



Schweizerische Eidgenossenschaft
Confédération suisse
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Federal Department of Home Affairs FDHA
Federal Office of Public Health
Division of Communicable Diseases

MSM: HIV & Harm reduction in Switzerland

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Outline

1. Why does HIV affect MSM and IDU?
2. What is safe?
3. Safer Sex and Safer Use
4. Parallels
5. Differences
6. Nowadays challenges
7. And the moral is?



1. Why does HIV affect MSM and IDU specially?

HIV is not easy to transmit

Anal intercourse is the most efficient.

Vaginal intercourse : factor 10 harder

Oral intercourse: another factor 10 harder

Injection: not the sting in itself, but the injection of residual blood with virus i.v. while using used injecting equipment.



2. What is safe?

Only abstinence is really safe.

Sexual abstinence protects at 100% from HIV & STI

i.v. drug use abstinence protects at 100% from HIV and Hep. B & C



3. Safer Sex and Safer Use

- Safer Sex is safer than unsafe sex
- Safer Use is safer than unsafe use
- Safer Sex/Use reduces the risk of transmission of virus
- It is not 100% safe, but almost
- Rules should be simple and easy to apply
- If too complicated or too restricted, people will not adhere



3. How to promote Safer Sex among gay men?

1. Product
2. Message (Safer Sex Rules)
3. Counselling



The Product for Safer Sex





The message of Safer Sex





4. Parallels

Safer Sex / Use

- is a concept of “self-protection”
- is based on a “learning-strategy” instead of a “control-strategy”
- is human rights-friendly
- accepts sex and i.v. drug-use



4. Parallels

Repression

- Shut down of saunas and gay bathhouses in US or Sweden
- Clearing parking and toilets on Swiss highways (Remove of bushes)
- Shut down of needle parks
- Repression on marginalized IDU within cities



5. Differences

Gay men and their organisations took over the control of the issue and organised themselves

Safer Use was promoted from scratch by professionals

Safer Sex promotion was taken over by professionals only in 1990s

Since a few years, participation is explicitly promoted

Checkpoints are a modern form of self organized service delivery and prevention agency for MSM



6. Nowadays challenges

ART made prevention complicated

Swiss Statement 2008

VL<detectable = Safer Sex!

Is VL<detectable = Safer Use?

“Individual Viral Load”



6. Nowadays challenges

Primary HIV infection: 3–5 months of high infectivity (30–100 times higher than in latent phase) just after infection

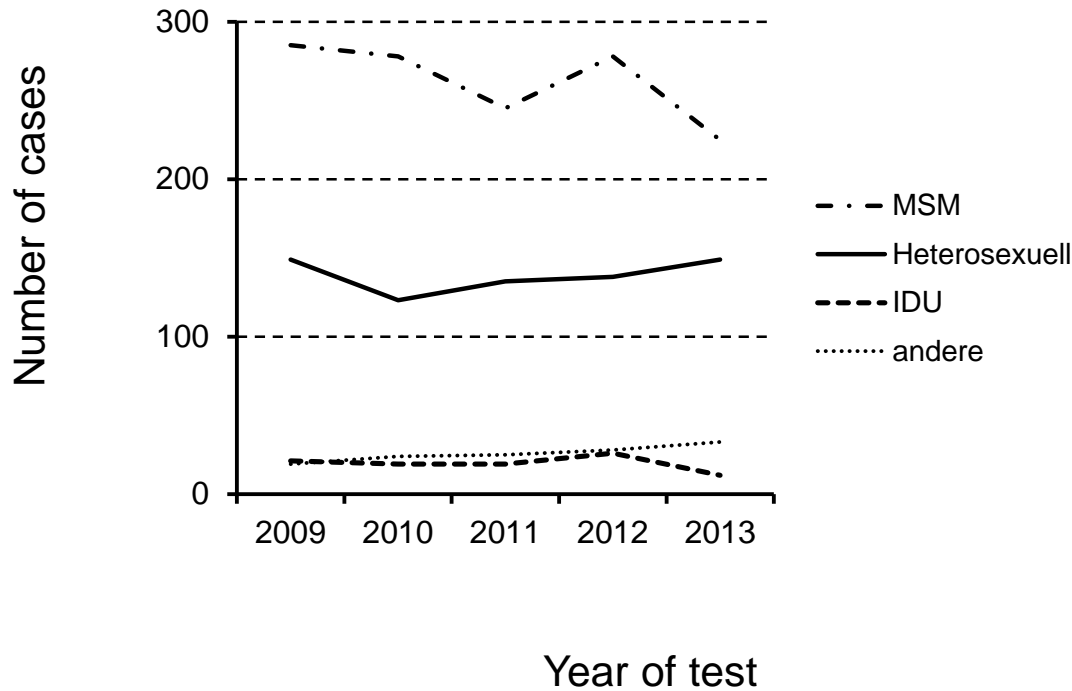
Paradigm of HIV-testing: those who test regularly and have UAI are “the most dangerous”

Networks of men with parallel “stable” sexual relations

“Community Viral Load”



