ACTIVITY REPORT 2018
The Fundació Lluita contra la Sida (Fight AIDS Foundation), was created in 1992 by Dr. Bonaventura Clotet and is based in the HIV Unit at the Germans Trias i Pujol University Hospital, a public hospital managed by the Institut Català de la Salut (Catalan Health Institute). Foundation activities such as those described in this report are sometimes carried out in conjunction with staff from the hosting hospital.

Similarly, the Foundation works closely with the Institute for AIDS Research IrsiCaixa, where scientists focus on basic research to understand the mechanisms of HIV infection and find new therapies and vaccines, and also with BCN Checkpoint, a community-based center for the detection of HIV and other sexually transmitted infections. This collaborative work facilitates the transfer of knowledge between health professionals and clinical and basic researchers, making us a unique benchmark worldwide.

We also collaborate or coordinate our work with a number of prestigious research centers around the world. In addition, we are part of the World Health Organization’s special commission on resistance of HIV to medication, and we are heavily involved in the development of clinical guides and public health policies at the global level.
Back in 1981, I confronted the first case of HIV/AIDS to be reported in Spain, and fighting against it has been the goal of my life ever since. I am extremely fortunate to be part of a large team of professionals who research and work tirelessly to end this epidemic, a disease that produces some two million new infections every year. This is a profoundly serious issue that neither science nor society as a whole can afford to ignore.

Dr. Bonaventura Clotet
Some Indicators

- **Number in each area overall:**
  - Healthcare: 18 (29%)
  - Research: 25 (40%)
  - Teaching: 5 (8%)
  - Administration and management: 14 (23%)

- **By gender:**
  - Men: 14 (23%)
  - Women: 48 (77%)

- **Average age:** 38.6 years

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**Communication and Fundraising**

- Medical assistance
- Nursing
- Psychology

**Administration and Accounting**

- Dietetic
- Social work
- Other professionals

**Research**

- CRAs*
- DUIs**

8 Lines of research:
- I. Aging & Chronicity
- II. Vaccines, Immunotherapies & Pharmacology
- III. Clinical Virology
- IV. Hepatitis & other Liver Pathology
- V. Proctology
- VI. PrEP
- VII. Psychology
- VIII. Dietetics and HIV

**Healthcare**

- Coordination of intern trials
- Coordination of extern trials
- Methodological support

- • Medical assistance
- • Nursing
- • Psychology
- • Dietetic
- • Social work
- • Other professionals

**Quality**

**Organizational Chart**

**Board**
- Chairman: Bonaventura Clotet
- Secretary: Guillel Sirera
- Members:
  - Jan Andreu
  - Jordi Barcelo
  - Leopoldo Biete
  - Miquel Jordà
  - Lola Mitjans
  - Roger Paredes
  - Montserrat Pinyol
  - Gemma Recoder
  - Joan Romeu
  - Elvira Vázquez
  - Anna Varga

**Medicine:** 16
**Nursing:** 13
**Psychology:** 5
**Dietetics:** 1

**Social Work:** 1
**FLS-Research Support:** 7
**Statistics:** 1
**Communication and events:** 5

**FLS Science:** 2
**Computing Services:** 1
**Clerical Work:** 1

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* Clinical Research Associates (clinical trials monitors)
** University Diploma in Nursing
The Fight AIDS Foundation offers comprehensive assistance to people with HIV including services related to not only medicine, and nursing, but also psychology, dietetics, social work, psychiatry, gynecology or proctology, among other things.

Complementing the services offered to the public by the HIV Unit of the Germans Trias i Pujol University Hospital, the Foundation’s own HIV Unit has brought together dozens of experts from a variety of disciplines to offer comprehensive, high quality clinical care to HIV sufferers. We also coordinate the attention our patients receive from other hospital services, such as plastic surgery (for the treatment of the effects of lipodystrophy), ophthalmology or the pain clinic.

It is also thanks to the Foundation that patients quickly benefit from advances in research and can participate in numerous clinical trials.
HEALTHCARE

2018 Data

TOTAL Patients: 2,954 & Visits with patients: 15,504

PHYSICIANS
11,707 visits:
• 178 first visits
• 10,289 follow-up visits
• 1,240 telephone visits

PSYCHOLOGISTS
1,688 visits:
• 241 first visits
• 1,447 follow-up visits

NUTRITIONISTS
1,166 visits:
• 47 first visits
• 1,089 follow-up visits
• 30 telephone visits

PSYCHIATRISTS
445 visits:
• 40 first visits
• 405 follow-up visits

GYNECOLOGISTS
405 visits:
• 9 first visits
• 396 follow-up visits

SOCIAL CARE
468 visits:
• 112 first visits
• 239 follow-up visits
• 117 telephone visits

NURSING
11,755 visits:
Trials, treatments, analytics, etc.

FIBROSCAN
329 visits:
Hepatitis elastographies.

PROCTOLOGY
1,642 visits:
• 983 cytologies
• 540 anoscopies-infrared
• 119 Control Post IQ

Assessment of the service 2018

Waiting time 4.58/5
Information received 4.74/5
Duration of visit 4.70/5
Overall assessment 4.75/5

Commitment to quality

The Fight AIDS Foundation and the HIV Unit first achieved ISO 9001 quality certification in 2006 and have renewed it annually ever since. In December 2018 the Foundation passed the second external audit on the new version of the aforementioned norm, ISO 9001:2015.

Quality is a transversal concern for all aspects of our operation. Improving and optimizing all procedures is a constant, ongoing effort, and all internal incidents are discussed and analyzed with the aim of strictly ensuring quality standards.
At any one time, a number of clinical research projects are being carried out by the Foundation. Our research efforts are grouped into eight different research lines in order to more effectively meet the challenges that HIV and related illnesses pose every day.

We coordinate what we do with basic researchers working at the IrsiCaixa AIDS Research Institute, resulting in a team that has become a benchmark at the international level.

