



# Medical **Male Circumcision**

# 1 Getting Started



**Your participation is voluntary.**

**The information you provide is confidential.**

**Share your views, ask questions and participate.**

**Personal details discussed in the group, remain in the group.**

**You are encouraged to share the information we provide with others.**

**Let's learn together! Express your views! Ask questions! Share your knowledge!**

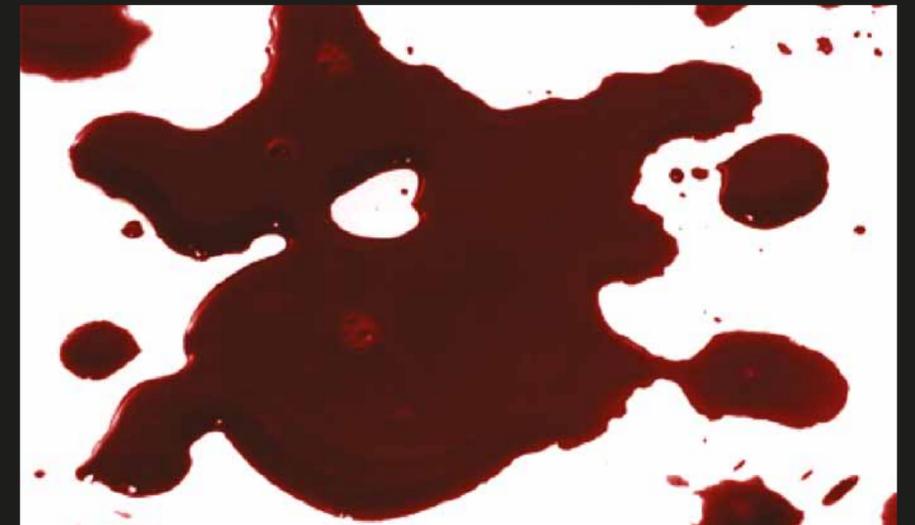
# 2 **How is HIV** transmitted?



**Unprotected sex**



**During pregnancy, childbirth or breastfeeding**



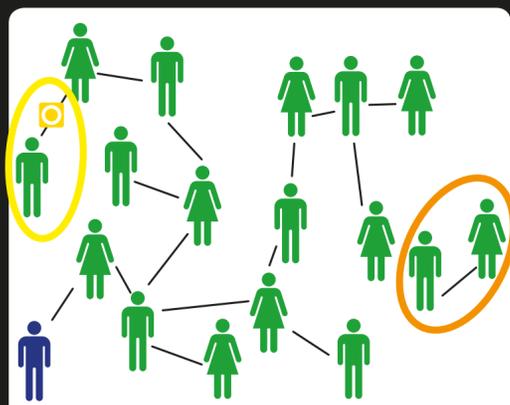
**Direct contact with HIV positive blood**



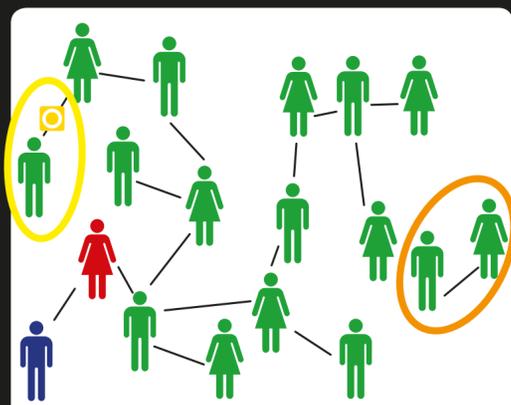
**Sharp objects e.g. sharing needles or razors**

