Darunavir + RTV Monotherapy versus Triple Therapy

MONARCH Trial
Study Design: MONARCH

**Background**: Randomized, phase II, open label trial evaluate change in cardiometabolic and endothelial function in patients with HIV infection switching to ritonavir-boosted darunavir (monotherapy) versus ritonavir-boosted darunavir + 2 NRTIs (triple therapy)

**Inclusion Criteria (n = 30)**
- HIV RNA <50 copies/mL x 24 weeks on 3-drug ART
- CD4 count >200 cells/mm³
- CD4 count nadir >100 cells/mm³
- No PI resistance or history of virologic failure

**Treatment Arms**
- Darunavir 800 mg QD + RTV 100 mg QD
- Darunavir 800 mg QD + RTV 100 mg QD + 2 NRTIs

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MONARCH: Result

Week 48: Virologic Response (Intent-to-Treat)

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MONARCH: Result

Weeks 24 and 48: Change in Brachial Artery FMD

-4.8  -4.4  -0.6  -3.0

*FMD = Flow-mediated dilation

**Conclusions**: “In the MONARCH trial, switching from triple combination treatment to DRV/r, with or without nucleoside analogues, did not translate into clinically meaningful reductions in endothelial function as measured by FMD.”

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