

Check out the other booklets in the Pocket Guide series.

MEN SEEKING MEN

FROOTY BOOTY – how to keep your ass fresh

THEY'RE HERE – STD's to know about

You can find them where you picked this one up
or you can call Man to Man at (604) 893-2238

the pocket guide



they're here
STD's to know about

resources

YouthCO AIDS Society
203-319 W. Pender St.
(604) 688-1441
Addresses needs of young people around the issues
of HIV and AIDS.

Little Sister's Book and Art Emporium
1238 Davie St.
(604) 669-1753

The only LGBT bookstore in Vancouver.

Xtrai West
Vancouver's Gay and Lesbian Bi-Weekly Newspaper
Available in various locations.

For more resources in the Lower Mainland, such as youth
groups, college and university groups, health services, social
events, etc. call the PrideLine at the Centre.

the pocket guide

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If you have feedback, and/or suggestions for improving the guide, or if
you would like more copies, please contact Man to Man at 604-893-2238,
email m2m@parc.org or visit our website at www.aidsvancouver.bc.ca

Man to Man would like to send out a great big "thank you" to all of the
community members who contributed their time to reviewing the Pocket Guides.

The content of this guide is provided for information only and should not
be used as legal and/or medical advice or instruction.



resources

Bute Street Clinic

The Centre, 1170 Bute St.
(604) 660-7949. Hours: Monday to Friday, noon - 6:30pm.
Outreach nurses provide help with HIV/STD education and testing, minor medical problems and referrals.

Three Bridges Community Health Centre

1292 Hornby St.
(604) 736-9844. Regular hours: Monday to Friday, 8:30am - 8:00pm. Saturday, 10am - 5pm.
A free health service, with on-site physicians, nurses and counselors. Services include general medical care, HIV testing, STD screening, immunization, alcohol and drug counseling and relationship counseling. Also provides referrals to other health services, and can assist in accessing services such as housing and social assistance.



Pride Health Services

Three Bridges Community Health Centre, 1292 Hornby St.
(604) 633-4201. Thursdays 3:00pm - 6:00pm
Health services targeted to the gay, lesbian, bisexual and transgendered communities.

The Gender Clinic

575 W. 8th Ave.
(604) 875-8282
Offers services to transitioning transsexuals. Provides a list of doctors working with transgendered/transsexuals.

The Centre

1170 Bute St.
(604) 684-5307
Services include the PrideLine, a legal clinic, counseling, a library, youth services, 12-step groups, social support and coming-out groups.

pocket guide

The Man to Man program at AIDS Vancouver put together this booklet, as part of a series, to provide information about sex and health to guys who have sex with other guys. The Man to Man program believes having information about the things guys do, or want to try, is an important part of being able to make choices. Especially when those choices can affect our health - physical, mental, emotional, spiritual or otherwise.

The Pocket Guide series will openly and explicitly talk about things related to sex. The stuff we talk about isn't going to be important to everyone. There's way more to being gay or bisexual than how you have sex and who you have it with. Racism, poverty, transphobia, ableism, as well as homophobia, are some of the things we face in our lives. All of these affect our

health and some of the choices we make about sex. This series only scratches at the surface of what's going on out there.

Whatever you think, Man to Man is interested in your feedback. Call us at 604-893-2238 if you have any comments or question about absolutely anything in the Pocket Guide series. We'd also like to hear from you about issues you want us to address.

The Pocket Guides are written for men who have sex with other men. This is a broad spectrum of people. Some people in our communities are born biologically female and identify sometimes, or all the time, as guys. Some of these men may have sex with biological guys and identify as gay or bi, so a lot of the information will be useful to trans guys who are part of the "gay scene".

resources guide

resources



sexually transmitted diseases (STDs)

Most of us know that HIV is not the only health issue out there for gay and bi guys, especially when we're talking about sex. There are all sorts of infections that can be transmitted through sexual contact. Knowing about them can assist you in either preventing them or knowing how to identify and treat them. Some people think that STDs are of concern to "bottoms" only, but "tops" are also at risk of infection from a variety of STDs. Following is a brief description of various STDs with an explanation of ways they can be transmitted.

resources

Here is a list of some resources. This information is borrowed from Your Everyday Health Guide, a lesbian, gay, bisexual and transgender community health resource guide. Copies are available free from some businesses, clinics and community organizations across the province.