Thanks to the close communication that we promote and maintain between healthcare personnel, researchers and users, the knowledge generated by this shared effort is quickly transferred to patients and adapted to their needs.

RESEARCH LINES

1. AGING & CHRONICITY
2. VACCINES, IMMUNOTHERAPIES & PHARMACOLOGY
3. CLINICAL VIROLOGY
4. HEPATITIS & OTHER LIVER PATHOLOGY
5. PROCTOLOGY
6. PREP
7. PSYCHOLOGY
8. DIETETICS AND HIV

45 PAPERS | 34 COMMUNICATIONS AT CONFERENCES
62 STUDIES | 7 ONGOING THESIS
Thanks to their greater life expectancy, patients with HIV are aging. This implies an increase in comorbidities associated with the systemic inflammation caused by the virus and by aging itself, as well as those associated with antiretroviral therapy.

For instance, compared to the general population, people with HIV suffer from more cardiovascular disease. Each antiretroviral drug has a different impact on metabolic alterations (such as an increase in cholesterol or triglycerides) and it is therefore better to use those that affect them less, especially in patients with additional risk factors. It is also important to know the genetic predisposition of each person to suffer from these types of complications.

On the other hand, kidney disorders in people with HIV are related mainly to the increase in the life expectancy and the corresponding aging of this population, but also with a higher prevalence of hypertension or diabetes mellitus. Moreover, some antiretroviral drugs can worsen kidney functioning, especially when there are other coexisting pathologies or treatments that are also toxic to this organ.

Among the population with HIV, there is a greater risk of suffering from problems such as osteoporosis or cognitive impairment, and a greater prevalence in the appearance of certain tumors. In addition, other psychological, social and functional factors that are characteristic of the most advanced age and aging have to be considered.

In order to be able to attend in a multidisciplinary fashion patients over 50 years of age, our HIV Unit enrolls them in a special healthcare circuit that includes medical visits, social assistance, and psychological and nutritional follow-up, among other things.

2018 highlights:
- A main focus of the year was maintenance of the special healthcare circuit for people over 50 with HIV/AIDS.

Following a pilot study involving elderly users, +AppProp, a mobile telephone application developed at the Foundation to improve doctor-patient communications, began to be offered to a wider group of people of different ages. Its aim is to improve clinical control, preventing comorbidities and enhancing these patients’ quality of life.

Collaboration continued with the German Thais J. Pujet University Hospital’s nephrology service to detect microvesicles in urine and evaluate their implications. At the same time, we worked on the creation of a cohort of patients to study the markers that predispose individuals to suffer renal pathology. We also cooperated with other services such as plastic surgery or ophthalmology.

A therapy based on specific diet and regular physical activity was initiated with the goal of improving the health of patients with HIV and diagnosed with sarcopenia (a degenerative loss of muscle mass and strength) or fragility. The results will allow the establishment of future preventive and therapeutic measures that should be incorporated into ordinary clinical practice.

A FIS scholarship (from the Carlos III Health Institute research fund) was applied for to help us study damaged cellular DNA and its regenerative capacity by comparing people with HIV and non-infected populations of different ages.

Outreach:
Outreach for this research line is embodied by the line’s principal researcher, Dr. Eugenia Negredo, who is a professor and coordinator of seminars and internships at the Universitat de Vic-Universitat Central de Catalunya’s Faculty of Medicine. Among things, she has been a member of the scientific committee of the Living with HIV Workshop (Virology Education) since 2017, and a member of the steering committee of the European Workshop on HIV and Aging since 2015. She is also the coordinator of PAMRECS, a program run by the Catalan Health Institute which specializes in HIV and associated pathologies.

Communications at conferences:

Outgoing thesis:
Title: “Comprehensive assessment and management of the needs of elderly patients infected with HIV”
Author: Jordi Puig
Director: Dr. Eugenia Negredo

Clinical studies:
- Rafael: Dalam, APP-Age, Cohort Over50, Cohort AGE+/-, Microvesicles Study.
- Further information in the studies appendix.

Papers:


Vaccines, immunotherapies and pharmacology

Introduction

This line of research emerged from the merging of two separate lines: immunology and vaccines, and clinical pharmacology. Its objectives, research areas and future challenges include:

1. The establishment of prospective cohorts and observational studies of patients who are of special clinical interest in order to study their immune response and the viral reservoir so that new therapeutic vaccines can be designed and new strategies proposed for the eradication of HIV.

2. Clinical trials involving preventive, therapeutic vaccines, immunotherapies and mobilizing agents of the viral reservoir.

3. Clinical trials that analyze the interactions that occur between antiretroviral drugs and other medications or substances commonly used among people living with HIV.

4. More specifically, studies which examine the penetration of antiretroviral drugs in different compartments of the body, including the tissues where the viral reservoir is housed, and evaluate the interactions that may exist between such antiretrovirals and other medications.

5. The development of PK/PD models (a technique that combines the two major disciplines of pharmacology, pharmacokinetics and pharmacodynamics) that describe the time course of drug concentrations, their effects and their relationships.

Specifically, the line participates in studies that combine therapeutic vaccines, which aim to induce an immune response capable of eliminating already infected cells and containing viral replication, with agents that reactivate the latency of HIV by stimulating the expression of viral antigens in the infected latent cells that form the viral reservoir. It is what is known as ‘Shock and Kill’ strategies.

2018 highlights:

The Foundation continued its participation in AELIX-002, a clinical trial to assess the response to a combination of therapeutic vaccines designed at the Irsicaixa AIDS Research Institute and currently under license at AELIX Therapeutics, SL. During 2018, the follow-up of the first 15 patients included in the study was continued and 30 more patients were included. All patients recruited are people who are HIV-positive, treated early in the first 6 months after HIV infection. The study is being carried out thanks to close collaboration with BCN Checkpoint.

The Clinical Cases website (www.clinicalcases4ids.com) was set up for the consultation and communication of clinical cases related to drug interactions in patients with HIV who are receiving antiretroviral therapy. This tool is useful for sharing clinical management experiences among professionals involved in healthcare for people living with HIV.

