

Male

Circumcision



MY PARTNER
MOSES WANTS TO
GO FOR MC. DO YOU
KNOW ANYTHING
ABOUT IT?

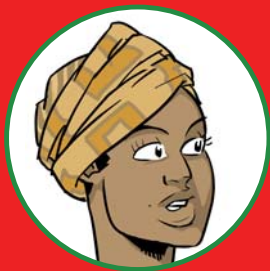
SURE!
MY PARTNER
CHARLES DID IT -
AND I CAN TELL YOU
EVERYTHING
I KNOW.

INFO BOOKLET FOR WOMEN

GET INFORMED! There is a lot of talk about **MC**, but it is important to know the facts. This booklet can help you learn what you need to know! Read on and hear **Chibeso** and **Mary** discuss what MC is all about, the benefits and risks, and what happens when a man goes for MC. If you still need to know more, talk to a counselor or health provider!

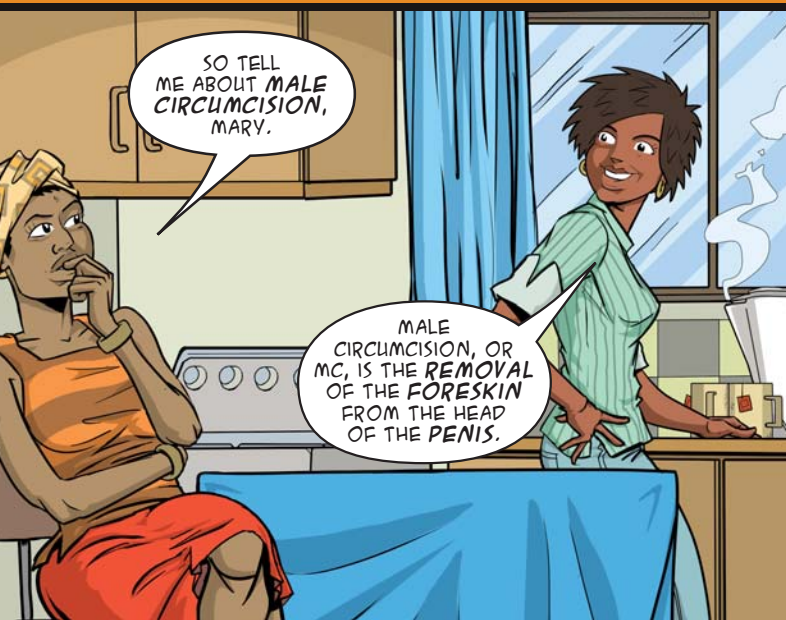
This booklet will help you answer these questions:

- What is male circumcision (MC)?
- What are the benefits and risks of MC?
- How does MC affect women?
- How do I discuss MC with my partner?
- What about MC for newborns and young boys?



M
C

MALE CIRCUMCISION (MC)



MC is the removal of the foreskin from the head of the penis.

The **foreskin** is the extra skin that folds over the head of the penis. You can see if a man is circumcised by looking at his penis when he does not have an erection. A man is circumcised if the head of his penis is fully exposed all the time, even when not erect (hard). A man is not circumcised if there is a bit of skin that folds over and covers the head of the penis completely while the penis is not erect. The penis of circumcised men should be mostly dry around the neck of the penis.

Men can be circumcised as babies (less than 60 days old), as boys (once they are seven years old), as adolescents or as grown men (at any age). MC is a **simple procedure** that should be done by **trained health professionals** under sterile conditions.

FACTS ABOUT MC



It is important to know the benefits and potential risks of MC.

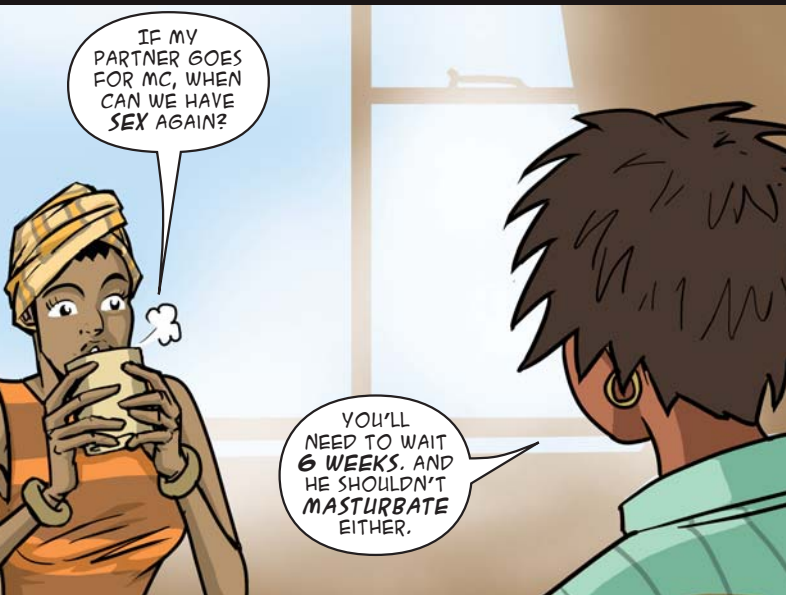
MC improves hygiene and can reduce a man's chance of getting some sexually transmitted infections (STIs) including HIV, syphilis, chancroid and human papilloma virus (HPV). HPV is a virus that can cause penile cancer in men and **cervical cancer** in women. MC also makes it easier to keep the penis clean and dry. For this reason, baby boys who are circumcised (best before 60 days of age) are much less likely to get urinary tract infections.

