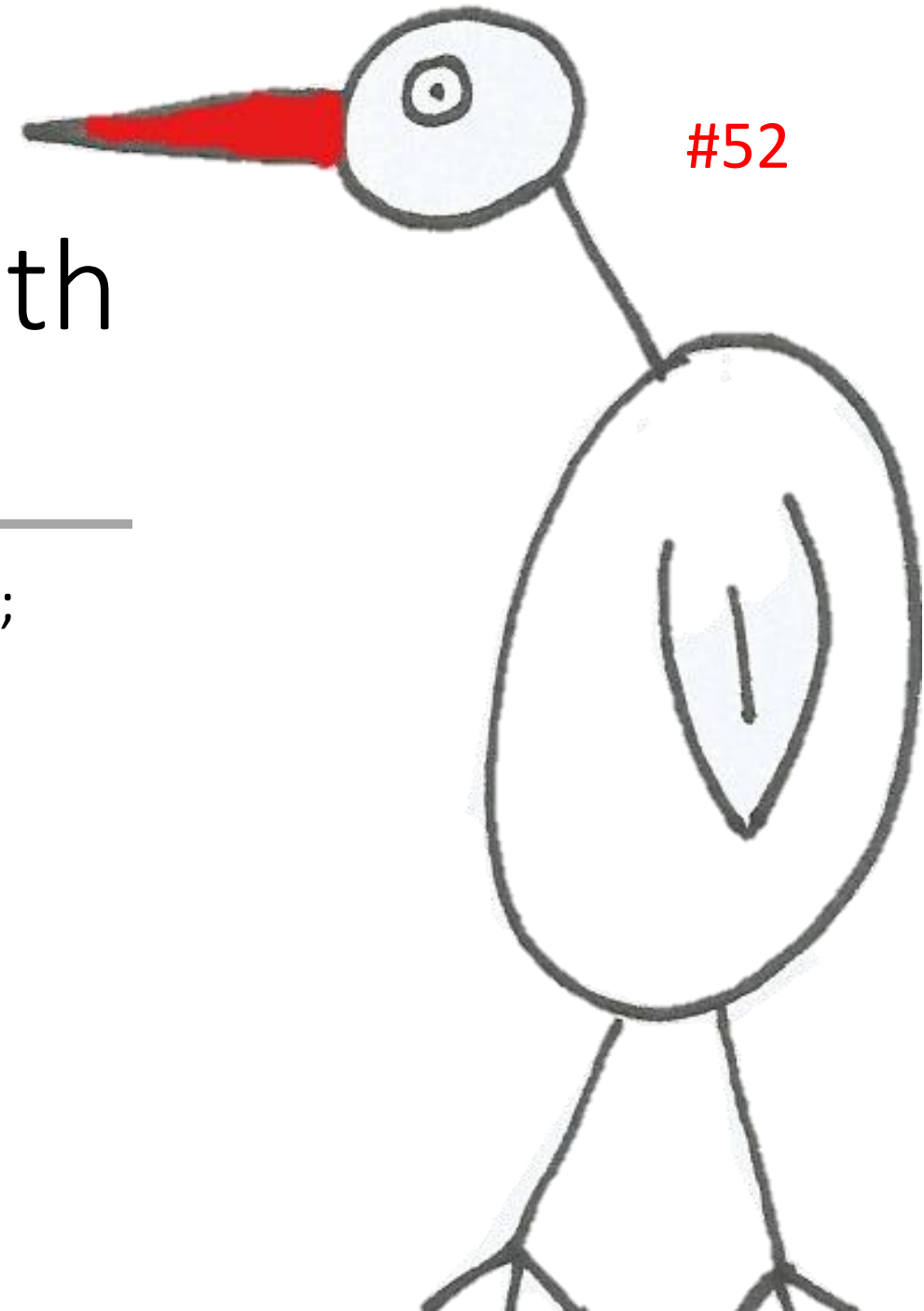


# Not recommended but done – Breastfeeding with HIV in Germany

#52

Haberl,L.<sup>1</sup>, Audebert,F.<sup>2</sup>; Feiterna-Sperling,C.<sup>3</sup>; Gillor,D.<sup>4</sup>;  
Jonsson-Oldenbüttel,C.<sup>5</sup>; Khaykin,P.<sup>6</sup>; Kiener,R.<sup>7</sup>;  
Reitter,A.<sup>8</sup>; Rodríguez,E.<sup>9</sup>; Rößler,S.<sup>10</sup>; Schüttfort,G.<sup>1</sup>;  
Stephan,C.<sup>1</sup>; Ulmer,A.<sup>11</sup>; Von Braun,A.<sup>12</sup>; Von  
Weizsäcker,K.<sup>3</sup>; Haberl,A.<sup>1</sup>

