



Empowering Cisgender Women:
Inclusion and Awareness of PrEP

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This activity is jointly provided by Physicians' Research Network and the Medical Society of the State of New York.

Overview

1

Understand PrEP eligibility and benefits in cisgender women (CGW)

2

Be able to navigate the PrEP prescription process

3

Know how to monitor adherence strategies

4

Be aware of the pipeline for new PrEP options



Background

CDC 2021 Guidelines

Discuss PrEP
with *all* sexually
active patients

Prescribe PrEP
to *anyone who
asks for it*

US Preventive Services Task Force- August 2023

Population	Recommendation	Grade
Adolescents and adults at increased risk of HIV	The USPSTF recommends that clinicians prescribe preexposure prophylaxis using effective antiretroviral therapy to persons who are at increased risk of HIV acquisition to decrease the risk of acquiring HIV.	A



New HIV Infections in the US, 2021

Estimated 32,100 new infections

6,200 (24%) among persons assigned female at birth

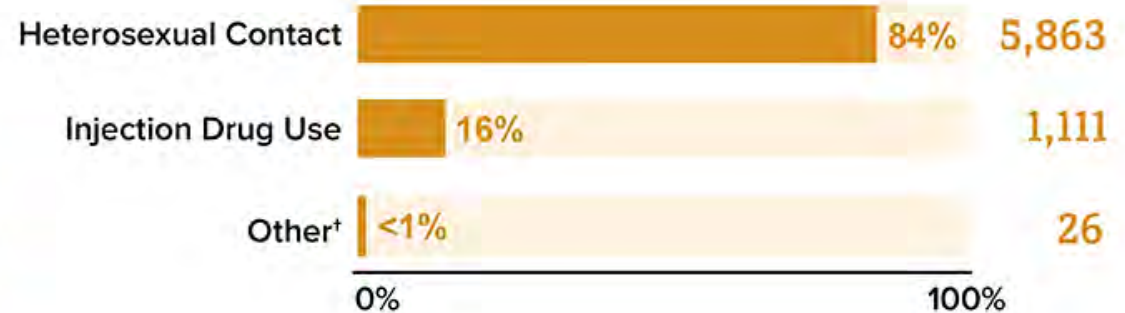
- Black cis-gender women-54%

Transgender women (2%) and transgender men (<1%)



New HIV Infections Among Women by Transmission Category - 2019

Most new HIV diagnoses among women were attributed to heterosexual contact.

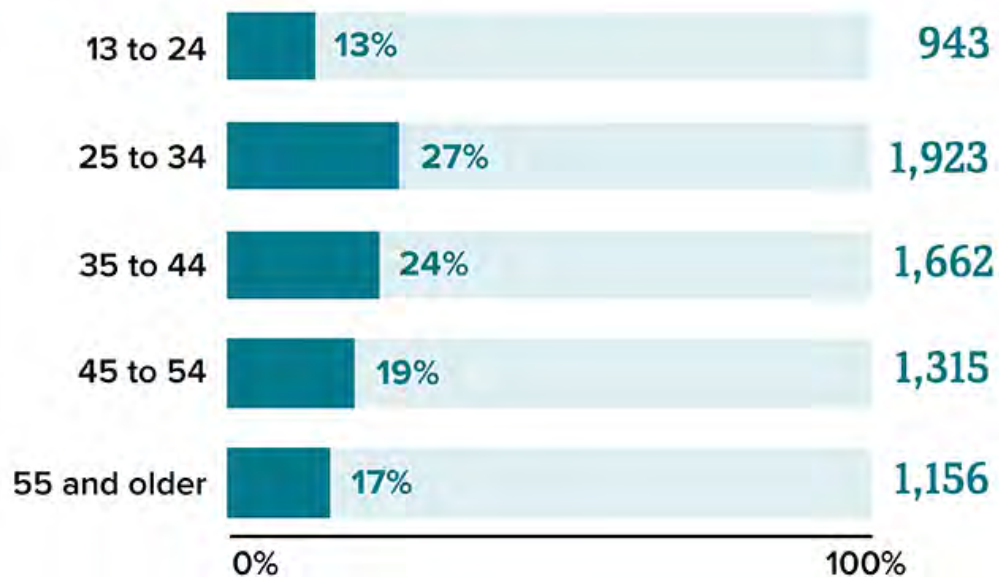


* Based on sex assigned at birth and includes transgender people. For more information about transgender people, visit CDC's HIV and Transgender People web content.

† Includes perinatal exposure, blood transfusion, hemophilia, and risk factors not reported or not identified.

New HIV Diagnoses Among Women by Age in the US and Dependent Areas, 2019

Women aged 25 to 34 had the highest number of new HIV diagnoses.



Total may not equal 100% due to rounding.

* Based on sex assigned at birth and includes transgender people. For more information about transgender people, visit CDC's HIV and Transgender People web content.

Source: CDC. Diagnoses of HIV Infection in the United States and dependent areas, 2019. *HIV Surveillance Report* 2021;32.



HIV Prevalence Rate Ratios by Race/Ethnicity, 2021



The rate of **Black males** living with an HIV diagnosis is 5.6 times that of **White males**.



The rate of **Hispanic/Latino males** living with an HIV diagnosis is 2.8 times that of **White males**.



The rate of **Black females** living with an HIV diagnosis is 16.6 times that of **White females**.



The rate of **Hispanic/Latina females** living with an HIV diagnosis is 4.4 times that of **White females**.



New HIV Diagnosis Locally

New York City

- 19% born female
- Late HIV diagnosis
 - 20.5% in males
 - 24.6% in female

Essex County, NJ

- 31% new infections among those born female
- 38% of PWH are born female



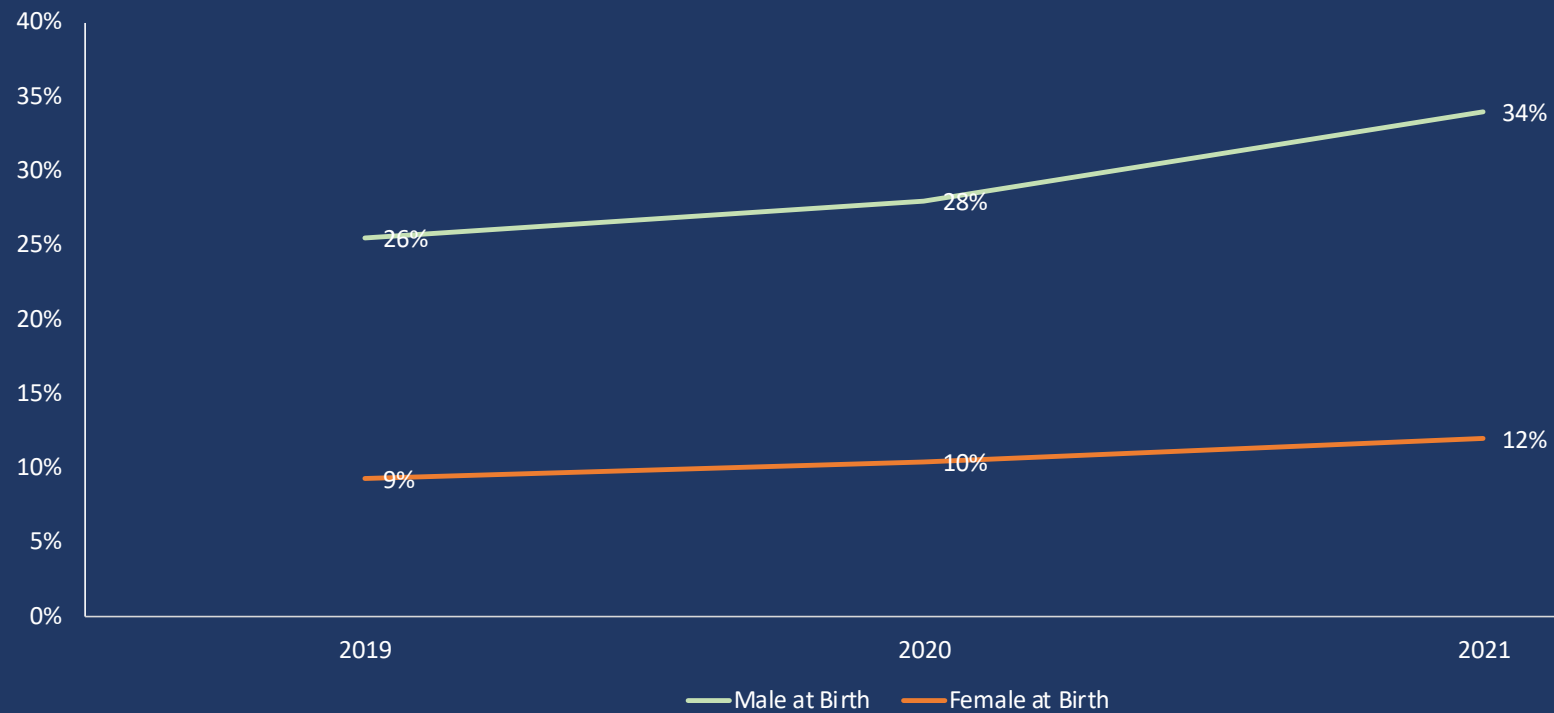
ΠΙΝ ΑΠΟΥ Women: PrEP Coverage

- EHE Goal
 - Increase the estimated percentage of people with indications for PrEP classified as having been prescribed PrEP to at least 50% by 2024 and remain at 50% by 2030

