Children are most likely to get HIV from their mothers in 1 of 3 ways:

- in the womb
- during birth
- from breastfeeding or breast milk

30 years of NICHD research has helped establish safe and effective ways to prevent this type of HIV transmission.

### Emerging risks of HIV

- In 1991, NICHD research showed a 25% chance of an HIV-positive pregnant woman passing the virus to her infant.
- There were no approved treatments for HIV-positive children.
- There were no proven ways to prevent transmission.

25%

### Using treatment as prevention

- The NICHD helped fund the first clinical trial to test the drug zidovudine (AZT) in HIV-positive pregnant women.
- Trial results were so impressive that the trial was stopped early so that all the participants could benefit from the treatment.
- In 1994, AZT became the standard treatment for HIV-positive pregnant women in the United States.
- AZT helped reduce mother-to-child transmission risk to 8.3%.

8.3%

### Improving treatment

- Research from the NICHD and others showed that a 3-drug regimen—called HAART—was better than AZT at preventing mother-to-child transmission. A 2002 study showed that HAART reduced the risk of transmission to 1.2%.
- HAART became the standard treatment for HIV-positive pregnant women in the United States.
- Ongoing research, co-funded by NICHD, is looking at the long-term safety of fetal exposure to HAART during pregnancy.

1.2%

NICHID continues to conduct cutting-edge research to help prevent mother-to-child HIV transmission. To learn more, visit: http://go.usa.gov/FgXF