



Five Facts about Voluntary Medical Male Circumcision (VMMC)

1. A circumcised man is up to 60% less likely to get infected with HIV.
2. It does not affect the size of your penis.
3. There is some pain, but not much.
4. After VMMC, you can do most things after just 2 or 3 days.
5. There is no proven effect on sexual pleasure.

How male circumcision protects you against HIV:

Before circumcision:

The inside of the foreskin is soft and moist and is more likely to get a tiny tear or sore that allows HIV to enter the body more easily. The foreskin itself contains many 'target cells' that allow HIV to enter the body easily.

What you need to know about Voluntary Medical Male Circumcision (VMMC)

Help reduce HIV by getting circumcised today



1. What is Voluntary Medical Male Circumcision (VMMC)?

VMMC is the removal of a man's foreskin. It is a widely used, simple and safe procedure. Men can be circumcised at any age. While many men in Kenya have already undergone the procedure, only 10% of Luo men in Nyanza are circumcised today.

2. Why should men get circumcised?

VMMC can provide protection against HIV infection. A circumcised man is up to 60% less likely to get infected with HIV than an uncircumcised man.

3. What are other benefits of VMMC?

VMMC reduces the man's chances of getting other infections like syphilis and herpes. VMMC also gives some protection against penile cancer in men and cervical cancer in women.

4. How does being circumcised protect men from HIV?

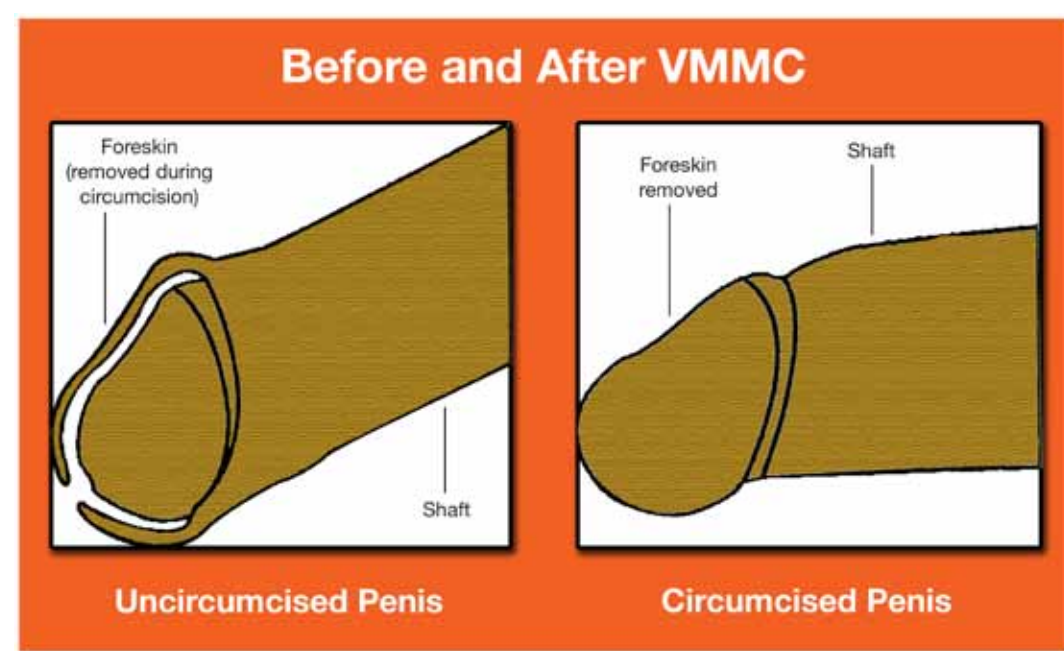
The inside of the foreskin is soft and moist and is more likely to get a tiny tear or sore that allows HIV to enter the body more easily. The foreskin itself contains many 'target cells' that allow HIV to enter the body easily. After circumcision, the skin on the head of the penis becomes thicker and is less likely to tear.

5. Why is it important to know your HIV status prior to VMMC?

Someone considering VMMC should know their HIV status in order to get the health benefits that VMMC provides. Clients who decline the test but still want to get circumcised must be respected for their decision. VMMC is not recommended for HIV positive men.

6. How is VMMC done?

The procedure takes a short time. An injection is given at the base of the penis to make it go numb, so that no pain is felt while the foreskin is cut off. The wound is then stitched, cleaned and bandaged.



7. What happens after the operation?

- The man rests a short while, and then goes home.
- After 3 days the bandage is removed. He cannot have sex for the next 6 weeks.
- For the next 7 days, it is important to keep the wound clean, and avoid heavy exercise.
- After 7 days, the man needs to return to the health facility for a check-up.
- If men experience any complications after surgery (like prolonged pain or bleeding), they should seek assistance at the clinic.

8. Does VMMC affect sexual intercourse?

Yes, because men cannot have sexual intercourse for 6 weeks after VMMC. The wound needs enough time to heal properly. VMMC does not affect sexual performance.

9. Why should I talk to my partner about VMMC?

VMMC has many benefits for both partners and both need to understand the procedure. It is best to openly discuss why you want VMMC. You can also visit a counselor or health worker together to discuss the matter.