<https://www.cdc.gov/hiv/group/gender/women/prep-coverage.html>



No of Persons with PrEP Indications and PrEP Coverage

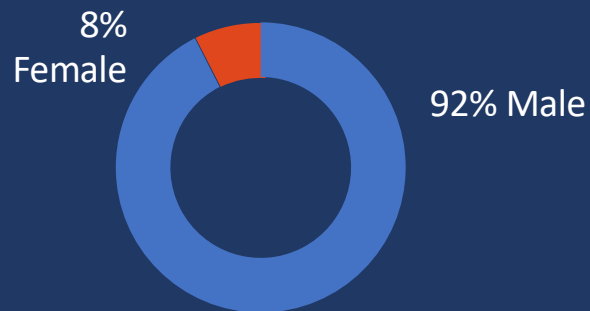


<https://www.cdc.gov/hiv/library/reports/hiv-surveillance/vol-26-no-2/content/national-profile.html#7>



PrEP Coverage by Sex

- 2022 PrEP Users: 92% male, 8% female
- Yet, 18% of new HIV diagnoses in 2020 were among women



Males: 11 PrEP users per new HIV diagnosis
Females: 4 PrEP users per new HIV diagnosis



PrEP to Need Ratio

PrEP-to-Need Ratio (PNR) is the ratio of the number of PrEP users in 2022 to the number of people newly diagnosed with HIV in 2021

A lower PNR indicates more unmet need

	PNR	PNR Males	PNR Females
US	12.06	13.63	5.09
NY State	22.42	25.73	7.93
NY County	56.43	60.00	20.43
NJ	8.05	9.75	2.12
Hudson County	10.08	11.07	3.26
Essex County	3.80	5.06	1.04



Women are Less Likely to be Tested for HIV or Offered PrEP at Time of STI Diagnosis

Retrospective chart review to assess missed opportunities for HIV testing, completeness of STI screening, and HIV prevention discussion among individuals diagnosed with an STI, 1/2019 – 8/2019 (N=815 with 856 positive STI patient encounters)

HIV Testing

- Only 65% of patient encounters had concurrent HIV screening

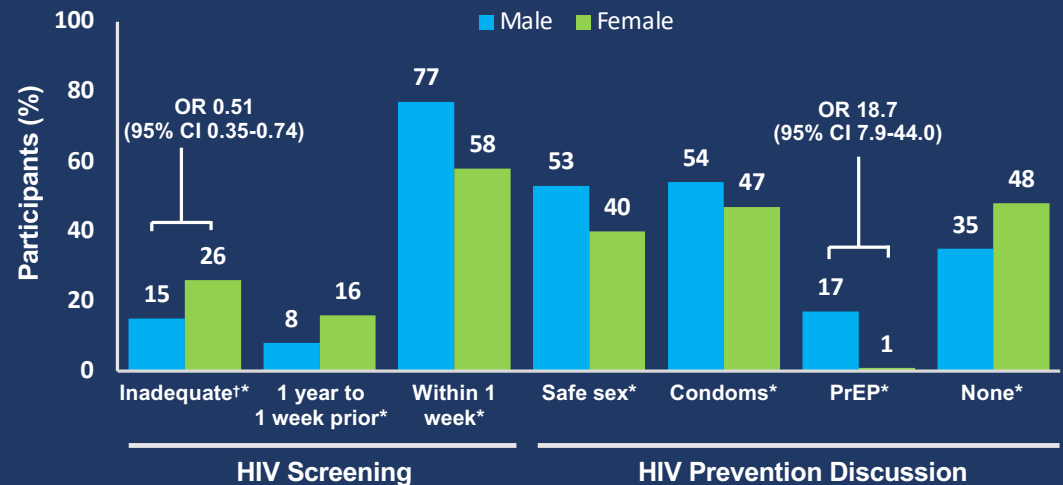
STI Screening

- Multisite testing was rarely performed (7.5%)
 - Men were more likely to have multi-site testing than women (20.3% vs 0.36%, OR 69.9, 95% CI 17.0-285.7)

Discussion of HIV Prevention

- Documentation of PrEP discussion was rare (4.7% of patient encounters) compared with safe sex (44.6%) and condoms (49.8%)

HIV Primary and Secondary Prevention



Missed opportunities for HIV prevention are common and gender disparities persist. Provider education and training should be addressed to improve comprehensive HIV prevention care in women.





Current Options

Currently Available PrEP Options



**Tenofovir disoproxil
fumarate/emtricitabine
(TDF/FTC)**

Cabotegravir (CAB)



What's NOT Approved



On-demand PrEP

Emtricitabine/tenofovir
alafenamide fumarate
(TAF/FTC)



HPTN 084: CAB Q2M vs Daily Oral FTC/TDF

- International, randomized, double-blind phase

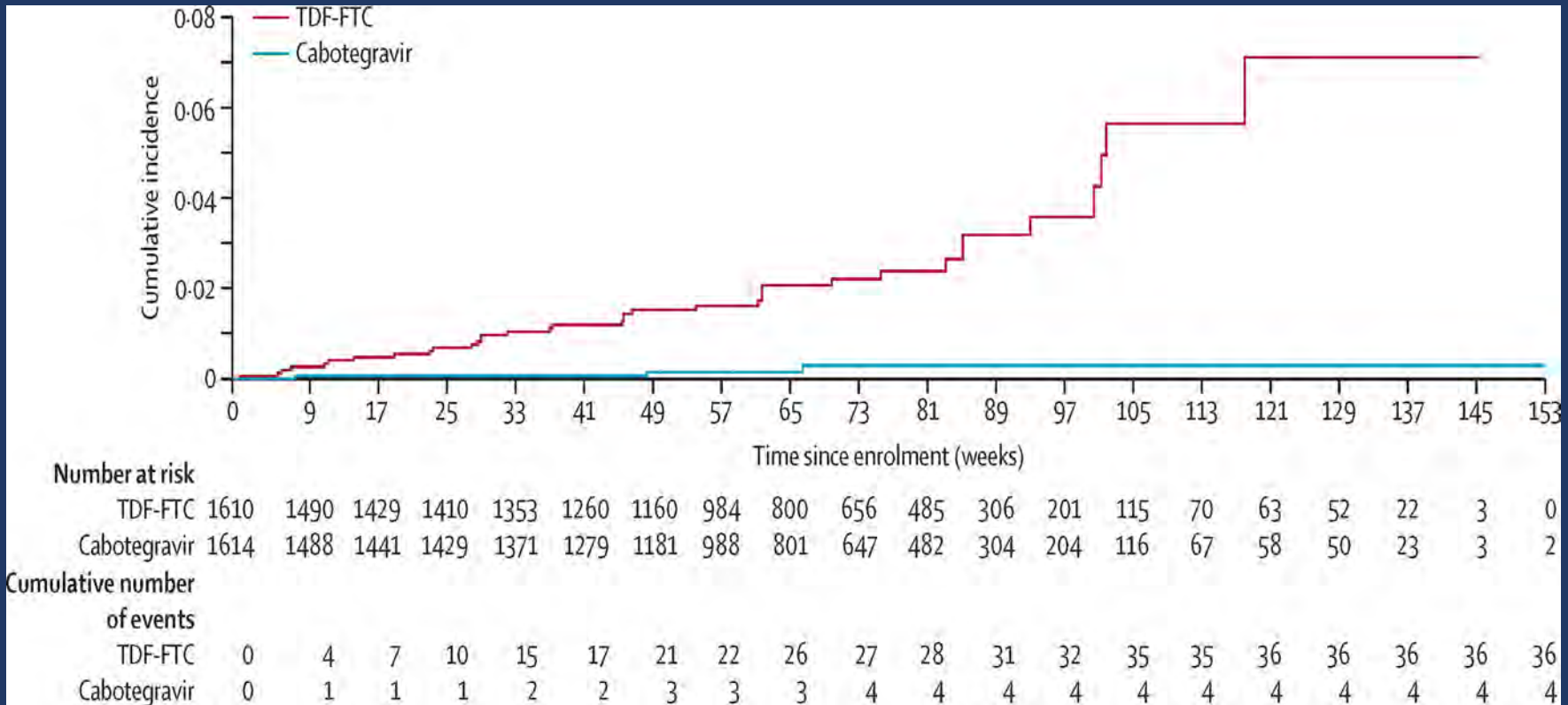
HPTN 084

- N = 3224 cisgender women
- Cabotegravir 600 mg IM Q 8 weeks vs TDF/FTC
- 89% reduction in HIV infection
- HR for CAB vs FTC/TDF:
0.12 (95% CI: 0.05-0.31)