<sup>1</sup>University Hospital Frankfurt, HIVCENTER, Frankfurt am Main, Germany; <sup>2</sup>Praxiszentrum Alte Mälzerei, Regensburg, Germany; <sup>3</sup>Charité, Universitätsmedizin Berlin, Berlin, Germany; <sup>4</sup>MVZ Innere Medizin Köln, Cologne, Germany; <sup>5</sup>MVZ Karlsplatz, Munich, Germany; <sup>6</sup>MainFachArzt, Frankfurt, Germany; <sup>7</sup>University of Cologne, Cologne, Germany; <sup>8</sup>Krankenhaus Sachsenhausen, Frankfurt, Germany; <sup>9</sup>Praxis Dr. Cordes, Berlin, Germany; <sup>10</sup>Klinikum Chemnitz, Chemnitz, Germany; <sup>11</sup>Gemeinschaftspraxis Schwabstraße 26, Stuttgart, Germany; <sup>12</sup>University of Leipzig, Germany



# Women living with HIV |

## HELENE: HIV AND BREASTFEEDING – RETROSPECTIVE ANALYSIS OF CASES IN GERMANY

Global: ~ 18.8 Mio women (~50%)<sup>1</sup>  
Europe: ~ 850.000 women (~30%)<sup>2</sup>  
Germany: ~ 17.300 women (~20%)<sup>3</sup>

Pregnancies of women living with HIV in  
Germany: ~400-500/year<sup>4</sup>

<sup>1</sup>[https://www.who.int/hiv/data/2018\\_summary-global-hiv-epi.png?ua=1](https://www.who.int/hiv/data/2018_summary-global-hiv-epi.png?ua=1)

<sup>2</sup><https://www.ecdc.europa.eu/en/news-events/world-aids-day-2019-taking-closer-look-hiv-women-europe>

<sup>3</sup><https://www.rki.de/DE/Content/InfAZ/H/HIVAIDS/Eckdaten/Eckdaten.html>

<sup>4</sup>Dr. Ulrich Marcus, Robert Koch-Institut, Berlin; Fachtagung HIV und Schwangerschaft, Oberursel 25.01.2019



Rieke, A.<sup>1</sup> Rump, J.-A.<sup>2</sup>

<sup>1</sup>Gemeinschaftsklinikum Mittelrhein, Koblenz, Germany

<sup>2</sup>Praxis Dr. Rump, Freiburg, Germany

# Breastfeeding and HIV: Current recommendations

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- **WHO (2019):** if formula feeding is not **affordable, feasible, acceptable, sustainable, safe** → exclusively breastfeeding for at least 6 months<sup>1</sup>
- **EACS (2019):** Breastfeeding is not recommended - If a woman insists on breastfeeding, **she should be supported**<sup>2</sup>
- **Germany | Austria (2017):** recommendation **against breastfeeding** - “**individualized management**” if a woman insists to breastfeed<sup>3</sup>
- **BHIVA (2019):** recommends formula milk, but women who choose to breastfeed **should be supported** if: VL fully suppressed, good adherence history, attend monthly clinic review and blood HIV VL tests for themselves and their infant during and for 2 months after stopping breastfeeding<sup>4</sup>
- **Switzerland (2018):** shared decision-making – If women decide to breastfeed: **interdisciplinary support** includes support of cART adherence and regular maternal HIV VL monitoring<sup>5</sup>

<sup>1</sup>[https://www.who.int/elena/titles/hiv\\_infant\\_feeding/en/](https://www.who.int/elena/titles/hiv_infant_feeding/en/)

<sup>2</sup><https://www.eacsociety.org/guidelines/eacs-guidelines/eacs-guidelines.html>

<sup>3</sup><https://daignet.de/site-content/hiv-leitlinien/hiv-leitlinien>

<sup>4</sup><https://www.bhiva.org/pregnancy-guidelines>

<sup>5</sup><https://smw.ch/article/doi/smw.2018.14648>

# HELENE: HIV AND BREASTFEEDING – RESTROSPECTIVE ANALYSIS OF CASES IN GERMANY

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## Objectives:

