

SEXUAL HEALTH



A GAY MAN'S GUIDE

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This guide contains practical advice for gay men on the prevention of sexually transmitted infections, including HIV, and information about the services provided by Sexual Health Clinics

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Healthy gay men, healthy communities

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1 Introduction

During the 1970s the high rates of many sexually transmitted infections (STIs) among gay men promoted the misconception that poor sexual health was inevitable for gay men. The discovery of HIV/AIDS in the early 1980s encouraged many gay men to reconsider their approach to sex and health. As a result, the spread of HIV and most STIs was dramatically reduced.

Regrettably, many STIs continue to impair the healthy enjoyment of sex for many gay men, and it is now clear that having an STI can increase the risk of HIV transmission.

The good news is that a straightforward approach to prevention, including condom use, regular checkups and vaccination, will minimise the impact of STIs and enhance your sexual health.

This guide to sexual health for gay men contains practical advice on the prevention of STIs, a simple description of some common STIs, and information about the services available at Sexual Health Clinics.



'Using condoms, having a regular checkup at a sexual health clinic and getting vaccinated can minimise the impact of sexually transmitted infections'

2



2 Mind your language!

One of the difficulties in producing information for gay men is that terms change over time. For example, until recently people talked about having VD or a dose of the Clap. VD stands for venereal disease, and the Clap, well that's a history lesson in itself. So, not surprisingly, when someone needed treatment for the Clap (gonorrhoea) they often said they were going to a VD clinic.

But times have changed and many treatment centres are now called Sexual Health Clinics or GU (genitourinary) Clinics because they provide a range of services, including treatment, screening and health advice. To make life easier, a whole range of conditions are now described as sexually transmitted infections or STIs.

We've done our best to use obvious and accessible language. That means you will find a mix of technical and common words describing anatomy or behaviour associated with sex.



'Sexual Health Clinics – or GU Clinics – provide a wide range of services, including screening and treatment for STIs and sexual health advice'

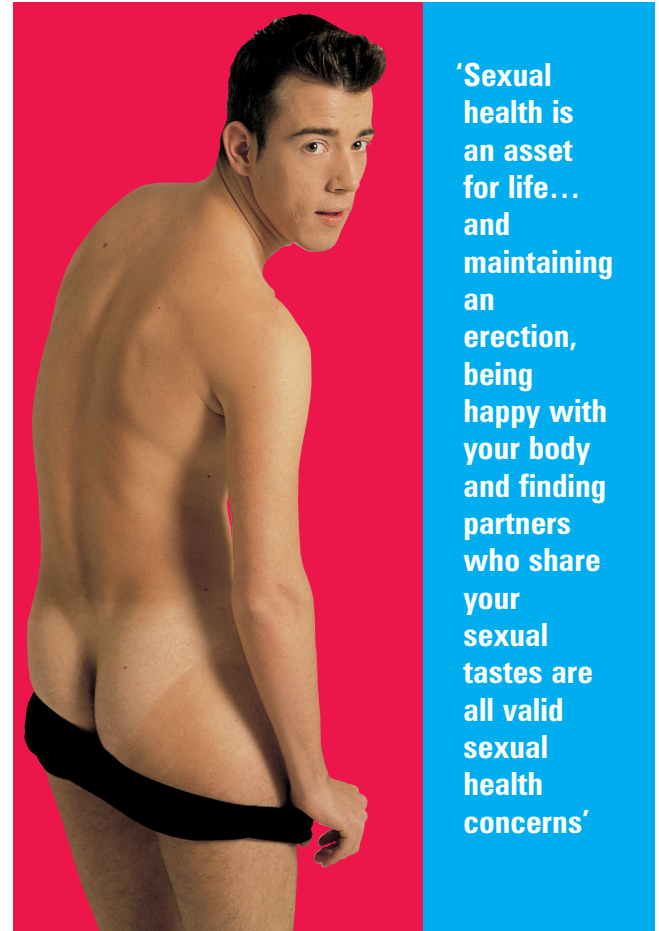
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3 Sexual health: getting the balance right

For many gay men sex is an important part of life, even to the extent of creating a sense of personal identity. For some, sex will be with one partner over an extended period, whilst for others, the variety of sexual experiences will only be exceeded by the number of partners. But for most gay men, sex will occur in a series of relationships and casual encounters. Whether you are a single gay man who enjoys casual sexual encounters with a variety of men, or a couple who occasionally have sex outside the relationship, your sexual behaviour can affect your health in many ways.

How you find the right balance in your sexual health will change throughout your life. If you're young and new to the gay scene you may not know that hepatitis A and B are serious illnesses that can easily be prevented through vaccination. You may be an HIV positive man who would like to know more about the connection between gonorrhoea and HIV transmission, or you may be a couple who have talked about fucking without condoms but are not sure about the broader health consequences of this decision.

Of course good sexual health is about more than just treating infections. Health is an asset for life and each person will have a different perception of what is acceptable sexual health. Maintaining an erection while you fuck, being comfortable with your body shape, or finding partners who share your sexual tastes, are all valid sexual health concerns. So, while this booklet focuses specifically on STIs, it also contains useful references to a range of publications that deal with many other aspects of sexual health.