AIDS Vancouver

1107 Seymour St.
(604) 681-2122
Provides direct services to people living with HIV/AIDS. Delivers information, education, and training to communities at risk and the general public.

BiNet BC

(604) 875-6336
Information and counseling line that informs bisexual people of the groups and activities of the bisexual communities. Also helps people who may have questions or concerns about bisexual issues.

Trans Alliance Society

(604) 684-9872 ext. 2044
Serves East and Southeast Asian communities, providing support, education and advocacy services on harm and risk reduction, sexual orientation and sexual health support and promotion, with the goal of reducing the spread of HIV.

Asian Society for the Intervention of AIDS (ASIA)

210-119 West Pender St.
(604) 669-5567

negotiating safer sex

Talking about safer sex with some guys is easy. With other guys it's damn near impossible.

Telling a guy you are going to use condoms might be the clearest way to get them to have safer sex because there is no confusion. But let's be realistic. It's not always that easy. Here are a few suggestions that might help you to play safer:

- you can show a guy that you practice safer sex by handing them a condom or by putting one on them - or yourself. That makes it pretty clear that you expect it. A lot of guys we've talked to say this can work.
- keep condoms and lube handy where you have sex, so they can see them, and you can get to them easily.
- if something is happening in sex that you don't like, try to change the activity by leading it somewhere else. You have the right to decide what happens to your body.

Safer sex is not always easy. There are so many situations that can lead to unsafe sex. And it's not just about using condoms. But what do you do when unsafe sex happens and you start to feel worried? What can you do if you don't feel like you're in control, and you're getting into unsafe situations? Some people are dealing with alcohol or drug dependencies or sexual addiction. If you want to address some of these things, there are some telephone numbers in the back of this guide that you might find useful.

It's not always easy to have safer sex, but it's never too late to start.



gonorrhea & chlamydia

HOW CAN YOU GET THESE INFECTIONS?:

You can get gonorrhea or chlamydia:

IN YOUR ASS

- by getting fucked without a condom by someone with the infection in their dick
- by sharing uncleaned sex toys (i.e. dildoes) with someone with the infection in their ass

IN YOUR DICK

- by fucking someone without a condom who has the infection in their ass
- by getting blown by someone with the infection in their throat

IN YOUR THROAT

- by sucking off someone who has the infection in their dick
- by rimming someone who has the infection in their ass

IN YOUR EYES

- by getting infected cum shots in your eye

There is no vaccination available to protect you from these infections, but you can use a condom or a dental dam to reduce your risk of becoming infected.

POSSIBLE SYMPTOMS:

There are often no signs or symptoms of infection. If symptoms do occur it could be one to three weeks after infection with chlamydia or three to seven days after infection with gonorrhea.

Symptoms you might develop:

- burning pain when you piss
- puss or discharge from your piss hole or your ass (could be green-yellow or cloudy-white)
- an itchy feeling inside your dick or your ass
- pain or swelling in the testicles
- sore throat, pain when swallowing
- itchy, swollen red eyes with a discharge



making sex safer

"Safer sex" is a term that many guys are familiar with. For a lot of guys, "safer sex" means wearing a condom when they fuck.

Safer sex can be about more than just wearing a condom, though. It can be about understanding how to stay safe doing the things you do. When you know the risks involved in the things you do, you can learn to make all kinds of sex safer, and include that in your sex life.

But what does risk mean? And how do you reduce risk to make something safer?

Risk means "the chances of something bad happening".

It doesn't have to be about sexually transmitted diseases alone. It can be about things like physical violence and mind fucking. It's going to depend on whether you think an end result is "bad" before you decide something you do is risky. It comes down to personal choice. You might believe a risk in sex is getting infected with HIV when you get fucked. Getting your partner to use a condom can be a way of reducing that risk.

Safer sex is a personal thing that will mean different things to different people. You need to decide what you're comfortable with and then try to stick with that.