- Number and distribution of breastfeeding cases in Germany
- Duration of breastfeeding
- Maternal ART and virologic response

*Not* an objective of the study:

- Infant outcome not included in the protocol (eg. HIV-transmission and/or toxicities)

# Results I

**40 women**

**Observational period  
2009-2019**

**Maternal age**  
31.9 years  
[18-45]

**Time since  
HIV-diagnosis**  
6.6 years  
HIV-positive  
[0-37]

**CDC-stage**  
A: 92.3 %  
B: 7.7 %  
C: 0 %

**Comorbidities**  
17.5% (n=7)  
Illegal drug use (2), depression (1),  
chron. HBV(1), chron. HCV(1),  
CMV (1), sickle cell anemia (1),  
multiple sclerosis (1)

# Results II

Pregnancy week  
of delivery

**40**

[36-42]

n=38

**26** women were  
multipara

**11** women  
with nursing  
experience

**32** women  
expressed wish to  
breastfeed *during*  
pregnancy

**3** women *after*  
delivery (data 35/40)

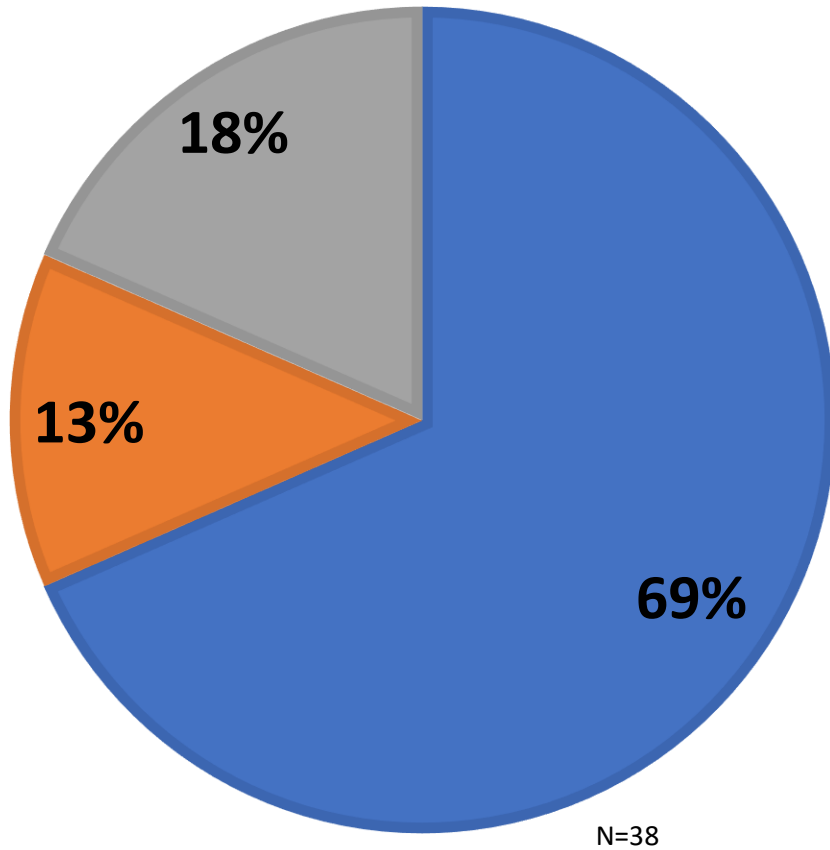
Duration of  
breastfeeding  
**23 week**  
[1d-104 wk]

Duration of  
**breastfeeding** in the  
general population in  
Germany  
**7.5 months**  
(KiGGS Study<sup>1</sup>)

