Please pass the following message on to your friends asking them to :

1. open [www.iccarre.org](http://www.iccarre.org/) once a day (for two to three days if possible) and open the different pages.
2. Sign the petition of the 90 patients under ICCARRE\*.

**\* I**ntermittent in **C**anny short **C**ycles, the **A**nti **R**etrovirals **R**emain **E**fficient

“ICCARRE” is a lighter, cost effective and efficient protocol of care for HIV. By taking less medication, this new protocol allows patients to follow a more adaptable treatment without the toxic or mortal adverse side effects of long-term HAART.

Switching from seven days of treatment to from one to four days of treatment a week, this treatment opens the door to a future with fewer possible complications. However ICCARRE, if not protected, risks disappearing, and we, its ninety patients with it.

Ninety HIV patients followed at the Raymond Poincare Hospital in Garches, of which some have benefited from the advances of HAART since 1995 are in this abbreviated protocol treatment. The first among us have been in short treatment cycles for ten years already.

Some patients who could no longer stand the powerful and irreversible side effects (visible and invisible physical stigmata, psychological backlash, etc) preferred stopping their treatment because the treatment side effects became too heavy for the benefit. We, the patients who felt poisoned and on over-medication for life, and in fact were, in good conscience, understanding its risks and benefits, have accepted the offer in Garches of the ICCARRE treatment protocol, sharing trust and information. We have switched to a better adapted treatment, from five days of treatment out of seven, to four, then three and now two days of treatment in seven for 60 of us today. The results of our analyzes are just as good (undetectable viral loads and CD4-CD8 in steady growth), we live better with little or no side effects. For the 60 patients who are on two days of treatment per week, we take the equivalent of three months of treatment in a year, instead of the twelve imposed. (savings of nine months)

The ANRS (National Agency for AIDS Research in France) is poised to take over the project and the ICCARRE idea, without integrating the results accumulated by the Garches study over a decade, ignoring the work of its founders, and the therapeutic benefits for the patients of ICCARRE.

We question the motives of the ANRS, that started ten years later with a one-year plagiarism study, compared with the ten years of ICCARRE? Would it be that they want to maintain the status quo, delaying financial reductions of 40% to 80% brought by the shorter treatments?

We are 90, determined to defend the inalienable right to a fair, necessary and sufficient dosage, adjusted to our life and our future. Finally, we can look to the future with greater confidence.

1. We ask - for the years to come -that our commitment to the ICCARRE protocol - our future - be validated and protected by the competent authorities of the State. That we do not disappear at the will of the ANRS. Research, yes, but not at the expense of patients already receiving innovative care.

2-For the mental and physical well-being of all patients, for our right to manage our own lives and our health as we see best,

in order that all HIV patients on over-medication, seven days a week, can benefit as soon as possible from the comfort provided by the abbreviated treatment according to the ICCARRE protocol,

WE ask that the ICCARRE protocol now be opened so that it can be transformed into a prospective clinical trial !

ICCARRE has proven itself and we are the living proof.

 For the 90 ICCARRE patients "