



Developed as part of CHAPS, Charity no. 288527

There's nothing sexy about a rash. A rash on your body, especially hands or feet, could be syphilis. The rash will go but the infection won't. So get it checked. Get back out there.



Exposed!

18

CAUTION: Explicit material for gay adults only

Inside
The guy's guide to 'love bugs'
Hunks stripped almost bare!

Up for grabs!
a 1GB iPod shuffle
Calvin Klein "365" underwear
clonezone gift vouchers



Brief encounters!

Buff boys in briefs

But do those packages pack a nasty surprise? What might lurk under those undies? Join our 5 boy babes as we take a 'brief' peek at 5 sexually transmitted infections.

The more men, the more bugs

Sexually transmitted infections (STIs) are on the rise. Using condoms really lowers the risk of getting them. How many men you have sex with makes a big difference too.



"Last year I had sex with one man"

"Last year I had sex with 2-4 men"

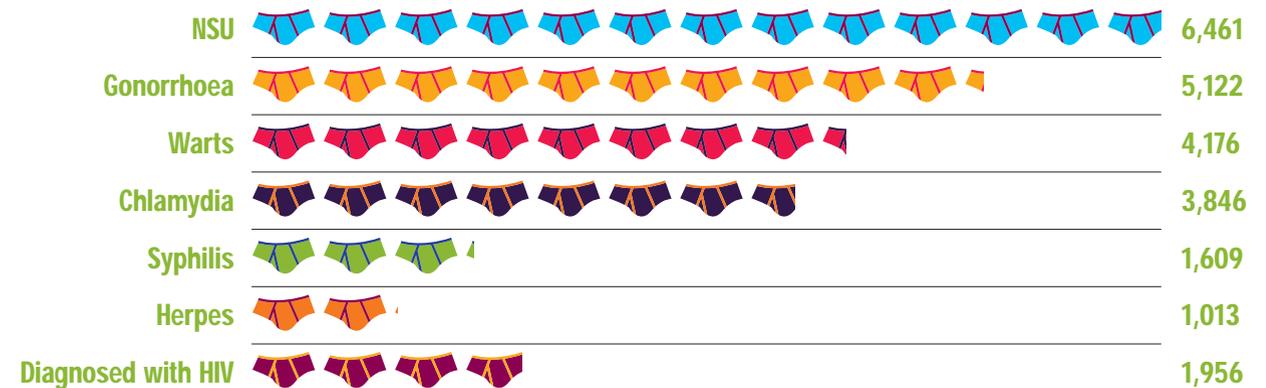
"Last year I had sex with 5-12 men"

"Last year I had sex with 13-29 men"

"Last year I had sex with over 30 men"

How common are STIs?

In 2004 this many gay and bisexual men were treated in clinics for ...



Check this out: compared to men with just one sexual partner in the last 12 months, those shagging over 30 men were nearly **30 times** more likely to catch gonorrhoea!

2004 figures from the Health Protection Agency, others from the 2000 National Gay Men's Survey of nearly 10,000 gay men.

Gonorrhoea, also known as 'the clap,' is caused by bacteria - which means it's curable with antibiotics.



Gonorrhoea... is total pants



- Gonorrhoea symptoms may appear around 2-7 days after sex.
- Symptoms are not always noticeable (especially with gonorrhoea in the arse or throat).
- In the cock it can cause a yellowish discharge and burning pain when pissing.
- If infected in your arse you may feel soreness or see discharge on your shit.
- You might get a sore throat if infected there (but usually no symptoms).
- It's passed on through unprotected fucking and sucking - also fingering, rimming and fisting.
- Condoms reduce the risk of picking up gonorrhoea - so do latex gloves for fisting.
- It's diagnosed by a swab from the affected area or by testing a urine sample.
- It's cured with antibiotics - often a one-off tablet or injection. Once cured you can get it again after sex with someone who's infected.
- Left untreated it can damage your balls (epididymitis), cause arthritis or prostatitis (long term inflammation inside the arse).

CHLAMYDIA AND NSU ...A BUM DEAL!

Chlamydia and NSU are caused by bacteria - so are curable with antibiotics. The term NSU is only used for infections in your cock, but chlamydia can be in your cock, arse or throat.