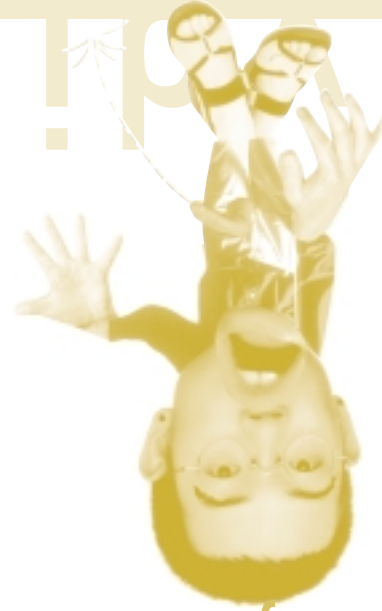


gonorrhea & chlamydia

You may not have any symptoms of infection with either of these. Even so, you can pass them on to others. If you or your regular partners are having a lot of sex with different people you might want to get tested for gonorrhea and chlamydia regularly.

TREATMENT:

These are treated with powerful antibiotics. See your health care provider, a public health nurse or go to an STD clinic for more information on testing and treatments. If left untreated, gonorrhea can lead to fever, chills, rashes and pain in the joints. The long-term effects of untreated chlamydia on guys can be inflammation of the testicles and possibly sterility.



STD testing

If they see that you have been tested for HIV, and even if the result was negative, they might see you as too high a health risk to insure.

Another reason to consider getting an anonymous test is because we still don't know who has access to this information and how they might use it now or in the future. Remember the APEC demonstrations at UBC? Well, it appears that the RCMP got access to some of the protester's medical records and checked into their HIV status. In their minds, HIV status must have been a security risk. Depending on what information you give to the clinic that's testing you, your identity can be traced. So, if you don't want that information getting into the wrong hands, you should give information that can't be linked back to you. If you want a truly anonymous test, consider the following:

1. *Make sure anonymous testing is provided at the clinic you go to. Your family doctor can't do anonymous testing.*
2. *Don't give your medical insurance number or your real name, nicknames, initials or date of birth.*
3. *When you are asked for your initials and date of birth give them a false set of initials and birth date, but give ones that you will definitely remember. This is not illegal. This is your right when you go for anonymous testing. When you return for the results you will be asked for those details so they can give you the right results. If you can't remember this information, you will have to test again. So give information you'll remember.*

herpes

This is a virus that can cause painful sores on and around your anal and genital regions. Sores can also develop on or around your mouth (cold sores). From the one infection, you can develop herpes sores repeatedly throughout your life.

HOW DO YOU GET IT?:

You can get herpes:

- around your mouth, on your dick, testicles, anus and on your thighs and butt by coming into contact with someone's sores
- herpes can also be transmitted by coming into contact with the area where a sore is going to appear

There is no vaccination available to protect you from herpes. Using a condom or a dental dam can help prevent the transmission of herpes.

POSSIBLE SYMPTOMS:

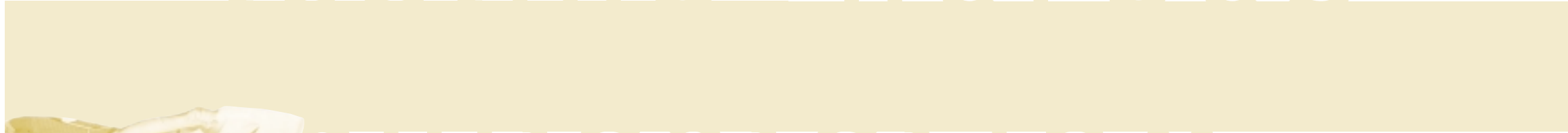
Within a week of infection you may feel:

- tingling and itching around your mouth, your dick, testicles, anus and on your thighs and butt
- painful lumps in your groin
- painful blisters that become open sores. This can happen around your mouth, your dick, testicles, anus and/or on your thighs and butt

TREATMENT:

Herpes has no cure. There are treatments to help get rid of the sores faster and reduce the pain. For more information on treatment go to an STD clinic, or see your health care provider.

testing herpes



An **anonymous test** can be performed only for HIV. This kind of test means you don't have to give your name or medical insurance number, so the results won't end up on your medical record. Ideally, this means there will be no link between your identity and the test. There are a few reasons why someone might consider getting an anonymous test. For instance, if you were to apply for medical or life insurance through a private insurance company they might require you to give them access to your medical records.