Last 5 years of HIV diagnoses by ways of transmission



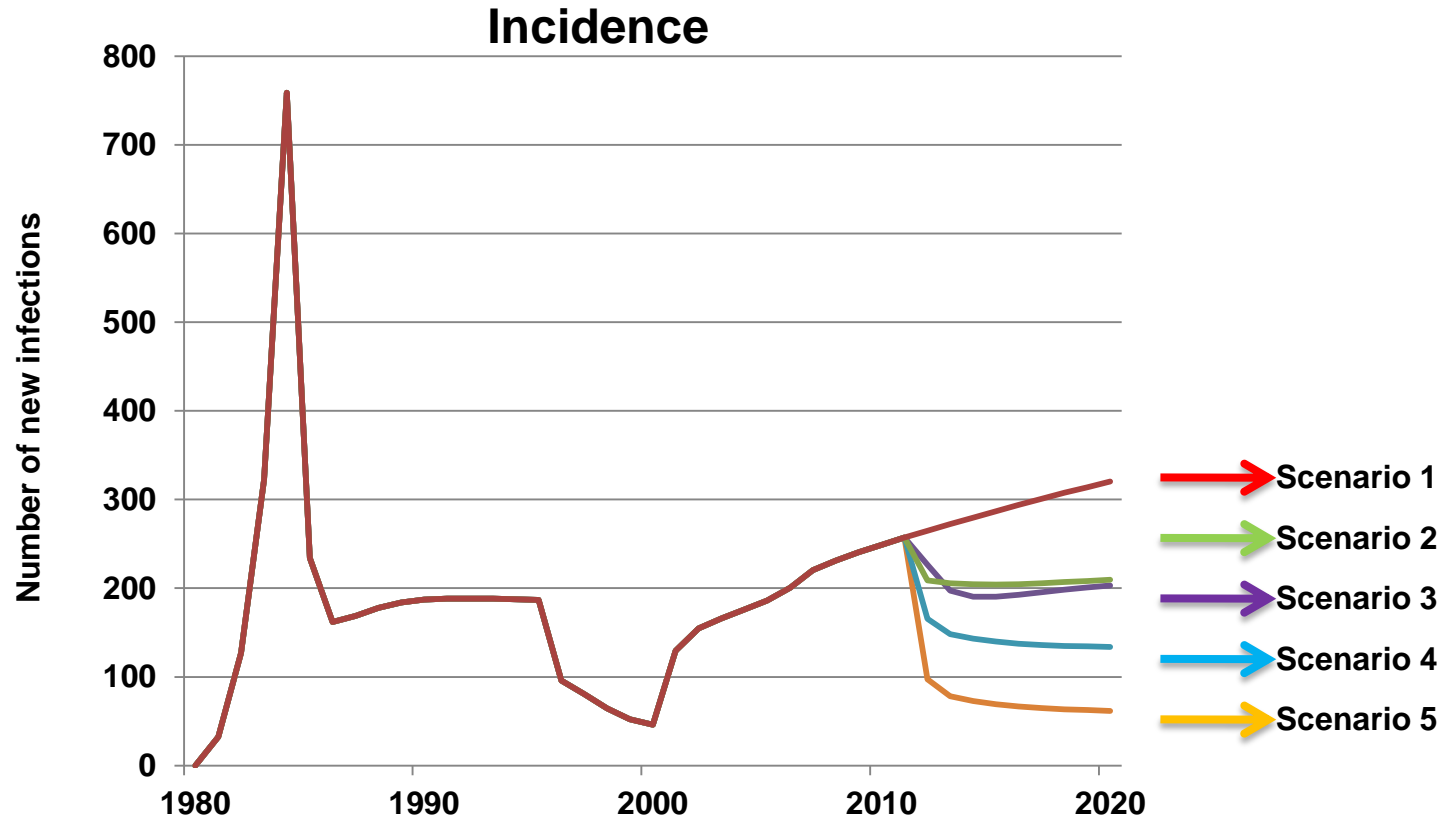


Mathematical Model: results from remodelling

- **In 2010, about 13% of infected MSM were unaware of their infection and were the origin of about 80% of new infections among this population.**
- MSM get diagnosed within 2.2 years after the infection.
- Benefits from therapy have been offset by increases in risk behaviour.
- Mathematical modelling of HIV among MSM in Switzerland:
Van Sighem A, Vidondo B, Glass TR, Bucher HC, Vernazza P, et al. Resurgence of HIV infection among Men Who Have Sex with Men in Switzerland: Mathematical Modelling Study. PLoS ONE 2012; 7(1):e44819. doi:10.1371/journal.pone.0044819



Model Results: hypothetical scenarios future





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The brochure of the Swiss FOPH:

«Sex between Men: Towards a Better Sexual Health 2012»



2nd Harm Reduction Conference, Basel, Switzerland
Roger Staub
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7. And the moral is?

- More complex messages require more participation.
- Every target group has its own alternatives (easy syringes delivery, BTC complex).
- „Swarm intelligence“ as a potential mean in „Harm Reduction“
- Resources should be invested more into networking.
- Reutilization of the effort seems promising.



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Thank you!

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