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Retroviral treatment are recruited, both controllers and progressors, in order to identify new HIV epitopes that trigger a T-specific lymphocyte response in the context of a concrete specific HLA restriction.

EAVI2020:
As part of this Horizon 2020-funded project initiated in 2015 and led by Dr. Robin Shattock from Imperial College London, Dr. Beatriz Mothe collaborates with Irsicaixa’s Host Genetics and Cellular Immunity research group in carrying out studies on animals that explore new vector platforms.

Early cART y Controllers:
A cohort study in collaboration with several European centers that evaluates changes in the concentration of antiretrovirals during pregnancy.

Communications at conferences:


Studies:

AELIX 002:
A clinical trial to assess the safety, immunogenicity and effectiveness in the control of the viral rebound of a combination of therapeutic vaccines (DNA, HTL, MVA-HTL and ChAdTX-HTL) in 45 HIV-positive patients treated early.

Low Viral Reservoir in Treated Subjects (LoVIRet) – Phase II:
An observational study being carried out in collaboration with Irsicaixa to identify the immunological and virologic factors that contribute to the fact that some patients with chronic HIV infection treated in an effective way maintain extremely low levels of viral reservoir.

EpiMap:
An observational study also being carried out in collaboration with Irsicaixa in which HIV-positive patients who do not receive antiretroviral treatment are recruited, both controllers and progressors, in order to identify new HIV epitopes that trigger a T-specific lymphocyte response in the context of a concrete specific HLA restriction.

PANNA:
A cohort study in collaboration with several European centers that evaluates changes in the concentration of antiretrovirals during pregnancy.

Papers:


Clinical virology

Introduction

This line focuses on the study of HIV resistance to antiretroviral drugs including the medical and public health consequences of its appearance. It also works on the development of new therapeutic strategies that will permit practitioners to simplify antiretroviral treatment and thus avoid the development of resistance to antiretrovirals. Finally, it conducts studies in the field of the human microbiome in connection with HIV infection and other infections caused by multi-resistant germs.

Research is carried out through our own clinical studies and in collaboration with other national and international groups.

At the international level, a prospective open-label study of two comparative arms is being implemented in Mozambique, one of the countries that currently is most seriously affected by HIV, in order to determine the appropriate way to monitor virological failure in patients infected with HIV who start an antiretroviral treatment. A second goal is to determine the prevalence of coinfection with hepatitis B, tuberculosis and schistosomiasis among the population of the region.

2018 highlights:

Work continued on various studies on the simplification of treatment and therapeutic options to deal with HIV for example, the ongoing 2D compares the efficacy and safety of a strategy to simplify treatment in people with HIV in viral suppression but with mutations of resistance to multiple drugs.

We continued to actively participate in the updating of the International Antiviral Society-USA’s resistance guide, which is the most widely consulted in the world. Collaboration also continued with the World Health Organization’s HIV resistance group in assessing the implications of resistance in developing countries.

The Stool Bank of Catalonia was set up by the Foundation acting together with the infectious diseases service of this and other Catalan hospitals, work will be carried out to implement fecal transplants as a therapeutic tool in cases of infection by Clostridium difficile, a bacterium that can cause diarrhea and more serious intestinal conditions, such as colitis, as well as to investigate potential clinical applications.

In collaboration with the Carmelo Hospital in Chókwè, Mozambique, work is underway to start the PHAMBERE study, with the aim of establishing the optimal follow-up guidelines for people with HIV in the region.

Papers:


Liver disease is common in HIV-infected patients and has been one of the most frequent causes of morbidity and mortality.

Co-infections caused by viruses that cause viral hepatitis have affected up to 60% of those infected with HIV globally, especially hepatitis C (HCV) in our environment. Injecting drug users and men who have sex with men with very high-risk behavior are frequently infected with HCV. Over time, this chronic infection can lead to liver cirrhosis, hepatocarcinoma and even to a liver transplant.

Since 2015, we have directed antiviral treatments against HCV that do not include interferon or ribavirin and which, in our environment. Mass vaccination of the local population has been carried out for many years, which means that most people with chronic hepatitis due to HBV are immigrants coming from endemic areas. This virus is optimally controlled by means of the chronic administration of tenofovir, a drug also frequently used in antiretroviral treatment.

Nonalcoholic fatty liver disease (NAFLD) is the most prevalent liver disease in HIV-infected people today. It can lead to liver fibrosis (NASH) and all its complications. It is closely associated with the metabolic syndrome characterized by lipodystrophy, obesity and diabetes mellitus. Its early detection and optimal metabolic control can help to reduce progression to fibrosis.

2018 highlights:

- The Foundation has set itself the primary objective of treating and curing all individuals with chronic HCV infection in the HIV Unit. The high price of these drugs has meant a restriction in their use, and it has been necessary to optimize the order of patients treated based on the severity of their situation.
- In 2018 we continued to work on updating a database of all those patients infected with chronic hepatitis B, with a complete serological and elastographic follow-up in clinical trials. The goal is to identify patients with non-alcoholic fatty liver disease (NAFLD) and to study them systematically, in collaboration with other hospitals and international centers.

Papers:

RESEARCH

Proctology

Introduction

A high percentage of people with HIV are coinfected with human papilloma virus (HPV).

HPV is the most common of all sexually transmitted infections: 75% of the general population will acquire it at some point in their lifetime. HPV is generally eliminated by the body naturally without causing any harm. However, in people with weakened immune systems such as those who are HIV-positive, HPV is associated with the development of precursor lesions which, in the worst cases, can go on to become cancer, primarily of the cervix or anus.

Therefore, people with HIV require specific follow-up. Since 2005, the Foundation has provided the service of detection, diagnosis, monitoring and treatment of HPV in seropositive men and women regardless of their sexual practice.

In fact, Germans Trias i Pujol University Hospital was one of the first hospitals in Europe to offer regular proctology consultations to HIV-positive patients and to treat the pre-cancerous lesions detected by infrared coagulator, a technique that allows the lesion to be removed on an outpatient basis, without the need for hospital admission or surgical intervention.