- LA IM CAB met criteria for superiority vs daily oral FTC/TDF



HPTN 084

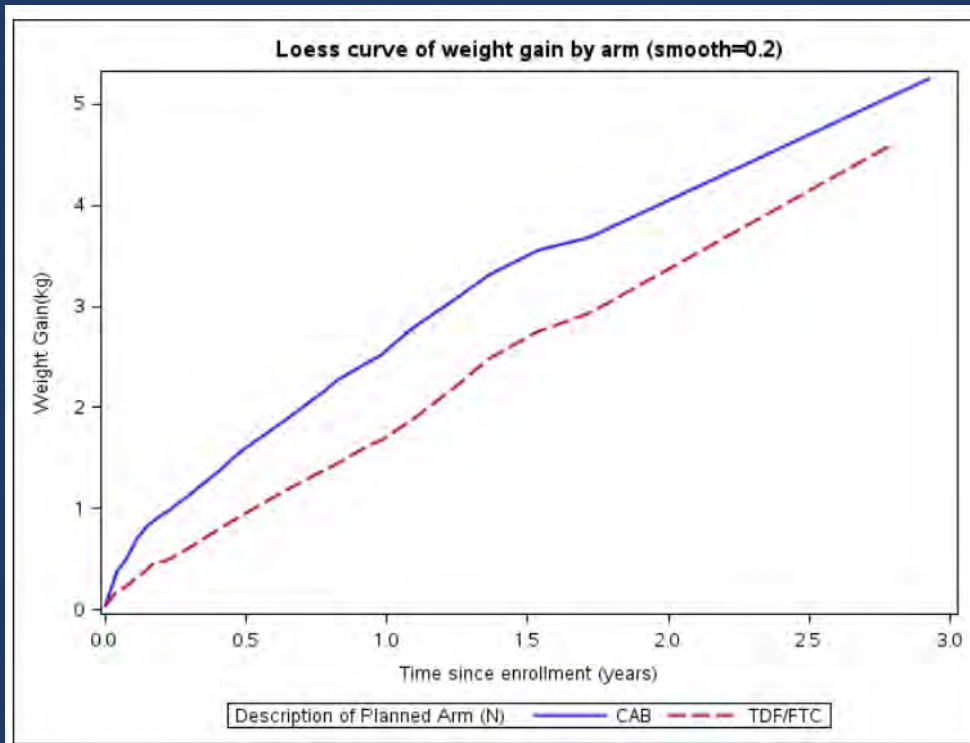


HPTN 084: Injection-Site Reactions

- Any injection-site reaction:
38% with CAB, 10.8% with FTC/TDF
- Grade ≥ 2 injection-site reactions:
12.6% with CAB, 1.6% with FTC/TDF
- **No discontinuations due to injection-site reactions**



HPTN 084 Weight Gain



- Initial mean: +0.4 kg (95% CI: 0.27-0.51) with CAB vs FTC/TDF ($P < .0001$)
- Overall mean: +2.4 kg/yr (95% CI: 1.9-3.0) with CAB vs +2.1 kg/yr (95% CI: 1.9-2.4) with FTC/TDF ($P = .041$)



HIV Monitoring on PrEP

- 2021 CDC guidelines recommend HIV-1 RNA assays for monitoring patients on both oral and LA injectable PrEP
- In HPTN 083, HIV detection with antigen/antibody testing was delayed compared with qualitative HIV-1 RNA testing
- CAB delays: median of 62 days for baseline infections; 98 days for incident infections
- FTC/TDF delays: median of 34 days for baseline infections; 31 days for incident infections
- 5 patients in HPTN 083 received LA CAB after HIV infection and developed INSTI resistance



Incident HIV Infections in HPTN 084

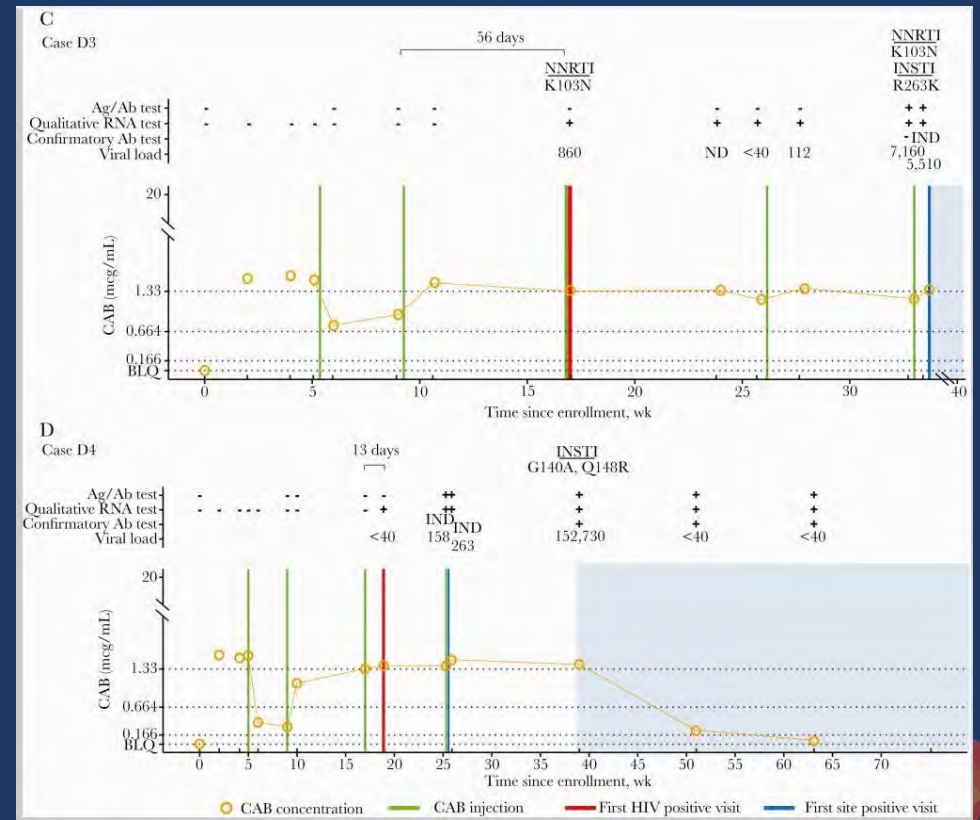
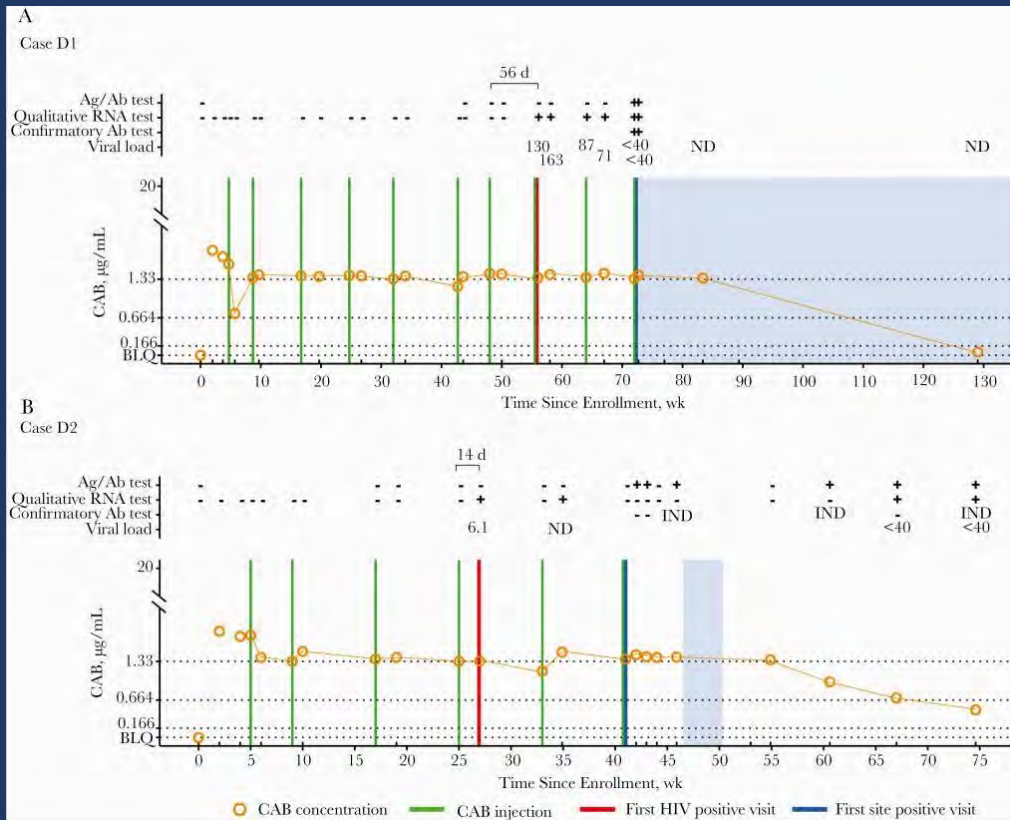
3,224 CGW