**HIV can be prevented – use condoms, have one uninfected partner**

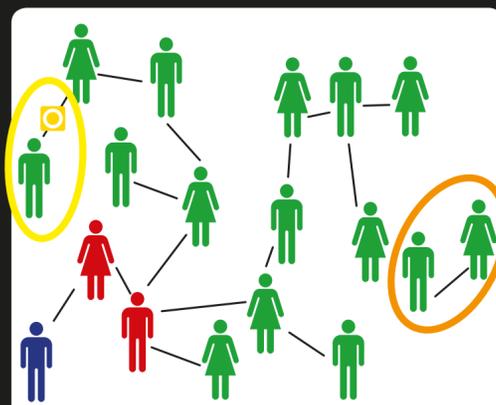
# 3 Multiple Sexual Partners



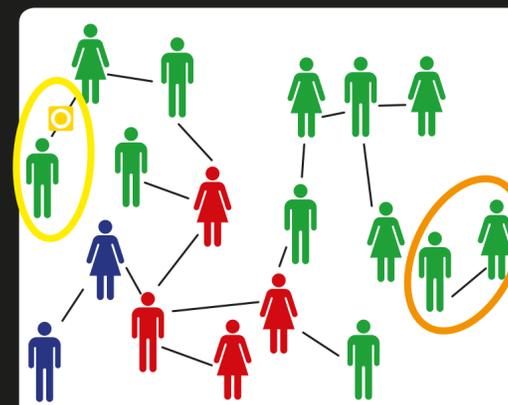
January - One man is infected as he has unprotected sex.



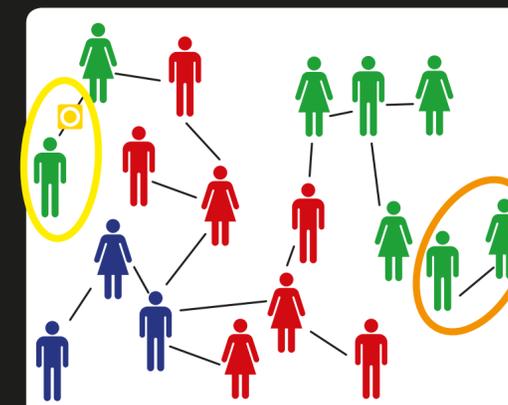
February - At the bar or shebeen he gets drunk, does not use condoms and infects a one night stand with HIV.



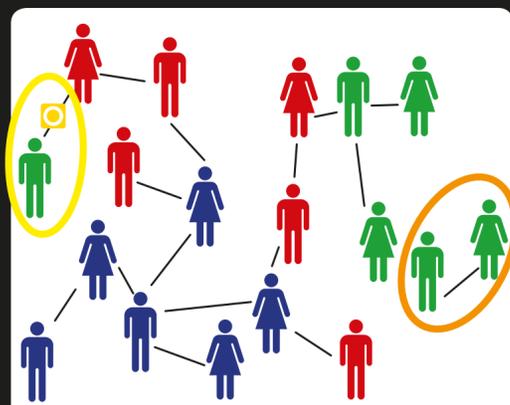
March - The one night stand then infects her boyfriend.



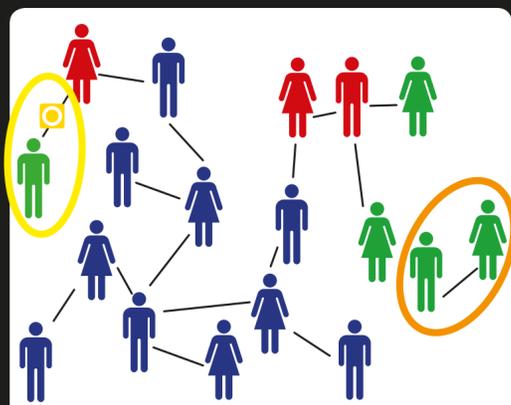
April - The boyfriend infects his three other girlfriends.



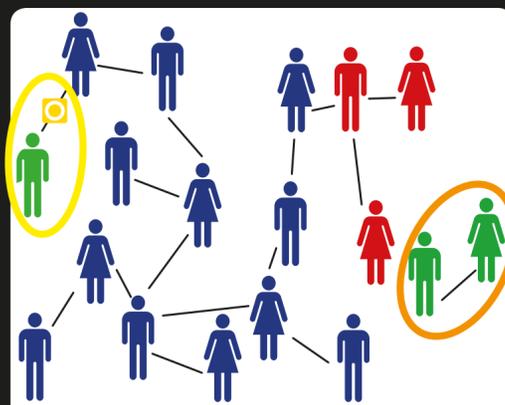
May - The girlfriends infect their other boyfriends.