Male Circumcision is a very safe surgical procedure when it is done by a trained health provider. As with all surgical procedures, there are always some risks with MC, including risk of pain, bleeding, swelling, infection or reaction to the pain medicine. It is important to speak with the MC provider about the possible risks, and follow the instructions on wound care after the MC procedure."

Circumcised men are still able to infect their partners with HIV and STIs.

Women who have unprotected sex with a man who is HIV positive are at risk of getting HIV, even if the man is circumcised. To protect herself, a woman should always ensure a male or female condom is used correctly during sex.

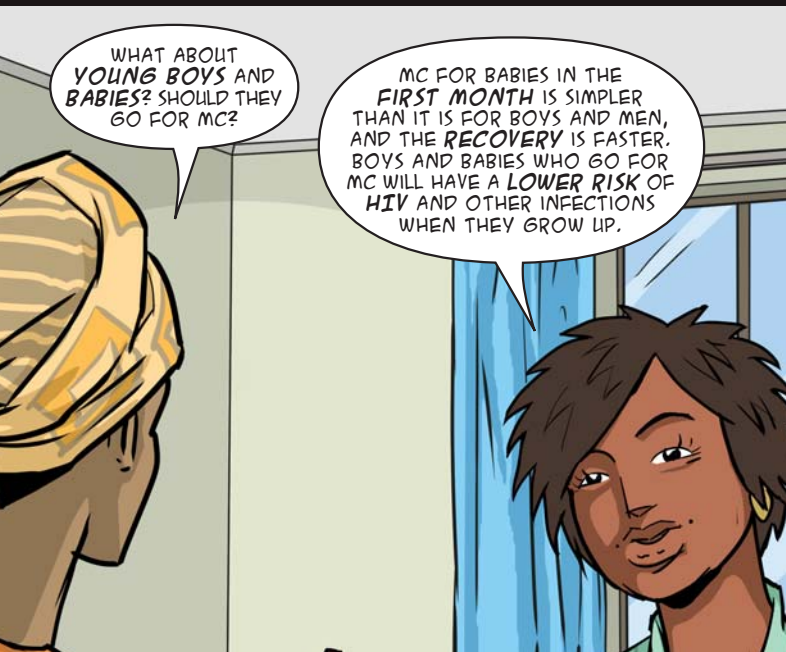
SEX AFTER MC



Clients must wait for six weeks before having sex or masturbating to give the wound the chance to heal properly.

Although the penis may look and feel healed within a few weeks, underneath the skin **the penis is still recovering for six weeks after MC**. If a man has sex or masturbates during the 6-week healing period, **he can damage his penis or delay the healing**. A man is actually more at risk of contracting HIV and some other STIs if he has any sexual contact during the six week healing period. Remember, **MC does not provide 100% protection**. After MC one should still protect himself and his partner by using a **condom**. Other prevention methods include **abstaining** from sex and being **faithful** to one partner who is faithful and HIV negative. Men who are circumcised are still able to infect their partner with HIV and other STIs.

YOUNG BOYS AND BABIES



WHAT ABOUT **YOUNG BOYS AND BABIES**? SHOULD THEY GO FOR MC?

MC FOR BABIES IN THE **FIRST MONTH** IS SIMPLER THAN IT IS FOR BOYS AND MEN, AND THE **RECOVERY** IS FASTER. BOYS AND BABIES WHO GO FOR MC WILL HAVE A **LOWER RISK OF HIV** AND OTHER INFECTIONS WHEN THEY GROW UP.

MC is safe for babies and young boys.

MC can be done very safely for baby boys below the age of 60 days old. The healing is very quick (less than one week) and the cosmetic result is very good. MC for babies can reduce the risk of urinary tract infections. It is important to ensure the provider has been trained to do MC for babies.

MC is not offered for children between the age of two months and seven years. This is because children in this age group are very active and do not cooperate or follow instructions; they could injure themselves during the MC procedure or during the healing process by pulling on the wound.

DISCUSSION



If your partner is interested in MC, you should feel open about discussing it with him.

You can mention to your partner that you have heard about MC recently and you would like to know what he thinks. If your partner is interested in MC, you should be open about the **benefits** and **risks**. You should also mention that men are encouraged to take a **confidential HIV test** as part of the MC process. One of the best ways to show support for your partner is to accompany him to the clinic and go together for **couples counselling and testing** before MC. Trained counsellors will explain that you will need to **abstain** from sexual activity for **six weeks after MC**. You can support your partner by ensuring him that you can wait until the healing is complete

For more information on **MC**, or to find a service near you, call the **FREE** health Talkline by dialing **990**.



IF YOU OR YOUR PARTNER IS INTERESTED IN MC, IT IS IMPORTANT TO FIND A **PROVIDER** WHO HAS BEEN TRAINED IN MC AND OFFERS COUNSELING AND A **SAFE, CLEAN** ENVIRONMENT. CONTACT **SFH, MSI**, OR YOUR LOCAL PUBLIC HEALTH CLINIC, OR CALL THE FREE HEALTH TALKLINE - **990** - FOR MORE INFO.



Society for Family Health
Marketing Good Health



MARIE STOPES
INTERNATIONAL
Zambia



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