If you think you have done something that has put you at risk for a sexually transmitted disease and want to get tested, there are a few things you should consider:
If you are getting tested for HIV, you can get an anonymous test or a confidential test. If you are getting tested for other STDs you can get a confidential test only.
A **confidential test** means the results will go into your medical record. If you test positive for an STD, including HIV, your name is reported to the Centre for Disease Control Society. Health officials may attempt to contact your sexual partners to let them know that someone they have had sex with has been diagnosed with an STD (they won't give your name). They do this because they believe it can help to reduce the spread of STDs. Confidential tests can be performed by your doctor or at most health clinics.

STD testing

HOW DO YOU GET THEM?:
You can get these warts on your cock, your genital region and in or around your ass. It's possible to get warts on your lips or mouth, but this is rare. You get warts:
AROUND YOUR ASS
■ by getting fucked without a condom by someone who has warts on their dick
■ by sharing unclean sex toys with someone who has warts in or around the ass
ON YOUR DICK
■ by fucking someone without a condom who has warts in or around their ass
■ by getting blown by someone with warts in their mouth or on their lips
IN YOUR THROAT
■ by sucking off someone who has warts on their dick

POSSIBLE SYMPTOMS:
Warts appear two to three months after infection (it can sometimes take longer). They might look like small cauliflowerers, they could be flat, or they could look like pimples with a belly button. There should be no pain unless they're irritated. About 15% of the time someone with the infection may show no sign of warts, but they can still transmit the virus.
TREATMENT:
There are medications and laser treatments for warts. If you have warts, or think you do, and you want to get rid of them you should go to your doctor or to a clinic. In the long term infection with HPV could result in rectal and/or penile cancer.

genital warts

crabs & scabies

Crabs and Scabies are not really diseases. They're bugs!

HOW DO YOU GET THEM?:

These parasites either bite you or dig into your skin and lay their eggs. You can get them from contact with someone who has them. You can also get them from using bed sheets, towels or wearing the clothes of someone who has crabs or scabies.

POSSIBLE SYMPTOMS:

- *itching*
- *bugs that look like tiny dots with legs, crawling on your body (crabs), generally in your pubic hair and on your balls*
- *rash on your wrists, ankles, back and dick. Bumps in between your fingers, on the top of your hands or in your armpits (scabies)*

TREATMENT:

You can get a medicated lotion at the drug store or free at some clinics, like Kwellada or Lindane, to get rid of both crabs and scabies. Remember to wash all your clothes, towels and sheets and spray everything or you can get infested again very easily.



syphilis

Syphilis is caused by infection with the bacteria called *Treponema Pallidum*. It may be transmitted when the bacteria of a syphilis sore spreads to the mucous membranes of a sex partner's mouth, dick, anus, or vagina. It can also be transmitted if syphilis sores come in contact with broken skin on other parts of the body. If left un-treated, syphilis can cause a variety of health concerns, such as brain damage or heart problems.

HOW DO YOU GET IT?

You could get it:

- *by getting fucked by someone who has a syphilis sore on the dick or by sharing sex toys with someone who has it on the ass*
- *by fucking someone who has a sore on their ass or getting blown by someone with a sore in the throat or around the mouth*
- *by sucking off someone who has a sore on the dick or rimming someone who has one on the ass*
- *by rubbing yourself against a syphilis sore. This generally happens when the health of the skin is not good. For instance, through a cut or sore in the skin*

There's no vaccination to protect you from syphilis. Using a condom or a dental dam are some of the ways you can prevent infection.

POSSIBLE SYMPTOMS:

Stage one:

Nine to ninety days after unprotected sexual contact with someone infected with syphilis, a painless sore may appear on your dick, or inside your mouth or anus. The sore can appear on other parts of your body, but it generally requires a moist area that doesn't get a lot of air. If the sore's not treated it may go away, but the infection is still there.