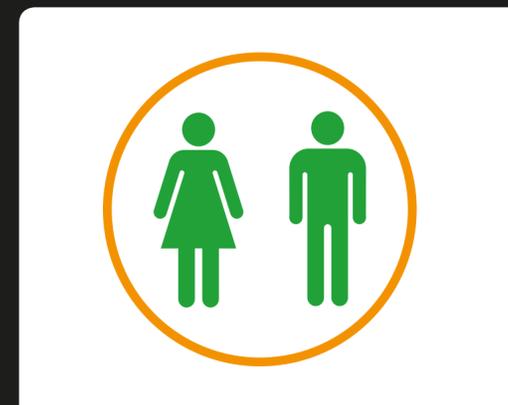
June - The boyfriends infect their girlfriends.



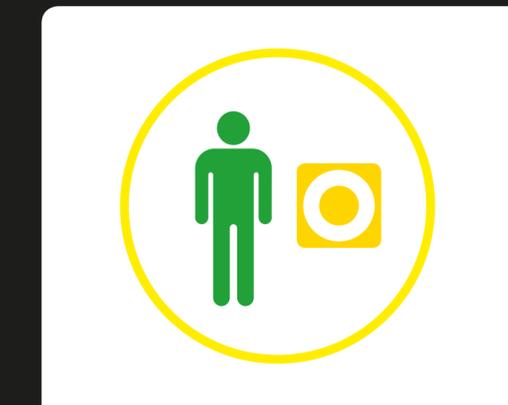
July - The girlfriends infect their boyfriends.



August - Over an eight month period everyone (15 people) becomes HIV positive.



The couple that only has sex with each other does not get HIV.



The guy that uses condoms all the time does not get HIV.

**Sex with more than one partner, increases your risk of HIV infection**

# 4 Alcohol



**Alcohol lowers our inhibitions. It makes us behave in ways where we do not think of the consequences.**

**When you are drunk you are more likely to have sex with more than one partner. Less likely to use condoms and more likely to get HIV.**

**Alcohol and having more than one partner can lead to violence at home.**

**Drunk = more than one partner + unprotected sex = HIV + STI's**

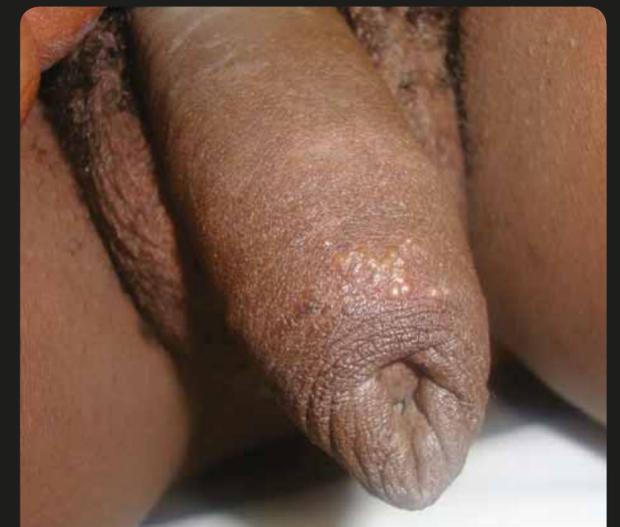
# 5 Sexually Transmitted Infections (STI's)

Ghonorhea or Chlamydia



Burning/pain when urinating and / or a discharge/drop

Syphilis or Herpes



Sores/blisters/rashes

Genital Warts / Penile Cancer



STIs can result in infertility and penile dysfunction if not treated early

# 6 Preventing **unwanted pregnancies**



## **Injectables**

There are two types of injections that prevent a woman from getting pregnant. The one injection is given every 3 months, while the other is given every 2 months.

## **Pill**

Must be taken every day at the same time to ensure maximum protection against pregnancy.

## **Emergency Contraceptive**

Also called the morning after pill must be taken as soon as possible after unprotected sex but no later than 5 days after to protect against pregnancy. It does not protect against pregnancy if unprotected sex has happened after the pill was taken.

## **Male and Female Condoms**

Protect from unwanted pregnancies, HIV and STIs by creating a barrier between the vagina/anus and the penis and preventing the flow of semen into the vagina/anus.

**Talk to your partner and health care provider to choose a most preferred method**

# 7 Condoms



There are male and female condoms that are designed to make sex more fun, pleasurable and safe.

Choice<sup>™</sup> condoms are safe, reliable and available for free.

There is a wide range of commercial condoms designed to make sex safer and more pleasurable. Some are flavoured others ribbed, studded and glow-in-the dark.

