

Antiretroviral Drugs in the Treatment and Prevention of HIV Infection

Noga Shalev, MD

FDA-approved Antiretroviral Classes

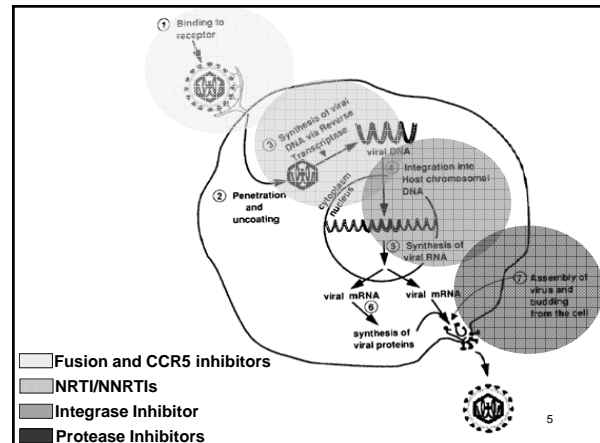
- Nucleoside reverse transcriptase inhibitors (NsRTIs)
- Nucleotide reverse transcriptase inhibitor (NtRTI)
- Non-nucleoside reverse transcriptase inhibitors (NNRTIs)
- Protease Inhibitors (PIs)
- Fusion inhibitor
- CCR5 antagonist
- Integrase inhibitor

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Uses of Antiretroviral Agents

- Treatment of chronic HIV infection
- Prevention of mother-to-child transmission [PMTCT]
- Occupational and non-occupational post-exposure prophylaxis [PEP]
- Acute HIV infection
- Pre-exposure prophylaxis [PrEP]
- Epidemiological control

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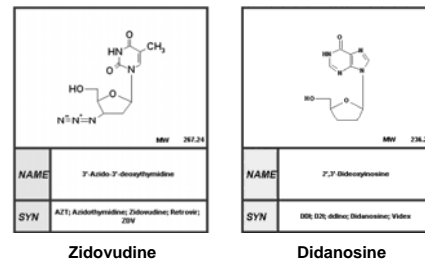
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Antiretroviral Drugs: General Principles

- There are 7 classes of FDA-approved antiretroviral agents and 22 individual drugs
- Antiretroviral agents must be used in combination for effective treatment of HIV infection
- Highly Active Antiretroviral Therapy [HAART] has led to life expectancies approaching the general population
- Drug toxicities and the emergence of drug resistance compromise the efficacy of antiretroviral agents

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Nucleoside Reverse Transcriptase Inhibitors

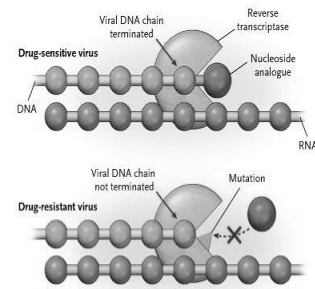


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Nucleoside Reverse Transcriptase Inhibitors

- First class of antiretrovirals developed
- Must undergo intracellular triphosphorylation to become active against HIV
- Mechanism of action
 - NRTI's compete with host nucleotides to serve as the substrate for reverse transcriptase chain elongation
 - Absence of 3'-OH group on sugar moiety prevents the addition of another nucleotide resulting in chain termination
 - Viral DNA chain elongation is aborted and viral replication ceases
- Adverse effects: nausea, headache, lactic acidosis, anemia (AZT), peripheral neuropathy, pancreatitis, lipodystrophy

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Clavel F. *N Engl J Med* 2004

Nucleotide Reverse Transcriptase Inhibitor

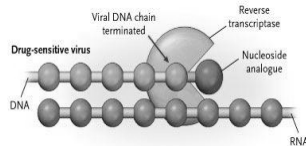
- One drug in class: tenofovir disoproxil fumarate (TDF)
- NtRTI is similar in its mechanism of action to the NsRTI's: it acts as a DNA chain terminator
- Tenofovir contains a phosphate group and therefore only requires diphosphorylation to become active
- Adverse effects: nephrotoxicity, Fanconi's syndrome, bone mineralization disorders

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Non-Nucleoside Reverse Transcriptase Inhibitors

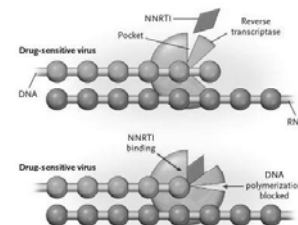
- Second class of antiretroviral agents developed
- Mechanism of action:
 - NNRTI's inhibit the HIV reverse transcriptase by binding a hydrophobic pocket close to the active site
 - Lock the enzyme's active site in an inactive conformation
- Potent but subject to rapid emergence of resistance
- Active against HIV-1 but NOT active against HIV-2

