

CARAVEL: Evaluation of Real-World Effectiveness and Sustainability of the 2-Drug Regimen Dolutegravir/Lamivudine Fixed-Dose Combination in Treatment-Naive and Pre-Treated Adults Who Are Virologically Suppressed, in Routine Clinical Care, in France. Three-Year Analysis Results

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Background

The CARAVEL study, conducted in France, offers valuable insights into HIV treatment by examining a simplified 2-drug regimen, dolutegravir/lamivudine (DTG/3TC). This study is particularly important because it provides data from real-world clinical settings, reflecting people's everyday experiences rather than controlled environments. It includes both individuals new to HIV treatment and those already managing their virus effectively with other treatments. The study's focus on maintaining viral suppression over 3 years is key to advancing HIV treatment strategies.

What treatment was studied here?

This research looked at DTG/3TC, a regimen that includes 2 drugs working together to control HIV. The simplicity of using just 2 drugs may help reduce side effects and make it easier for people to stick to their treatment plan.

What was the purpose of this study?

The study aimed to see how well DTG/3TC could suppress HIV levels in the blood to undetectable amounts, which slows down the virus and prevents transmitting it. It also checked the safety of this treatment in everyday clinical settings, making sure it's not only effective but also safe for long-term use.

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

The study observed 304 adults living with HIV, split into 2 groups: 56 people who had never been treated for HIV before and 248 who had previous treatments and were already managing their virus. The treatment-naïve group had a median age of 33 years, mostly men, while the pre-treated group had a median age of 52 years, also mostly men. Participants came from 49 centers across France, and their health was monitored over 3 years.

What are the research findings?

The study showed that DTG/3TC was very effective at suppressing HIV. After 6 months, nearly 90% of those new to treatment achieved virus suppression, and all maintained this for 3 years. For those switching treatments, 94% maintained suppressed virus. The regimen was safe, with only a small percentage experiencing serious side effects, and it didn't significantly affect body weight.

What does this mean for people with HIV?

For people living with HIV, this study indicates that DTG/3TC is a dependable choice for keeping HIV suppressed. Its effectiveness and few side effects make it appealing for both people new to treatment and those changing from other regimens. The stable weight and low rate of serious side effects further support its use, allowing individuals to manage their HIV with fewer pills, which might improve adherence and overall quality of life.

Conclusions

The study concludes that DTG/3TC is highly effective in maintaining HIV suppression and has a good safety profile over 3 years. It works well for both people new to and with experience with treatment, with minimal side effects and no major weight changes. Most people who stopped the treatment did so by choice, not because of problems with the drugs, showing its acceptance in real-world use. This regimen offers a straightforward and effective option for long-term HIV management.

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