

The BICSTaR study of B/F/TAF for HIV treatment:

A summary of results at 3 years

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The intended audience for this plain language summary is registered conference attendees only. This is a plain language summary of a scientific poster that was originally presented by Dr Sabranski at EACS 2023 (Poster eP.A.081). This plain language summary only presents selected data and is not intended to replace the full poster. Please refer to the poster (available by QR code at the end of this document) for full details.

Background

B/F/TAF is a single pill to treat HIV that combines three medicines: bicitgravir (B), emtricitabine (F) and tenofovir alafenamide (TAF). B/F/TAF is for people who have not taken HIV medicines before or for people who are replacing their current HIV medicines.

The BICSTaR study provides new information about using B/F/TAF in day-to-day life, which may be different from a clinical trial.

This summary shares results from people from Germany, France, and Canada who have taken B/F/TAF for up to 3 years in the BICSTaR study. It is an interim analysis, which means an analysis of data that is carried out before the study is completed.

Why are researchers doing this analysis?

- Researchers wanted to build on what is already known about B/F/TAF from clinical trials with information on the use of B/F/TAF in everyday life from people living in different countries
- Some clinical trials only follow people for a limited amount of time but in this analysis, researchers wanted to look at longer term outcomes

Who is included in this analysis and how is the treatment studied?

This summary looks at the results from **781 adults with HIV who took B/F/TAF** during the 3-year period. Of these 781 people:



remained on B/F/TAF for a third year



used B/F/TAF as their first HIV medicine



had used other HIV medicines before B/F/TAF



People were from: Germany, France and Canada

Information was collected on:

- Viral suppression
- Side effects (unwanted effects of the treatment)
- How many people carried on taking B/F/TAF
- Weight change



Viral load and viral suppression: If an HIV treatment works, the amount of virus in a person's blood (viral load) drops to levels that are too low to be detected in routine lab tests (that is, "undetectable"). This is also called viral suppression. In this study, viral suppression occurred when less than 50 copies of the virus were found in 1 milliliter of blood.

Of the 122 people taking B/F/TAF as their first HIV treatment:



were white



were men



were 50 years old or older

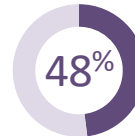
Of the 659 people who used other HIV treatments before taking B/F/TAF:



were white



were men



were 50 years old or older

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What are the results of the analysis?

How well did B/F/TAF work in people taking it for 3 years?

Researchers looked at how well B/F/TAF worked (viral suppression) by measuring HIV levels in the blood. This was calculated in 2 different ways.

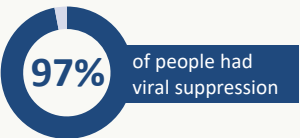
Missing = excluded analysis

Some people had missing information. This means that they stopped taking B/F/TAF before the 3 years were over or they did not have information on levels of HIV in their blood. So, these people were **not included in the results of this analysis**

Discontinuation = failure analysis

People that stopped taking B/F/TAF (discontinued) before the 3 years were over, for any reason, were counted as not having achieved viral suppression. Missing data for other reasons were not included in the results of this analysis.

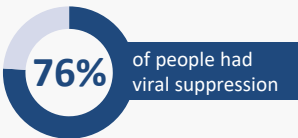
People **with HIV** resistance mutations before taking B/F/TAF:



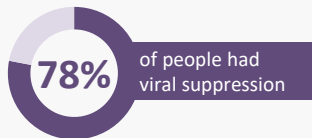
People **without HIV** resistance mutations before taking B/F/TAF:



People **with HIV** resistance mutations before taking B/F/TAF:



People **without HIV** resistance mutations before taking B/F/TAF:



How many people carried on taking B/F/TAF for 3 years?

81% of people were still taking B/F/TAF at 3 years. Results were similar in people taking B/F/TAF as their first treatment and in those who had taken other treatments before starting on B/F/TAF

How many people taking B/F/TAF had side effects?

For every 100 people taking B/F/TAF:

- **14 people** had a side effect during the study that was considered to be related to B/F/TAF
- **7 people** stopped taking B/F/TAF due to side effects (most common were weight gain and depression)

Fewer than 1 in 100 people had serious side effects related to B/F/TAF (2 out of 781 people overall)

- Both people had depression

What were the weight changes after 3 years on B/F/TAF?

On average, weight increased by:



in those taking **B/F/TAF** as their first HIV medicine



in those who had taken **other HIV medicines** before B/F/TAF



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Poster Conclusions

Following 3 years of people taking B/F/TAF in everyday life, researchers found:

- Most people had an undetectable viral load
- Most people were still taking B/F/TAF at 3 years
- Most people did not have side effects
- For people taking B/F/TAF as their first HIV medicine, most of the weight gain happened in the first 6 months of treatment

Reference: Sabranski, et al. EACS 2023, Poster eP.A.081