PrEP is not a morning after pill, a vaccination against HIV or a cure. It should not be confused with post-exposure prophylaxis (PEP), which is taken after a situation in which unprotected contact occurs in order to attempt to prevent an infection. In the US, health agencies and some insurance companies have considered PrEP to be effective since 2012 and have advertised for it as such and covered its costs. In Germany as well, a small and growing group of people have started using PrEP. At the same time, general knowledge of it is not widespread. PrEP will most certainly be used more intensely – with or without covered costs – by individuals to protect themselves from HIV infection and both with or without condoms.

PrEP can be taken regularly (daily) or for just a few days. Studies have shown that both methods are effective. You are best protected if you take PrEP every 24 hours. A planned, short-term use before potentially risky situations, like special weekends, can also be a practical and affordable form of protection.

For both kinds of PrEP, it’s important to remember that for every dose you forget, the protection is reduced!
HOW EXACTLY DOES PREP WORK?

For the HIV virus to reproduce in the body, it has to first take over the genetic material (RNA) of human cells (DNA). The virus then first复制s its own genetic information in human form in order to do that. This is done with a tool that HIV brings with it: the reverse transcriptase enzyme. The active agents in PREP block this process by integratin the DNA. This prevents the virus from reproducing.

Because the active agents remain in the blood and anal mucosa along with other places for longer periods of time, the virus is no longer able to integrate genetic information into human cells and destroys incompletely unsuccessful in its attempt to convert genetic information into DNA.

WHICH PREP-MEDS ARE AVAILABLE?

Tablets are currently available in a pill combination that combines the active ingredients tenofovir (FTC) and emtricitabin (TDF), in short, FTC/TDF, in short FTC/TDF. This combination is approved in Germany, the UK, and other countries. However, from a legal point of view, this combination may also cause a reaction for those with lactose intolerance. You can also take a combination with other medi- cations. However, these combinations are usually only prescribed by a doctor, or from the package leaflet. FTC/TDF are not偏差 sable as a single active agents, as they have to be taken in combination with another active agents.

HOW IS PREP TAKEN?

The manufacturer of Truvada® recom- mends the following for long-term use of short-term PREP. However, consuming them simulta- neously can put further strain on your metabo- lism and your health. There are claims that HIV can be more easily trans- mitted if you are already infected and that HIV is already present. PrEP also effectively inhibits the transmission of HIV in this case.

If you’re thinking about starting PREP, then you should talk to your doctor. Here you can get a through-explanation for all the consequences of your decision. You can then decide whether you want to take the medicine. PREP only takes effect if you really regulate it. Condoms also only work if you use them. What’s certain is that condoms won’t work at all if you forget to use them. If you forget to take your PREP for a day, the protection is not completely gone, although it is reduced.

PrEP use may be calculated to be more than halfway of a regular PrEP use of 2 pills per day.”

STOP PRAP USE?

The ‘quick-start’ from IRPEG is controversi- al. While no active agents can be completely expected for a short time (as any other STIs), there is a history of kidney problems. In addition, genetic information of the past.

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FOR YOUR INFORMATION?

You can find all links to our blog or the project on our website. We have also collected some information for the people who may be interested in the subject. We recommend:

WHERE CAN I FIND MORE INFORMATION?

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