4 incident infections on LA CAB

1 with on-time injections

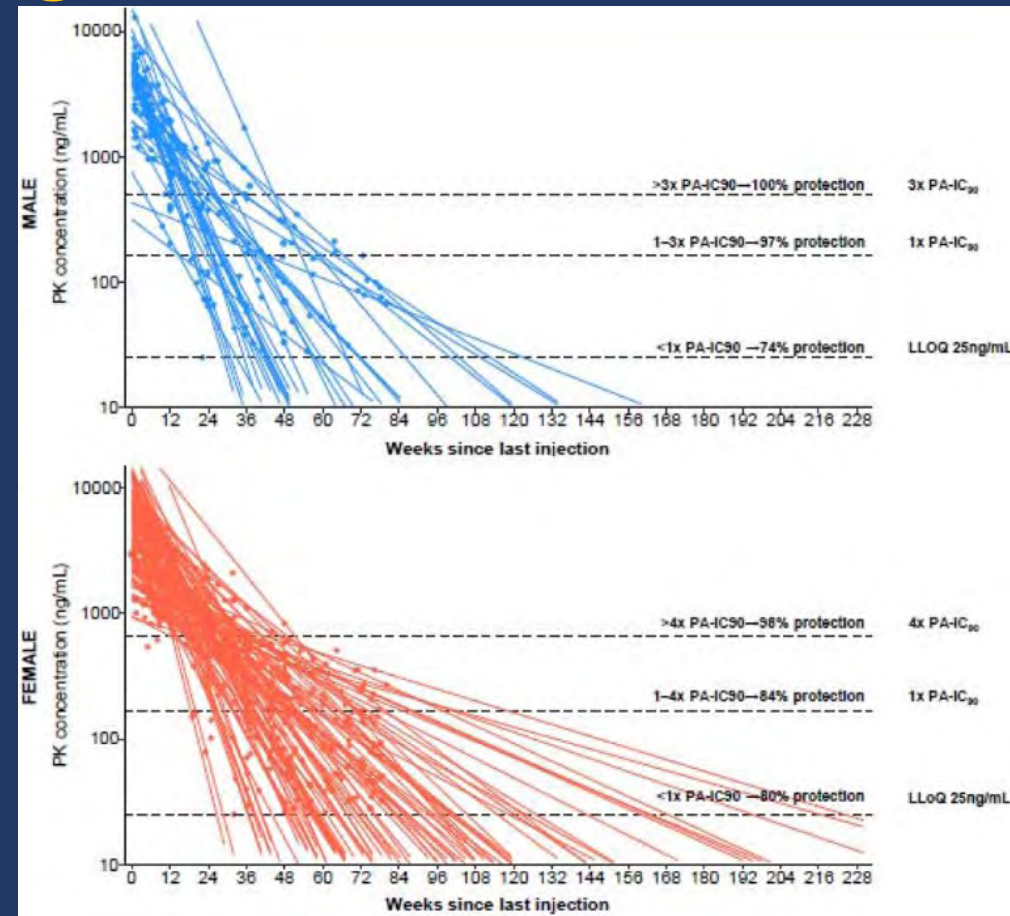
In HPTN 084, no patients developed INSTI resistance while receiving LA CAB

HPTN 083 Delayed Diagnosis Case Summaries



Discontinuing or Restarting PrEP

- Re-educate patients about the “tail” and the risks during declining CAB levels
- Assess ongoing risk/indications
- If PrEP is indicated, prescribe daily oral F/TDF beginning within 8 weeks after last injection
- Continue follow-up visits quarterly for 12 months
- Conduct HIV-1 RNA tests at each quarterly follow-up visit after discontinuing CAB injections



Who should get PrEP and How to Improve Adherence



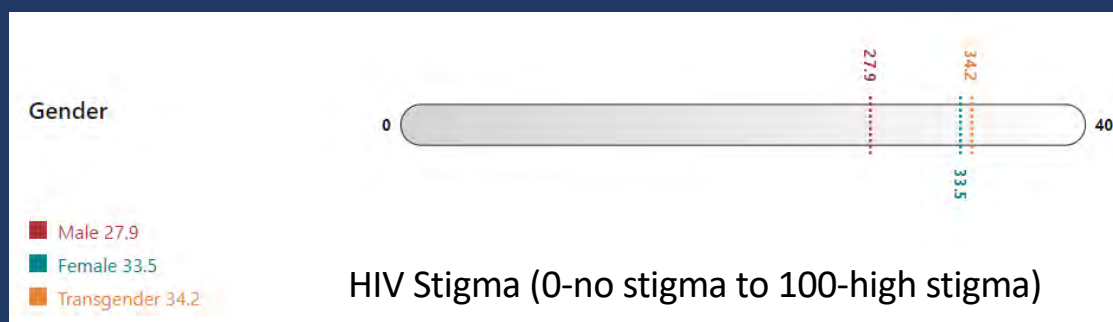
Indications Among CGW

If	And have any one of the following		
Anal or vaginal sex in past 6 months	Have a sexual partner with HIV (especially if the partner has an unknown or detectable viral load),	Have not consistently used a condom	Diagnosed with bacterial STI
Inject drugs	Have ever injected drugs (especially if you have injected drugs in the past 6 months)	Have an injection partner with HIV	Share needles, syringes, or other equipment to inject drugs (for example, cookers)
Have been prescribed PEP (postexposure prophylaxis)	May continue to be exposed to HIV in the future or have used PEP more than once		



Challenges for CGW

- Low awareness of PrEP (CGW and providers)
- Commercials rarely show CGW
- Competing priorities
- Fewer options
- Stigma
- Potential preference for barrier protection to also protect unwanted pregnancies and/or STI



Reframing it as Sexual Health

- Incorporate PrEP into routine office visits
- Reframing “risk” (stigmatizing language) to need or reasons
- Offer PrEP at clinics women access
 - OB/GYN offices
 - Family Planning Clinics
 - Primary Care Clinics
 - Health Departments
- Consider GOALS framework using 5Ps
 - Partners, Practices, Protection From STI, Past History of STI, Prevention of Pregnancy



GOALS Framework for the Sexual History

Component	Suggested Script Rationale	Goal Accomplished
<u>G</u>ive a preamble that emphasizes sexual health	<ul style="list-style-type: none">• I'd like to talk with you for a couple of minutes about your sexuality and sexual health.• I talk to all of my patients about sexual health, because it's such an important part of overall health. Some of my patients have questions or concerns about their sexual health, so I want to make sure I understand what your questions or concerns might be and provide whatever information or other help you might need	<p>Focuses on sexual health, not risk.</p> <ul style="list-style-type: none">• Normalizes sexuality as part of health and healthcare.• Opens the door for the patient's questions.• Clearly states a desire to understand and help.



GOALS Framework for the Sexual History

Component	Suggested Script Rationale	Goal Accomplished
<u>O</u>ffer opt-out HIV/STI testing and information	<p>First, I like to test all my patients for HIV and other sexually transmitted infections.</p> <p>Do you have any concerns about that?</p>	<ul style="list-style-type: none"> • Doesn't commit to specific tests; but does normalize testing. • Sets up the idea that you will recommend some testing regardless of what the patient tells you. • Opens the door for the patient to talk about HIV or STIs as a concern
<u>A</u>sk an open-ended question	<p>Pick one (or use an open-ended question that you prefer):</p> <ul style="list-style-type: none"> • Tell me about your sex life. • What would you say are your biggest sexual health questions or concerns? • How is your current sex life similar or different from what you think of as your ideal sex life? 	<ul style="list-style-type: none"> • Puts the focus on the patient. • Lets you hear what the patient thinks is most important first. • Lets you hear the language the patient uses to talk about their body, partners, and sex.



