

## Where is HAART Simplification Going?

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One of the greatest obstacles to the success of HAART has been the complexity of the antiretroviral regimens, which have included frequent dosing intervals, large pill size and pill burdens, and dietary restrictions. All of these conspire to erode patient adherence, making successful and lasting HIV suppression difficult for many. The goal of HAART should be to maintain HIV-1 RNA suppression and preserve and/or restore immune function, while maintaining and/or improving quality of life for the patient.

Adherence to antiretroviral therapy is essential for success. Results of adherence trials will be presented, with examination of positive and negative predictors, as well as nonpredictors, of adherence. Simplification strategies that have been tried will be presented, including protease-sparing strategies, protease switch trials, pharmacokinetic boosting data, once daily regimens, pill consolidation, and structured therapy interruptions.

Significant progress has been made in all of these areas, and the pharmaceutical industry has been responsive in understanding the need for HAART simplification. The future looks bright for further antiretroviral simplification, leading to greater success and more durable antiretroviral suppression for our patients.