We continued to follow up our study of anal biopsies, investigating the genetic marker that indicates a higher risk of evolution to high-grade anal dysplasias.

2018 highlights:

The proctology service continued to be offered to people with HIV and was extended to permit appointments in the afternoon.

During 2018, a clinical trial was started to compare the results of the treatment of anal dysplasias (i.e., precancerous lesions) with trichloroetic acid versus infrared treatment.

We continued to add to the cohort of men and women undergoing routine monitoring for the detection and treatment of ano-genital pathology.

We continued our clinical participation in the dysplasia and anal cancer screening work being carried out by the Catalan Institute of Health.

Communications at conferences:


Ongoing thesis:

Title: Condyloma, dysplasia and infection by the human papilloma virus in the anal canal in patients infected by the human immunodeficiency virus.

Author: Dra. Sandra Vela

Directors: Francesc Garcia Cuyàs and Sebastià Videla

Title: Screening for invasive anal cancer in patients infected with HIV.

Author: Dr. Boris Revollo

Directors: Sebastià Videla and Guillem Sirera

Outreach:

We continued our clinical participation in the dysplasia and anal cancer screening work being carried out by the Catalan Institute of Health.

We were active participants in the “Working days on infection by the HPV in the patient with HIV infection”, which took place on October 15-17 in Barcelona.

Papers:


Pre-Exposure Prophylaxis (PrEP) is an HIV prevention strategy that involves the administration of antiretroviral drugs to HIV-negative people to reduce their risk of becoming infected. According to scientific evidence, it is almost 100% effective in preventing the transmission of HIV in people who use it consistently.

The US health authorities approved its use in 2012. Since then, other countries around the world have followed suit, to make PrEP accessible to people most at risk of becoming infected. Its use is recommended in sexually active people who belong to the population groups most exposed to HIV, with gay men, bisexuals, other men who have sex with men and transgender women in the lead.

Moreover, PrEP is offered to 1,000 people at high risk of infection in a controlled manner. In the follow-up visits they receive every three to six months, in addition to HIV tests, those who use these services are screened for several STIs. This allows healthcare givers to diagnose and treat infections that are often asymptomatic.

The Foundation works in collaboration with the BCN Checkpoint community center and PrEP-Point, both located in the center of Barcelona, to reach a population of more than 6,000 people who are regularly tested for HIV and other sexually transmitted infections (STIs).

In order to control the HIV epidemic and drastically reduce the number of new infections, strategies that have proven their effectiveness and feasibility must be implemented. In this regard, promoting the periodic testing of HIV and other sexually transmitted infections, in order to detect and treat these infections as soon as possible, is still crucial in the fight against HIV.

That is why the Fight AIDS Foundation and BCN Checkpoint keep driving to offer these preventive strategies to the largest number of people among those who are most exposed to HIV infection.

**Papers:**


**Communications at conferences:**


**Clinical studies:**

**DISCOVER**

Started in 2017, lasting 3 years. It is an international multicenter study to evaluate the effectiveness of Descovy® (TAF/FTC) as pre-exposure prophylaxis. 245 people are currently participating.

**PrEP FEASIBILITY STUDY**

Promoted by the Ministry of Health, this study involving 175 people looks at the feasibility of implementing PrEP with the drug Truvada® (TDF/FTC) in a community center, with two years of follow-up.

**PrEP-Ara**

Funded by a PERIS research and innovation grant from the Catalan Government, this two-year study has the aim of assessing the implementation of PrEP in Catalonia, with an economic analysis based on the use of resources. It is being conducted at a community center with a group of 70 high-risk people.
Psychology

Introduction

As is always the case for those living with chronic diseases, people with HIV require comprehensive care that must include psychological assistance. To this end, the Foundation promotes a psychotherapeutic approach to the emotional difficulties that HIV-infected individuals and the people around them have to face and is currently conducting various studies focused on improving their quality of life.

The Foundation’s psychology research line is divided into two areas, brain function, emotion and behavior on the one hand, and respects focused on improving their quality of life. The Foundation’s psychology research line is divided into two areas, brain function, emotion and behavior on the one hand, and respects focused on improving their quality of life.

Research on the emotional well-being of our patients is led at the Foundation by Dr. Carmina R. Fumaz and centers on issues related to the chronicity of the infection and aging as well as the various psychological or social factors that can have an impact on people living with HIV.

With regard to research in the area of brain function, emotion and behavior, it should be borne in mind that, with the development of antiretroviral therapies and the increase in life expectancy of people with HIV, there has been great progress in our knowledge of the effects that the virus itself as well as the medicine used to combat it can have on the central nervous system. In fact, from the first weeks of infection, HIV can cause alterations at a cognitive and motor level, with a great negative impact on the quality of life and the daily functioning of infected individual. Under the leadership of Dr. José A. Muñoz-Moreno, the early detection of these alterations is one of the main objectives of the Foundation’s psychologists.

Research highlights:

Dr. Muñoz-Moreno was once again a member of the Scientific Committee of the International Symposium on Neuropsychiatry and HIV Infection, now in its 11th edition, where he also gave a talk.

At the same conference, the results of a review of HIV eradication therapies and their impact on the central nervous system were presented. Currently, there are no reviews that have assessed the effects of this type of therapy on neurocognitive status or brain function with neuroimaging techniques.

The Foundation’s psychology team attended the 22nd International AIDS Conference (AIDS 2018) in Amsterdam. The latest results of a study on the impact of psychosocial factors on adherence to clinical follow-up (i.e., retention in care) of people with HIV were presented.

The team also supervised the Master’s dissertation of Pere Torres-Bertral, a student at the Open University of Catalonia (UOC), entitled “Proposal for an instrument to detect the risk of loss of clinical follow-up in people infected with HIV/AIDS.” This project was awarded the highest possible mark.