GOALS Framework for the Sexual History

Component	Suggested Script Rationale	Goal Accomplished
<p><u>L</u>isten to relevant information and fill in the blanks</p>	<ul style="list-style-type: none"> • Besides [partner(s) already disclosed], tell me about any other sexual partners. • How do you protect yourself against HIV and STIs? • How do you prevent pregnancy (unless you are trying to have a child)? • What would help you take (even) better care of your sexual health? 	<ul style="list-style-type: none"> • Makes no assumption about monogamy or about gender of partners. • Avoids setting up a script for overreporting condom use. • Can be asked of patients regardless of gender. • Increases motivation by asking the patient to identify strategies/ interventions.
<p><u>S</u>uggest a course of action</p>	<ul style="list-style-type: none"> • So, as I said before, I'd like to test you for [describe tests indicated by sexual history conversation]. • I'd also like to give you information about PrEP/contraception/other referrals. I think it might be able to help you [focus on benefit]. 	<ul style="list-style-type: none"> • Allows you to tailor STI testing to the patient so they don't feel targeted. • Shows that you keep your word. • Allows you to couch education or referral in terms of relevant benefits, tailored to the specific patient.

Adherence Strategies

- Peer navigators
- Power of sisterhood
- PrEP education at CGW centric locations
 - Gyn offices
 - College campuses
 - Salons
- Social media platforms
- Tailor education content to CGW



Selecting the Preferred Agent

Oral PrEP

- Pros
 - Generic available
 - Widely available
 - Minimal adverse effects
 - Can be used during pregnancy
 - Preferred option with HBV infection
- Cons
 - Frequent dosing
 - Minimal discretion
 - On-demand oral PrEP and FTC/TAF not options for cisgender women
- Time to protection
 - 21 days for vaginal sex
 - 7 days for receptive anal sex

Injectable PrEP

- Pros
 - Less frequent dosing
 - Allows for privacy/discretion
- Cons
 - Injections
 - Requires every 8 week visit at provider
 - Not approved for HBV infection
 - Limited data in pregnancy
 - Implementation challenges
- Time to protection
 - Limited data; based on animal models the following is estimated
 - 95% of people will achieve protective blood levels of CAB-LA 7 days after their first injection
 - Fifty percent of people will achieve protective blood levels 1 day after the first injection



Lessons Learned from LA Injectable ART for PrEP: Clinic Infrastructure

Space and storage

- Adequate refrigeration and storage facilities
- Designate private space for injections

PrEP coverage

- Establish billing protocols for procurement
- Medical vs. Pharmacy benefits

Personnel to accommodate administration capacity

- Consider designated staff
- Ensure adequate training

Establish workflows and protocols

- Clinic flow
- Use of order sets and stand protocols

Ensure tolerability of injections

- Promote patient–provider communication and decision-making

Support enrolled patients to ensure tracking and retention

- Flexible scheduling with multiple locations



PrEP Assistancs Programs

- Ready, Set, PrEP (oral PrEP)
 - <https://readyssetprep.hiv.gov/>
 - Uninsured
 - HIV negative result
 - Needs a Rx
 - Live in the US
- Copay assistance programs
- Medication assistance programs
 - State variability
 - Medication Access Prgorams



Monitoring During PrEP in Cisgender Women

Laboratory Testing Timing	Oral PrEP	Injectable PrEP
HIV Ag/Ab and HIV-1 RNA testing	Every 3 mo	Every 1 mo with first 2 injections, then every 2 mo
Serum creatinine	<ul style="list-style-type: none"> ▪ Every 6 mo if age ≥ 50 yr or eCrCl < 90 mL/min ▪ Every 12 mo if age < 50 yr and eCrCl ≥ 90 mL/min ▪ Persons with CrCl < 60 mL/min should not take FTC/TDF for PrEP 	Not required
STI testing	Every 6 Mo	Every 6 Mo
Pregnancy testing	Not specified	Not specified

PrEP in Pregnancy

Pregnancy may be a period of increased HIV risk

F/TDF preferred

F/TDF permitted in pregnant AND breast-feeding mothers

Limited data on CAB LA in pregnant and breast-feeding mothers (Clinical trial ongoing)

Future Options



Future Options for PrEP

Intravaginal
ring

Implant

Multimodal
prevention
strategies

Other long-
acting
injections

Antibody
infusions

Patch

Vaginal Rings

Vaginal rings are small, flexible plastic rings that are inserted into the vagina to release different drugs. Vaginal rings have been used to safely and effectively address reproductive health needs, such as contraception and hormone management, for decades

Vaginal rings provide the opportunity for:

- LOCALIZED, SUSTAINED ACTION
 - Steady drug release
 - Low systemic exposure

Implementation in low-resource settings

- Relatively low manufacturing cost
- Stored at room temperature; no cold chain needed

Possibility of multipurpose technologies

- Rings could be developed to treat or prevent multiple conditions at once (achieve sexual and reproductive health goals, including contraception, hormone management, and HIV prevention)



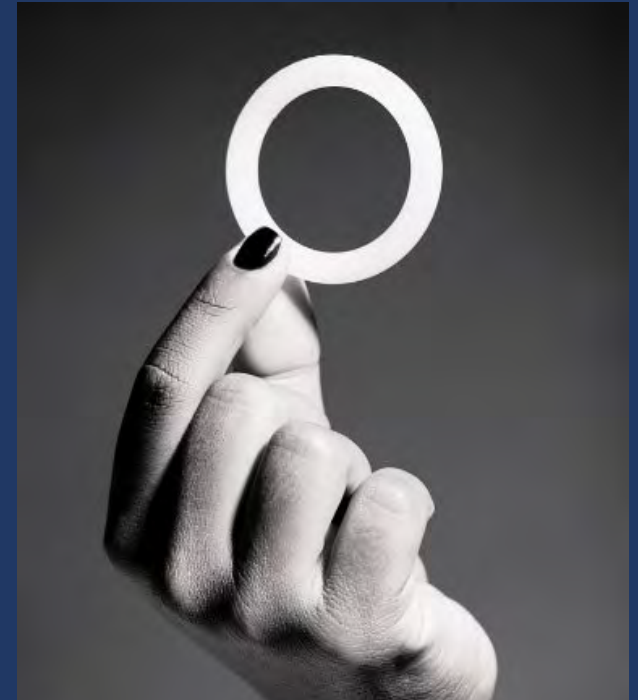
Intravaginal Ring

- Dapivirine vaginal ring
- NNRTI
- Female-controlled method
- Slowly released over one month
- Each ring contains about 25 mg of drug
- Approved by WHO and many countries in Africa
- Not FDA-approved



Efficacy and Safety Data

- Ring Study
 - Phase 3
 - 1959 CGW in SA and Uganda
 - 31% reduction in HIV incidence
- ASPIRE Study
 - 2629 CGW in Malawi, South Africa, Uganda, and Zimbabwe
 - 27-37% reduction in HIV incidence
- No difference between Dapivirine and Placebo
 - Serious AEs
 - Number of pregnancies
 - Number of STIs
 - Common side effects included urinary tract infections, vaginal discharge, itching, and pelvic and lower abdominal pain. Resolved with no interruption of ring use



REACH Study (Reversing the Epidemic in Africa with Choices in HIV Prevention) MTN-034



- Monthly dapivirine vaginal ring and Truvada as daily oral PrEP in adolescent girls and young women in SSA
- 98% used the two products
- 67% chose the ring vs 31% chose oral PrEP in the choice period
- 88.5% found ring acceptable compared to 64% for oral PrEP



Multi-Purpose Technology (MPT)

- Provider administered
 - Implants
 - IUD
- User controlled
 - Daily oral tablets
 - Vaginal rings
 - Patch
 - Films, Gel and Insert



The Safety, Pharmacokinetics, and Pharmacodynamics of 90-day Intravaginal Rings (IVRs) Releasing Tenofovir (TFV) With and Without Levonorgestrel (LNG)

Randomized, placebo-controlled trial of 27 women in Western Kenya

Grade	TFV + LNG N=11	TFV Alone N=11	Placebo N=5
Grade 1	23 (7)	27 (1)	8 (0)
Grade 2	24 (1)	18 (0)	8 (0)
Grade 3	0	1 (0)	0
Grade 4	0	1 (0)	0
Grade 5	0	0	0
Total	47 (8)	47 (1)	16 (0)

Pharmacokinetic characteristics, markers of protection against HIV-1 and pregnancy along with safety data suggest the potential for clinical efficacy of these IVRs.

- All were related to menstrual bleeding changes, all resolved spontaneously without sequelae
 - 8 were in the TFV/LNG group
 - 1 Grade 2 in TFV/LNG group was due to prolonged menstrual bleeding



Dual Prevention Pill (DPP)

Prevent pregnancy
and HIV

Combining
TDF/FTC-based oral
PrEP with oral
contraceptives (OC)

Another DPP
combining F/TAF
with OC is also in
development.





