

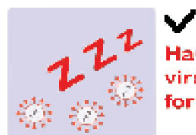
# BREATHER

BREATHER is a global clinical trial to see if young people can safely have a break from CERTAIN TYPES of HIV medicine at weekends.



Clinical trials closely watch people to make sure any change in how they take their HIV medicine does not make them ill.

To be part of BREATHER you had to :



✓ Have had an undetectable viral load (virus is asleep) for a year.



✓ Be taking medicine that includes Efavirenz



✓ Be aged 8-24

BREATHER trial has two groups of young people: 1. A 'continuous group' that take their medicine normally (every day.)

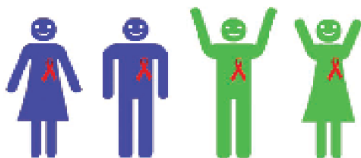


2. A 'short cycle group' who take their medicine for 5 days and then have 2 days (the weekend) not taking them.

After TWO YEARS, we have found out that:



Those who had weekends off did as well as those who did not:



- their virus stayed undetectable (asleep)
- they enjoyed the freedom of weekends free from taking medicine.

40 young people were interviewed about what it was like being in the trial. You said:

*To begin with starting and stopping was confusing and made you worry. But once you got used to it and found a routine, you liked it and it was better than always taking medicine.*

Some of you said:

*Sometimes you forgot to take your medicine when you were supposed to, but you did not always tell your doctor or nurse. This happened before and during the trial, but being in the trial helped some of you to remember.*

*You worry that other HIV positive young people might try it when they don't take Efavirenz and then get ill.*

*It made your social life better as you could stay over at friend's houses and you didn't worry about having to take medicine.*

*You sometimes felt side effects from Efavirenz (feeling dizzy, not being able to concentrate or not feeling yourself) and you did not always tell your doctor or nurse about this. Those of you who had the weekend off taking your medicine, felt better on those two days.*

IMPORTANT things to know:

We need BOTH GROUPS to continue with their treatment to check whether having a break at weekends is safe over a longer time. We need you to:

• Come to your clinic visits.

- If you are on the 'continuous group' please continue to take your medicine every day.
- If you are on the 'short cycle group' please continue taking your medicines as agreed with your doctor.

Because this is a trial everyone on it comes for really regular clinic visits and tests, so, if your virus begins to wake up, you can restart taking medicine everyday quickly and safely.

Taking weekends off will only work if you take your medicine every week day, so not missing medicine is very important.

This ONLY works for the medicine EFAVIRENZ, because it stays in your blood longer than other HIV drugs.

Thank you for taking part.