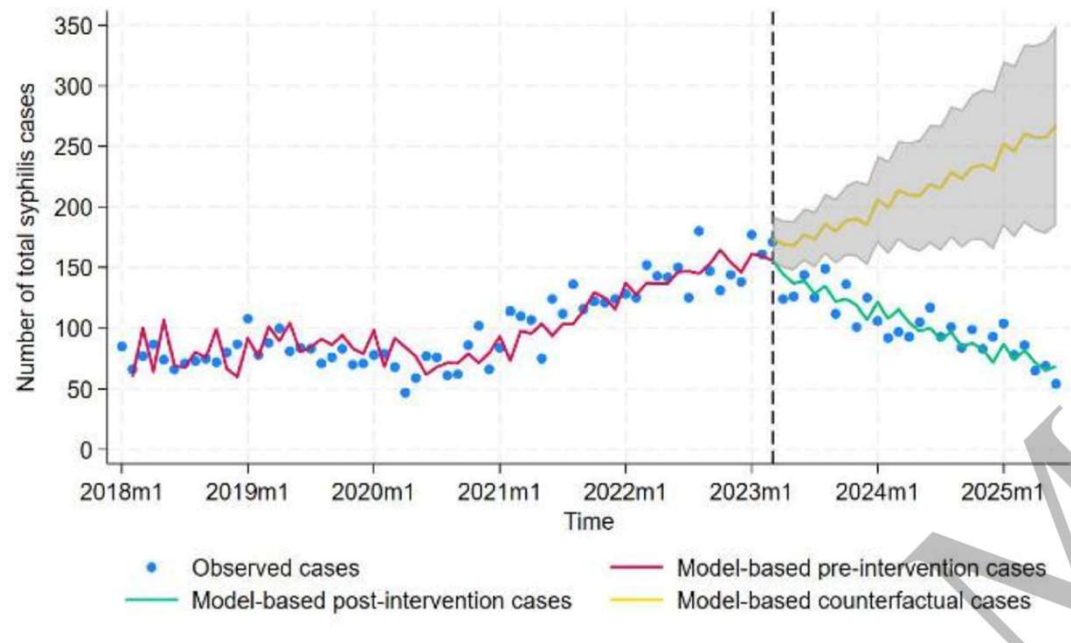
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NNT to prevent 1 bacterial STI: 4



Doxycycline PEP for STI Prevention

Syphilis Cases King County, WA



Doxycycline PEP for STI Prevention

- CDC guidelines
 - **MSM/TW** with **bacterial STI in the last 12 months** receive counseling on the availability of doxyPEP
 - Shared-decision making
 - **Re-assess** every 3-6 months
 - Routine STI and HIV testing
 - **Should be on PrEP** if HIV neg

Doxycycline PEP for STI Prevention

- CDC guidelines
 - **MSM/TW** with **bacterial STI in the last 12 months** receive counseling on the availability of doxyPEP
 - Shared-decision making
 - **Re-assess** every 3-6 months
 - Routine STI and HIV testing
 - **Should be on PrEP** if HIV neg
- How to prescribe
 - Free text label
 - Doxycycline 100 mg tablets
 - Quantity: 30 ; Refill: 1
 - “Take 2 tablets (200 mg) within 72 hours of condomless sex”
 - 3 site (urine, anal, oral)
Gonorrhea/Chlamydia, syphilis, and HIV testing q 3 months
 - **Should be on PrEP** if HIV neg

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- If access to high-resolution anoscopy (HRA), recommend **anal cancer screening for people with HIV** starting at age 35 for MSM/TW and 45 for all others
- Strongly encourage people who need or want PrEP to **utilize long-acting injectable options**
- Consider a period of doxyPEP for people with recurrent bacterial STIs

Questions?

Hayden.Andrews@UTSouthwestern.edu