

# UNDERSTANDING YOUR RISK OF DRUG RESISTANCE

P[+]SITIVELY FEARLESS

When living with HIV, understanding your risk of drug resistance is important because drug resistance can stop your medication – or even an entire class of medications – from working.<sup>1</sup>

It's important that you know your risk and have fearless conversations with your doctor about your past health and treatment history, as well as any concerns you have about getting and staying on treatment, in order to find the best way to manage your HIV together.

## WHAT MAY PUT YOU AT RISK FOR HIV DRUG RESISTANCE<sup>2-6</sup>:



Previous health and treatment history, including:

- Prolonged period of time on treatment<sup>2</sup>
- Sub-optimal CD4+ cell/viral load count<sup>3</sup>
- Previous virologic failure<sup>4</sup>
- Baseline resistance<sup>5</sup>



Uncertain or sub-optimal adherence, which may be due to a variety of factors<sup>6</sup>:

- Lifestyle: busy work schedule, changes in routine, travel, missing meals
- Treatment challenges: pill burden, tolerability of therapy over time, refilling prescriptions
- Stigma: self, social, cultural

Treatment adherence is one of the most important factors that can reduce your risk of developing HIV drug resistance. This means taking your HIV treatment every day and exactly as prescribed. Otherwise, you're giving your HIV a chance to change or multiply which may mean HIV medication is no longer able to suppress the virus and help you stay undetectable.<sup>7</sup>

## TREATMENT ADHERENCE INCLUDES TAKING THE RIGHT MEDICATION, AT THE RIGHT TIME, IN THE RIGHT WAY<sup>6</sup>:



no skipping or missing doses



taking medication at the same time each day



following prescription directions (i.e., taking with or without food)

# WHAT'S MY ADHERENCE OUTLOOK?

Answering the following questions may help you watch for things that could get in the way of you taking your HIV medication the right way—every day at the same time.

## HOW FREQUENTLY DO YOU (NEVER, SOMETIMES, EVERY DAY):

NEVER

SOMETIMES

EVERY DAY



Follow a regular morning hygiene routine (brushing teeth, showering, etc.)

Progress bar for hygiene routine with markers for NEVER, SOMETIMES, and EVERY DAY.



Go to bed at the same time

Progress bar for going to bed at the same time with markers for NEVER, SOMETIMES, and EVERY DAY.



Set reminders for yourself (using smartphone, sticky notes, email, etc.)

Progress bar for setting reminders with markers for NEVER, SOMETIMES, and EVERY DAY.



Eat meals at about the same time

Progress bar for eating meals at the same time with markers for NEVER, SOMETIMES, and EVERY DAY.



Have friends/family help you stick to your medication routine

Progress bar for having help with medication routine with markers for NEVER, SOMETIMES, and EVERY DAY.



Have family/social obligations (meetings, houseguests, caretaking, etc.)

Progress bar for having obligations with markers for NEVER, SOMETIMES, and EVERY DAY.



Oversleep

Progress bar for oversleeping with markers for NEVER, SOMETIMES, and EVERY DAY.



Work late

Progress bar for working late with markers for NEVER, SOMETIMES, and EVERY DAY.



Travel (for work or personal reasons)

Progress bar for traveling with markers for NEVER, SOMETIMES, and EVERY DAY.

### WHAT DOES THIS MEAN:

If you answered a few of these questions, “never” or “sometimes,” you’ve probably developed some helpful habits – but remember that even a few missed doses can interfere with how your medication works.

## MY MEDICATION HISTORY (CHECK ALL THAT APPLY)

- I've never taken daily medication before
- I've missed a prescription refill before
- I've missed doses of a medication before

### WHAT DOES THIS MEAN:

Your past experience with taking medication matters. If you've checked any of these boxes, you may have an increased risk of missing your HIV medication – and you should talk to your doctor about how to reduce your risk for resistance.

## MY CONCERNS ABOUT TREATMENT (CHECK ALL THAT APPLY)

- Affording my medication
- People finding out about my status
- Swallowing pills
- Adding more medications to my routine
- Side effects

### WHAT DOES THIS MEAN:

If you've checked any of these boxes, don't worry – many others have the same concerns. However, each item you checked could mean an increased chance of missing your HIV medication, so take this chance to talk about them during your next office visit.

## AND FINALLY...



How confident are YOU about your ability to take your medicine the right way, at the same time, every day?

NOT CONFIDENT                      SOMEWHAT CONFIDENT                      VERY CONFIDENT



### WHAT DOES THIS MEAN?

Whatever your level of confidence is right now, building it up may help you reach your treatment goals. Be positively fearless and discuss this with your doctor.

1. Aidsmap. Drug Resistance. <http://www.aidsmap.com/resources/treatmentsdirectory/Drug-resistance/page/1280050/>. Accessed May 2018.
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3. Nakanjako D, et al. High T-cell immune activation and immune exhaustion among individuals with suboptimal CD4 recovery after 4 years of antiretroviral therapy in an African cohort. *BMC Infectious Diseases*. 2011; 11:43.
4. Colasanti J, et al. Novel predictors of poor retention following a down-referral from a hospital-based antiretroviral therapy program in South Africa. *AIDS Research and Human Retroviruses*. 32.4 (2016): 357–363. PMC. May 2018.
5. U.S. Department of Health and Human Services. Guidelines for the Use of Antiretroviral Agents in Adults and Adolescents Living with HIV. July 2016. <https://aidsinfo.nih.gov/guidelines/html/1/adult-and-adolescent-arv/6/drug-resistance-testing> Accessed May 2018.
6. AIDInfo. HIV Treatment Adherence. <https://aidsinfo.nih.gov/understanding-hiv-aids/fact-sheets/21/54/hiv-medication-adherence>. Accessed May 2018.
7. POZ.com. HIV Drug Resistance. <https://www.poz.com/basics/hiv-basics/hiv-drug-resistance>. Accessed May 2018.

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