

## BENEFITS OF MMC

- Increased hygiene
- Reduced risk of HIV infection
- Reduced risk of penile cancer
- Lower risk of contracting some STIs
- Reduced risk of cervical cancer for women with circumcised sexual partners

Medical trials have shown that medically circumcised men have a 60% reduced risk of contracting HIV during heterosexual sex. MMC (Medical Male Circumcision) has recently been added by the World Health Organisation as a critical prevention strategy against HIV/AIDS.

As a result, the South African Department of Health, together with its partners, have prioritised the fast tracking of free MMC nationally.

CareWorks is being funded to provide education, promote and mobilise for MMC; particularly in its core client base of "mobile males".

## CULTURAL ISSUES

Circumcision is a sensitive issue amongst certain cultures. Some cultures promote traditional circumcision and consider even discussing the topic taboo (particularly across the gender-line).

These sensitivities have to be taken into consideration when discussing and promoting MMC. Our Service Providers are trained and experienced in working in a respectful way within these boundaries.

For more information on free Medical Male Circumcision for adults and children 15 years and older, send a free "Please Call Me" to the number below and a counsellor will contact you to provide you with further information as well as assist you in making a booking to have the procedure done.



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## Medical Male Circumcision



*It's a question of health*

**Promoting wellness—  
preventing new infections.**

## What is MMC?

MMC is the surgical removal of the foreskin covering the end of the penis.

## What are the benefits of MMC?

- Increased hygiene
- Reduced risk of HIV infection
- Reduced risk of penile cancer
- Lower risk of contracting some STIs
- Reduced risk of cervical cancer for women with circumcised sexual partners

## How painful is the procedure?

Local anaesthetic is used during the procedure to control the pain.

Mild discomfort in the days following the procedure is managed with the use of painkillers.

## Does MMC make sex less enjoyable?

MMC has no effect on sexual desire, performance or satisfaction.

## How long does the procedure take?

The procedure is simple and straightforward and takes between 15 and 30 minutes.

## Is it safe to have unprotected sex after MMC?

NO. It is not safe to have unprotected sex as MMC does not provide complete protection against HIV. The use of condoms is still required to ensure complete protection.

## What should I expect?



MMC is a fairly simple surgical procedure where the foreskin is surgically removed from the penis under local anaesthetic by a doctor. It only takes 15-30 minutes to complete.

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After the procedure, you should keep the wound clean with diluted salty water and abstain from sexual intercourse for a specified period of time.



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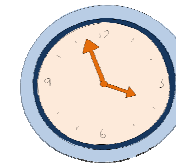
Mild discomfort in the days following the procedure is managed with the use of painkillers.



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Post-operative examination should take place at 48 hours, seven days and 21 days. These post-op consults also only take a few minutes.

In approximately 1%-2% of cases, "adverse events" after the surgery occur which will require additional intervention. Most of these adverse events are caused by inadequate wound care or early resumption of sexual intercourse.



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Most people require 48 to 72 hours to recover from the surgery, and unless they work in particularly adverse environments such as deep-cast mining, they are usually able to return to work 2 to 3 days after the surgery.



**Our CareWorks counsellors are here to help you. Send a free "Please Call Me" to 076 936 6612 and they will give you more information on MMC and/or assist you to have the procedure done.**