# Results III

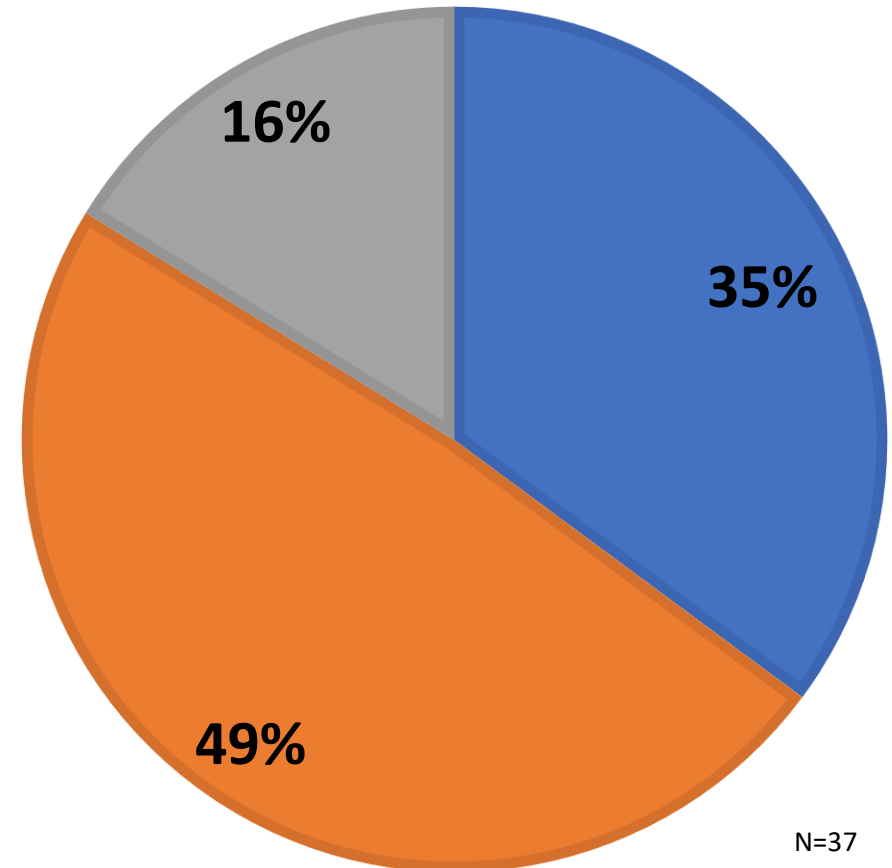
## MODE OF DELIVERY

■ vaginal ■ c-section ■ emergency c-section

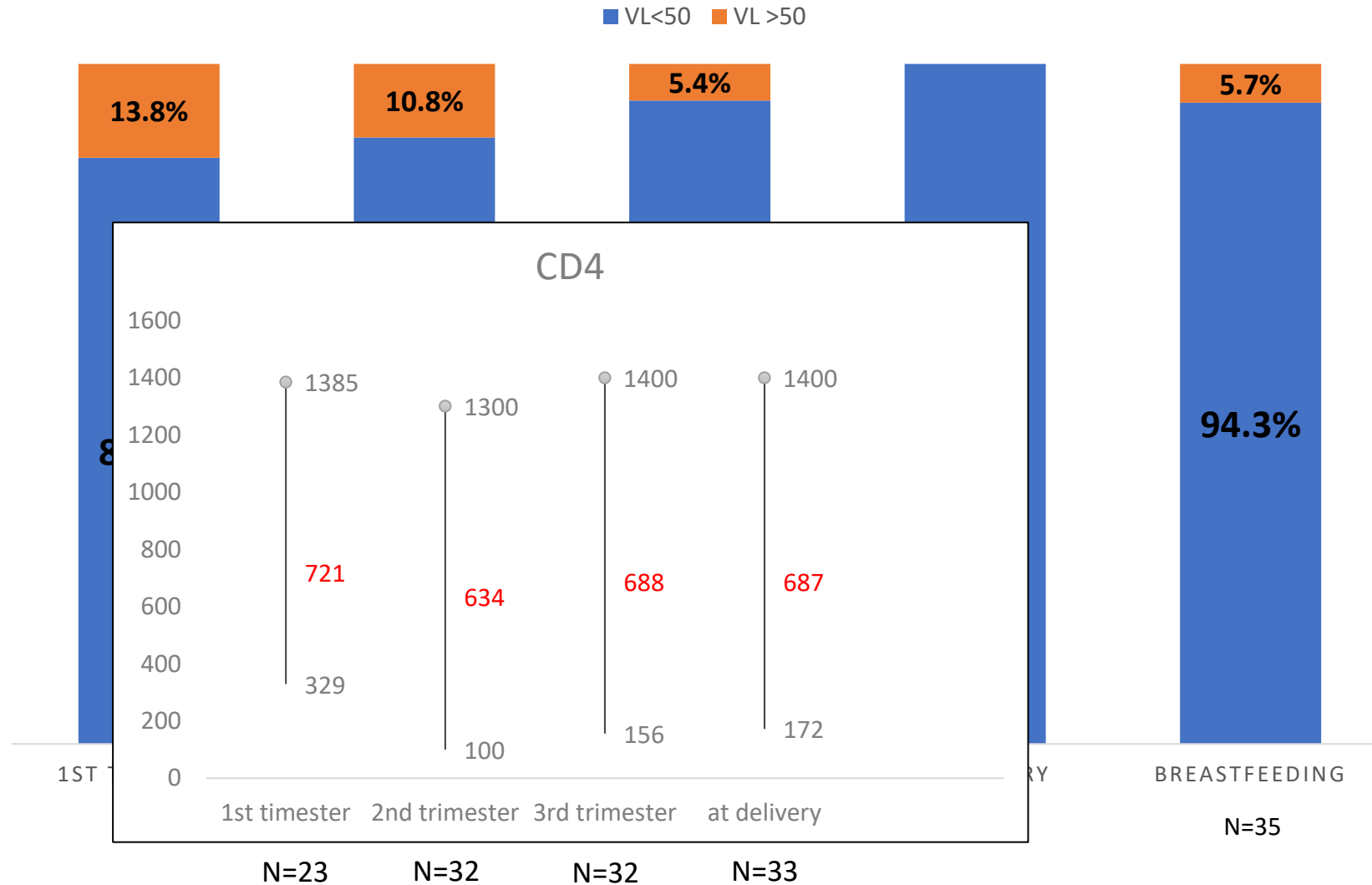


## COMPLEMENTARY FOOD

■ yes ■ no ■ no data