All condoms are lubricated using water-based lubricants. This prevents the condom from breaking and makes sex more pleasurable.

**Condoms prevent HIV, STIs and unwanted pregnancies**

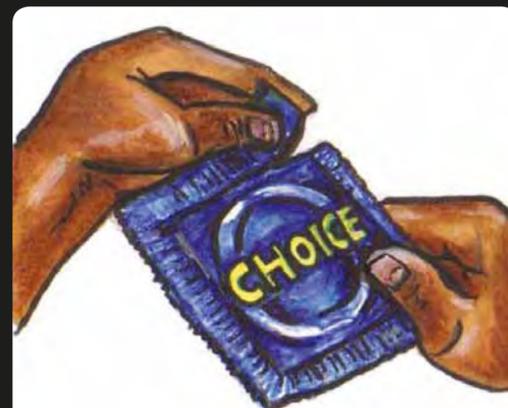
# 8 How to use a Male Condom



**1** Check the expiry date and make sure the package is sealed with no air escaping from it.



**2** The penis must be erect before you roll the condom on.



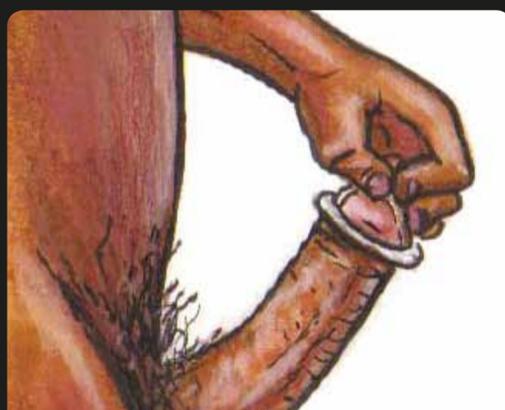
**3** Open the package carefully, make sure not to damage the condom. Do not use teeth or nails for this.



**4** For an uncircumcised penis, make sure the foreskin is pulled back.



**5** Make sure the condom is the right way out in order to 'unroll'.



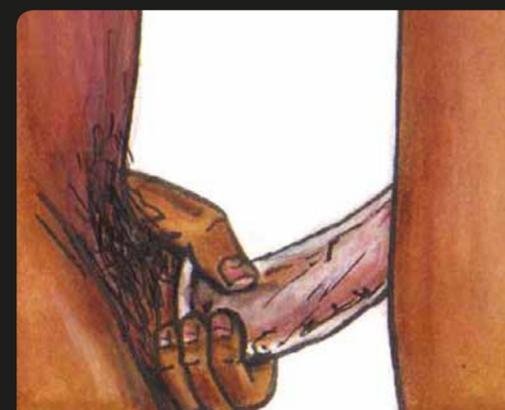
**6** Pinch the air out of the tip of the condom as this may cause a bubble which can burst while having sex.



**7** Unroll the condom as far as it will go to cover the shaft of the penis.



**8** Use only water based lubricants such as KY Gel. Non-water based lubes may cause condom breakage. Only apply lube after the condom is on – never before.



**9** When pulling out hold the condom at the base and pull out while you are still erect to stop it from slipping off your penis.