'Sexual health is an asset for life... and maintaining an erection, being happy with your body and finding partners who share your sexual tastes are all valid sexual health concerns'

4 Sexually Transmitted Infections: what's new?

Congratulations on making it this far. Hopefully you have noticed we aren't trying to scare the pants off you with dire warnings about the risk of your wobbly bits falling off, or stern lectures on the consequences of promiscuous behaviour.

STIs can be a pain in the bum, or a temporary nuisance, and occasionally, a serious health risk. Often the symptoms of STIs are vague and most gay men will be unable to self diagnose the problem. Having a sore throat or a sore bum doesn't necessarily mean you have gonorrhoea, but if you do, then prompt treatment is very important to prevent possible complications and to avoid passing it on to your next sexual partner.

"Yeah, I've heard all that before, what's new?" you ask.

The recent renewal of interest in STIs is based on several important developments.

- The relationship between HIV and a number of STIs is now much better understood. Gonorrhoea and chlamydia, which are on the increase in gay men, make you more susceptible to HIV infection, and if you are HIV positive, having an STI can cause an increase in your viral load.

- Some gay men have agreements with their boyfriend on fucking without condoms. Since condoms are the most effective prevention for a number of common STIs, awareness about the transmission of STIs is an important part of reaching such an agreement.
- Safe effective vaccines are now available for hepatitis A and hepatitis B. Hep-A and Hep-B are serious illnesses that can be sexually transmitted in gay men.

So things are changing and this is probably a good time to think about your approach to sexual health.

'Good sexual health helps reduce the chances of transmission of HIV'



5 Make a plan

Men are notorious for their 'if it isn't broken why fix it?' approach to their bodies and health. Gay men are no exception. Common sense tells you that if you are sexually active there's a chance that sooner or later you will need some 'maintenance'. Managing your sexual health isn't that complicated. The most important thing is to have a plan and stick to it.

1 Get it on

Consistent use of condoms when fucking remains the basic prevention strategy for all sexually active gay men. As well as providing the most reliable form of prevention for HIV, condoms are effective in preventing the transmission of many STIs. Sex and condoms improve with practice. You will find lots of handy tips on combining them on the freedoms website at www.freedoms.org.uk

2 Let your big head do the thinking for your little head

Keep yourself informed about STIs and sexual health by reading booklets like this, and talking things through with your partner or friends. As your circumstances change with time so will your information needs. Right now juggling sex, drugs and boyfriends may be a priority (**highs and lows**: p41). Next year you may find yourself shopping at IKEA with Mr Right and thinking about condoms and relationships (**agreements in relationships**: p41).

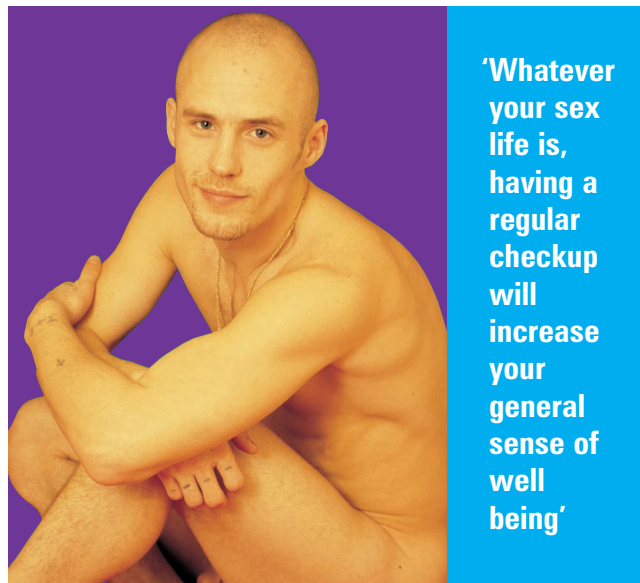
3 Your next appointment is...

It doesn't matter what your sex life is like, having a regular check up will improve your sense of well being and ensure minor problems stay that way. Early treatment of all STIs reduces their severity and any

discomfort or disruption to your sex life. Early treatment also reduces the likelihood of you unknowingly passing the infection on to others. The big question for everyone is – how often should I have a checkup? The answer to that question should be worked out with the help of a Health Adviser when you next visit a Sexual Health Clinic.

Remember this is a plan not a formula.

Using condoms, keeping informed, and regular checkups will help you find the right balance in your sexual health. Read on for more detailed information.



6 Stay in touch

No matter how many decades you've had to explore your own body it still doesn't hurt to take a quick tour of the parts which have a tendency to be associated with sexual health and sexual behaviour.

