

**1983** - The **first cases of AIDS** are reported in Portugal



**1986** - José Luís Champalimaud, Odete Ferreira, Kamal Mansinho and Jaime Nina collaborate with Institut Pasteur in the **discovery of HIV-2**

**1993** - The "**syringe exchange program**" starts. This allowed the retrieval of thousands of used syringes and IV drug users to inject with sterile unused material, resulting in a sustained fall in the rates of HIV infection through this route

**1996** - Introduction of SQV and IDV, the first **protease inhibitors**

**2001** - **Illicit drug use is decriminalized**. This allowed a series of clinical, social and political reforms and interventions that ultimately resulted in an abrupt decrease in the rate of both IV drug use and IV transmission of HIV and HCV

**2002** - Introduction of **TDF** in Portugal; - Historical **peak in HIV mortality**, with close to 3% of all deaths in the country being related with HIV

**2011** - **José Manuel Osório**, portuguese historian musician and activist, dies of AIDS, 27 years after HIV diagnosis



**2015**- Introduction of **SOF** in Portugal for all **HCV-infected patients**

**2016** – Introduction of **DTG**

**2015** - A study group focusing on the benefits, downsides and implementation feasibility of **PrEP** is created

**2004** - Portugal takes presence in the **Dublin Conference**, with then portuguese president Jorge Sampaio urging for the creation of a european agency specialized in the fight against HIV/AIDS



**2007** – Introduction of **DRV**

**2008** - Introduction of **Atripla ©** and **RAL**

**1984** - **António Variações**, famous portuguese musician, writer and poet, dies of AIDS (pneumocystosis)



**1990**- Introduction of **AZT** in Portugal

**1991** - **Notification** of all HIV cases becomes mandatory

**1997**- HIV patients no longer barred from medical declarations of **physical aptitude**

**1998**- Introduction of **universal serologic HIV screening in pregnant women**. This ultimately resulted in a fall in the rate of vertical transmission to close to 0%