Dual prevention pill (DPP)

Streamlined regulatory pathway: no efficacy trials required, only bioequivalence

WHO/CDC guidelines recommend PrEP and combined oral contraceptives prescribed together

Promise of the DPP
Findings from formative acceptability studies

HPTN 104

- Primary Objective
 - Adherence to a dual prevention pill (TDF/FTC + a combined oral contraceptive) versus a two-pill regimen
- Secondary Objective
 - Preference
 - Persistence
 - Tolerability
 - Acceptability
- Streamlined regulatory
 - No efficacy trials needed
 - bioequivalence



Oral Options for PrEP

Islatravir

- NRTTI (Nucleoside Reverse Transcriptase Translocation Inhibitor)
- Once a month pill
- Dose-dependent drop in CD4 in some participants receiving islatravir in clinical studies
- No longer currently being pursued for HIV Prevention

F/TAF (tenofovir and alafenamide and emtricitabine,)

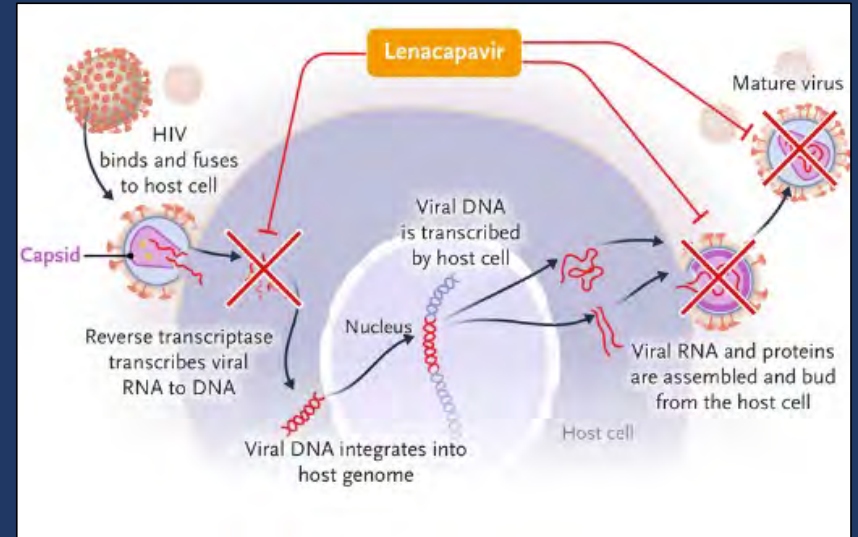
- Ongoing study in SSA
- PURPOSE-1
- Comparing daily oral F/TAF vs. Lenacapavir

<https://clinicalinfo.hiv.gov/en/drugs/islatravir/patient#:~:text=On%20December%2013%2C%202021%2C%20the%20FDA%20placed%20clinical%20holds%20on,participants%20receiving%20islatravir%20in%20trials.>

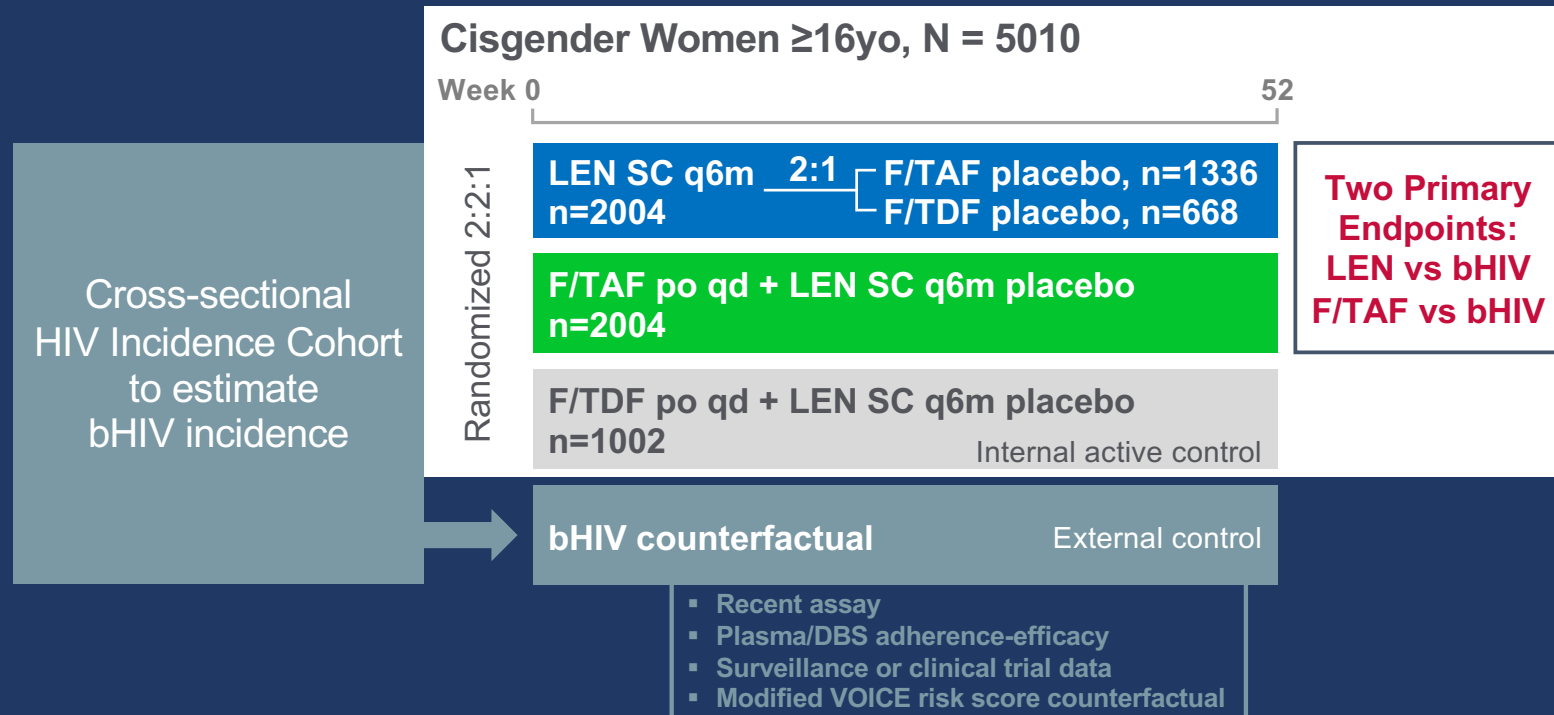


Lenacapavir

- Capsid inhibitor
 - Inhibits disassembly of the shell
 - Interferes with transport of viral complexes across nuclear pore
 - In late stages, distorts the capsid lattice resulting in abnormalities in virus structure and inhibition of virus maturation
- Subcutaneous injection
- Every 6 months
- Ongoing phase 3 studies
 - Cis-gender women
 - MSM
 - TGW
 - Gender non-binary persons



LEN for Pre-Exposure Prophylaxis (PrEP): PURPOSE-1



Cisgender adolescent girls and young women ages 16-25 in South Africa and Uganda Completed full enrolment in September 2023 with more than 5,300 participants enrolled

bHIV, background HIV incidence; LEN, lenacapavir; PBO, placebo; PY, Person-Years; SC, subcutaneous; DBS, dried blood spot. Data on file, Gilead Sciences ; [https://www.gilead.com/news-and-press/press-room/press-releases/2023/10/gilead-sciences-announces-new-clinical-trial-in-europe-to-assess-lenacapavir-for-hiv-prevention-as-part-of-landmark-purpose-program#:~:text= PURPOSE%20\(NCT04994509\)%20is%20evaluating,more%20than%205%2C300%20participants%20enrolled](https://www.gilead.com/news-and-press/press-room/press-releases/2023/10/gilead-sciences-announces-new-clinical-trial-in-europe-to-assess-lenacapavir-for-hiv-prevention-as-part-of-landmark-purpose-program#:~:text= PURPOSE%20(NCT04994509)%20is%20evaluating,more%20than%205%2C300%20participants%20enrolled)