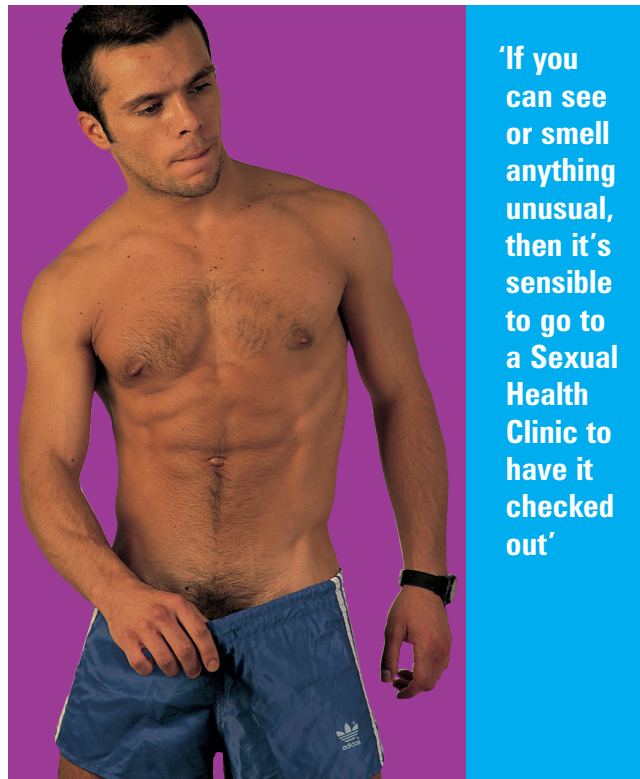
It's probably no big surprise that the warm moist parts of the body that are usually associated with sexual pleasure are a perfect environment for a host of STIs. In brief, your cock, arse and throat are the places where STIs are most likely to appear. There's quite a lot your eyes, nose and fingers can tell you about your body. If it doesn't look, smell or feel right then have it checked out at a Sexual Health Clinic.

Common things to look out for

- Itchy penis, scrotum or anus
- Burning when you piss or shit
- Unusual discharge from your cock
- Frequent urge to piss or shit
- Spots, scabs or rashes on your cock, balls or arse
- Unusual lumps or bumps on your balls

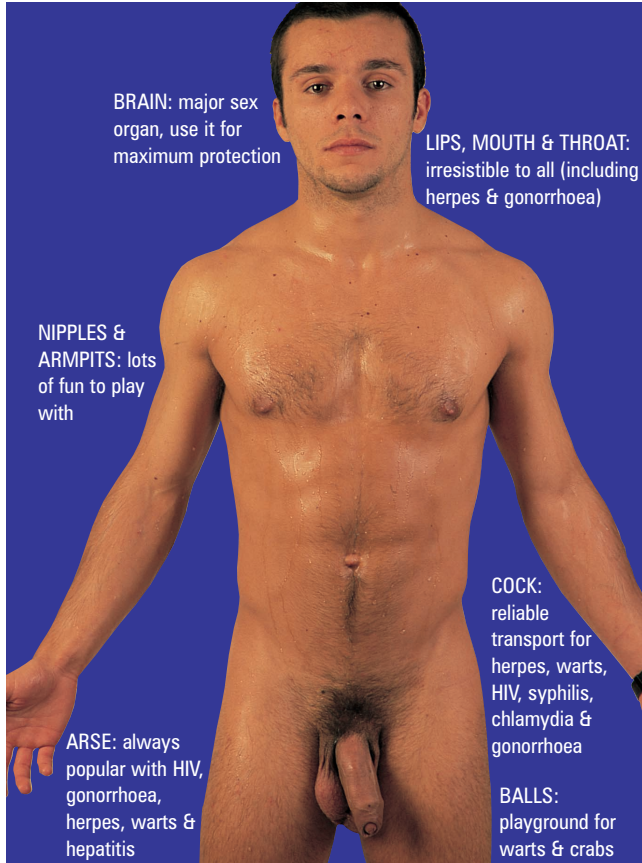
This is just a rough guide. Not all these things are always associated with STIs, but it's sensible to have anything unusual checked out anyway. Things don't just go away if you ignore them, they usually get worse.

But remember, many people will be unaware they have an STI or are infectious, so if you are sexually active, or you or your regular partner are sexually active outside your relationship, it is important to have regular checkups.



'If you can see or smell anything unusual, then it's sensible to go to a Sexual Health Clinic to have it checked out'

7 A quick tour around your hot spots



8 Choosing your level of protection

Life can never be totally risk free but there are ways of making it safer. And so it goes with your sex life. You won't always know if someone you have sex with has an infection so you should decide for yourself what risks you're prepared to take. It's your body and you have to be happy with the level of protection that you choose and that means accepting the risks of any activity that you take part in.

For example, to reduce the risks of HIV or gonorrhoea when fucking many people use condoms, but condoms provide little protection against hepatitis A or herpes. That's why you need to have a sexual health plan that combines a number of simple components. Thinking about the balance between the risks and benefits of your preferred sexual activities helps to make sex better and staying safe easier. If you have a regular partner it might be useful to discuss the level of safety you both want.

If you find that you are taking risks that you are not happy with you might find it helpful to discuss this with a Health Adviser at a Sexual Health or GU Clinic.

**'It's your body!
You need to be happy with the
level of protection you choose to
use in your sex life'**

9 Fucking safe

Gay men should be congratulated for the way they have changed their sexual behaviour over the past decade and more. The majority of gay men use condoms every time they fuck. Unless both partners are completely confident that they do not have HIV, fucking without condoms could carry a risk of HIV being transmitted.

If you are not 100% certain that you and your partner are HIV negative:

- The best way to prevent the transmission of HIV is to fuck with a condom or to not fuck.
- Using a condom is also a reliable way to prevent the transmission of many STIs.
- So get it on and enjoy what's happening, confident that you are protecting yourself against HIV and many STIs.