**10** Wrap the condom in toilet paper and throw away in the rubbish bin. Do not flush it down the toilet.

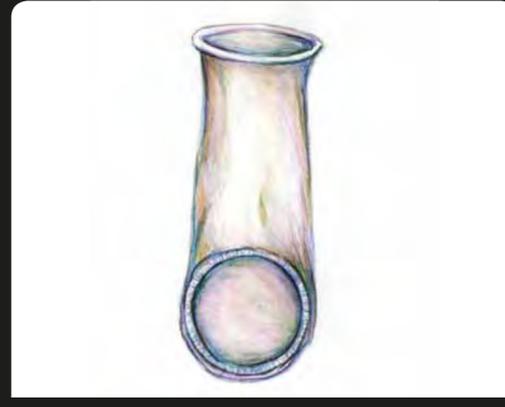
# 9 How to use a Female Condom



**1** Check the expiry date and make sure the package is sealed with no air escaping from it.



**2** Open the package carefully, make sure not to damage the condom. Do not use teeth or nails for this.



**3** Rub condom to spread lubricant.



**4** Hold ring and squeeze into figure eight.



**5** Insert as far as it will go.



**6** Do not twist condom.



**7** During sex guide penis into the condom.

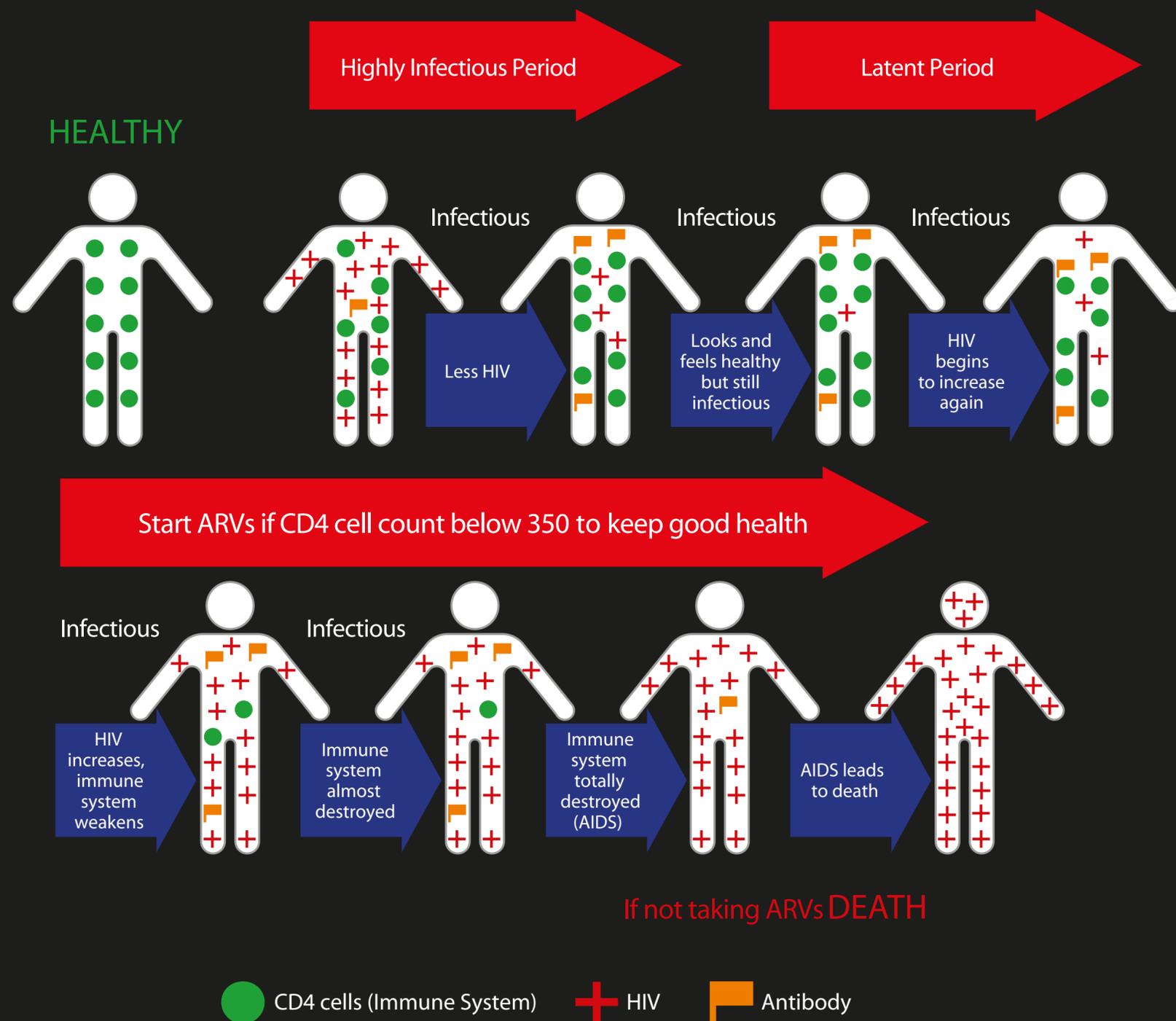


**8** To remove, squeeze and twist outer ring, and pull out.



**9** Wrap the condom in toilet paper and throw away in the rubbish bin. Do not flush it down the toilet.

# 10 HIV in the Body over time



## Highly Infectious Period

After being infected with HIV the virus multiplies rapidly.