**1999** - Portugal reaches its historical **peak in HIV incidence**, registering 3332 new cases in 1999 alone

## CURRENT SITUATION IN PORTUGAL

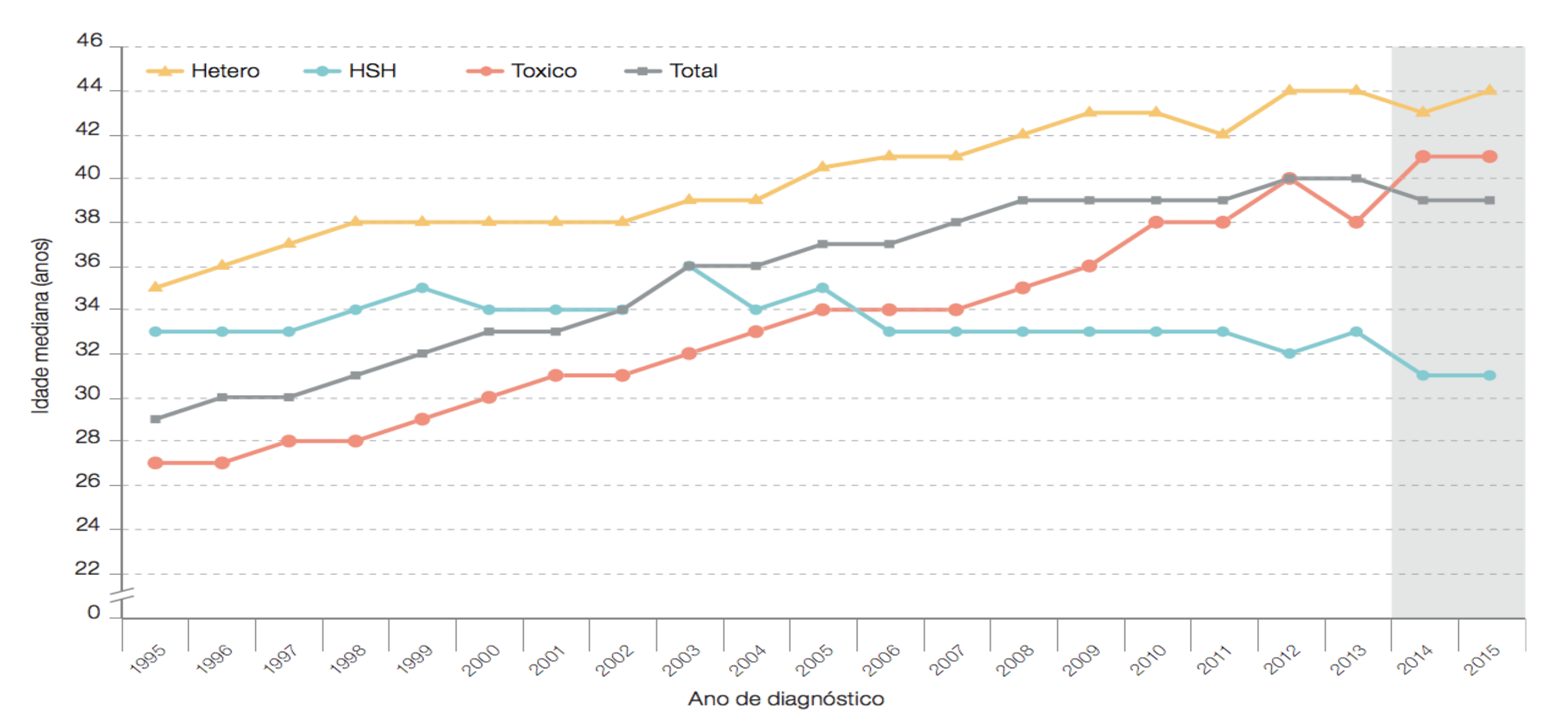


Chart 1 – Mean age at HIV diagnosis per transmission mode (1995 – 2015)

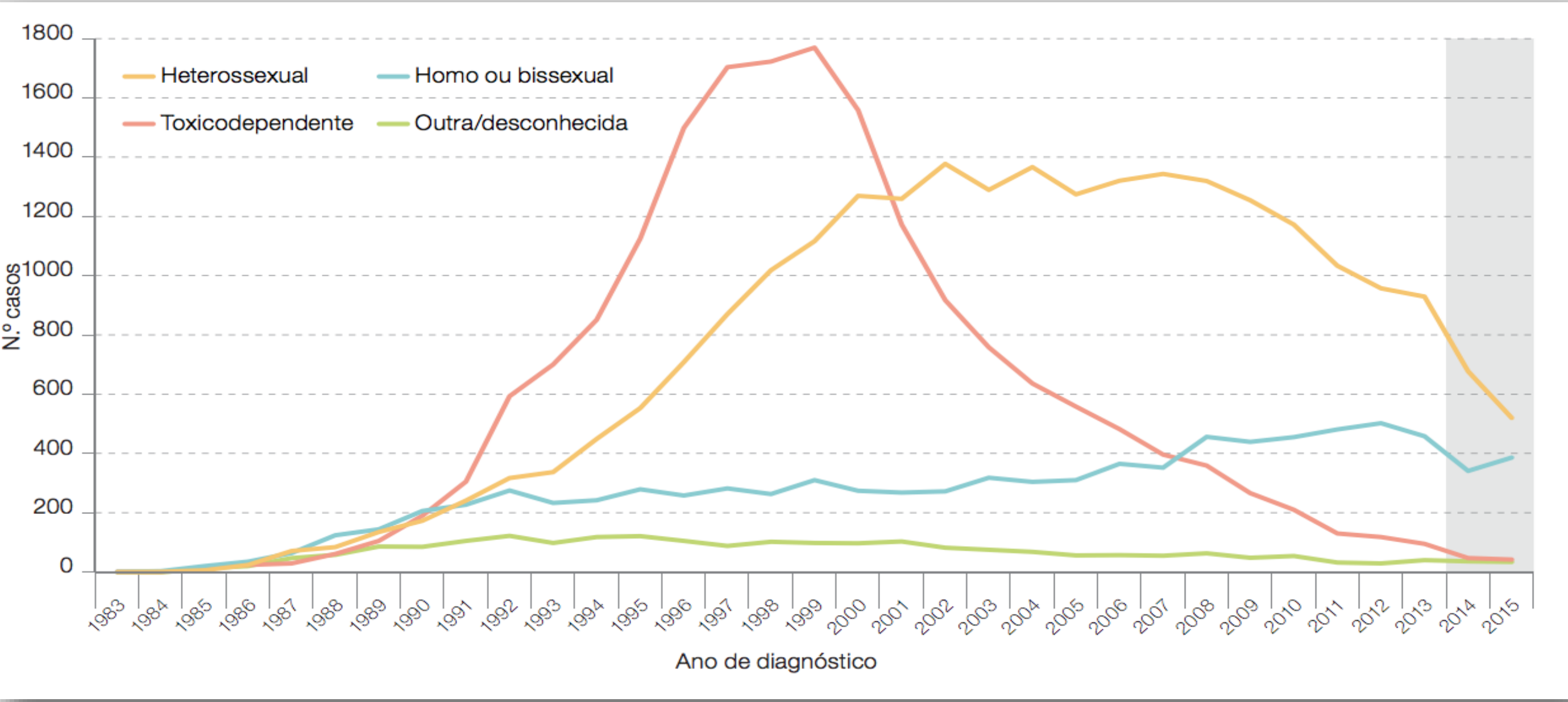


Chart 2 – Number of HIV cases per transmission mode (1995 – 2015)