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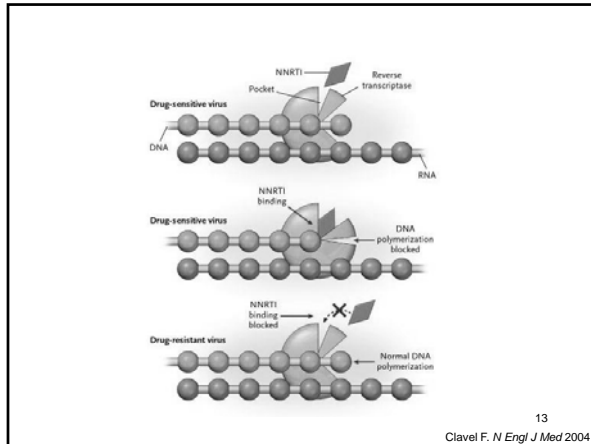
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Clavel F. *N Engl J Med* 2004



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Clavel F. *N Engl J Med* 2004



Protease Inhibitors: Drug Interactions

- Metabolized by the CYP3A4 isoenzyme of the hepatic p450 system
- Are inhibitors of CYP3A4 to varying degrees
- Ritonavir is one of the most potent CYP3A4 inhibitors known and is used to “boost” levels of other PI's
- Potential for major drug interactions with numerous HIV and non-HIV drugs

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NNRTI's: Drug Interactions and Adverse Effects

- Metabolized by CYP3A4 isoenzyme of the hepatic cytochrome p450 system
- Are *either* potent inducers or inhibitors of CYP3A4
- Potential for major drug interactions with HIV and non-HIV agents, including antimycobacterials
- Adverse effects: rash, hepatotoxicity, neurocognitive impairment (efavirenz), teratogenicity (efavirenz)

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Entry Inhibitors

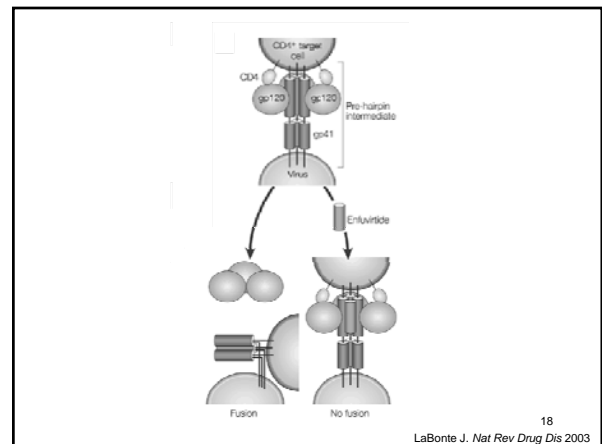
- Fusion inhibitor prevents entry by binding to glycoprotein on the viral envelope
 - One in a class: Enfuvirtide, T20
 - Binds to the gp41 envelope glycoprotein
 - Injectable only
- CCR5 antagonist prevents entry by binding to the chemokine coreceptor on the host CD4+ cell
 - One in a class: Maraviroc
 - Binds to CCR5 coreceptor
 - Active against CCR5 tropic virus only

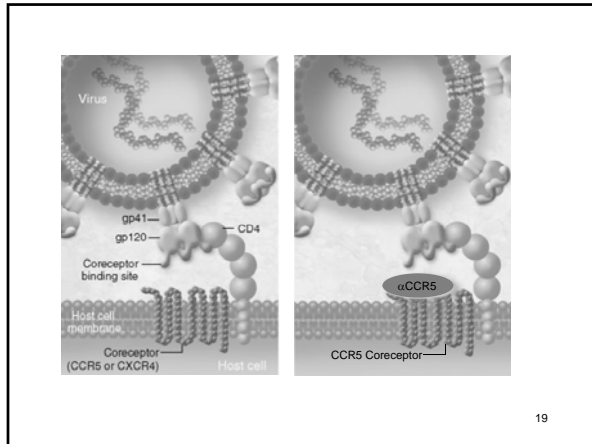
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Protease Inhibitors

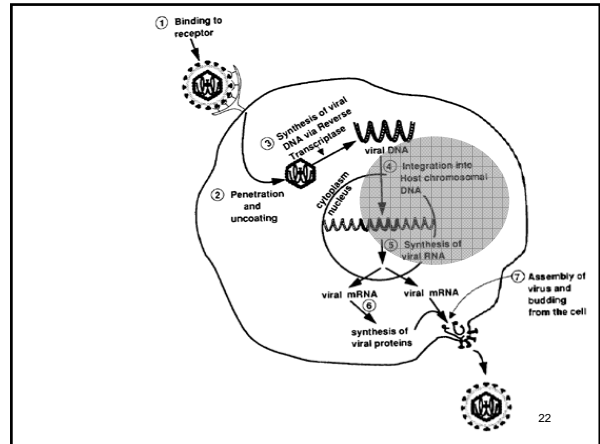
- Third class of antiretroviral agents developed
- Revolutionized therapy following introduction in 1995
- Mechanism of action:
 - Inhibit HIV protease by binding to its active site, preventing the cleavage of gag and gag-pol precursor proteins
 - Virions are produced but they are incomplete and non-infectious
- Side effects: abdominal upset, diarrhea, dyslipidemia, lipodystrophy, atherosclerosis

