

## 14.10 Conclusion

The development of single-tablet regimens has changed the landscape of HIV disease management. Not only is ARV therapy now simpler and more convenient for HIV-infected patients, but STRs have also demonstrated significant clinical advantages over multiple-pill regimens. One of the most critical benefits of STRs is increased treatment adherence, largely as a function of the improved tolerability and patient preference for STRs. Because medication adherence is such a critical driver of disease management and associated healthcare costs, improvements in adherence due to STRs result in better health outcomes and cost-effective treatment of HIV as a long-term chronic disease. Additional benefits of STRs include increased treatment persistence, sustained safety and efficacy and greater patient satisfaction and quality of life. The advantages of simplified regimens such as STRs are supported by the DHHS and IAS HIV treatment guidelines and data from many large clinical trials and retrospective analyses.

Because of the demonstrated advantages of STR therapies in the management of HIV and successes in other disease areas using coformulated medications, it may be beneficial to develop future STRs for the treatment of other chronic diseases such as hepatitis C virus infection. Applying the knowledge and experience gained in the development of optimal HIV treatments will hopefully advance the care of patients suffering from life-threatening diseases across therapeutic areas and around the world.

## References

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