Finally, Dr. Muñoz-Moreno was appointed Academic Editor of the scientific journal PLoS ONE. At the moment he is the only member of this journal.
Dietetics and HIV

Introduction

It is a proven fact that proper diet is vital from the earliest stages of HIV infection. Although good nutrition has no impact on the prevention of HIV or curing AIDS, it forms part of treatment management and improves patients’ quality of life: balanced nutrition strengthens the immune system, helping the body to combat the possible effects of the illness.

On the other hand, the study of body composition can play a key in the assessment of nutritional status because it allows healthcare givers to quantify body reserves of the organism and therefore detect and correct nutritional problems such as excess weight and obesity or, at the opposite extreme, malnutrition. The measurement of body composition with densitometry (DEXA) can go further than just weight and the traditional Body Mass Index (BMI) to determine the distribution of body fat.

This research line collaborates in other areas’ projects, working closely, for example, with the aging and chronicity research line by assessing the nutritional status in cohorts made up of elderly people with HIV. Regarding the complications associated with HIV and antiretrovirals, it works on aspects such as bone mineral density, renal impairment or lipodystrophy. In relation to the study of microbial genetics, the nutrition team is involved in describing diet of people with HIV in order to look for connections with the different composition profiles of the microbiome.

2018 highlight:

Work continued on education related to nutrition for different groups with HIV and other people interested in the subject. For example, we continued to offer outpatients at the HIV Unit of the Germans Trias University Hospital educational and informative talks on “Food and HIV”.

We completed the chapter entitled “Nutrition, nourishment and healthy habits”, part of the Universidad Nacional de Educación a Distancia’s on-line training course for HIV couples.

We offered a masterclass on nutrition and HIV at the headquarters of the State Coordinator for HIV and AIDS (CESIDA).

We prepared a set of diets and dietary recommendations for the +AppProp mobile telephone application, created by the Foundation to encourage the use of new technologies among people with HIV infection.

We also prepared leaflets and dietary recommendations for distribution to outpatients at the Foundation and hospital HIV units.

Papers:


Other projects:

Participation in the European Project FitFood2030 Catalonia, developed in cooperation with the iCistusà’s Health Living Lab. The goal of this project is to increase the impact of Europe’s food research and innovation system with strategies that help to solve persistent and complex problems in the area of public nutrition and diet.

Communications at conferences:

Anna Bonjoch, Núria Pérez-Alvárez, Carla Estany, Joaquim Rosales, Patricia Echeverría, Bonaventura Clotet, Eugènia Negredo. Rela-
tionship between Bone Composi-
tion and Fat Indexes in HIV-Infected Patients. HIV Drug Therapy, 28th to 31st October 2018, Glasgow, UK. Poster number 161.

Anna Bonjoch, Carla Estany, Núria Pérez-Alvárez, Joaquim Rosales, Patricia Echeverría, Bonaventura Clotet, Eugènia Negredo. Fat indexes that predict bone composi-
tion in HIV infected persons. 3th European Workshop on Healthy Living with HIV, Barcelona, Spain, 7-8 September 2018. Oral presen-
tation.

Carla Estany, Anna Bonjoch, Núria Pérez-Alvárez, Patricia Echeverría, Joaquim Rosales, Eugènia Negredo, Bonaventura Clotet. Analysis of the Body Composition in a Co-
hort of HIV infected people. The Vitruvi Study. 3th European Work-
shop on Healthy Living with HIV, Barcelona, Spain, 7-8 September 2018. Oral presentation.

Teaching:

Masterclass “Nutrition and AIDS” Collaboration in the subject Diet Therapy II of the degree on Human Nutrition and Dietetics of the Uni-

Collaboration as a teacher in the subject of external internships for students of the Degree in Human Nutrition and Dietetics, CESNID-UB and University of Vic.

Team: Carla Estany research leader | Nursing team of the Fight AIDS Foundation.
KNOWLEDGE TRANSFER
The Fight AIDS Foundation training programs are mainly directed through FLS-Science, whose goal is to deliver high quality educational programs on a variety of medical and scientific topics related to HIV and infectious diseases. With a Scientific Panel composed of internationally renowned healthcare professionals and researchers, its educational activities target not only healthcare professionals but also researchers, academics and representatives from educational, medical and pharmaceutical institutions. At the same time, FLS-Science promotes outreach activities to ensure the transfer of scientific knowledge to society.

1500 Attendees from 34 countries | 220 Experts
Comprehensive Management on Aging in HIV

The Fundación Huésped, an Argentina-based research center, and the Fight AIDS Foundation have joined forces to start this set of workshops, to be held in alternate years in Europe and South America. The goal of these workshops is to review the latest research on people aging with HIV from a multidisciplinary point of view, as well as to provide an updated view of related topics such as frailty and aging itself, the emergence of mutations that are resistant to new antiretroviral therapies, inflammation and microbiome, PK interactions between all the drugs needed in this aging population or syndromes and geriatric complications.

Number of attendees: 102

The BCN HPV Course

HIV infection significantly increases the risk of developing squamous cell cancer of the anus, associated with persistent infection with the HPV. This three-day workshop held in Barcelona (BCN) focuses on the treatment of anal dysplasia combining lectures on HPV with theoretical-practical sessions for smaller groups.

Number of attendees: 48

Hot Topics in HIV

Held annually since 2009, “Hot Topics in HIV” is a conference where prominent international experts present the latest advances and updates on vaccines, immune recovery and HIV eradication, as well as current clinical studies on the subject.

Number of attendees: 79
The function of the Foundation’s Clinical Trials Unit (CTU) is to offer support to researchers from the Foundation itself or external bodies in conducting clinical trials with drugs or advanced therapies, with all ethical, methodological and logistical aspects taken into careful consideration.

Clinical trials and observational studies conducted with the support of the CTU are a basic element of the Foundation’s research efforts.

