



# more pills?

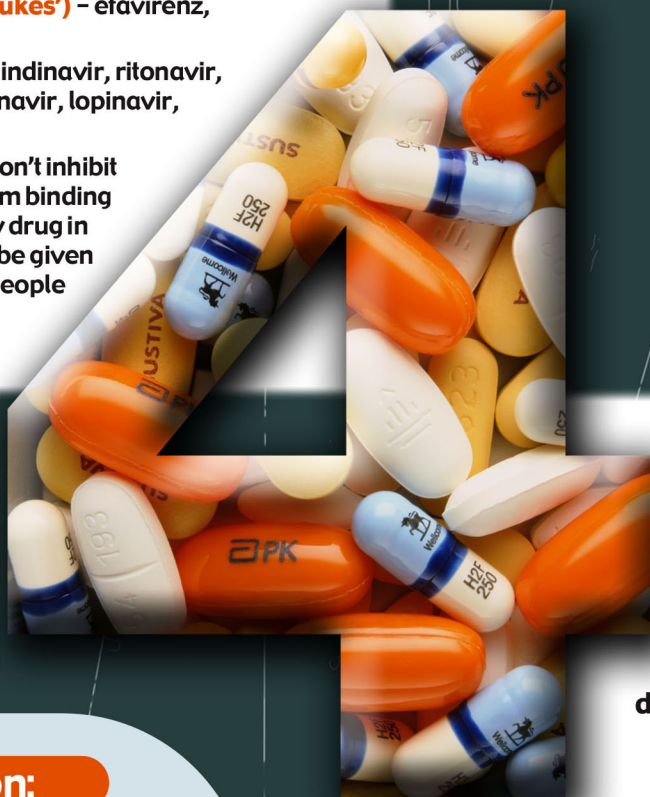
Most anti-HIV drugs work by inhibiting the enzymes used by HIV to reproduce. HIV uses different enzymes at different stages in its reproduction. At the moment, there are two of these enzymes that anti-HIV drugs target.

The first is called **Reverse Transcriptase** and this enzyme enables the virus's **RNA** (its genetic code) to be converted into **viral DNA** at the start of the process.

The second is called **Protease** and this enzyme divides up protein building blocks into new HIV particles at the end of the process.

There are five classes of anti-HIV drug currently available. These are:

- **Nucleoside Analogue Reverse Transcriptase Inhibitors (NRTIs or 'nukes')** - AZT, 3TC, FTC, d4T, abacavir, ddC and ddI
- **Nucleotide Analogue Reverse Transcriptase Inhibitors (NtRTIs)** - tenofovir
- **Non-Nucleoside Analogue Reverse Transcriptase Inhibitors (NNRTIs or 'non-nukes')** - efavirenz, nevirapine and delavirdine
- **Protease Inhibitors (PIs)** - indinavir, ritonavir, saquinavir, nelfinavir, amprenavir, lopinavir, atazanavir and tripanavir
- **Fusion Inhibitors** - These don't inhibit an enzyme, they block HIV from binding with CD4 cells. T-20 is the only drug in this group so far and can only be given by injection. It is only used in people who are resistant to most other anti-HIV drugs.



THE FOURTH  
OF SEVEN ADVERTS

All information was accurate as of May 2004

Anti-HIV drugs from different classes are used in combination. This is called **HAART - Highly Active Anti-retroviral Therapy** (commonly known as **combination therapy**).

This attacks HIV enzymes at different points or in different ways and has proven very effective at keeping HIV suppressed, as long as the drugs are taken properly.

It is normal to take at least three different anti-HIV drugs from at least two different classes. Most common combinations involve two NRTIs (often called the **'backbone'** drugs) and one NNRTI or one Protease Inhibitor, but this can vary.

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## Further information:

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020 7840 0050  
[www.aidsmap.com](http://www.aidsmap.com)

The Information Exchange:  
020 8746 5929  
[www.hivgum.demon.co.uk](http://www.hivgum.demon.co.uk)

i-Base Treatment Information Phonenumber:  
0808 800 6013 Mon-Wed 12-4pm  
[www.i-base.info](http://www.i-base.info)

THT Direct Helpline:  
0845 1221 200  
[www.tht.org.uk](http://www.tht.org.uk)

GMFA's campaigns are designed, planned and executed by HIV positive, negative and untested volunteers. To volunteer for GMFA, phone, write or e-mail: 020 7738 6872. Unit 43, The Eurolink Centre, 49 Effra Road, London SW2 1BZ. [newvol@gmfa.org.uk](mailto:newvol@gmfa.org.uk)  
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