NSU is short for Non-Specific Urethritis (urethritis means 'inflammation of your urethra', the pipe your piss comes down). NSU is what doctors call any inflammation of the urethra they know is not caused by gonorrhoea. Often NSU is actually a chlamydia infection.



BRIGHTON BOYS

MEET DAN. HE'S A BIT OF A LAD. FOUND OUT LAST MONTH HE HAD NSU BUT AFTER TAKING SOME TABLETS HE FELT FINE.



1 UP EARLY, DAN HAS A FEW HOURS UNTIL HE MEETS UP WITH HIS MATE NEIL.



2 CRUISING ONLINE, DAN GETS A MESSAGE FROM AN EX-SHAG.

Remember me? You need a check up. You gave me NSU!

DAN SENDS A MESSAGE RIGHT BACK...

Sorry mate but you got it wrong. I've got nothing!



3 DAN'S SWAPPING GOSSIP WITH HIS MATE NEIL. ONLY IT SEEMS DAN IS THE GOSSIP!

Your name's mud down the bars. Some bloke's been saying you gave him a dose!

Wait til I see him! How can I give him something I was cured of?" I took nearly every one of those antibiotics!



4 BUT NEIL'S CONCERNED...

What you mean 'nearly every one'?

Well, the problem cleared up so I didn't need all the pills the clinic gave me.

Oh no! You didn't finish the course of tablets?!!



5 ... AND OFFERS HIS MATE SOME ADVICE...

You'll have to get down the clinic. You could still be infected ... and passing it around!

Not taking all the tablets means all the bugs won't be killed - even if symptoms seem to go away.

But I feel fine. No discharge or anything.



6 LATER, OVER A DRINK, DAN'S NOT CONVINCED ...

No! I'm not wasting half a day in the clinic, being prodded and poked when there's no reason.

Hang on - I just got a text message.



IT'S FROM 'SPUNKYFELLA', DAN'S FUCK BUDDY AND, FINGERS CROSSED, POTENTIAL NEW BOYFRIEND.



7 IT'S MAKE-YOUR-MIND-UP-TIME.

Typical! The sexiest bloke in town wants to see me and it looks like I might still have an infection!

I could never look him in the face again. What would he think of me? He'd never shag me again!!

OK. I'll go to the clinic.

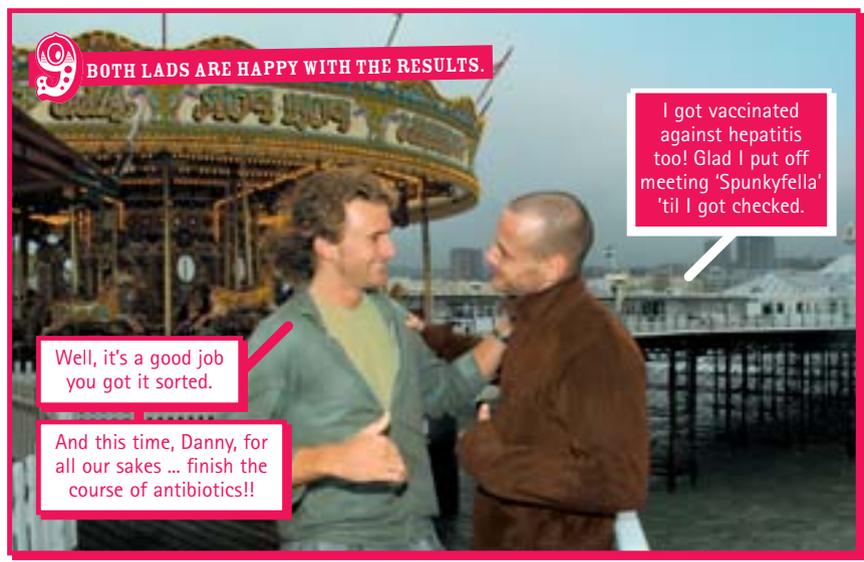
You can't meet up with him. What if you give him the infection too?



8 A FEW DAYS LATER DANNY BUMPS INTO NEIL ON THE SEA FRONT.

So? How did you get on?

You were right. I still had NSU. And they found gonorrhoea in my throat. Must've been from sucking off that scally lad last weekend.



9 BOTH LADS ARE HAPPY WITH THE RESULTS.

Well, it's a good job you got it sorted.

And this time, Danny, for all our sakes ... finish the course of antibiotics!!

