

Headline **Short of a Vaccine, New Hope for an Anti-HIV Gel**
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Lab Report



50s 29%



Front line Nurses in Mali, where the HIV infection rate has dropped to 1.3%

AIDS PREVENTION

Short of a Vaccine, New Hope for an Anti-HIV Gel

FOR THE FIRST TIME, AIDS RESEARCHERS HAVE reported success with an HIV-prevention tool that can be controlled by women: a vaginal gel containing the antiretroviral drug tenofovir. Women account for nearly half of all new HIV infections each year yet have scarce options for protection. They rely on condoms or practice abstinence—strategies that require cooperation from often unwilling partners.

That could soon change. In a preliminary study of 889 women in South Africa, the gel, which contains 1% tenofovir in an antimicrobial solution, reduced HIV infection by 39% over 2½ years compared with a placebo; in women who used the gel most faithfully before and after intercourse, it cut infection risk by 54%. What's more, it halved the chances of contracting the genital-herpes virus, another risk factor for HIV.

The gel isn't the first of its kind. But unlike previous, failed versions of vaginal microbicides, which attempted to either neutralize HIV on contact or create a physical barrier between the virus and healthy cells, the new formulation incorporates a potent anti-HIV drug that appears to block infection more effectively.

Are you maxing out the muscle-boosting benefit of the protein you eat? The average American adult consumes about 10 g of protein for breakfast and then scarfs down 30 g or more at dinner. But our bodies can use up to 30 g at a time to build muscle. So dialing up protein consumption to 30 g at breakfast—adding an egg, for example—and keeping to 30 g at lunch and dinner may help you optimize muscle mass.