# HIV VIRAL LOAD DURING PREGNANCY AND TIME OF BREASTFEEDING



**VL 867 cop/mL**  
**VL 76 cop/mL**

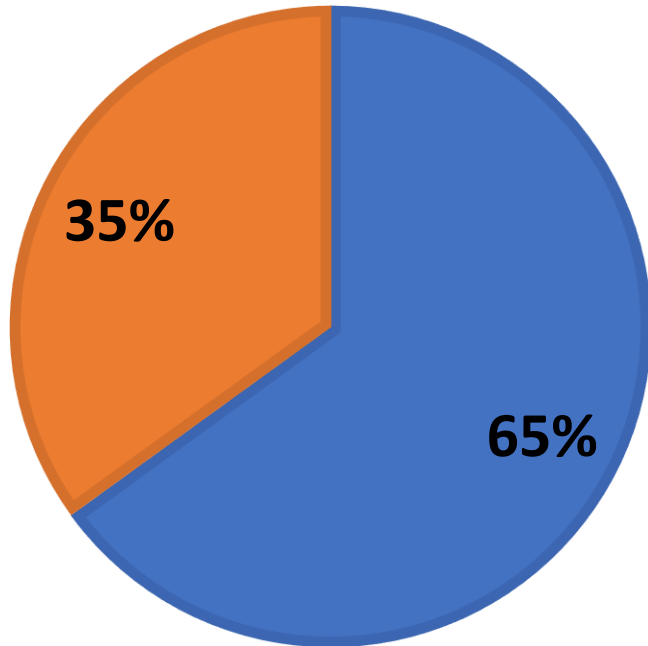
**VL in breastmilk available for 6 women: VL < 50 cop/mL**