I got vaccinated against hepatitis too! Glad I put off meeting 'Spunkyfella' 'til I got checked.



Herpes hangs around

Herpes is caused by two types of herpes virus. Antibiotics have no effect on viruses. Herpes can't be cured - once the virus is in your body it stays there, usually causing no symptoms. Now and again it might cause blisters for some people. Many get one outbreak of herpes then never have a second.

- 1 Symptoms can take days, weeks or months to appear.
- 2 Many people carry the herpes viruses but their immune system stops them causing symptoms.
- 3 Herpes blisters can appear on the lips, in the mouth, on the cock or in or around the arse. They can be painful, especially the first time they appear.
- 4 The blisters leak an infectious liquid, scab over and heal in about 2 weeks.
- 5 Other symptoms can be flu-like aches and tiredness.
- 6 Herpes can be passed on through unprotected fucking and sucking - also fingering, rimming, kissing and fisting. Condoms reduce the risk of contact with the infectious blisters, as do latex gloves for fisting.
- 7 The infection can be diagnosed from a swab from a herpes blister.
- 8 If symptoms are severe or keep coming back they can be treated with anti-viral tablets (eg Acyclovir).
- 9 Herpes is mostly passed on when someone has blisters. But it can happen even when there are none.
- 10 If you have the virus, blisters can be triggered by tiredness, stress, sunbathing or friction on the skin.

'Cold sores'

- These are blisters on the lip and are a kind of herpes.
- Sex with someone with a 'cold sore' can give the other person herpes on their lips, cock or arse.
- Cream for cold sores is no good for treating herpes on your cock or arse. You need to see a doctor.

For information and support contact the Herpes Viruses Association Helpline on 0845 12 32 305 (4-8pm weekdays) www.herpes.org.uk



Syphilis is back. Symptoms can be a sore or rash. The infection has 3 stages - first (primary), second (secondary) and third (tertiary).

Syphilis

BLAST

from the past



Many people don't notice anything, but primary syphilis symptoms may appear after 2-4 weeks.



You may get a sore on your cock, mouth or in or around your arse. This heals. Your glands may become swollen.



Weeks or months later you may get secondary syphilis symptoms - rash on the body, hands or feet, swollen glands, warty growths, white or grey patches on your cock or in the mouth. The rash goes but you still have syphilis.



Syphilis is passed on by touching the sores or rash during unprotected fucking, sucking, fingering, rimming or fisting.



Around half of gay men infected with syphilis get it through sucking or being sucked off.



Condoms reduce the risk of picking up syphilis, latex gloves reduce the risk from fisting.



A clinic usually diagnoses the infection from a blood test or swab from a syphilis sore.



Syphilis is cured by antibiotics - tablets for up to 14 days or injections into the buttock (once or daily for up to 2 weeks).



People are given a syphilis blood test when they go to a sexual health clinic.



Untreated syphilis enters its third and final stage years later, when it can damage your heart, brain, bones and nervous system. This is very rare - most infections are diagnosed before then.

Brief Encounters

Sunday night is 'underwear nite.' Y-fronts lover Tim is lapping up the hot men stripped to their briefs.

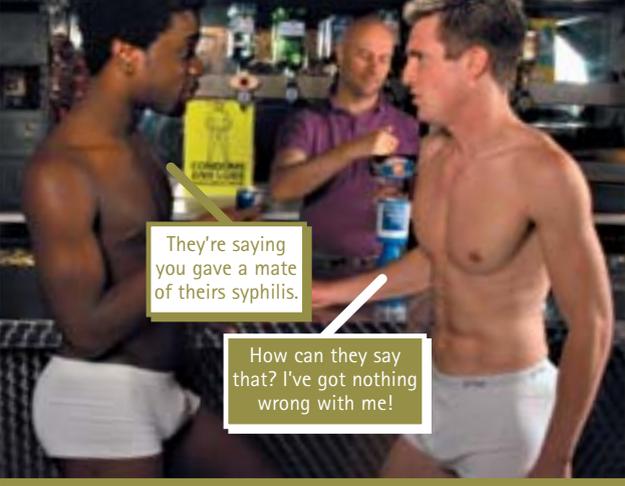
1 Tim's the centre of attention tonight...



2 What a night! Tim's had his fill of sexy lads.



4 Tim's mate Jed fills him in on the gossip...



They're saying you gave a mate of theirs syphilis.

