Background: Antiretroviral nucleoside reverse transcriptase inhibitors (NRTIs) are an important component of standard ARV regimens. However, our team has used intracellular phospholipid analysis as a way to improve clients. Methods: Using the ZDV-phosphate integrase inhibitors, we have shown that the 8-hour time point is a critical window for successful ARV treatment. Results: We found that the 8-hour time point for ZDV-phosphate integrase inhibitors is the optimal time point for successful ARV treatment. 1 This is because the 8-hour time point is when the ZDV-phosphate integrase inhibitors are most effective and when the ARV treatment is most successful. The 8-hour time point is also the time point when the ARV treatment is most effective in killing the virus. 2 This is because the ZDV-phosphate integrase inhibitors are most effective in killing the virus when the ARV treatment is given at the 8-hour time point.

1. Moe et al. (2018)  
2. Moe et al. (2019)

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