

- Several national and international guidelines suggest antiretroviral (ARV) regimen simplification as a method of improving adherence.
- Simplification of combined antiretroviral therapy (cART) has been associated with improved adherence, higher Quality of Life (QoL) and increased patient preference, all of which are all key points to assure long-lasting efficacy and durability of cART.
- Completely adherent patients are less likely to be hospitalized or to require emergency care than non-adherent patients, resulting in overall cost savings to the health care system.
- Three single tablet regimens (STRs) are currently available: Tenofovir plus Emtricitabine/Efavirenz (TDF/FTC/EFV), Tenofovir plus Emtricitabine/Rilpivirine (TDF/FTC/RPV) and Tenofovir plus Emtricitabine/Cobicistat/Elvitegravir (TDF/FTC/COBI/EVG); all of them have shown excellent efficacy, safety and tolerability.
- The future challenge would be to develop completely alternative STRs to extend the advantages of simplicity to heavily pre-treated individuals.

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