Stage two:

After a few months you might develop flu-like symptoms - swollen glands in your throat, groin or armpits; fever; diarrhea; vomiting; night sweats. You might also develop a rash. You can get this on the bottom of your feet, on the palms of your hands or over your whole body. These symptoms may go away as well, but the infection is still there.

crabs

hiv

hepatitis A

POSSIBLE SYMPTOMS:
About two weeks after infection you may develop flu-like symptoms including headaches, fever, weakness, tender lumps in your armpits and neck, diarrhea and stomach cramps. After these go away there may be no symptoms of infection for years. Without symptoms the virus can still be transmitted.

TREATMENT:
You can get a blood test to see if you are infected with the virus. There are some treatment options available for HIV infection, but at this time there is no cure. See your health care provider for more info.

HOW DO YOU GET IT?:
In order for you to get HIV, the person you have sex with must have HIV, and their pre-cum, cum, vaginal fluids or blood must get into your blood stream. This can happen if you have an open cut or sore and their pre-cum, cum, vaginal fluids or blood get into it. You could also get HIV if their pre-cum, cum, vaginal fluids or blood get in the tip of your penis, or in your ass. Using condoms, dental dams and clean needles are some of the ways to prevent infection. There is no vaccine available at this time.

Communication is important, but so is understanding how to reduce the risks that can be involved in sex whether or not all the facts are known.

HOW DO YOU GET IT?:
Hepatitis A is passed through shit. You could get it by doing the following things with someone with hepatitis A infection:

- *rimming*
- *sucking a cock or fingers that have recently been in someone's ass without being thoroughly cleaned*
- *sharing sex toys without changing condoms between use*
- *fingering their ass then sticking the same finger in your ass*

This is a term for inflammation of the liver. There are three varieties of hepatitis that can be transmitted through sexual activity with someone infected with any of them.

Stage three:
A few years later, if the infection hasn't been treated, you could be faced with various health problems affecting your brain and heart. You can also suffer from damage to your hearing.

TREATMENT:
Syphilis is usually cured with a one-time treatment of antibiotics. There are cases of syphilis that require repeated treatments. You can go to an STD clinic or your health care provider for treatment. If syphilis isn't treated early, some of the damage to your heart and brain cannot be reversed. A blood test can be done to tell you whether or not you have it.

hiv

hepatitis A

hepatitis

syphilis

HIV (human immuno-deficiency virus)

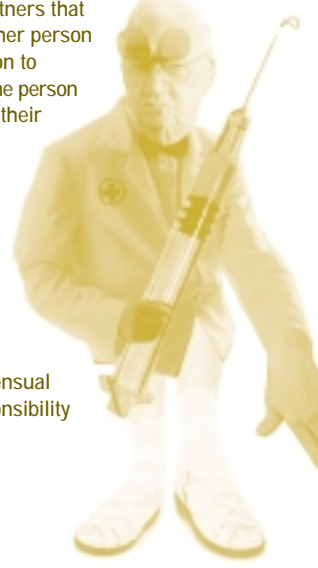
Infection with this virus is believed to lead to AIDS (Acquired Immune Deficiency Syndrome). The virus attacks and may destroy your immune system over time. Without a healthy immune system your body is left without a strong defense against germs and viruses. This can cause you to become very sick and may eventually lead to death.

Some guys are HIV positive and don't know it. Some HIV positive guys don't tell their partner that they have HIV, maybe because of fear of rejection. Assumptions about someone's HIV status can be incorrect.

A dangerous precedent has been set at the Supreme Court of Canada making it a criminal offense for a person living with HIV to have sex with someone without informing them they have HIV. This means that people who know they are infected with

HIV must tell their sex partners that they have the virus. The other person then has to make a decision to accept the risk involved. If the person living with HIV doesn't tell their partners, **even if they use condoms**, they can be charged with reckless endangerment.

Sometimes people tell their sexual partners about their HIV status. For a variety of reasons this is not always the case. It's important that in consensual sex, individuals take responsibility for their own health.



hepatitis A

It can also be transmitted through non-sexual activity. For instance, if someone's hand comes in contact with hepatitis A-infected shit, tiny amounts of shit could pass on to the rim of a glass someone might drink from, or on a plate that someone might eat from.