# Results IV

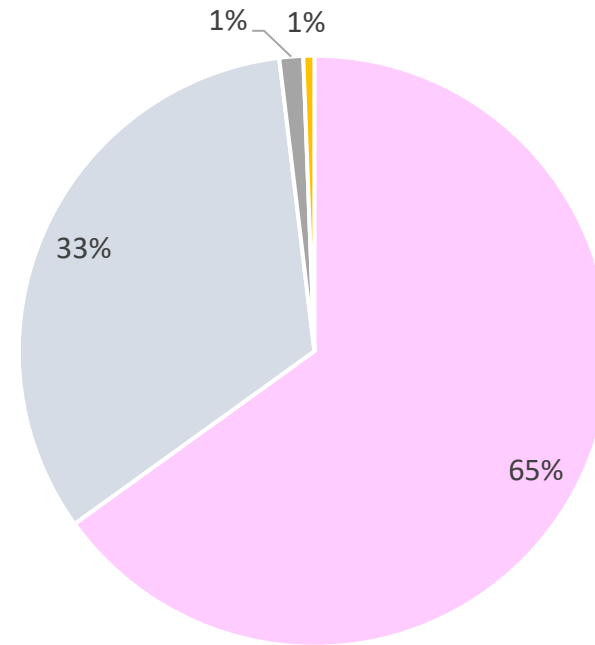
## PLACE OF BIRTH

■ Not Germany ■ Germany



N=40

## Country of Origin

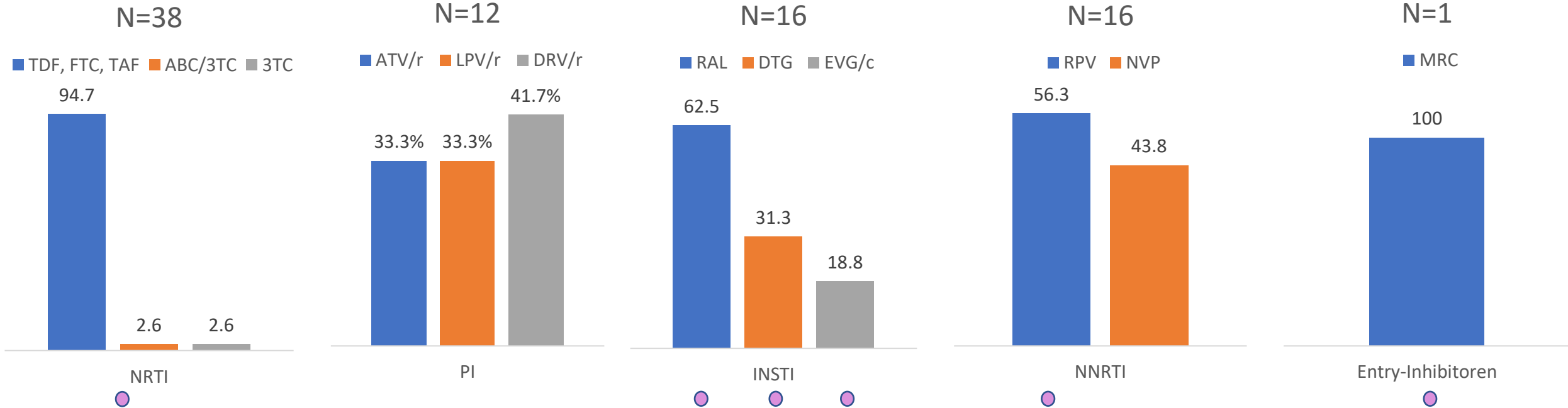


Data of 641/917 women

■ Africa ■ Europe ■ Asia ■ South America

# Results V – Maternal ART

- 39 women with ART (1 elite controller ART naïve)



# ART modifications during pregnancy

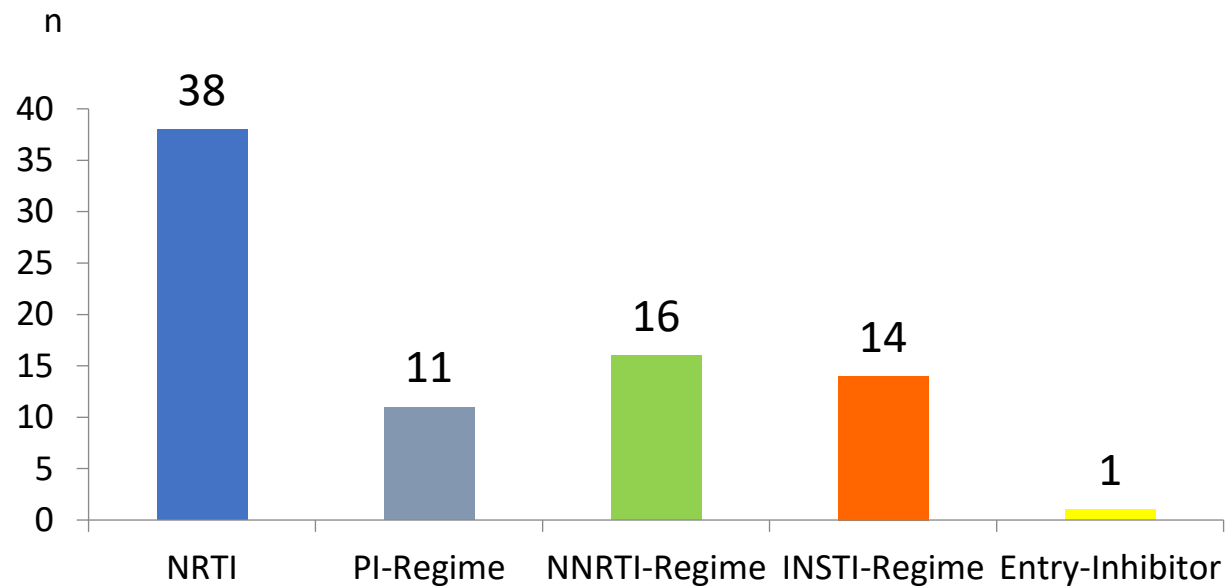
- 7 modifications:

