

# DISPARITIES IN PREP UPTAKE AND ADHERENCE AMONG CISGENDER WOMEN USING A PHARMACOLOGIC MEASURE

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## 1 BACKGROUND

- For HIV pre-exposure prophylaxis (PrEP) to be successful, it requires concurrent efforts to optimize uptake, persistence, and adherence.
- In 2018, cisgender (cis) females accounted for 19% of new HIV infections in the US but comprised only 7% of all PrEP users.
- While PrEP use among cis males who have sex with men has increased 500% since 2014, new initiations among cis females have remained relatively stable.
- Multiple studies demonstrate poor PrEP adherence amongst cis females.

## 2 METHODS

- An LC-MS/MS adherence test that measures the concentration of tenofovir (TFV) in urine was used to assess recent adherence at 8 clinics.
- Urine TFV test results were retrospectively paired with gender data, when available, and sex assigned at birth (SAAB) data.
- Adherence data were aggregated and analyzed to determine non-adherence proportions across sub-populations.

## 3 RESULTS

By Gender

- Gender data were available from 1,461 unique patients at 5 clinics, 1,344 (92%) of whom were cis males (Figure 1).
- 3,835 tests were conducted, 517 (13.5%) of which indicated recent non-adherence (Figure 2).

FIGURE 1: NUMBER OF UNIQUE PATIENTS RECEIVING ADHERENCE TESTING, BY GENDER

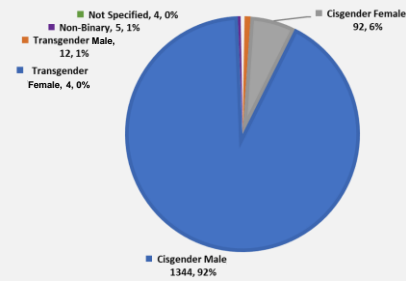
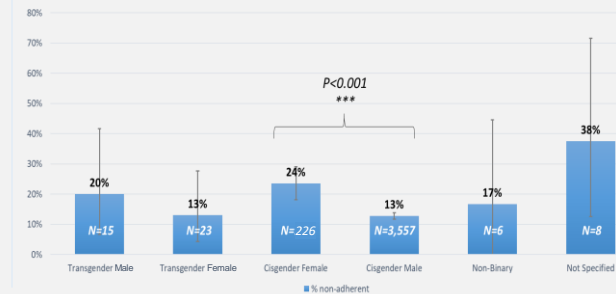


FIGURE 2: PERCENTAGE OF ADHERENCE TESTS INDICATING RECENT NON-ADHERENCE, BY GENDER



By SAAB

- In total, 8 clinics conducted routine PrEP adherence testing and collected SAAB data (gender data not available at 3 of these clinics), totaling 2,773 unique patients and 5,602 adherence tests.
- At each clinic, 89%–98% of unique PrEP patients were SAAB male (Figure 3).
- Within these 8 clinics, SAAB female demonstrated consistently higher non-adherence, with rates ranging from 17%–44%, compared to 12%–17% for SAAB males (Figure 4).

FIGURE 3: NUMBER OF UNIQUE PREP PATIENTS, BY CLINIC AND SAAB

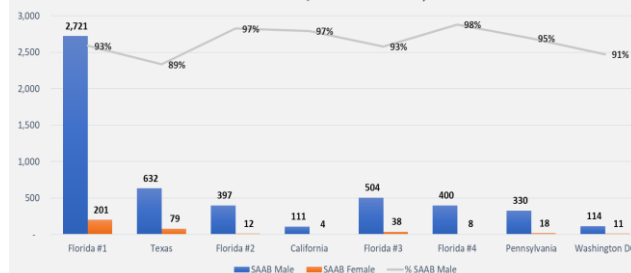
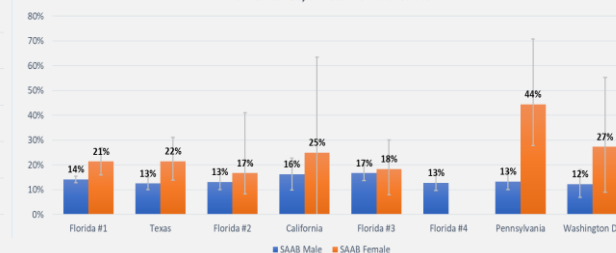


FIGURE 4: PERCENTAGE OF ADHERENCE TESTS INDICATING RECENT NON-ADHERENCE, BY CLINIC AND SAAB



## 4 CONCLUSIONS

- Real-world data from PrEP clinics that use routine adherence testing demonstrate consistent trends in uptake and adherence across gender and SAAB.
- The majority of PrEP patients at these clinics are cis males, aligning with nationwide trends of PrEP utilization.
- When initiated on PrEP, cis females exhibit higher rates of non-adherence than cis males.
- These data underscore the need to collect gender-identity data to monitor PrEP disparities.

### KEY TAKEAWAY:

Greater efforts are needed to target PrEP access, utilization, and accompanying support services to cisgender females and gender minority groups.

## CONTACT

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