But my boyfriend and I don't need to use condoms...

We're both negative... Is this an assumption or have you tested?

We're both positive... Again, is this an assumption, and have you considered all the facts you need to make this crucial decision?

We love each other... Love is wonderful, but it doesn't stop HIV. If you love each other, do it safely.

If you and your partner want to stop using condoms when fucking each other you need to think this serious decision through very carefully. You will need all the facts about each other's HIV status and any other relevant STIs. For more information about relationships without condoms read **Agreements in Relationships** and make an appointment at a Sexual Health Clinic.

'Using condoms for anal sex is the best way to prevent transmission of HIV and STIs'



10 Safer sucking

STIs are very versatile. They are quite at home in a number of locations around the body, including the mouth, throat, genitals and arse. Jokes aside, your mouth can play a major role in a number of sexual situations, so herpes, gonorrhoea and hepatitis-A are easily passed on through oral to genital contact.

HIV is difficult to transmit orally, so the risk of oral transmission of HIV is low, compared to unprotected fucking. If you are concerned about the risk of HIV transmission from sucking cock you may want your partner to wear a condom or you might ask him not to cum in your mouth. There is no evidence that you can get HIV from having your cock sucked.

You can reduce the risk of getting infections through oral sex by keeping your mouth in good health. Bleeding gums, ulcers and throat infections make it easier for STIs to take hold. Vigorous flossing or brushing just before sex might cause small cuts in your mouth, so use a mouthwash or chew gum if you need to freshen up.

If you are unsure about the safety of the oral sex you enjoy talk to a Health Adviser at a Sexual Health Clinic.

'The risk of transmission of HIV through oral sex is very low, but if you are worried, there are precautions you can take'



11 Rubber lover

Condoms should be every sexually active guy's constant companion. As condoms are asked to perform a lifesaving service, it's worth taking a few minutes to think about how to get the best performance out of these invaluable accessories.

- Try to use condoms recommended for anal sex, such as Durex Ultrastrong, Mates Superstrong, Safeguard Forte, H-T Specials, Condomi Strong. (Freedoms packs with Condomi Strong condoms are available free in all London gay venues.) If you don't have a thicker condom use a standard condom with loads of lube.

Bonus – feel safe, feel secure

- Use a condom that's the right shape and size for your cock. Try different brands till you find one that suits you

Bonus – it will look and feel better

- Always use water based lubricant – the more the better – the main cause of condom breakage is insufficient lubrication

Bonus – feels much better, prevents condom breakage

- Never use oil or skin lotion – they rot condoms

Bonus – saves the sheets

- Open the packet carefully – the other main cause of condom breakage is damage caused when opening the packet