TAF, FTC, RPV	to TDF, FTC, RPV
TAF, FTC, EVG/c	to TDF, FTC, RAL
TDF, FTC, RAL	to TDF, FTC, NVP
TDF, FTC, DTG	to TDF, FTC, RAL
DTG, ABC/3TC	to TDF, FTC, RPV
TDF, FTC, LPV/r	to TDF, FTC, LPV/r, RAL
TDF, FTC, DRV, ATV/r	to TDF, FTC, DRV/r
TDF, FTC, ATV/r	to TDF, FTC, RPV

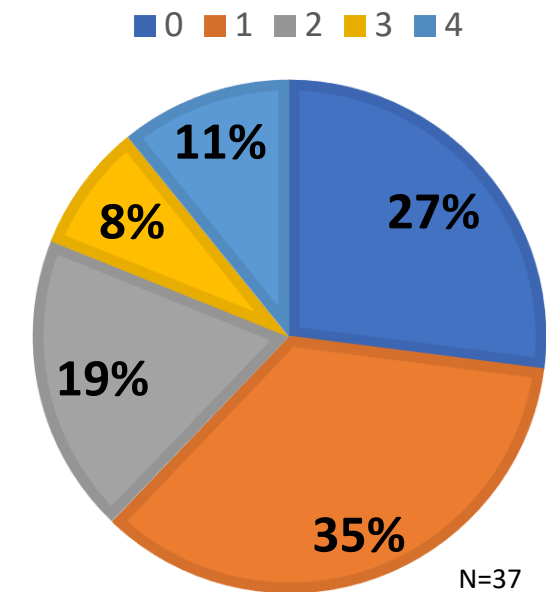
# Maternal ART during breastfeeding period