The risk of infecting your sexual partner is at its highest.

If you test now you will test negative as the immune system has not identified HIV.

## Latent Period

The immune system identifies the virus and produces antibodies that respond to HIV. Should you test for HIV now, you will test HIV positive.

The levels of HIV are reduced but increase slowly over time. A person can live a long time with HIV without ARVs.

## Treatment

Over time HIV starts increasing again. If your CD4 count is below 350 you must start taking ARV's to keep healthy.

**Test Regularly + Know your HIV status + Start Treatment Early = Good Quality life**

# 11 Why men **get circumcised**

## Religion



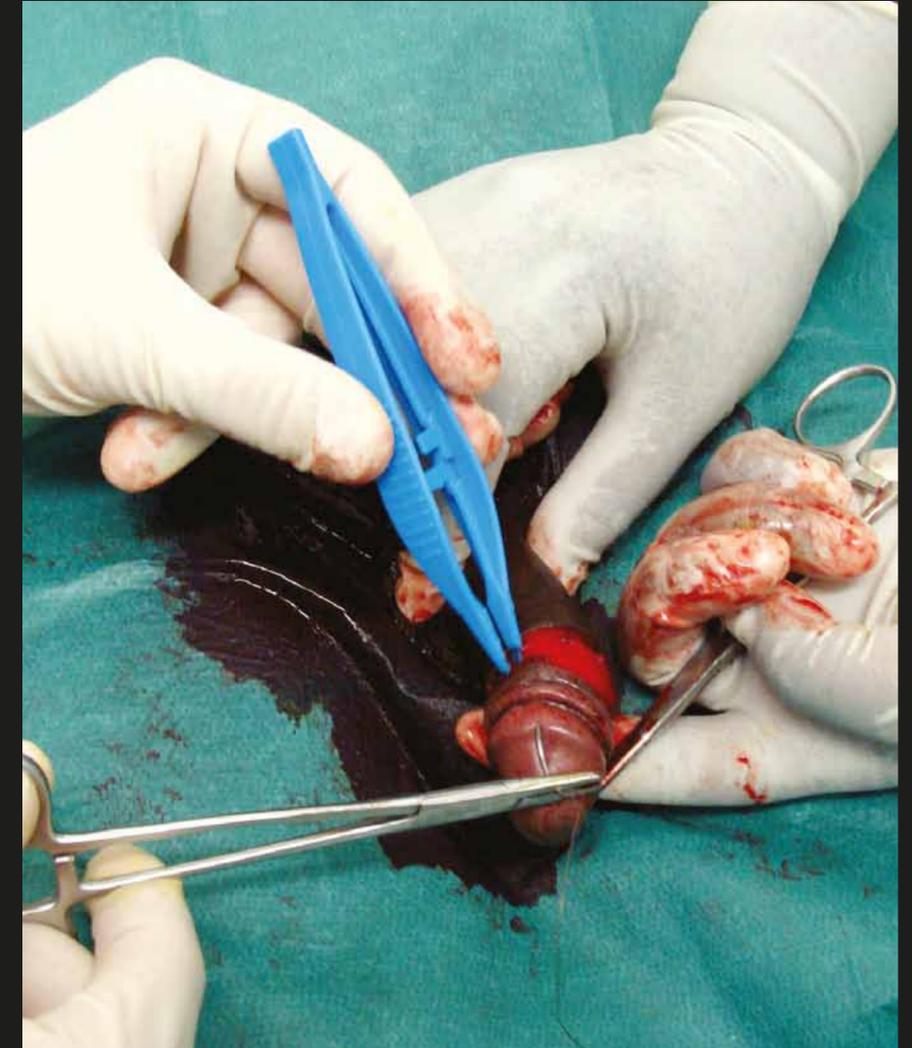
Some religions may circumcise their boys soon after birth, eg. Jewish and Islamic religions.

## Culture / Tradition



Some cultures circumcise their young men as part of an initiation process that marks the passage from boyhood to manhood.