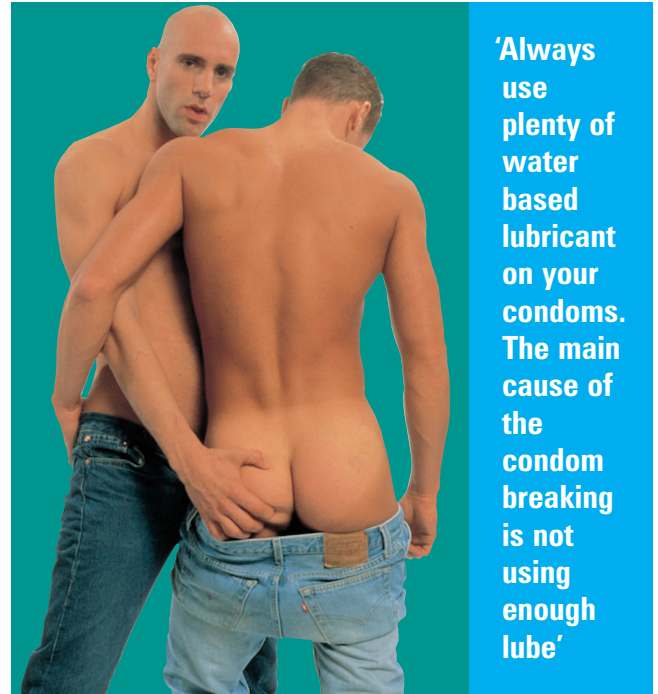
Bonus – feel safe, feel secure

- During sex look or feel to check the condom is in place

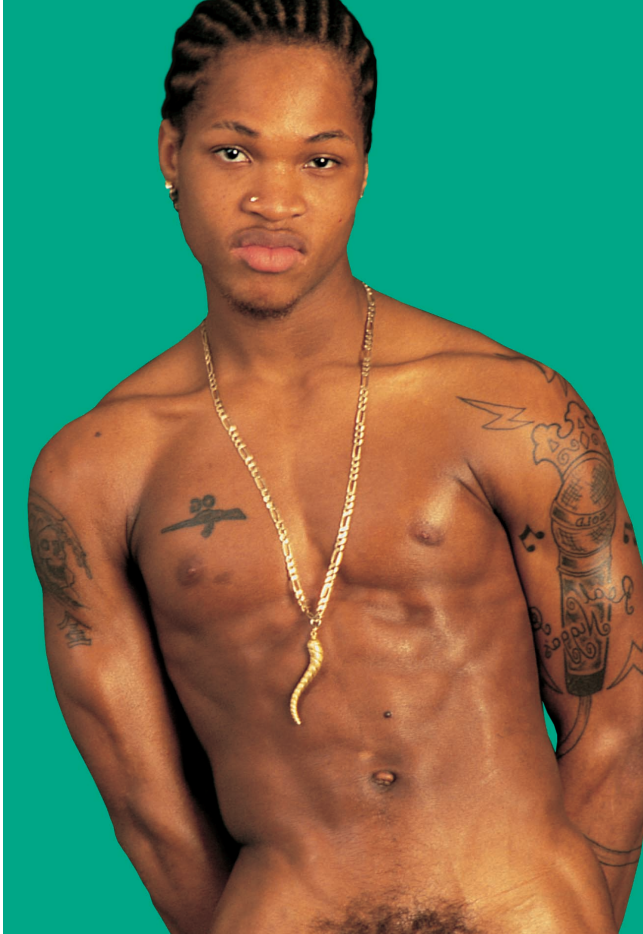
Bonus – any excuse for a look or feel will do

- Pull your cock and condom out carefully if you cum while you're still up his arse

Bonus – avoids spills, saves the sheets again!



'Always use plenty of water based lubricant on your condoms. The main cause of the condom breaking is not using enough lube'



12 Getting checked out

What to expect from your Sexual Health Clinic

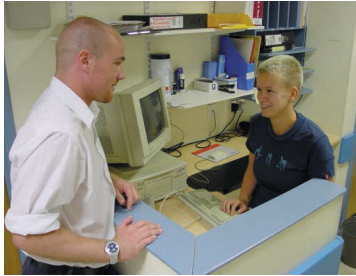
Sexual Health Clinics, also known as GU Clinics, are best known for testing and treating STIs, but staff also offer advice and counselling on sex, STIs including HIV, relationships and medical treatments. They are used to dealing with and are expert in treating most sexual health problems, so going to a clinic can be less embarrassing than seeing your local GP.

If you go to a Sexual Health Clinic, staff will keep your visit and reason for visiting totally confidential and it will not be passed on to your GP unless he/she made the appointment for you. This confidentiality can be useful, particularly if you have HIV or are being tested for it. Some financial/mortgage companies ask for access to GPs notes, and deny loans to people who they feel are at high risk for HIV, particularly gay and bisexual men.

Many clinics operate on appointments only, so it is best to phone before going. However if you have an urgent problem most clinics will try to get you seen by a doctor as quickly as possible. To find a clinic that meets your needs see page 37

'If you make an appointment at a Sexual Health Clinic, your visit and the reasons for it will be totally confidential'

A visit to a Sexual Health Clinic



A receptionist will welcome you to the clinic, take your name and some details, and arrange for you to see a doctor. These details are kept within the clinic and are completely confidential.



The doctor will discuss your reasons for attending and talk about any symptoms you may have. He/she may give you advice on a health problem, discuss your sexual partners and examine you if necessary.



The nurse or doctor will conduct any tests or treatments which you have discussed with your doctor. He/she will also answer any questions you may have.

Hopefully your experience will have been as pleasant as possible and you will have returned home feeling that you have been given the best available treatment and all the advice and information you need to take care of your sexual health.



Health Advisers are available to discuss any concerns you may have about your sexual health and look at ways for you to talk to your partner(s) about an infection particularly if they might also need treatment and advice. Health Advisers can also give you information and support to help you decide if you want to take an HIV test.

13 STIs at a glance

Further on in this booklet you will find some useful information about some common STIs. You don't have to be Einstein to realise that keeping track of all the signs and symptoms of just the STIs listed here is probably beyond the expectation of most guys. So we're talking about a professional thing here. There is no substitute for a professional diagnosis by a qualified doctor. The best motto remains – if in doubt, have it checked out.

The diagram on the right gives you a basic idea of the possible signs of STIs in the common areas they appear.



Where	What	Possible Infection
Throat	Sore	G C
	None	G C
Penis (cock)	Pus	G N C
	Itch	G N C
	Ulcer	H
	Skin Tag	W
Testes (balls)	Pain	G N C
	Itch	P
Anus (arse)	None	G
	Itch	G P
	Pus	G C
	Pain	G C H
	Skin Tag	W

KEY: G **Gonorrhoea** C **Chlamydia** W **Genital Warts**
 N **NSU** H **Herpes** P **Pubic Lice**

This chart shows how vague the symptoms of common STIs can be. In section 14 you will find a more detailed description, including advice on treatment and prevention.

14 A directory of common STIs

In this section you will find a basic description of the common symptoms, treatment and prevention of the STIs which are most relevant to gay men.