The team forms part of the Biostatistics and Bioinformatics Research Group (GRBIO), an interdisciplinary group whose members come from the University of Barcelona’s Department of Statistics and Operational Research as well as various other institutions involved in research in the life and health sciences. Membership in this group facilitates our access to innovative statistical techniques such as multi-state models or machine learning. Multi-state models can be used to describe changes in patients’ health states over time and are particularly useful for describing the complexity of a disease process. Machine learning is a set of techniques that allow us, when working with a large database, to separate out the most relevant information and then set up categories or classification groups based on the variables recorded.

Team: Jordi Puig, coordinator | Clara Arnauda, Anna Chamorro, Patricia Cobarsi, Analía López, Miriam López, Cristina Miranda, Ároa Nieto, Cristina Segundo, Alba Sierra.

Clinical Trials Unit Statistics

The Foundation’s team of statisticians contributes to the research projects carried out at the Foundation by applying the most appropriate statistical methods and techniques for each of the various steps of a project: in designing the study, monitoring data collection, analyzing the results and finally presenting conclusions.

The team forms part of the Biostatistics and Bioinformatics Research Group (GRBIO), an interdisciplinary group whose members come from the University of Barcelona’s Department of Statistics and Operational Research as well as various other institutions involved in research in the life and health sciences. Membership in this group facilitates our access to innovative statistical techniques such as multi-state models or machine learning. Multi-state models can be used to describe changes in patients’ health states over time and are particularly useful for describing the complexity of a disease process. Machine learning is a set of techniques that allow us, when working with a large database, to separate out the most relevant information and then set up categories or classification groups based on the variables recorded.

Team: Núria Pérez, Anely Ornelas.

More specifically, FLS-Research Support takes responsibility for:

1. Coordinating the actions necessary to ensure that the study is carried out properly.
2. Assistance in the drawing up of the study protocol and management of the specific documentation required for each project.
3. Obtaining the pertinent approvals according to the type of study and current legislation.
4. Preparing the material necessary for the execution of the project and creating and maintaining all files pertaining to the study.
5. Visiting participating centers at initiation and completion of the study and also while the study is underway to monitor quality and compliance with the study protocol.
6. Contacting the research team during the study to answer queries, solve problems and deal with unforeseen events.
7. Managing adverse events.
8. Duly presenting and filing the required project reports and paperwork in accordance with legislation.
9. Creating notebooks to collect data and carrying out all subsequent management and analysis of the data.

Team: Sílvia Gel, coordinator | Roser Escrig, Jésica Toro, Cristina Herrero, managers | Helena Pera, Miryam Solé, Lara Tenuel, monitors | Mercè Ferrandiz, Carolina Lozano, Cristina Martinez, clerical workers.

FLS-Research Support is our in-house Contract Research Organization (CRO). It manages the clinical studies conducted not only by the Fight AIDS Foundation in the field of HIV but also by external research groups and hospital services, covering other therapeutic areas such as cardiology and hemodynamics, neurology, psychiatry and urology.

FLS-Research Support monitors each trial from its inception to the final presentation of results, ensuring that it is carried out in accordance with good clinical practices guidelines and current legislation.

SUPPORT FOR RESEARCH

FLS-Research Support

Introduction

Support for research > Statistics | CTU

Statistics

Clinical Trials Unit

Team: Jordi Puig, coordinator | Clara Arnauda, Anna Chamorro, Patricia Cobarsi, Analía López, Miriam López, Cristina Miranda, Ároa Nieto, Cristina Segundo, Alba Sierra.

Team: Núria Pérez, Anely Ornelas.
Over the years, awareness campaigns against discrimination and stigma have been promoted, and charity events and fundraising actions are organized with the collaboration of multiple institutions, companies and personalities.

The 2018 People in Red Gala was held at the National Art Museum of Catalonia (MNAC) in Barcelona on November 19. Over 800 guests attended and more than €720,000 was collected at this fundraising dinner and show.

Michelin Star chefs Nandu Jubany, Carles Abellán, Carles Gaig and Hideki Matsuhisa worked together under the direction of Jubany to create a de luxe menu for diners.

The accompanying show, directed by television producer Toni Cruz, was hosted by Spanish television celebrity Jesús Vázquez, making his debut as ambassador for the Fight AIDS Foundation, and two co-hosts, journalists Santi Villas and Marc Giró, who introduced the multiple performances: Carlos Latre, Juan Carlos Ortega and Javier Sardá, and the Morancos put the touch of humor to the party; musical performances were in charge of Antonio Orozco and Manu Guix, Amaia, Alfred García and Ana Guerra, from Operación Triunfo 2017. Finally, Gala attendees were treated to an exclusive 45-minute concert by David Bisbal.
Barcelona goes red

More than 30 emblematic buildings and spaces in Barcelona were illuminated with red lighting on December 1 to commemorate World AIDS Day.

Between 6.30 PM and midnight, the following institutions and venues joined this initiative coordinated by the Fight AIDS Foundation: the Generalitat de Catalunya (the governing body of Catalonia), the Barcelona City Council, the Hospital de Sant Pau (a key example of Modernist architecture), the Liceu Opera House, the Arc de Triomf, the Caixa Forum, the Cosmocaixa, the National Theater of Catalonia, the Teatre Lliure, the Theater Institute, the Virreina Palace, the Suñol Foundation, several of the city’s monumental fountains, the Macaya Palace, the Vicens House, the old Estrella Damm beer factory, Las Arenas, the W Barcelona Hotel, the Axel Hotel, the Molino cabaret, the Poble Espanyol, and many others. The illumination of the different buildings and emblematic spaces could be followed on the social media through the hashtag #BCNinRed.

Communication and fundraising

The Fight AIDS Foundation and the People in Red Gala greatly increased their presence on the social media by means of the #Pontederojo (“Wear red”) campaign. Using this hashtag, many celebrities, journalists, writers, scientists and other public figures, including Marc Gasol, Anabel Alonso, Lolita Flores, Angel Llàcer, Los Javis, Jesus Calleja, Jorge Javier Vázquez, Boris Izaguirre, Chenoa and José Corbacho, posted messages in favor of the cause, helping us to raise awareness of HIV/AIDS and promoting the giving of micro-donations.

