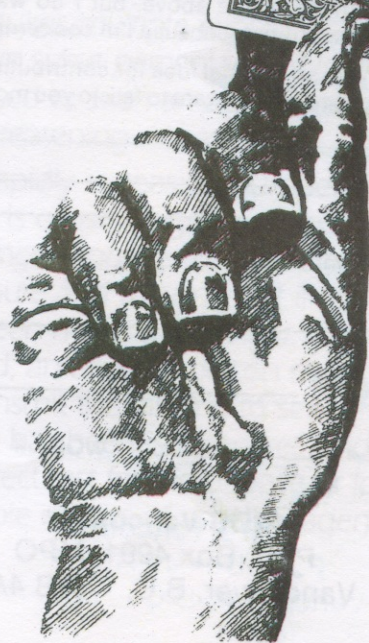


**What
Are My
Chances?**



AIDS AND OTHER STD CAN BE AVOIDED

ENJOY MORE TIME WITH FEWER SEXUAL PARTNERS

Reduce your number of different sexual contacts, particularly with those men who themselves have many different partners. Avoid sexual contact with IV drug users. Anonymous and/or group sex can be more risky. Get to know your partner better.

AVOID INGESTION OF SEMEN, URINE, OR FECAL MATTER

All of these can transmit infectious organisms. In particular, rimming and anal-receptive contact with semen increases risk. Fisting and insertion of other foreign objects (including douche or enema fluids) into the rectum may damage its delicate lining, one of the body's natural defences against infection.

USE CONDOMS

Using condoms during anal intercourse reduces the chances of STD; it may also reduce the risk of AIDS.

SHOWER BEFORE AND AFTER SEX

Maintain good personal cleanliness.

KEEP YOUR HEAD CLEAR

Drugs impair your judgement. Needles and injection of drugs can transmit infections.

AIDS CANNOT BE TRANSMITTED BY SOCIAL CONTACT

Healthful sexual behaviour is an expression of one's natural sexual drive in a satisfying, disease-free way. We are supportive of gay sexual expression. We believe that knowledge of specific gay sexual practices and their implications in health and disease are essential for informed choices towards a safe and satisfying sexual life.



Acquired Immune Deficiency Syndrome (AIDS), a new disease of unknown cause, is characterized by abnormal function of the body's immune system. A person with AIDS is susceptible to a number of life-threatening diseases. Because the body's immune system is essential to fight off disease, people who have AIDS cannot fight some organisms which normally do not cause disease; they also cannot resist certain kinds of cancers. As a result they may develop Kaposi's Sarcoma (KS), Pneumocystis Carinii Pneumonia (PCP), or other less common diseases.

A consistent 70% majority of reported cases have occurred in homosexually active men; Lesbians have not been known to develop AIDS. Preliminary information suggests that the immune dysfunction may be, at least in part, initiated by an agent which is acquired sexually or by receiving blood products. It is not known whether the disease may follow a single exposure or requires multiple exposures. It is not known what percentage of individuals exposed to such an agent will develop life-threatening disease.

The rapidly increasing number of AIDS cases is cause for grave concern. Current evidence suggests that the time between exposure and the onset of illness may be eighteen months or longer. During that period, an affected person may be able to transmit the disease to sex partners. No agent has been isolated yet, and there is no direct test for the disease or for possible carriers of an AIDS agent.

As gay health promoters, we wish to support and encourage the increasing demand for information regarding various sexually transmitted diseases (STD) and AIDS specifically. This then enables each of us to make informed choices in order to minimize risks. Space is limited and recommendations may change as new information becomes available. Lest we appear to some to be judgemental, we too have experienced STD and are trying to practise what we preach.

AIDS Vancouver Activities

- community information
- monthly seminars, First Tuesday of each month, West End Community Centre at 7:30 p.m.
- support services for people with AIDS, family and friends, and the "worried well"
- research

For the latest information, or if you have further questions which have not been answered here, please contact AIDS Vancouver:

687-AIDS

or use the coupon on the inside front cover of this pamphlet.

- Spring, 1984