How can they say that? I've got nothing wrong with me!

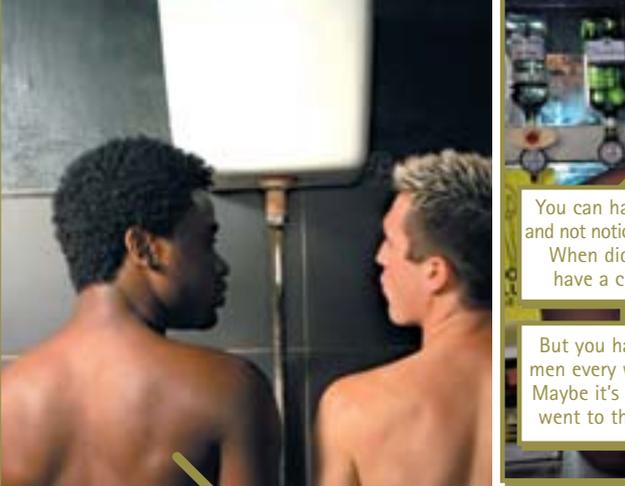
I'm a lucky bugger. All these fit men and a lovely boyfriend moving back from Canada in 2 months!

3 But a month later all eyes are on Tim... for the wrong reasons...



What they whispering about? Why the dirty looks?

5 Tim just doesn't want to hear it...



6 Jed offers some advice...



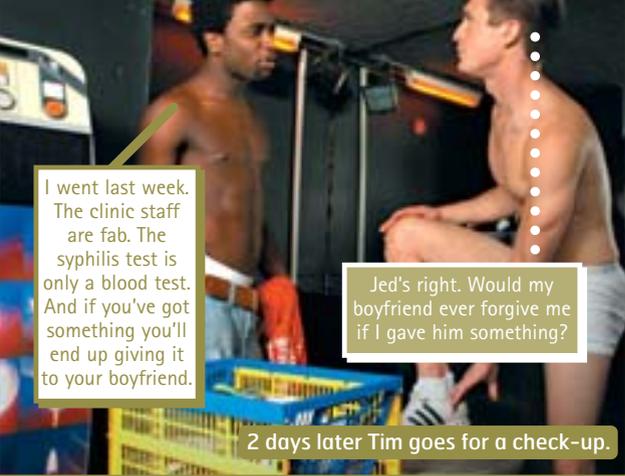
You can have syphilis and not notice symptoms. When did you last have a check up?

But you have new men every weekend! Maybe it's time you went to the clinic.

Er, never. Never needed to.

No thanks. Not having some evil witch shoving anything painful in my dick or arse!

7 Jed tries to reassure his mate...

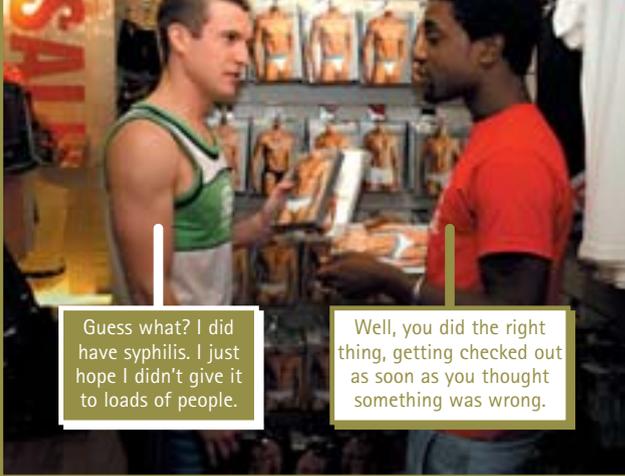


I went last week. The clinic staff are fab. The syphilis test is only a blood test. And if you've got something you'll end up giving it to your boyfriend.

Jed's right. Would my boyfriend ever forgive me if I gave him something?

2 days later Tim goes for a check-up.