For the first time since its inception, the Gala was broadcast live over the internet at its own peopleinred.tv website, receiving nearly 50,000 views.

Repte Vi10

The RepteVi10 (Wine10 Challenge) is a co-creation project promoted by the Ametller Origen quality food label. Chosen by means of a selection process, ten customers of the brand—who don’t know each other previously—share each phase of wine making from harvest to marketing to create a unique and genuine wine.

Each year the proceeds of sales are used to support a different social cause, and the funds raised in 2018 were donated to the Fight AIDS Foundation.

The wine created by this year’s team, called SIVIDA, is available for purchase online and in all Ametller brand stores.

Angels in America

On November 20, the Teatre Lliure of Barcelona gave a fundraising performance of the play “Angels in America” on behalf of the Fight AIDS Foundation, with the aim of raising awareness about the stigma that people with HIV continue to experience. Dramatist and screenwriter Tony Kushner was awarded the 1993 Pulitzer Prize for Drama for this portrait of the outbreak of AIDS in the United States and the social abandonment endured by those who suffered from the disease in Reagan’s America.
Communication and fundraising

Solidarity Euro

The ticket sales and distribution company Ticketmaster launches a fundraising project every month with national and international NGOs with the goal of confronting the major social and environmental challenges facing contemporary society. In December 2018, coinciding with World AIDS Day and through the WorldCoo platform, Ticketmaster urged its clients to donate, for each ticket they purchased, one euro to benefit the Fight AIDS Foundation.

Donations via Facebook

The Foundation encourages its supporters to make use of Facebook to make donations directly via this social network’s donation tool. Our supporters, for example, can create a fundraising event for their birthdays and encourage their friends to contribute. The proposal has been a success, with more than 20 people already having chosen to ask for a donation for the Foundation instead of birthday gifts.

FUNDING & FINANCIAL DATA

INCOME: 3,970,925,25€

- Members and donations: 6%
- Services: 36%
- Grants: 58%

EXPENSES: 3,976,967,58€

- Teaching: 20%
- Research: 47%
- Administrative expenses: 21%
- Healthcare: 12%
HOW YOU CAN HELP

As an individual: you can make a contribution, become a member and participate in the charity activities organized by the Foundation.

As a company: you can collaborate permanently with the Foundation by sponsoring a research project or a specific event.

WOULD YOU LIKE MORE INFORMATION?

Write to comunicacio@flsida.org
You will find these and other options at www.flsida.org

Collaborating companies and institutions 2018

ABBVIE
AJUNTAMENT DE BARCELONA
ANGELINI
ARA.CAT
ASABYS PARTNERS
AXEL HOTELS
BCN CHECKPOINT – PROJECTE DELS NOMS
BOEHRINGER INGELHEIM
BOIA NIT
BVLGARI
COMMON SENSE
DIPUTACIÓ DE BARCELONA
EL PALACE BARCELONA
EL PALAUET
EL PERIÓDICO
ELITE SPAIN
ENDESA
EQUIPO SINGULAR
ESTIVAL GROUP
EUROFIRMS
FRAIKIN
FUJIFILM
FUNDACIÓ BANCÀRIA “LA CAIXA”
FUNDACIÓ CATALUNYA – LA PE- DRERA
FUNDACIÓ DAMM
FUNDACIÓ SUÑOL
GBI GRUP
GENERALITAT DE CATALUNYA
GILEAD
GLAXOSMITHKLINE
GRUP ANDREU
HIPRA
HOSPITAL GERMANS TRIAS I PUJOL
IBERIA
IGTP
IMPREMTA MAROT
INSTITUT DE RECERCA DE LA SIDA
IRSICAIXA
JANSSEN
JUBANY EVENTS
L’ORÉAL PROFESSIONNEL (PELU- QUEROS CONTRA EL SIDA)
LA ROCA VILLAGE VALUE RETAIL
LA VANGUARDIA
LEMON E HIJOS
LUZ DE GAS
MAF (MAC AIDS FUND)
MANDARIN ORIENTAL
MARTÍN FAIXÓ
MEDIAPRO
MSD
NARGY
NATURYG
NEW LOOK
PAXVAX
PFIZER
QÜESTIONS
RAC1
REPSOL
ROOM MATE HOTELS
SANT PAU, RECINTE MODERNISTA
SEAT
SOFIA
UNIVERSITAT DE VIC – UNIVERSI- TAT CENTRAL DE CATALUNYA
VIIV HEALTHCARE
### Staff

<table>
<thead>
<tr>
<th>Name</th>
<th>Title and Role</th>
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</thead>
<tbody>
<tr>
<td>Carmen Alcalde</td>
<td>Nurse, Study Coordinator Proctology</td>
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<tr>
<td>Clara Arnauda</td>
<td>Nurse, Study Coordinator Aging &amp; Chronicity</td>
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<td>Lucía Bailón</td>
<td>Doctor &amp; Researcher Vaccines, immunotherapies and pharmacology</td>
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<td>Susana Benet</td>
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<td>Anna Bonjoch</td>
<td>Doctor &amp; Researcher Aging &amp; Chronicity</td>
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<tr>
<td>Isa Bravo</td>
<td>Nurse, Study Coordinator Clinical Virology</td>
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<td>Sara Carrillo-Molina</td>
<td>Neuropsychologist &amp; Researcher Brain Functioning, Emotion, and Behaviour</td>
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<td>Anna Chamorro</td>
<td>Nurse, Study Coordinator Proctology and Clinical Virology</td>
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<td>Sònia Clemares</td>
<td>Administration Staff</td>
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<td>Bonaventura Clotet</td>
<td>Doctor &amp; Researcher Chairman</td>
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<td>Patricia Cobarsi</td>
<td>Nurse, Study Coordinator Vaccines, immunotherapies and pharmacology</td>
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<td>Eva de la Fuente</td>
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<td>Laura Duran</td>
<td>People in Red</td>
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<td>Patricia Echeverría</td>
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<td>Carla Estany</td>
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<td>Mercé Ferrándiz</td>
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<td>José Ferrer</td>
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<td>Sandra Flores</td>
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<td>Silvia Gel</td>
<td>Internal Clinical Trials Coordinator</td>
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<td>Gemma Guillén</td>
<td>Communication and Fundraising Manager</td>
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<td>Totti Herms</td>
<td>Computer development</td>
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<td>Cristina Herrero</td>
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<td>Antoni Jou</td>
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<td>Maria Jové</td>
<td>Communication / People in Red</td>
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<td>Jordi Lanuza</td>
<td>Director of Communications, Fundraising and Strategic Projects</td>
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<td>Begoña Lemos</td>
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<td>Sarah Moreira</td>
<td>FLS-Science</td>
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<td>Maria Sarquella</td>
<td>Project Coordinator FLS-Science</td>
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Communications at conferences