These include:

- Chlamydia p 27
- Genital warts p 28
- Gonorrhoea p 29
- Hepatitis A p 30
- Hepatitis B p 31
- Herpes p 32
- HIV p 33
- NSU p 34
- Pubic lice & Scabies p 35
- Syphilis p 36

CHLAMYDIA

Affects	<ul style="list-style-type: none">• Cock, throat, arse
Common Symptoms	<ul style="list-style-type: none">• Often none or slow to develop
	<ul style="list-style-type: none">• Pain or stinging when pissing
	<ul style="list-style-type: none">• Discharge from penis or arse
	<ul style="list-style-type: none">• Inflamed or painful arse
Description	<ul style="list-style-type: none">• Caused by a bacteria
	<ul style="list-style-type: none">• Usually passed on by fucking and sucking
Treatment	<ul style="list-style-type: none">• Successfully treated with correct antibiotics
	<ul style="list-style-type: none">• Requires at least 2 visits to clinic
Complications if left untreated	<ul style="list-style-type: none">• Ball pain
	<ul style="list-style-type: none">• Can spread to eyes
	<ul style="list-style-type: none">• Increases risk of HIV transmission
Prevention	<ul style="list-style-type: none">• Condoms reduce risk of infection
	<ul style="list-style-type: none">• Promptly inform known partners of possible infection
	<ul style="list-style-type: none">• Have regular checkups

GENITAL WARTS

(WARTS, HPV)

Affects	<ul style="list-style-type: none">• Cock, balls, arse
Common Symptoms	<ul style="list-style-type: none">• White or tiny cauliflower shaped lumps on skin• Itchy inside arse
Description	<ul style="list-style-type: none">• Caused by the human papiloma virus (HPV)• Very common and can reoccur• Highly infectious, easily passed on by close body contact
Treatment	<ul style="list-style-type: none">• Genital and anal warts can be successfully treated but will usually require several visits to the clinic• May requires several visits to clinic
Complications if left untreated	<ul style="list-style-type: none">• Genital warts are highly infectious and can spread if left untreated
Prevention	<ul style="list-style-type: none">• Condoms reduce risk of infection

GONORRHOEA

(CLAP, DRIP)

Affects	<ul style="list-style-type: none">• Cock, throat, arse
Common Symptoms	<ul style="list-style-type: none">• Often no obvious symptoms• Sore throat• Pain when shitting or pissing• Yellowish discharge from penis or arse• Inflamed or painful arse
Description	<ul style="list-style-type: none">• Caused by a bacteria• Usually passed on by fucking and sucking
Treatment	<ul style="list-style-type: none">• Successfully treated with correct antibiotics• Requires at least 2 visits to clinic
Complications if left untreated	<ul style="list-style-type: none">• Can be spread to prostate and the balls• Increases risk of HIV transmission
Prevention	<ul style="list-style-type: none">• Condoms reduce risk of infection• Promptly inform known partners of possible infection• Have regular checkups

HEPATITIS A

(INFECTIOUS HEPATITIS)

Affects	<ul style="list-style-type: none">• Liver
Common Symptoms	<ul style="list-style-type: none">• Nausea and tiredness• Yellow skin and eyes• Pale shit, dark piss
Description	<ul style="list-style-type: none">• Caused by a virus• Passed on by intimate sexual contact or poor hygiene• Leaves you tired and unable to drink alcohol or eat fatty foods for months
Treatment	<ul style="list-style-type: none">• No treatment• Usually requires 2 or 3 months for full recovery
Complications	<ul style="list-style-type: none">• Can be fatal in rare circumstances
Prevention	<ul style="list-style-type: none">• Vaccination is the only reliable form of prevention.• Promptly inform known partners of possible infection

HEPATITIS B

(VIRAL HEPATITIS)

Affects	<ul style="list-style-type: none">• Liver
Common Symptoms	<ul style="list-style-type: none">• Nausea and tiredness• Yellow skin and eyes• Pale shit, dark piss
Description	<ul style="list-style-type: none">• Caused by a virus• A serious disease of the liver• Passed on by fucking, sucking and needle sharing• Leaves you tired and unable to drink alcohol or eat fatty foods for months
Treatment	<ul style="list-style-type: none">• May require hospitalisation• Requires months for recovery
Complications	<ul style="list-style-type: none">• Chronic infection can lead to cirrhosis and cancer of the liver
Prevention	<ul style="list-style-type: none">• Vaccination is the most reliable form of prevention• Condoms reduce risk of infection• Promptly inform known partners of possible infection

HERPES

(COLD SORES, HSV1, HSV2)

Affects	<ul style="list-style-type: none">• Mouth, cock, balls, arse
Common Symptoms	<ul style="list-style-type: none">• Clusters of small painful blisters which eventually turn into scabs
	<ul style="list-style-type: none">• Pain when pissing or shitting
	<ul style="list-style-type: none">• Often no symptoms
Description	<ul style="list-style-type: none">• Caused by herpes simplex viruses
	<ul style="list-style-type: none">• A common infectious disease
	<ul style="list-style-type: none">• Highly infectious during outbreaks
	<ul style="list-style-type: none">• Passed on by fucking and sucking
	<ul style="list-style-type: none">• First outbreak usually the most severe
Treatment	<ul style="list-style-type: none">• Cannot be cured
	<ul style="list-style-type: none">• Antiviral drugs speed up healing and reduce discomfort
Complications if left untreated	<ul style="list-style-type: none">• Seek medical advice if outbreaks are frequent or severe
Prevention	<ul style="list-style-type: none">• Condoms reduce risk of infection
	<ul style="list-style-type: none">• Promptly inform known partners of possible infection

HIV

(HUMAN IMMUNODEFICIENCY VIRUS)