8 A few weeks later and the lads meet up shopping...



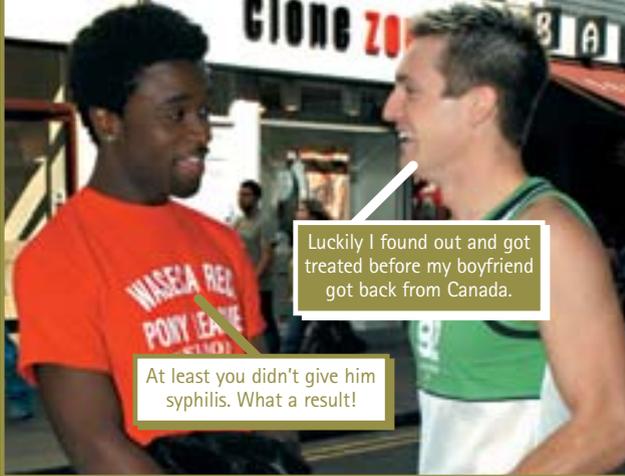
Guess what? I did have syphilis. I just hope I didn't give it to loads of people.

Well, you did the right thing, getting checked out as soon as you thought something was wrong.

They seem pretty sure it came from you. You had any sores or rashes lately?

Of course not. I'm clean, I tell you!

9 And it's a happy ending for Tim...



Luckily I found out and got treated before my boyfriend got back from Canada.

At least you didn't give him syphilis. What a result!

check

me out

You can get check-ups, treatment for STIs and vaccinations against hepatitis A and B free at sexual health clinics (aka GUM clinics). Some GPs will test and treat for STIs but many just refer you to a GUM clinic. Unlike with GPs, what happens at a clinic is confidential and won't go on your GP's notes.

Service with a smile

Never been to a clinic before? It's worth knowing gay men say they're very happy with how clinics treat them.

82% said clinic staff listened carefully to what they said.

85% said they'd recommend the clinic they used to other gay men.

87% said they were treated with courtesy and respect.

88% said clinic staff seemed to know their job well.*

And clinics are getting better. Men who'd used a clinic recently reported better service than men who used one over 5 years ago.

* Findings from over 6,000 men questioned in the 1998 National Gay Men's Sex Survey.

Some worries answered

"The tests will hurt"

Many clinics now look for infections by testing a sample of your urine, with swabs only used if you have a discharge. A swab is only uncomfortable for about a second - then it's over. You have the right to say no to any test you decide you don't need or want.

"The staff might be shocked about gay sex"

Clinic staff see lots of gay men each week so they shouldn't show disapproval or shock about you or what you do sexually. If it makes you feel more comfortable you could go to the clinics in big cities that have gay-only clinic sessions.

"I'm worried about going on my own"

You could always take a friend or partner for moral support. They can wait with you but you'll need to see the doctor on your own. If it's your first clinic visit some gay men's health projects might arrange for one of their workers to go with you.

"People might know I've been to the clinic"

You don't have to use your local clinic if you're worried someone might see you. You can go to any clinic. Whichever clinic you use your doctor won't be told about your visit or any tests or treatment unless you say it's OK for your doctor to be told.

"I'll be made to have an HIV test"

The clinic may ask if you want an HIV test but don't feel pressured into testing unless you decide you really want one. Just say 'no thanks,' or say you want more time to think about it and might have one later. **Everyone who visits a clinic is given a routine blood test for syphilis - it's not an HIV test.**

What to expect

- You need an appointment for many clinics - you may have to wait a few days or weeks unless it's an emergency. Say if you have symptoms - it should get you seen quicker.
- Some clinics have 'walk in' clinics where no appointment is needed.
- Find out about these and other clinic details by ringing them or looking online.
- It can take 3 to 4 hours to see the doctor, have tests, treatments and get some results. Take a good book!
- Pissing can wash out of your cock any signs of infection. Don't piss for 2-4 hours before your clinic visit.
- Ask to speak to a health adviser if there's anything on your mind - over the phone or in person at the clinic. Health advisers can seem easier to talk to than some doctors.

Finding a clinic

Search for 'sexual health', 'Genito Urinary Medicine' or 'sexually transmitted disease' in the telephone book.

Call THT Direct on 0845 12 21 200 or your local gay men's project (some numbers are on the last page).

Look online at www.ssha.info/public/clinics/locations.asp



Double the trouble

The 5 infections in this magazine all make it more likely that HIV is passed on. And they all can have a bad effect on your health if you are HIV positive. The 2 ways our 5 STIs make a difference are ...

Piggy backing

HIV 'piggy backs' on top of other STIs. These other infections help HIV go from one body and into another. HIV gets in or out through the sores, broken skin, inflammation and in discharges caused by STIs in both HIV negative or positive people.

