

# **7-Year Sustained Efficacy, Safety, and Immunological Improvement With Fostemsavir-Based Regimens in Individuals With HIV and Limited Treatment Options**

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## **Background**

In the world of HIV treatment, people with multidrug-resistant HIV-1 face serious treatment challenges. This type of virus doesn't respond well to many standard treatments, increasing the risk of worsening health and higher mortality (death) rates. For these individuals, finding effective treatments is vital. Fostemsavir, an attachment inhibitor, works by targeting a specific protein on the virus, stopping it from attaching to cells in the body, which is different from how other treatments work. The BRIGHT study is important because it is the largest and longest study focusing on people with few treatment options, providing valuable insights into how well fostemsavir works and its safety.

## **What treatment was studied here?**

The research focused on fostemsavir-based treatments. Fostemsavir is a type of drug that prevents the virus from attaching to cells, offering a new way to treat those with multidrug-resistant HIV-1. It was given twice daily alongside other optimized treatments.

## **What was the purpose of this study?**

The BRIGHT study aimed to assess how well fostemsavir-based treatments work over a long period, specifically looking at their efficacy, safety, and impact on the immune system over 7 years. The study included people with multidrug-resistant HIV-1 who have few treatment options, highlighting the need for effective therapies for this group.

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

The BRIGHT study involved 371 adults with multidrug-resistant HIV-1 from 22 countries. Participants were split into 2 groups: 1 with some active HIV medicines and another with none; 272 participants were in the first group and 99 were in the second. Most participants were men, with average ages of 48 and 51 in the 2 groups. The study is ongoing through Week 336, which is ~7 years.

### **What are the research findings?**

The study showed that fostemsavir-based treatments kept the virus suppressed. By Week 336, 83% of people who had active treatment options and 63% of those who had no other options had virus suppression. Participants also had notable improvements in measurements that indicate how well the immune system is working, such as CD4+ cell counts, indicating better immune recovery. The safety profile after 7 years was consistent throughout this period of time. Few participants stopped taking fostemsavir.

### **What does this mean for people with HIV?**

For people living with HIV, particularly those with multidrug-resistant strains, fostemsavir offers an important treatment option. It helps maintain viral suppression and supports immune recovery, which are key for long-term health and preventing disease progression.

### **Conclusions**

The study concludes that fostemsavir-based treatments provide long-term efficacy and safety for people with multidrug-resistant HIV-1. The findings support fostemsavir as a viable option for those with few choices, showing consistent virus suppression and immune benefits.

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