Studies

The Foundation carries out its research conducting its own clinical trials but also participating in studies conducted by external promoters.

INTERNAL STUDIES

Own Clinical Trials:

Study 2D: 2017-004750-42, NCT03683524
Efficacy and safety of a simplification strategy based on dolutegravir and darunavir/boosted with optimized treatment in suppressed HIV-infect ed individuals carrying multidrug resistance mutations.

RALATOR: 2015-002682-30, NCT02577042
Study of the effect of atorvastatin for reducing "inflamaging" (agonizing-related complication) in HIV-infected patients older than 60 years receiving a protease inhibitor-based regimen versus a ritalegravir-based regimen.

RAGTIME: 2016-002722-36, NCT03029689
Randomized, double-blind, placebo-controlled clinical trial to evaluate the effect of raltegravir intensification (1,200 mg QD) on the gut microbiota of chronically HIV-1 infected subjects over time.

BICS: 2018-000302-39
Bictegravir concentrations and antiviral activity in Cerebrospinal fluid in HIV-1 Infected individuals.

BIGER: 2018-002310-12
Bictegravir concentrations and antiviral activity in genital fluids and rectal compartment in HIV-1 infected individuals.

STUDIES

Monitoring of the Foundation’s CRO: The Foundation’s CRO (Clinical Research Organization) has monitored, in addition to internal studies, 44 studies promoted by external bodies (unspecified due to confidentiality issues).

Carried out by the Foundation’s CTU: The CTU (Clinical Trials Unit) of the HIV Unit and the Foundation has carried out, in addition to internal studies, 44 studies promoted by external bodies (unspecified due to confidentiality issues).

These studies include all phases of clinical trials, observational and cohort studies.

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Cảm ơn bạn đã quan tâm đến nghiên cứu của chúng tôi. Chúng tôi trân trọng những sự hỗ trợ và hợp tác của bạn. Hãy liên hệ với chúng tôi để biết thêm thông tin chi tiết về các nghiên cứu đang tiến hành và các cơ hội hợp tác tiếp theo.

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2018 ongoing grants and financial help

**Research Line: Aging & chronicity**

Project: Study to assess the prevalence of sarcopenia/frailty in HIV-infected patients and the benefit of a dietary recommendation and exercise on the management
7th Gilead Fellowship Call
Period: 2018-2019

Project: Aging Cohort (Over50)
ViiV positive Action for Europe
Period: 2018-2019

**Research Line: Proctology**

Project: Cofactores inducidos por el virus del papiloma humano en la transmisión e infección por el virus de la inmunodeficiencia humana
Instituto de Salut Carlos III
Period: 2016-2018

**Research Line: Psychology**

Project: Identificación de Biomarcadores Predictivos del Reservorio del VIH y del Deterioro Neurocognitivo Mediante el Uso de Ómicas
Ministerio de Economía, Industria y Competitividad / Proyectos Excelencia / Proyectos Retos / Agencia Estatal de Investigación / Convocatoria 2017 (MINECO 2017)
Principal Investigator: Christian Brander, IrsiCaixa
Period: 2017-2019

**Research Line: Immunology, vaccines and pharmacology**

Project: PI15/01188. An open label phase I trial to evaluate the safety and effect of HIVconsv vaccines in combination with histone deacetylase inhibitor romidepsin on the viral rebound kinetic after treatment interruption in early treated HIV-1 infected individuals
Ministerio de Economía, Industria y Competitividad - ISCIII.
Principal investigators: B. Mothe y J. Moltó
Period: 2016-2018

In addition, the line collaborates with the following national and international competitive projects:

- Project: RTC-2017-6473-1. Desarrollo de una nueva vacuna terapéutica contra el VIH (NUVATERA)
  Ministerio de Economía, Industria y Competitividad. Investigadores principales: I. McGowan y C Brander (IrsiCaixa)
  Period: 2016-2018

- Project: GA731626. Evaluating a Combination of Immune-based Therapies to Achieve a Functional Cure of HIV Infection - HIVACAR
  Comisión Europea. Principal investigators: Felipe Garcia, IP; C Brander, WP Leader (IrsiCaixa)
  Period: 2017-2021

- Project: RD16/0025/0041. Redes Temáticas de Investigación Cooperativa en Salud
  Ministerio de Economía, Industria y Competitividad - ISCIII
  Principal investigator: Bonaventura Clotet (IrsiCaixa)
  Period: 2017-2022

- Project: GA 681137. European AIDS Vaccine Initiative 2020- EAVI2020
  Comisión Europea
  Principal investigators: Robin Shattock IP; C Brander WP Leader (IrsiCaixa)
  Period: 2015-2020

**Tel:** [34] 93 465 78 97
**Fax:** [34] 93 465 76 02
**Mail:** @FLSida

FIGHT AIDS FOUNDATION
Hospital Universitari Germans Trias i Pujol
Ctra. de Canyet, s/n · 08916 Badalona

Tel. [34] 93 465 78 97
Fax. [34] 93 465 76 02
Mail: info@FLSida.org

www.FLSida.org