What can we learn from HIV/AIDS?

Jan Fehr
Head of Department Public Health
Travel Medicine & Infectious Diseases
University of Zurich
Where we come from...
Aids in der Schweiz

- Total
- Homosexuelle Kontakte
- Drogeninjektion
- Heterosexuelle Kontakte
- anderer

BAG, September 2015
THE FOUR-PILLAR POLICY

I. Prevention
   Health protection, health promotion, early detection
   Needle program

II. Treatment
   Various treatment options, social integration
   Medical care

III. Harm reduction
   Reduction of harm to individuals and society
   Opioid substitution

IV. Repression and control
   Market regulation and youth protection
   Moderate
Where we arrived...
Treatment works - HIV became a chronic disease

Comparable life expectancy of HIV+ and HIV- individuals
‘The story of HIV is a modern medical miracle. From despair and tragedy, we have moved into an era of chronic treatable illness, in just 30 years.’

David Cooper
Swiss Statement - 2008

Well treated patients can no longer transmit their virus

Clear statement:
• Condomless sex is possible
• Against stigma
• Against discrimination
• Towards normalization
Principle of ‘Treatment as Prevention’ (TasP)
‘Treatment as Prevention’
UNAIDS ambitious target

- 90% diagnosed
- 90% on treatment
- 90% virally suppressed

...to end the HIV/AIDS epidemic by 2030
UNAIDS ambitious target

...to end the HIV/AIDS epidemic by 2030
Where are we now in CH?
HIV diagnosed cases by year

524 diagnosed 2016
80% men
61% MSM

MSM = men sex with men
How about the Swiss 90-90-90?

Of estimated 15‘000 HIV-infected individuals, estimated 3‘000 remain undetected
Are there any new prevention tools?
SwissPrEPared Program – regional differences, joint forces

7 Swiss HIV Cohort Centers

5 Checkpoints
Health center/GP
What is needed to reach ‘zero new infection by 2030’?

Reach the risk population and the 3‘000 not yet diagnosed individuals:

1. PrEP reimbursed
2. New test strategies:
   • For HIV e.g. Hometest
   • For HIV/STI tests: for free (franchisen-befreit)
3. Population targeted campaigns including social media
4. Fight against stigma and discrimination (vulnerable groups)

Keep excellent treatment results (SHCS) -> Treatment as prevention (TasP)

Keep key messages of safer sex for general population
Where we could go to - just a dream?
Decline in new HIV diagnoses among MSM in Melbourne

Eric P Chow et al.  
Lancet HIV, Sept 01, 2018, Vol5, Issue 9
The last mile...

- AIDS
- Chronic Disease
- Treatment as Prevention
- PrEP
- Zero New Infection

4 pillars drug policy/campaign
Swiss HIV Cohort Study
Swiss Statement
Swiss PrEPared
...why is the fight against HIV in CH a success story?
Joint forces against HIV...
...but also: courage, vision and passion
What about viral hepatitis?
Vision of 'Twin Win':

Elimination of HIV & viral Hepatitis

Thank you

jan.fehr@usz.ch