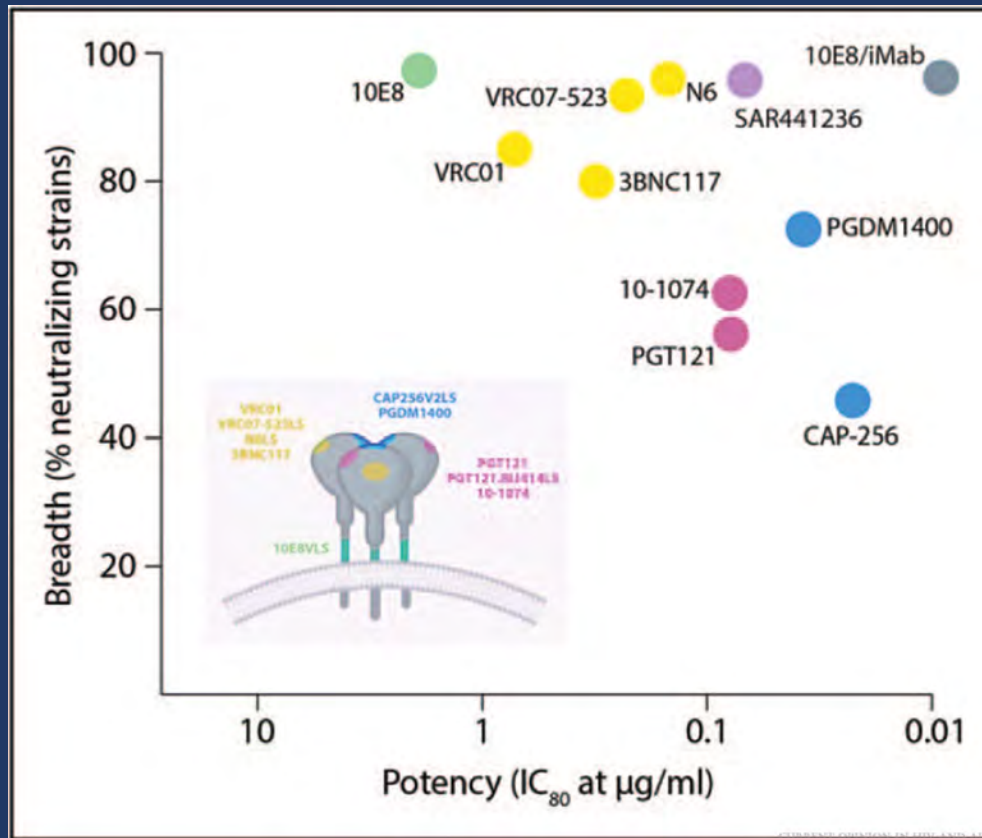


HPTN 102/PURPOSE 3

- Study of Lenacapavir and Emtricitabine/Tenofovir Disoproxil Fumarate (F/TDF) in Prevention of HIV in Cisgender Women in the United States
- Primary Objective
 - Characterize PK
 - Safety in CGW in US
 - Acceptability



Broadly Neutralizing Antibodies for the Treatment and Prevention of HIV-1 Infection

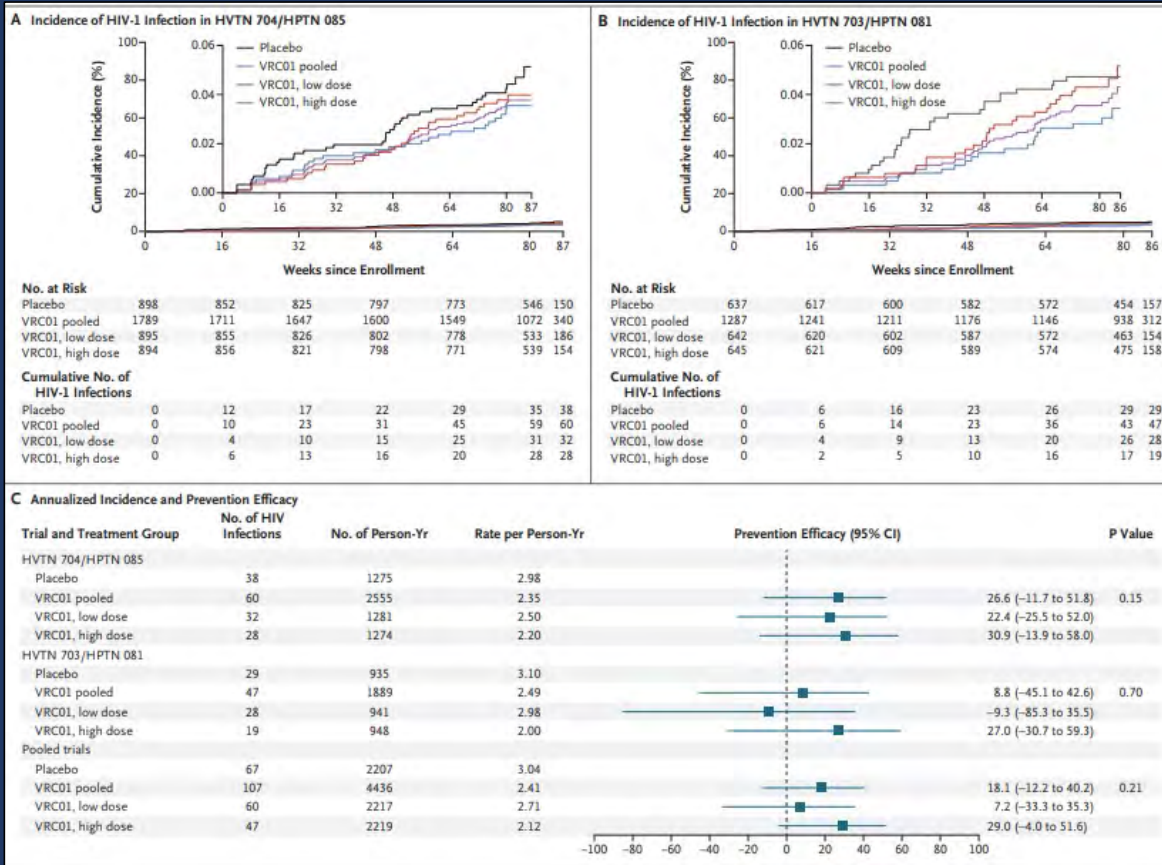


Plotting of HIV-1 bNAbs in clinical development by breadth and potency. Colors indicate binding site:

- CD4bs (yellow)
- V1/V2 loop (blue)
- V3 glycan (pink)
- MPER (green)
- trispecific (lilac)
- bispecific (gray)
- *Inset: schematic representation of an HIV-1 gp120/gp41 trimer with the four main antibody binding sites and their representative bNAbs in clinical development.*



Broadly Neutralizing Antibodies



- Two large studies HPTN081 (N=1924) and HPTN085 (N=2699)
- VRC01
- Well tolerated
- Demonstrated feasibility
- Suggests efficacy for susceptible isolates
- Raises options for combining antibodies and modifying to make them long acting