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Percentage of HIV Co-receptor Use

Study/Source	Population	N	R5	X4	R5/X4
Homer cohort ¹	Naive	979	82%	<1%	18%
C & W cohort ²	Naive	402	81%	<1%	19%
Demarest ³	Naive	299	88%	0%	12%
TORO 1/2 ⁴	Experienced	612	62%	4%	34%
ViroLogic ⁵	Experienced	>2000	48%	2%	50%
ACTG 5211 ⁶	Experienced	391	49%	4%	47%

¹Brumme ZL, *J Infect Dis*, 2005
²Moyle GJ, *J Infect Dis*, 2005
³Demarest J, *ICAAC* 2004, Abstract H-1136
⁴Whitcomb JM, *CROI* 2003, Abstract 557
⁵Paxinos EE, *ICAAC* 2002, Abstract 2040
⁶Wilkin T, et al, *CROI* 2006, Abstract 655

Treatment of Chronic HIV Infection: When to Start?

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Integrase Inhibitor

- One drug in class: Raltegravir
- Mechanism of action
 - Inhibits DNA strand transfer into host-cell genome and thus prevents viral integration
 - Very potent in-vitro and in-vivo
- Does not confer resistance to other ART classes
- Works synergistically with all ART's studied
- Has few side effects and drug interactions

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Treatment of Chronic HIV Infection: When to Start?

- Patient's disease stage
 - Symptomatic status
 - CD4 cell count <350
 - Plasma HIV RNA level
 - Presence of, or risk factors for, "non-AIDS" conditions such as cardiovascular, hepatic and renal disease
- Patient's commitment to therapy
- Philosophy of treatment
 - Pros and cons of 'early' intervention
 - Treatment is for lifetime

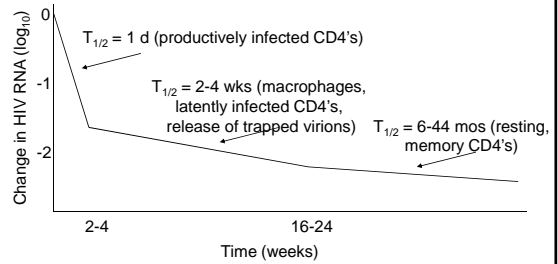
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Treatment of Chronic HIV Infection: What to Start?

- Resistance testing is now recommended at baseline due to high prevalence of primary drug resistance
- Assess for pregnancy, desire for, or potential for pregnancy
- Evaluate for viral co-pathogens, namely hepatitis B or C co-infection
- Determine presence of comorbid conditions such as diabetes, hyperlipidemia, coronary artery disease and renal disease

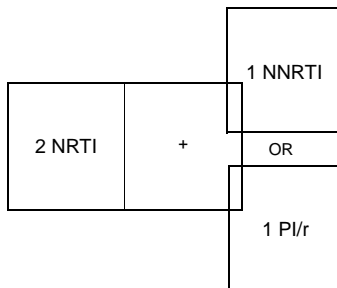
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Phases of Viral Decay with Antiretroviral Therapy



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What to Start? First Line Antiretroviral Therapy



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Limitations of Currently Available Agents

- Toxicities and adverse effects
- Emergence of resistance
- Negative effects on quality of life, "treatment fatigue"
- Drug-class cross resistance
- Drug interactions (esp NNRTIs, PIs and CCR5 blocker)
- Complexity of "salvage regimens"
- Cost, especially in "resource limited" settings

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Goals of Antiretroviral Treatment and Definition of Treatment Failure

- Goals:
 - Virological suppression as measured by an undetectable viral load
 - Immune reconstitution as measured by a rise in CD4+ count
 - Clinically, a decrease in HIV associated morbidity and mortality
- Failure:
 - Virological failure is defined as a rise in VL or failure to achieve virological suppression
 - Immunological failure is defined as a decline in CD4 cell count or a failure of the CD4+ cell count to rise
 - Clinical failure to prevent opportunistic, neoplastic and other HIV-related complications

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Causes of Treatment Failure

- Emergence of or baseline drug resistance
- Incomplete adherence
- Variable pharmacologic metabolism
- Insufficiently potent regimens
- Viral sanctuaries
- Host immune status