If you have HIV and an STI your immune system has two infections to fight. This often causes 'viral load' to go up a lot (with more HIV being made in your blood and cum). So you become more infectious. If someone has unprotected sex with you there's more chance HIV is passed on.

STI + HIV = bad news

Because untreated STIs can cause HIV positive people's 'viral load' to go up, HIV can get a stronger grip on your immune system and your health could be damaged. Some STIs (e.g. herpes, syphilis) can have worse symptoms if HIV has weakened your immune system. Treatment may be different than what HIV negative people are given. If you have HIV ask your HIV clinic/doctor if they screen you regularly for syphilis (every six months is recommended).



Information about STIs

Here are places that can help with questions you might have about STIs (including HIV).

www.chapsonline.org.uk/infections

CHAPS partners:



THT DIRECT > 0845 12 21 200
Weekdays 10am-10pm
Weekends 12noon-6pm



Leicester:
0116 254 1747



London:
020 7738 6872



Manchester:
0161 235 8035



Yorkshire:
0113 244 4209

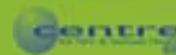
Associate CHAPS partners:



Liverpool:
0151 708 7366



Plymouth:
01752 257 077



Sheffield:
0114 226 1907

Registered office:
52-54 Grays Inn Road London WC1X 8JU.
Email: info@tht.org.uk www.tht.org.uk

Charity registration no. 288527. Company registration no.1778149. Registered in England. A company registered by guarantee.

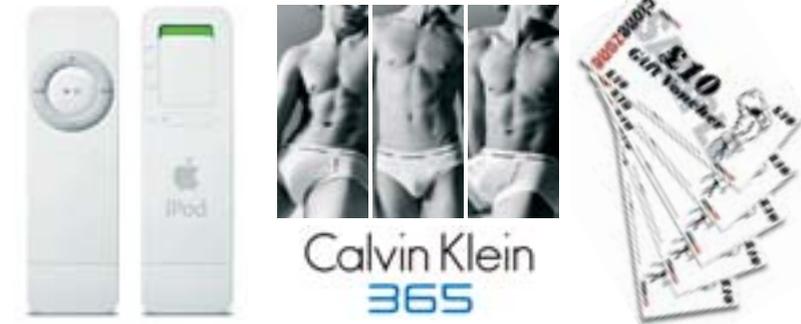
Published by Terrence Higgins Trust.
© Oct 2005

Design:
Felton Communication (www.feltoncom.com)
Photography:
Gaz (www.picsbygaz.com) and Gordon Rainsford (www.gordonrainsford.btinternet.co.uk).

With thanks to: CloneZone and the staff at the Soho branch (www.clonezone.co.uk) Andrew at The Man Bar (www.manbar.info) and The Amsterdam Hotel, Brighton (www.amsterdam.uk.com).

All photos used are for illustrative purposes only and do not necessarily represent the sexual orientation or health status of models depicted.

Win a bumper package!



First prize: a 1GB (240 song) iPod shuffle. Runners up prizes: new Calvin Klein "365" underwear or £10 gift vouchers - all kindly donated by clonezone www.clonezone.co.uk

To enter the competition just answer the four questions below. Answers can be found in this magazine. There's no closing date. We'll pick winners each month until we're out of prizes.

- | | | | |
|----|---|------|-------|
| 1: | You need to finish a whole course of antibiotics to be sure an infection is cured. | TRUE | FALSE |
| 2: | Many gay men who get syphilis get it from sucking or being sucked. | TRUE | FALSE |
| 3: | Sex with someone with 'cold sores' on the lip can cause herpes on the cock or arse. | TRUE | FALSE |
| 4: | About 9 out of 10 gay men using clinics are happy with how they're treated. | TRUE | FALSE |

Name:

Address:

Email: (so we can contact winners).

I picked up Exposed! in (venue): (town):

"If I'm a runner up I'd like a £10 voucher or a pair of Calvin Kleins"

"If I win the underwear, I'd like size ..." S M L (Please tick boxes).

Tick here if you'd like to join our email list (We won't pass your details on to anyone else).

Send your entry to:

Exposed! competition 52-54 Grays Inn Road London WC1X 8JU

The Manual



Now in its third edition, this new handbook about STIs and clinics is available free from the places listed on the left, gay venues or by emailing info@tht.org.uk