## Medical

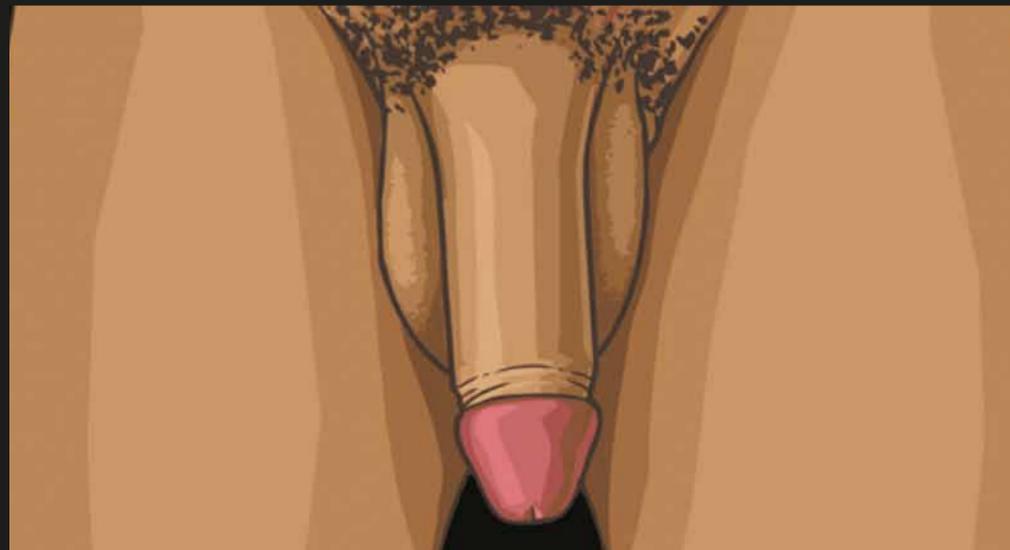


Some men may get circumcised for health reasons, e.g. because of the tightening of the skin or to reduce the risk of STIs and HIV.

**Men may be circumcised for religious, cultural or medical reasons**

# 12 What is **Medical Male Circumcision?**

## **Circumcised Penis**



### **Full health benefits:**

The foreskin has been completely removed, under medical conditions, from the head of the penis.

Improves hygiene.

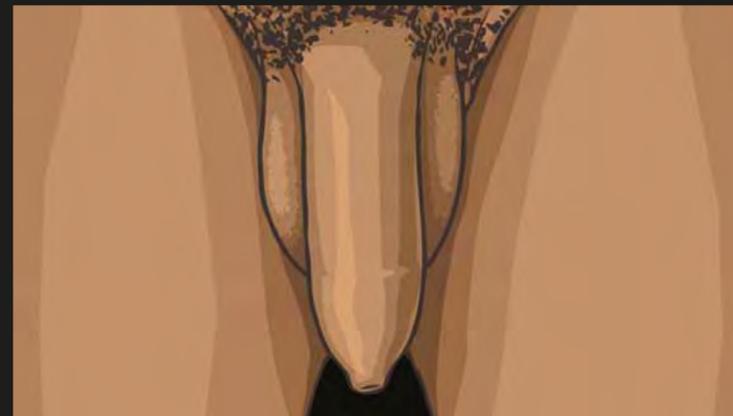
Cells that attract HIV have been removed.

Reduces the risk of HIV infection by eliminating small cuts and bruising.

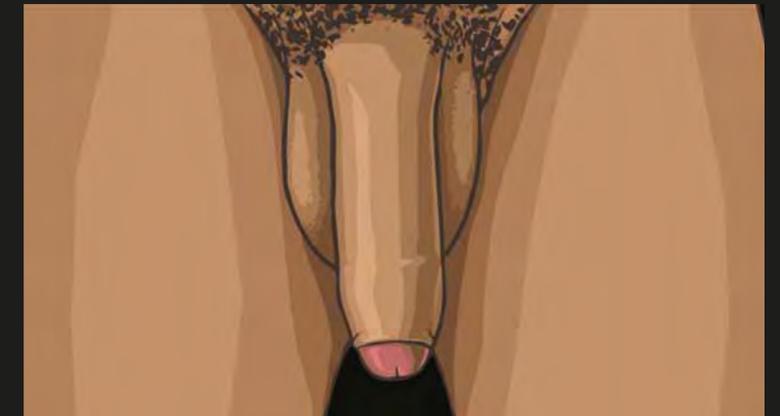
Lowers the risk of STIs and other infections.

Reduces your partner's risk of cervical cancer.

