

# Plan for a healthy future

with *free* Medical Male Circumcision (MMC)

protect yourself and those you love



Medical trials have shown that medically circumcised men have a 60% reduced risk of contracting HIV during heterosexual sex.

## What is MMC?

MMC is the surgical removal of the foreskin covering the end of the penis.

## What are the benefits of MMC?

- Increased hygiene
- Reduced risk of HIV infection
- Reduced risk of penile cancer
- Lower risk of contracting some STIs
- Reduced risk of cervical cancer for women with circumcised sexual partners

## How painful is the procedure?

Local anaesthetic is used during the procedure to control the pain. Mild discomfort in the days following the procedure is managed with the use of painkillers.

## Does MMC make sex less enjoyable?

MMC has no effect on sexual desire, performance or satisfaction.

## How long does the procedure take?

The procedure is simple and straightforward and takes between 15 and 30 minutes.

## Is it safe to have unprotected sex after MMC?

NO. It is not safe to have unprotected sex as MMC does not provide complete protection against HIV. The use of condoms is still required to ensure complete protection.

For more information on free Medical Male Circumcision for adults and children 15 years and older, send a free "Please Call Me" to **076 936 6612** and a counsellor will contact you to provide you with further information as well as assist you in making a booking to have the procedure done.