

The European REGAL Cohort: A Retrospective Real-world Study of the Effectiveness and Tolerability of the Antiretroviral Treatment Regimens DTG/3TC Compared to BIC/FTC/TAF in Older Persons Living With HIV

María J. Pérez-Elías,¹ Emilio Letang,² Arnaud Desclaux,³ Jeremy Fraysse,⁴ Axel Baumgarten,⁵ Eva Fernvik,⁶ Arkaitz Imaz,⁷ Emilio Sanchez,⁸ Maria Jesus Vazquez-Muniz,⁹ Guido Schäfer,¹⁰ Jürgen K. Rockstroh,¹¹ Sandra Kreuzaler,¹² Antonio Antela Lopez,¹³ Ángel Baltasar,⁸ Richard Grove,¹⁴ Bryn Jones,¹⁵ Julie Priest¹⁶

¹Department of Infectious Diseases, Hospital Universitario Ramón y Cajal, Madrid, Spain; ²ViiV Healthcare, Barcelona, Spain; ³Hopital Pellegrin CHU, Bordeaux, France; ⁴ViiV Healthcare, San Francisco, USA; ⁵Zentrum für Infektiologie, Berlin, Germany; ⁶ViiV Healthcare, Stockholm, Sweden; ⁷Bellvitge University Hospital, L'Hospitalet de Llobregat, Spain; ⁸IQVIA, Barcelona, Spain; ⁹ViiV Healthcare, Madrid, Spain; ¹⁰ICH Study Center, Hamburg, Germany; ¹¹University Hospital Bonn, Bonn, Germany; ¹²ViiV Healthcare, Munich, Germany; ¹³University Clinical Hospital of Santiago de Compostela, Santiago de Compostela, Spain; ¹⁴GSK, London, United Kingdom; ¹⁵ViiV Healthcare, London, United Kingdom; ¹⁶ViiV Healthcare, Durham, USA

Background

As people around the world grow older, more will be living with HIV by 2030. Older adults with HIV face unique health challenges, like managing several health issues at once and concerns about long-term HIV treatment. Modern antiretroviral therapy (ART) has evolved from 3-drug to 2-drug regimens. However, there's not much real-world information on how these newer treatments work for older adults.

What treatment was studied here?

This study looked at 2 HIV treatments: a 2-drug regimen called dolutegravir/lamivudine (DTG/3TC) and a 3-drug regimen called bictegravir/emtricitabine/tenofovir alafenamide (BIC/FTC/TAF).

What was the purpose of this study?

The study aimed to understand the characteristics of older people with HIV and compare how well they did when switching to DTG/3TC versus BIC/FTC/TAF. This is important for figuring out how these treatments work for older adults with complex health needs and can help guide future treatment choices.

Who took part in the study and how was the treatment studied?

The study included 442 people aged 50 and older who had been treated for HIV before and had undetectable HIV levels. They were from France, Germany, and Spain, with 241 using DTG/3TC and 201 using BIC/FTC/TAF. Participants with at least 24 weeks of follow-up were included. Participants had various health conditions and took different medications, showing the complex health profiles typical of older adults with HIV.

What are the research findings?

The study showed that both treatment groups kept their HIV levels suppressed, meaning the virus stayed under control. Both DTG/3TC and BIC/FTC/TAF were equally effective, with similar tolerability and few changes or stops in treatment. No viral failures occurred over the full study follow-up. The difference in tolerability and discontinuation rates between the 2 treatments was small and not statistically significant. Both treatments were well tolerated with few side effects.

What does this mean for people with HIV?

For older adults living with HIV, the study suggests that switching to a 2-drug regimen like DTG/3TC can effectively keep the virus suppressed while potentially reducing the number of medications needed.

Conclusions

The study concludes that both DTG/3TC and BIC/FTC/TAF are effective and well tolerated for older adults with HIV, with no failures in keeping the virus suppressed. DTG/3TC offers a good option for maintaining control over the virus with fewer medications. This supports using DTG/3TC for older adults with HIV, potentially improving their overall health management.

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