Novel Delivery Systems

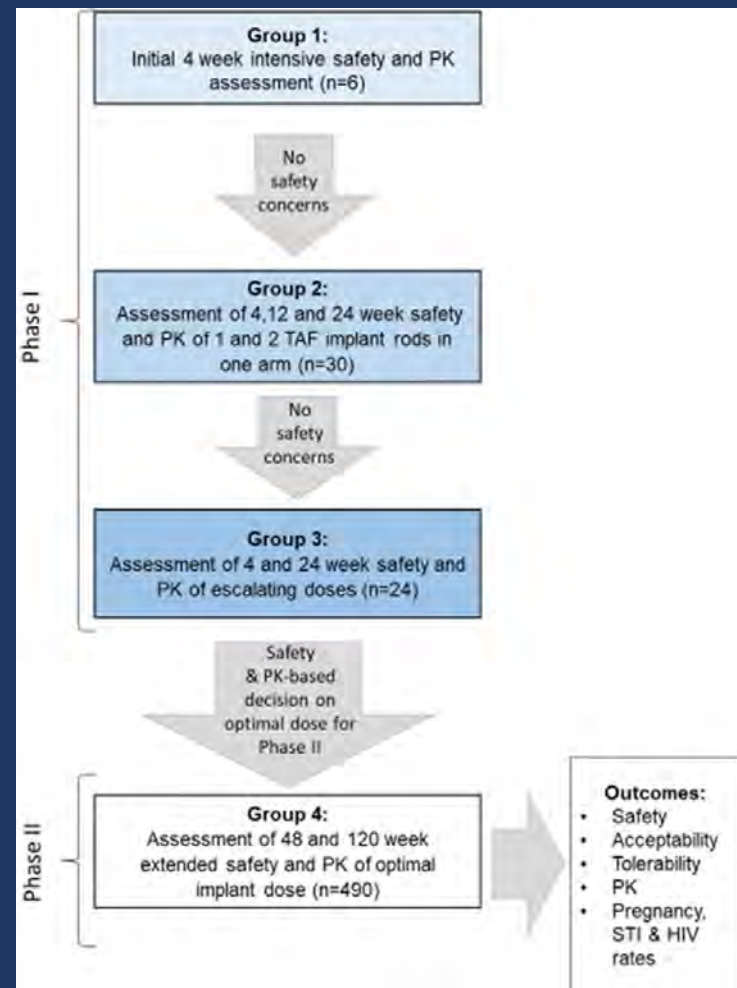
Implants

Microneedle
patches

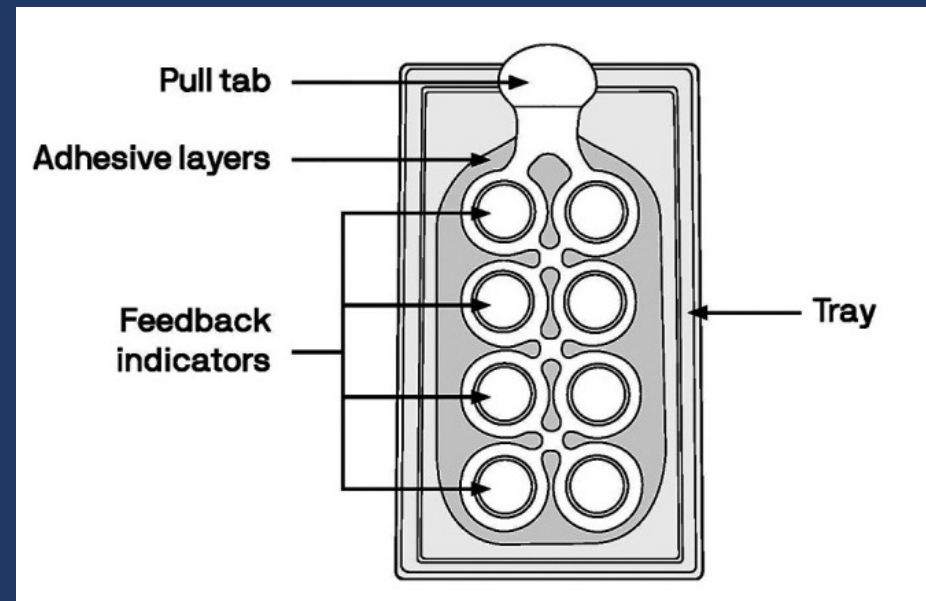
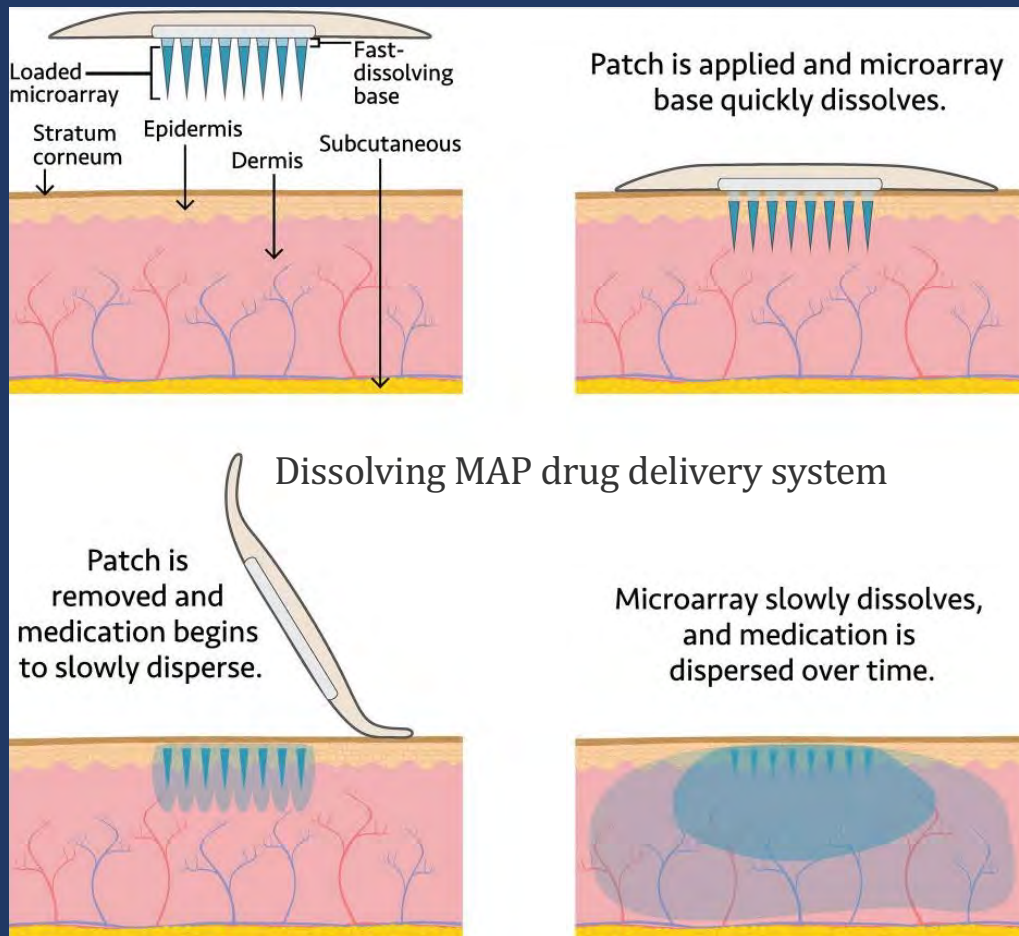
CAPRISA 018

- A phase I/II clinical trial
- Assess the safety, acceptability, tolerability and pharmacokinetics of a sustained-release tenofovir alafenamide subdermal implant for HIV prevention in CGW in SSA
- 54 healthy, low risk, HIV-negative women
- 110 mg implants releasing a daily dose of
 - 0.25 mg (1 implant)
 - 0.5 mg (2 implants)
 - 0.75 mg (3 implants)
 - 1 mg (4 implants)
- Comparator drugs include TAF 25 mg oral tablets and the placebo implant

Tanuja Narayansamy Gengiah et al. *BMJ Open* 2022;12:e052880



Microarray Patch for HIV Prevention



MPT for delivery of both an ARV and a hormonal contraceptive




Summary

Offer PrEP and assess for all sexually active persons

Individualize options based on patients needs/preferences

Remember the revised HIV testing for those on PrEP

Newer options are emerging.....



Thank You for Your Attendance!

Please visit us at:

www.prn.org

- Backup

HPTN-084: Q2M IM CAB for PrEP in African Cisgender Adolescent Girls and Young Women



N = 55

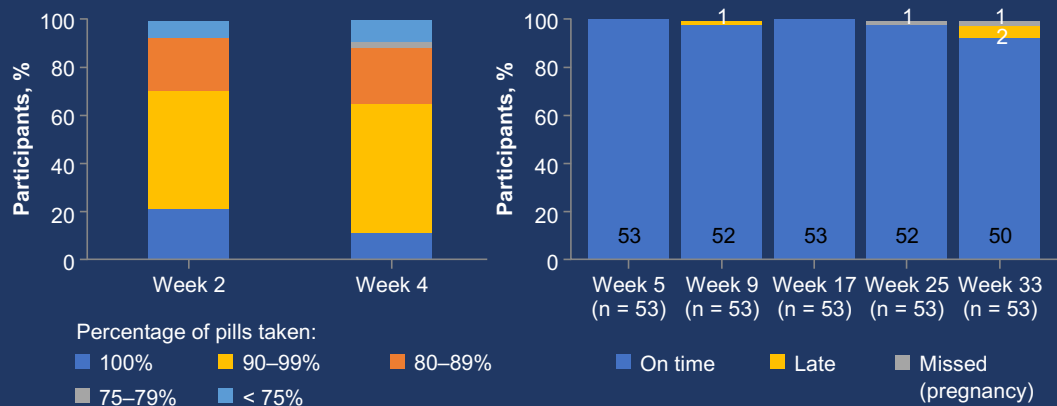
African cisgender adolescent girls and young women aged ≤ 18 years

Outcomes

Primary: Safety, tolerability and acceptability of Q2M IM CAB

Secondary: Adherence to, and timeliness of, injections; sexual risk behaviors

Adherence to Oral CAB (left) and Q2M IM CAB (right)



Acceptability of Q2M IM CAB After Three Injections

What do you like about an injectable method?	Respondents, %	What concerns do you have about an injectable method?	Respondents, %
Protects against HIV	54.7	None	35.8
Easier to use than other methods	41.5	May be painful	28.3
Longer-term protection than other methods	22.6	May cause harmful side effects	18.9
Can be used discreetly	18.9	Irreversible	13.2
Administered by HCP	9.4	May not protect against HIV	11.3
Doesn't interrupt sex	9.4	Cannot be used discreetly	5.7
Nothing	7.5	May not be affordable	1.9

No drug-related SAEs reported; no discontinuations due to AEs; no incident HIV diagnoses; no events of weight gain/hepatotoxicity/hypersensitivity/rash/seizures/pancreatitis

In this population enrolled in an injectable PrEP study, Q2M IM CAB was generally well tolerated with high acceptability; most participants (92%) chose to continue Q2M IM CAB over F/TDF when offered the choice

HCP, healthcare professional; HPTN, HIV Prevention Trials Network; Q2M, every 2 months

PrEP ring: Use by trans and nonbinary people

The PrEP ring has been studied only among people assigned female at birth.

- Participants in ring trials were not asked their gender identity.
- All participants in ring clinical trials underwent pelvic exams during participation.
- People assigned male at birth or people with neovaginas were not included as ring users during ring clinical trials.
- Although data were collected on medications taken by ring users during the trials, there was insufficient evidence around gender-affirming hormone use.

It is likely that the PrEP ring can be used by people assigned female at birth who would like to prevent HIV during receptive vaginal sex, regardless of their gender identity or use of gender-affirming hormones.