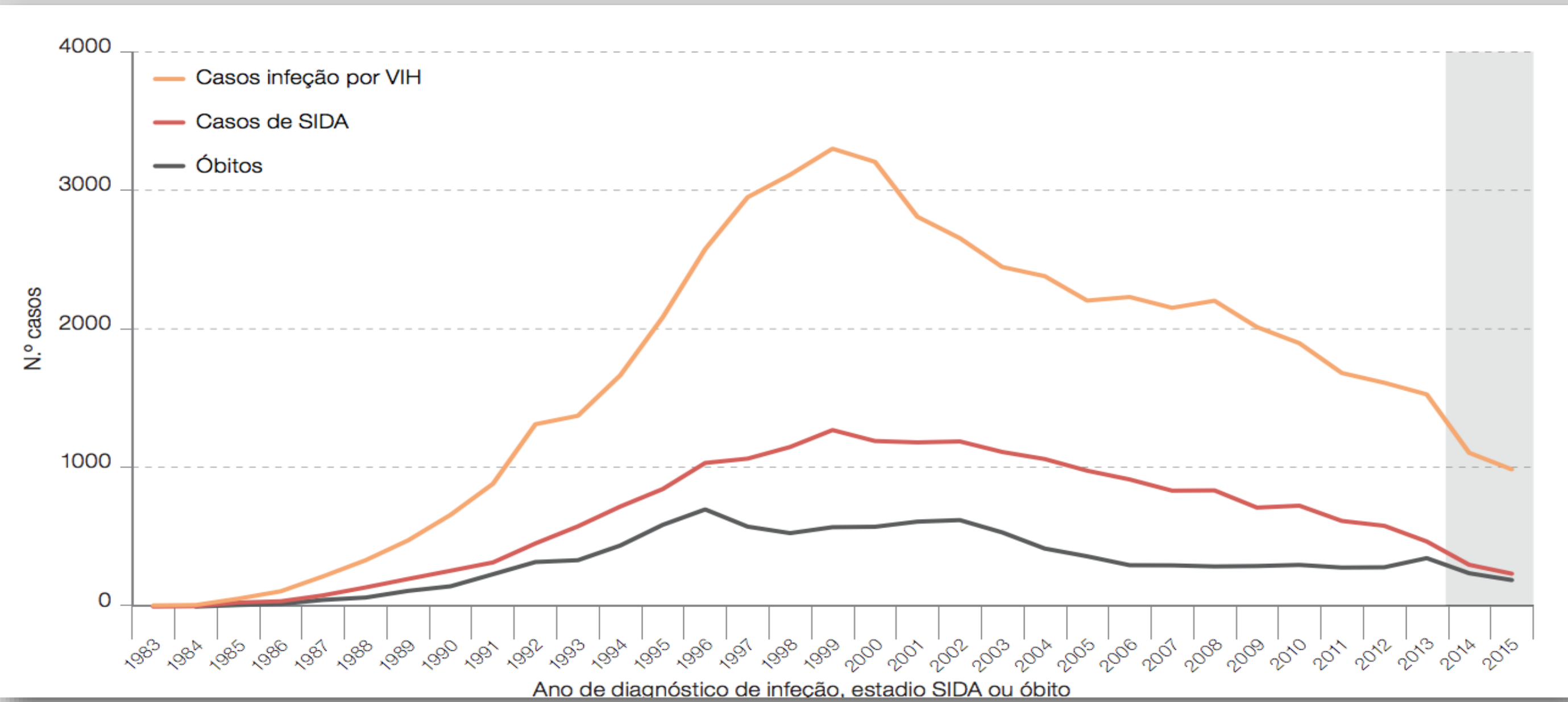


Chart 3 – Number of HIV, AIDS and AIDS-related deaths (1995 – 2015)

- **HIV incidence: 9.6 cases per 100.000 population<sup>1</sup> (n=990 cases)**
- **>20% of new cases in people older than 50 years<sup>2</sup> (25,5%)<sup>1</sup>**
- **Ratio men/women 2.7**
- **Transmission modes: 52.8% heterosexual, 39.2% MSM, 4.5% IDU**
- **For the first time since 1984, MSM was the main mode of transmission between males**
- **72% were Portuguese, 15.3% originally from Sub-Saharan Africa**
- **AIDS diagnosis: 2.3 cases per 100.000 population (2<sup>nd</sup> highest rate in Europe)<sup>2</sup> (n= 238 cases)<sup>1</sup>**
- **Late presenters: 49%; Advanced HIV disease: 30% (limited data, only 79,3% cases available)**
- **HIV-2 prevalence decreased from 10-12% in the 1990s to 3.3% nowadays<sup>3</sup>**
- **Since 30th September 2015 antiretroviral treatment should be started regardless of CD4 cell count.**
- **Currently recommended drug regimens in Portugal:**

| Backbone | First line | Alternative    |
|----------|------------|----------------|
| TDF/FTC  | RPV        | EFV            |
|          | DTG        | EVG/c          |
| ABC/3TC  | RAL        | DRV/r<br>ATV/r |

## THE ROAD TO 90-90-90: THE HIV CASCADE OF CARE IN PORTUGAL<sup>6</sup>

|  |       |
|--|-------|
| Knowledge of status among all people living with HIV                         | 90.3% |
| people living with HIV who know their status who are on treatment            | 79.1% |
| Percentage of people living with HIV on treatment who are virally suppressed | 84.6% |