



Did you know that having an undetectable viral load when you are taking HIV treatment also stops HIV transmission?

Please book an appointment to come and talk to us if you want to know more about HIV

If you would like to know more about any of the issues mentioned in this leaflet and/or would like to be vaccinated, please book an appointment

at reception before you leave today

or call us on 01225 826835

For more information about our opening times visit our website

at <http://www.ruh.nhs.uk/sexualhealth>

Some other useful links

<https://www.iwantprepnnow.co.uk/about/>

<http://i-base.info>

<http://www.hepctrust.org.uk/resources/leaflets-and-print-publications>

## *The Riverside Clinic*

# *ADDITIONAL INFORMATION FOR MEN WHO HAVE SEX WITH MEN (MSM)*

## Hepatitis

The word 'hepatitis' means inflammation of the liver. This can be caused by a number of different things including alcohol, drugs and viruses. The most common forms of viral hepatitis are called hepatitis A, hepatitis B and hepatitis C.

**Hepatitis A** is passed on by the 'faecal-oral' route meaning infected faeces gets into the food chain. This can be related to unclean water in some parts of the world. In relation to sex this is linked to oro-anal contact/rimming.

### Can I be vaccinated against Hep A?

Yes. There is a safe effective vaccine available. Some people will have been vaccinated before travelling to certain parts of the world. If you have not and are interested in being vaccinated, please book an appointment to come and talk with us about this.

**Hepatitis B** is passed on through sex, blood or from mother to child before/during birth.

### Can I be vaccinated against Hep B?

Yes. There is a safe effective vaccine available. Some people will have been vaccinated before for their work or before travel to certain parts of the world. If you have not and are interested in being vaccinated, please book an appointment to come and talk with us about this.

**Hepatitis C** is a blood borne virus. It is most commonly passed on through injecting drug users sharing needles but snorting drugs may also be a risk.

Hep C is not transmitted in semen so the risk of passing on hep C during sex is when's there's blood

to blood contact which is more likely to happen if you are having anal sex, having rough sex or prolonged sex.

### Can I be vaccinated against Hep C?

No. There is currently no vaccine against Hep C but there are very effective treatments and it can be cured. If you would like to be tested for Hep C please ask us about this.

## Human Papilloma Virus / HPV

HPV is one of the most common sexually transmitted infections in the UK. HPV is spread mainly by skin to skin contact. Nearly all sexually active people get infected with HPV at some point in their lives. The risk increases with the number of sexual partners you and/or your partners have. The majority of HPV infections do not cause any symptoms and infections usually resolve on their own.

Some types of HPV infections can lead to cancers e.g. HPV types 16 and 18 cause the majority of HPV associated cancers, notably anal, throat and penile in men and cervical cancer in women. MSM are known to have an increased risk of HPV infection and disease.

### Can I be vaccinated against HPV?

Yes.

The HPV vaccine is now available through sexual health clinics to MSM who are up to and including 45 years of age. If you are interested in being vaccinated, please book an appointment to come and talk with us about this.

**Chemsex** involves the use of certain drugs in a sexual context to facilitate or enhance sex, enabling more extreme sex, for longer periods and unsafe sex practices are common. Chemsex could put those engaged in it at increased risk of HIV and other STIs, as well as potential mental health issues caused by repeat drug use. Taking part in Chemsex also puts people at greater risk of passing out, having a panic attack or being sexually assaulted.

**PEP(SE)** stands for Post exposure prophylaxis (following sexual exposure). It involves taking anti-HIV medication for a month to try and reduce the risk of becoming infected with HIV. If you are concerned about having had unprotected sex and believe you are at risk of catching HIV, you should seek advice as soon as possible, within a maximum of 72 hrs of the sexual contact.

**PrEP** stands for pre-exposure prophylaxis. It is a pill you can take to protect you from HIV. It is extremely effective when taken properly but only protects you against HIV. You need to take other precautions to reduce your risk of contracting other sexually transmitted infections (STIs). PrEP is not currently available on the NHS in England but if you would like to know more about it please book an appointment to come in and talk to us.