- 1 switch

**TDF, FTC, NVP** → **TAF, FTC, NVP**



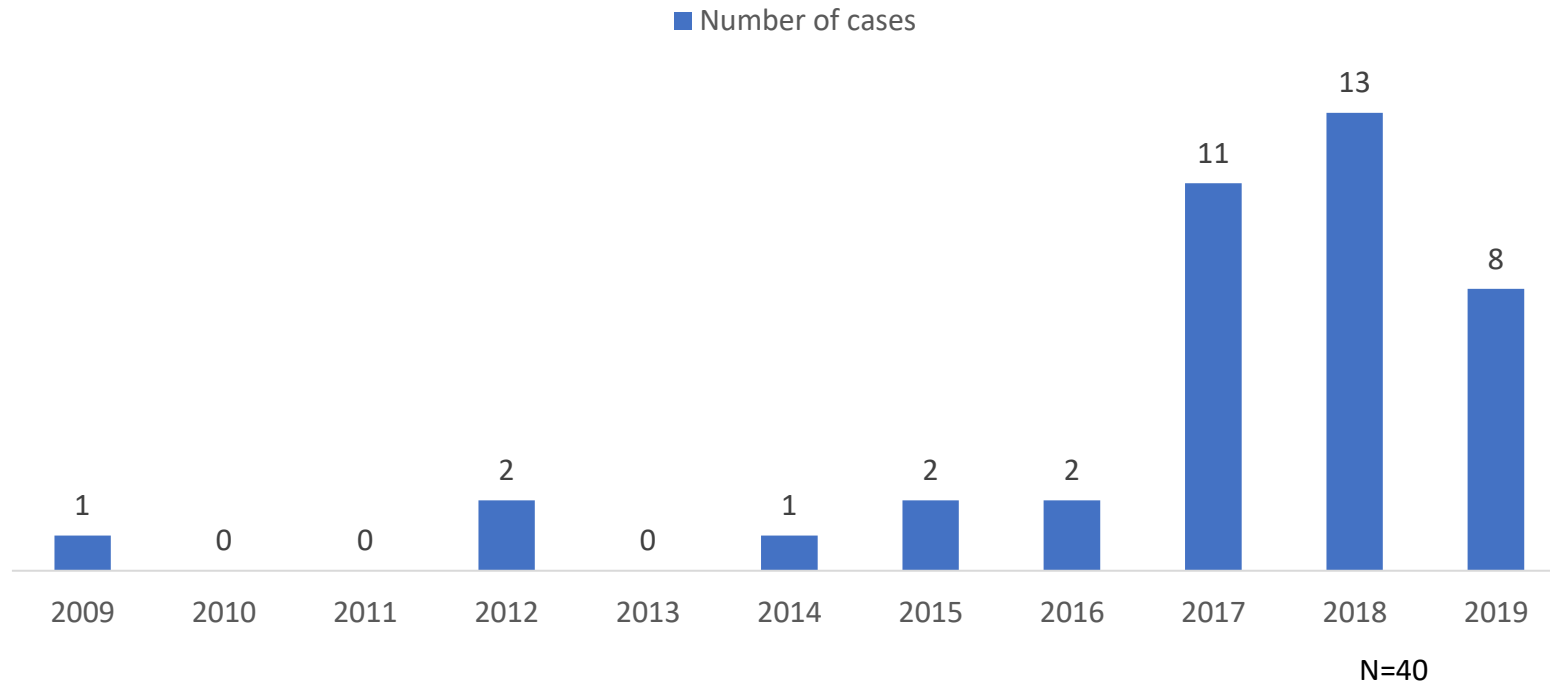
PREVIOUS ART REGIMEN AT START OF BF



# Results VI

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## HIV and breastfeeding in Germany 2009-2019



# What are the experiences of the breastfeeding women?

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## **SISTER** – PROSPECTIVE ANALYSIS OF BREASTFEEDING EXPERIENCES OF WOMEN LIVING WITH HIV IN GERMANY

- Questionnaire to assess breastfeeding experiences of women living with HIV in Germany
- Study protocol development and distribution of questionnaires in team work with community representatives

**“ I am happy that science has come [...] so far and HIV positive mothers feel better cared for and do not need to hide, if their decisions are not in line with the guidelines.**

**“ It is a thing of joy to see my child taking my breastmilk.**

**“ The thought of not using my breastmilk made me very sad. It seemed to be a waste of a precious source.**

**“ Breastfeeding is something extremely practical, exhausting and beautiful.**

**“ I was never afraid to breastfeed my child, just a bit worried about the medication that she gets with the breastmilk.**

# HELENE - Summary

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- Retrospective analysis of **40 breastfeeding cases** of women living with HIV in **Germany** (observational period: **2009-2019**)
- Mean **duration** of breastfeeding: **23 weeks [1d-104 weeks]**
- **Maternal ART** during breastfeeding period: **NNRTI > INSTI > PI**
- **Viral load at delivery** : **100% <50 cop/mL**
- **Two virologic failures during BF** period: 867 cop/mL and 76 cop/mL  
→ immediate stop
- Number of **breastfeeding** cases in Germany is **increasing over time**





# Thank you!!!

- Dr. med. Franz Audebert, Regensburg
- Dr. Cornelia Feiterna-Sperling, Berlin
- Dr. Daniel Gillor, Köln
- Dr. Dr. Celia Jonsson-Oldenbüttel, München
- Dr. Pavel Khaykin, Frankfurt
- Dr. Rita Kiener, Köln
- Dr. Anke Reitter, Frankfurt
- **Dr. Ansgar Rieke, Koblenz**
- Dr. med. Elena Rodríguez, Berlin
- Steve Rößler, Chemnitz
- **PD Dr. Jörg-Andres Rump, Freiburg**
- Dr. Dr. Gundolf Schüttfort, Frankfurt
- Prof. Dr. Christoph Stephan, Frankfurt
- Dr. Albrecht Ulmer, Stuttgart
- Dr. Amrei von Braun, Leipzig
- Dr. Katharina von Weizsäcker, Berlin
- Dr. Annette Haberl, Frankfurt

**All women who  
participated in  
HELENE and  
SISTER!**



**DAIG,  
DAGNÄ and  
DAH**

# Thank you!

Lila Haberl  
HIVCENTER University of Frankfurt, Germany  
[helene@hivundschwangerschaft.de](mailto:helene@hivundschwangerschaft.de)