There's a vaccination you can get to protect you from hepatitis A infection. Check with your health care provider or go to an STD clinic. Using a condom, latex gloves, or a dental dam are some of the things you can do to prevent infection. Thoroughly washing your hands after wiping your ass can also help prevent transmission.

POSSIBLE SYMPTOMS:

Between 10 to 50 days after infection you may develop symptoms such as headaches, fever, tiredness, diarrhea and stomach cramps. You may also get jaundice (your skin and the whites of your eyes turn yellow). These can last for a couple of weeks and in severe cases you may have to be hospitalized. Some people infected with hepatitis A will have no symptoms of infection.

TREATMENT:

You can get a blood test to see if you are infected with the virus but there is no treatment for hepatitis A. If you are infected with this virus it will eventually run its course, and go away.

Check with your health care provider or go to a clinic for more information.

Symptoms including headaches, fever, weakness, diarrhea and stomach cramps. You may also get liver damage.

After 30 to 90 days you may develop flu-like symptoms including headaches, fever, weakness, diarrhea and stomach cramps. You may also get liver damage.

POSSIBLE SYMPTOMS:

After 30 to 90 days you may develop flu-like symptoms including headaches, fever, weakness, diarrhea and stomach cramps. You may also get liver damage.

Using condoms and clean needles are some of the ways to prevent infection. There is no vaccination available at this time.

one partner into another. This can happen if there are cuts or sores.

but it's possible if hepatitis C infected blood gets from hepatitis C. It isn't commonly transmitted through sex, toothbrushes and razors with someone infected with hepatitis C. It can also be transmitted by sharing

ly from sharing needles for shooting drugs, tattooing and piercing. It can also be transmitted by sharing

blood gets into the blood stream. It occurs most commonly with this virus. There are some treatments that

Hepatitis C lives in the blood of someone infected with this virus. There are some treatments that

HOW DO YOU GET IT?

hepatitis C

initially have mild symptoms of infection or none at all.

TREATMENT:

You can get a blood test to see if you are infected with the virus. There is no cure, but there are some treatments that may help fight hepatitis C, see your health care provider for more info. About 85% of people infected with this virus will develop long-term hepatitis C, which can lead to permanent liver damage.

After 30 to 90 days you may develop flu-like symptoms including headaches, fever, weakness, diarrhea and stomach cramps. You may also get liver damage.

Symptoms including headaches, fever, weakness, diarrhea and stomach cramps. You may also get liver damage.

You can get a blood test to see if you have been infected with the virus. There are some treatments that may help fight hepatitis B, see your health care provider for more info. Like hepatitis A, hepatitis B will go away eventually and you can't get it again. Ten percent of adults who get this virus will develop long-term hepatitis B. This could lead to cirrhosis and cancer of the liver later in life.

TREATMENT:

You can get a blood test to see if you have been infected with the virus. There are some treatments that may help fight hepatitis B, see your health care provider for more info. Like hepatitis A, hepatitis B will go away eventually and you can't get it again. Ten percent of adults who get this virus will develop long-term hepatitis B. This could lead to cirrhosis and cancer of the liver later in life.

HOW DO YOU GET IT?:

hepatitis B

From 40 to 180 days after infection you may develop symptoms such as fever, stomach cramps, nausea, vomiting, loss of appetite and muscle and joint aches. About 1/3 of people infected won't develop any symptoms but they can still transmit the virus and develop long term liver illness.

POSSIBLE SYMPTOMS:

From 40 to 180 days after infection you may develop symptoms such as fever, stomach cramps, nausea, vomiting, loss of appetite and muscle and joint aches. About 1/3 of people infected won't develop any symptoms but they can still transmit the virus and develop long term liver illness.

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TREATMENT:

You can get a blood test to see if you are infected with the virus. There is no cure, but there are some treatments that may help fight hepatitis C, see your health care provider for more info. About 85% of people infected with this virus will develop long-term hepatitis C, which can lead to permanent liver damage.

After 30 to 90 days you may develop flu-like symptoms including headaches, fever, weakness, diarrhea and stomach cramps. You may also get liver damage.

Symptoms including headaches, fever, weakness, diarrhea and stomach cramps. You may also get liver damage.