Affects	<ul style="list-style-type: none">• Immune system
Common Symptoms	<ul style="list-style-type: none">• Usually no obvious symptoms at time of infection
	<ul style="list-style-type: none">• May cause a flu like illness soon after infection
	<ul style="list-style-type: none">• Opportunistic infections appear years later
Description	<ul style="list-style-type: none">• HIV is the virus which causes AIDS
	<ul style="list-style-type: none">• Primarily passed on by fucking and needle sharing
Treatment	<ul style="list-style-type: none">• There is no cure
	<ul style="list-style-type: none">• Combination drug treatments are improving the health and longevity of many people with HIV infection
Complications if left untreated	<ul style="list-style-type: none">• Faster progression to AIDS related illness
Prevention	<ul style="list-style-type: none">• Condoms are highly effective in preventing the sexual transmission of HIV
	<ul style="list-style-type: none">• Have regular checkups

NSU

(NON SPECIFIC URETHRITIS)

Affects	<ul style="list-style-type: none">• Cock
Common Symptoms	<ul style="list-style-type: none">• Sometimes no obvious symptoms• Discharge from penis• Pain when pissing or desire to piss more often• Inflammation around genital area
Description	<ul style="list-style-type: none">• Usually caused by a bacteria• A common infectious disease• Passed on by fucking and sucking
Treatment	<ul style="list-style-type: none">• Successfully treated with correct antibiotics• Requires at least 2 visits to clinic
Complications if left untreated	<ul style="list-style-type: none">• May lead to inflammation of the balls and be extremely painful during sex• Increases risk of HIV transmission
Prevention	<ul style="list-style-type: none">• Condoms can reduce risk of transmission• Promptly inform known partners of possible infection• Have regular checkups

PUBIC LICE & SCABIES

(CRABS)

Affects	<ul style="list-style-type: none">• Pubic hair, arse, skin
Common Symptoms	<ul style="list-style-type: none">• Itching in genital and anal areas (pubic lice)• Red and itchy skin (scabies)
Description	<ul style="list-style-type: none">• Small crab like mites visible in pubic region (pubic lice)• Pubic lice & scabies are easily passed on through close bodily contact
Treatment	<ul style="list-style-type: none">• Successfully treated with special lotions, plus laundering of clothes and bedding
Complications if left untreated	<ul style="list-style-type: none">• Can be very irritating• Easily passed on
Prevention	<ul style="list-style-type: none">• Avoid close contact with people who show signs of infestation

SYPHILIS

(VD, POX)

Affects	<ul style="list-style-type: none">• Mouth, cock, arse
Common Symptoms	<ul style="list-style-type: none">• Often no obvious symptoms• Painless sore in region of contact which eventually heals
Description	<ul style="list-style-type: none">• A highly infectious disease• Appears to go away if left untreated after initial infection• Usually diagnosed by a blood test
Treatment	<ul style="list-style-type: none">• Successfully treated with correct antibiotics in early stages• May require repeated clinic visits
Complications if left untreated	<ul style="list-style-type: none">• Causes serious illness or death if not treated correctly in early stages• Increases risk of HIV transmission
Prevention	<ul style="list-style-type: none">• Condoms reduce risk of infection• Promptly inform known partners of possible infection• Have regular checkups

15 Useful contacts

Sexual Health Clinics

Checkups for all sexually transmitted infections and advice on sexual health are available from all sexual health (GUM) clinics. Some clinics have walk-in sessions, but it is usually necessary to make an appointment.

Clinics in London include:

ACTON

Patrick Clements Clinic
020 8453 2221

CHELSEA SW10

John Hunter Clinic
020 8846 6171

BARKING

Sydenham Centre GUM Dept
020 8924 6250

CITY EC1

Bart's Sexual Health Clinic
020 7601 8090

BARNET

Clare Simpson House Clinic
020 8216 4110

CROYDON

Mayday University Hospital
GUM Dept
020 8401 3002

BECKENHAM

Beckenham Hospital GUM Dept
020 8289 6622

HAMMERSMITH W6

West London Centre
for Sexual Health
020 8846 1567

CAMBERWELL SE5

The Caldecot Centre
020 7346 3453

HAMPSTEAD NW3

Marlborough Clinic
020 7830 2047

CENTRAL LONDON WC1

Mortimer Market Centre
020 7530 5050

HARROW

Northwick Park Hospital GUM Dept
020 8869 3142/3239

CENTRAL LONDON SE1

The Lydia Clinic
020 7928 9292 ext. 2129

HIGHGATE N19

The Archway Clinic
020 7530 5800

Clinics in London (continued):