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HIV Resistance: Underlying Concepts

- Genetic variants are continuously produced due to the high error rate of reverse transcriptase
- Mutations at each codon site occur daily and numerous natural polymorphisms exist
- Resistance mutations exist before drug exposure and are selected for when drug is introduced
- In general, resistance mutations do not persist in the absence of drug because they are associated with decreased viral fitness

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Prevention of Mother to Child Transmission

- In 1994, PACTG 076 showed a reduction in HIV transmission from 25% to 8% in women and infants treated with zidovudine monotherapy vs placebo
- Subsequently, trials of HAART have shown reductions in transmission to rates as low as 1-2%
- Use of monotherapy or dual therapy continues in resource-poor settings and is associated with reduced transmission but high rates of resistance
- All pregnant women should be offered HIV treatment for PMTCT if not already receiving treatment

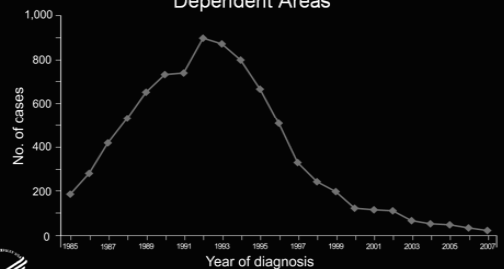
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HIV Resistance: Implications

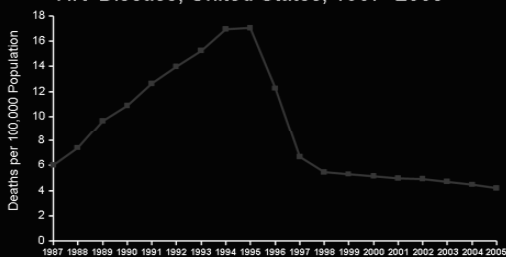
- Survival of drug mutants depends on *replication competence* and the presence of *selective pressure*
- Drugs to which high-level resistance emerges due to a single mutation with minimal impact on replication capacity are most vulnerable
- Resistance to agents which require multiple mutations will evolve more slowly
- Partially suppressive regimens will inevitably lead to emergence of resistance

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Estimated Numbers of Perinatally Acquired AIDS Cases by Year of Diagnosis, 1985–2007—United States and Dependent Areas



Trends in Annual Age-Adjusted* Rate of Death due to HIV Disease, United States, 1987–2005



Post-exposure prophylaxis [PEP]

- Occupational
 - Data is limited to a case-control trial and epidemiological surveillance
 - Zidovudine monotherapy reduced the rates of HIV transmission by ~80% in health care workers
 - Rates of transmission for percutaneous exposure are low, estimated at 0.3%
 - Current guidelines in the State of New York recommend combination antiretroviral therapy in cases of exposure
- Non-occupational:
 - Sexual assault, barrier protection breakage, IDU
 - Time is of the essence! nPEP recommended within 72 hours

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Cardo DM, *N Engl J Med* 1997

Treatment of Acute HIV Infection

- Acute HIV infection [AHI] refers to the event of exposure to and acquisition of HIV infection
- AHI is associated with extremely high levels of viremia and infectiousness
- Irreversible damage to the CD4+ T cell compartment occurs during AHI, especially in gut-associated lymphatic tissue
- It has been suggested that treatment of HIV during acute infection may:
 - Protect CD4+ T cells from destruction
 - Reduce the viral load set point and slow disease progression
 - Prevent transmission of HIV

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Summary

- Antiretroviral therapy has led to a sustained decline in HIV-associated mortality
- Where HAART is available life expectancy is now approaching the general population
- The efficacy of antiretrovirals is compromised by toxicity, resistance and incomplete adherence
- Antiretroviral use is not limited to treatment of chronic infection and indications may continue to expand
- Antiretrovirals do not replace active and multifaceted efforts at HIV prevention

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Pre-Exposure Prophylaxis [PrEP]

- PrEP refers to the use of antiretrovirals prior to an exposure to HIV
- This strategy involves the timed use of antiretrovirals prior to sexual intercourse
- Mathematical models have shown this to be a potentially useful strategy but no RCT's have been published
- Antiretroviral containing microbicides are another use of ART in the prevention of sexual transmission

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Antiretroviral Treatment in the Control of the HIV Epidemic

- The propagation of an epidemic depends on the reproduction number (R_0) being ≥ 1
- A higher mean HIV RNA in a community is associated with a higher R_0
- Universal treatment would lower mean viral loads and reduce HIV transmission and incidence
- A recent mathematical model suggests that a "test and treat" strategy may lead to the elimination of a generalized HIV epidemic

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Granich M. *Lancet* 2009