## **Uncircumcised penis**



## **Partially circumcised penis**



### **No health benefits:**

The foreskin covers the head of the penis and it's more difficult to keep clean.

The skin inside the foreskin is soft, and prone to bruising and small cuts during sex that allows an entry point for HIV and can cause discomfort during sex.

There is a higher risk of HIV infection.

Higher risk of STIs and diseases that affect uncircumcised men.

Men are more likely to get the Human Papilloma Virus which they transmit to their partner, which increases their partner's risk of cervical cancer.

**Medical male circumcision reduces the risk of HIV infection by 60%**

# 13 What happens at the Health Centre?



**A full health screening for blood pressure, cholesterol, diabetes and TB.**

**Counselling and testing for HIV. If you test positive you will be referred for a CD4 cell count test.**

**Screened for STIs and provided with treatment if necessary.**

**Medically circumcised by a trained professional health care worker.**

**You will be given an injection to reduce and manage the pain during and after the operation. The operation lasts for about 20 minutes. You will be given pain killers to manage the pain after you leave the clinic.**

**SMS the word MMC to 43740 to locate your closest health centre.**

**Medical male circumcision = a full medical check-up to take control of your health**

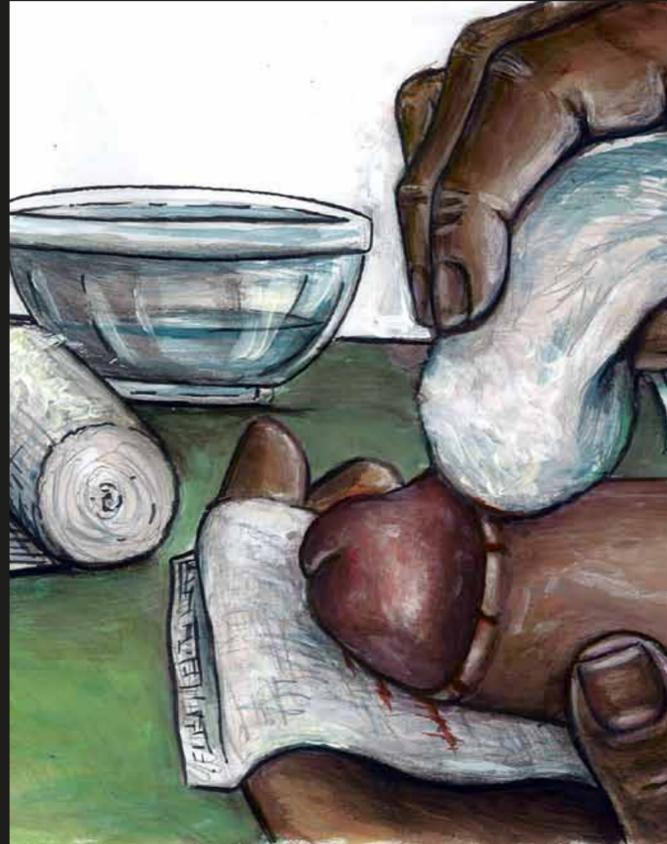
# 14 Caring for your wound



**Keep your penis in an upright position** for the first few days. Briefs will help to keep your penis in the correct position. Do not wear boxer shorts as your penis will hang loose and may rub against the fabric irritating the wound.



**Remove your bandages after 24 hours:** Dissolve 2 teaspoons of salt in a cup (250 ml) with lukewarm water. Place solution in a clean container. Soak your penis in the solution until the bandages come loose. To stop bleeding, apply pressure to the area using a tissue.



**Clean your wound twice a day.** Dissolve 2 teaspoons of salt in a cup (250 ml) with lukewarm water. Place solution in a clean container. Dip a face cloth into the solution wipe an area of the wound and then rinse. Repeat until the you have cleaned the whole wound.



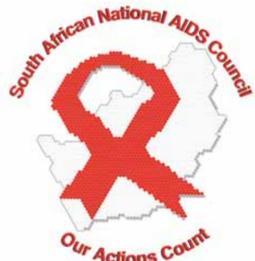
**Your clinic is there for you.** Visit your local clinic after day 2 and day 7 to check that your wound is healing properly.

**Do not have sex for six weeks after being circumcised to prevent infections**

# 15 Maximum Protection



Maximum protection =  
Know your HIV status + Get Circumcised + Use Condoms



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