HOMERTON E9

Homerton Hospital
Sexual Health Dept
020 8510 7989

ISLEWORTH

West Middlesex Hospital
Sexual Health Clinic
020 8565 5718

KINGSTON-UPON-THAMES

Wolverton Centre for Sexual Health
020 8974 9331

LEWISHAM SE13

Alexis Clinic
020 8333 3216

LEYTONSTONE E11

Whipps Cross Hospital
Dept of Sexual Health
020 8535 6535

LONDON BRIDGE SE1

The Lloyd Clinic
020 7955 2108

PADDINGTON W2

Jefferiss Wing
020 7886 1225

PLAISTOW/NEWHAM E13

Newham General Hospital
Dept of Sexual Health
020 7363 8146

RICHMOND SW15

Roehampton Clinic
020 8789 0799

ROMFORD

Oldchurch Hospital GUM Department
01708 732766

SOUTHALL

Ealing Hospital GUM Department
020 8967 5555

TOOTING SW17

GU Medicine
020 8725 3353

TOTTENHAM N15

St Ann's Sexual Health Clinic
020 8442 6536

UXBRIDGE

Tudor Wing Sexual Health Centre
01895 279537

VICTORIA SW1

Victoria Clinic
020 8746 8066

WHITECHAPEL E1

Ambrose King Centre
020 7377 7306/07

WOOLWICH SE18

Trafalgar Clinic
020 8836 5767/8

Gay Men's Clinics

Specialist gay-only sessions:

AXIS CLINIC

(men aged 26 and under)
Thursdays 7pm-9pm

MORTIMER MARKET CENTRE

Capper Street WC1
020 7530 5050
(Thursday evening 020 7530 5061)

AFTER FIVE

Tuesdays 5pm-7.30pm

LLOYD CLINIC

(Guy's Hospital)
Thomas Guy House
St Thomas Street SE1
020 7955 2108

RAINBOW CLINIC

Wednesdays 4pm-7pm

CALDECOT CENTRE

Kings College Hospital
15-22 Caldecot Road SE5
020 7346 3448

ZONE 15

Tuesdays 5.30pm-8.30pm

ST ANN'S SEXUAL HEALTH CLINIC

St Ann's Hospital
St Ann's Road N15
020 8442 6536

EAST ONE CLINIC

Thursdays 6.45pm-8.30pm

AMBROSE KING CENTRE

Royal London Hospital
Whitechapel Road E1
020 7377 7313

WORKING MEN'S PROJECT

Same-day appointments Monday-Friday
for men who sell sex.

JEFFERISS WING

St Mary's Hospital
Praed Street W2
020 7886 1524

Advice on gay issues

London Lesbian & Gay Switchboard
020 7837 7324
www.llgs.org.uk

Stonewall
020 7881 9440
www.stonewall.org.uk

London Friend
020 7837 3337 (7.30pm–10pm)
www.friend.dircon.co.uk

www.freedoms.org.uk
see Advice Shop listings for gay support organisations

Advice on health issues

Sexual health advisers can be contacted in all sexual health clinics (see pages 37–39)

Camden & Islington Health Promotion Service
Gay Men's Team
020 7530 3596 (weekdays)

CLASH (Central London Action on Street Health)
020 7734 1794

NHS Direct
0845 4647

Advice on HIV & AIDS issues

National AIDS Helpline
0800 567 123 (freephone)

Terrence Higgins Trust Lighthouse
Helpline 020 7242 1010
(noon–10pm daily)
www.tht.org.uk

AIDS Treatment Phonenumber
0845 947 0047 (Mon & Weds 3–9pm,
Tues 3–6pm)

Positiveline
0800 1696806 (Mon–Fri 11–10pm,
Sat–Sun 4–10pm)

Workshops & counselling for gay men

Healthy Gay Living Centre
020 7407 3550

PACE
020 7700 1323
www.pacehealth.org.uk

Gay Men Fighting AIDS
020 7738 6872
www.demon.co.uk/gmfa

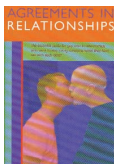
Blackliners
020 7738 7468/5274
www.blackliners.org

Support for gay men who have been sexually abused

Survivors
020 7613 0808 (Tuesday 7–10pm)
www.survivorsuk.co.uk

The Haven – Camberwell
020 7346 1599 (24 hours)

Recommended Reading



AGREEMENTS IN RELATIONSHIPS

The essential advice booklet for gay men in relationships who do not want to use condoms when they have anal sex with each other. *Agreements in Relationships* explains in simple language the basic components of a “negotiated safety agreement” and includes four questionnaires to help partners talk through their agreement.



HIGH AND LOWS

The groundbreaking new booklet to help gay men consider the impact drinking and drug-taking may be having on their lives and on the lives of their friends. The booklet includes details of a wide range of support agencies, websites, clinics, gay groups, counselling services and self-help publications that can help with drug-related and other personal problems.



THE MAP

The comprehensive guide to social and support groups, advice and information organisations, sexual health and HIV/AIDS clinics, drug and alcohol services and counselling services for young gay men, lesbians and bisexuals in the Greater London area.



POSITIVE ABOUT DRUGS II

The award-winning guide for HIV positive men who take illicit drugs, describing the effect they may have on the immune system and the risks involved in taking them alongside anti-HIV treatments.



CHATBLACK UPDATE

The new edition of the highly praised first HIV prevention booklet to speak directly to African-Caribbean gay men about black identity, homophobia, racism, sexuality and safer sex. *Chatblack* also includes a listing of sexual health services, tips on gay clubbing in London and Birmingham and useful contacts for black gay men everywhere.

These publications are produced by the Gay Men’s Team in the Health Promotion Service of Camden & Islington Community Health Services NHS Trust. They are available free in gay venues and sexual health clinics in London. These and other booklets can also be read online at www.freedoms.org.uk

freedoms.org.uk

