

MOSES' JOURNEY

Follow **Moses** on his journey as he chooses to go for **Male Circumcision**.



CHARACTERS

Moses

Moses is a young guy who cares about his wellbeing and the wellbeing of his girlfriend, Chibeso. He believes in making informed choices so he can stay healthy and happy. He doesn't have all the answers but he's not afraid to ask questions. Whenever he needs advice about anything, he knows his best friend Charles is there for him. And his questions about male circumcision (MC) will be the beginning of an important journey.



Charles

Charles is Moses' best friend. They've known each other for a long time and enjoy getting together to watch a game and have a drink. Even though Charles and Moses are the same age, Charles is sometimes like a father figure to Moses. He offers him advice about anything from money to relationship problems. Moses knows if he ever has a problem, Charles is the guy to talk to!



Dr. Adam

Dr. Adam is an MC Provider. He is trained to perform safe and high quality MCs. He takes the time to answer clients' questions and always makes sure they are comfortable. He is able to put people at ease and is especially concerned that young men have all the information they need to take care of their health.



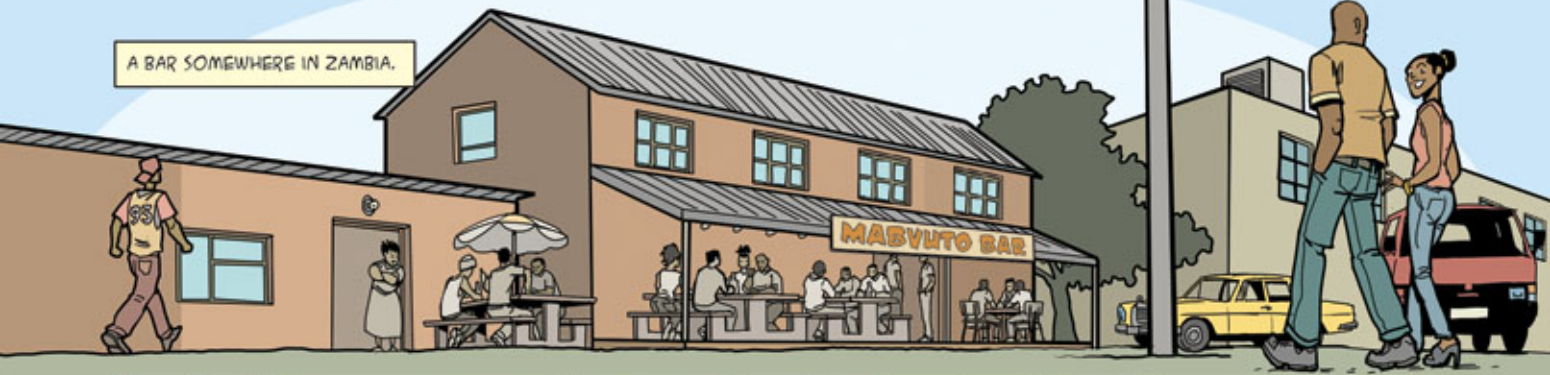
Chibeso

Chibeso is a strong, smart young woman who takes care of herself. She is Moses' girlfriend. Chibeso knows when she has serious things to talk about, she can always go to her friends. She wants to be sure she has all the information she needs to make the right decisions.

Eva

Eva is a counselor trained to provide information about male circumcision (MC). She is also qualified to talk about family planning, sexually-transmitted infections (STIs) and other related topics. Eva plays an important role in the community because people know they can come to her with any questions. No matter how personal or embarrassing their questions are, Eva patiently offers information and advice.

A BAR SOMEWHERE IN ZAMBIA.



MOSES, THAT WAS A GREAT FIRST HALF! NOW WE'VE GOT SOME TIME TO TALK!

GOOD... THERE'S SOMETHING I WANT TO ASK YOU ABOUT, CHARLES.



I KNOW YOU'VE BEEN **CIRCUMCISED**. TELL ME ABOUT THIS CIRCUMCISION THING EVERYONE IS TALKING ABOUT.

MALE CIRCUMCISION - OR **MC** - IS WHEN THE **FORESKIN** IS REMOVED FROM THE HEAD OF THE PENIS. I JUST WENT FOR MC LAST MONTH.



I THOUGHT MC WAS ONLY FOR YOUNG BOYS. AREN'T WE TOO OLD?

NO. MC CAN BE DONE AT ANY AGE!



YOU CAN GO TO ANY HEALTH CARE PROVIDER THAT HAS BEEN TRAINED TO DO MC. IT IS IMPORTANT TO FIND SOMEONE WHO HAS EXPERIENCE WITH MC.

WHERE DO I GO? DO I HAVE TO GO TO A HOSPITAL?

PLEASE NOTE
Topics indicated in **RED TEXT**
are explained on the inside back cover.

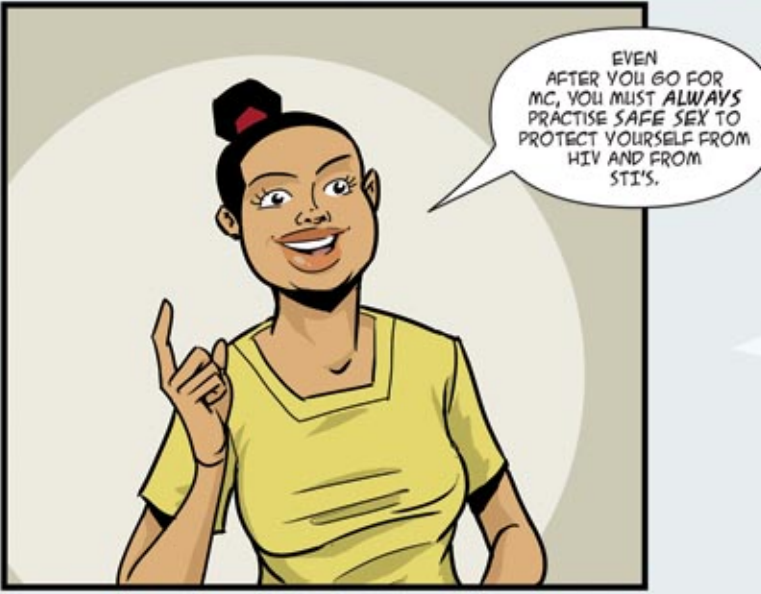




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THE NEXT DAY.



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**DO YOU REALLY KNOW YOUR
MAXIMUM FACTS?**

FACT NO. 1

HIV and STIs **CANNOT** pass
through condoms

FACT NO. 2

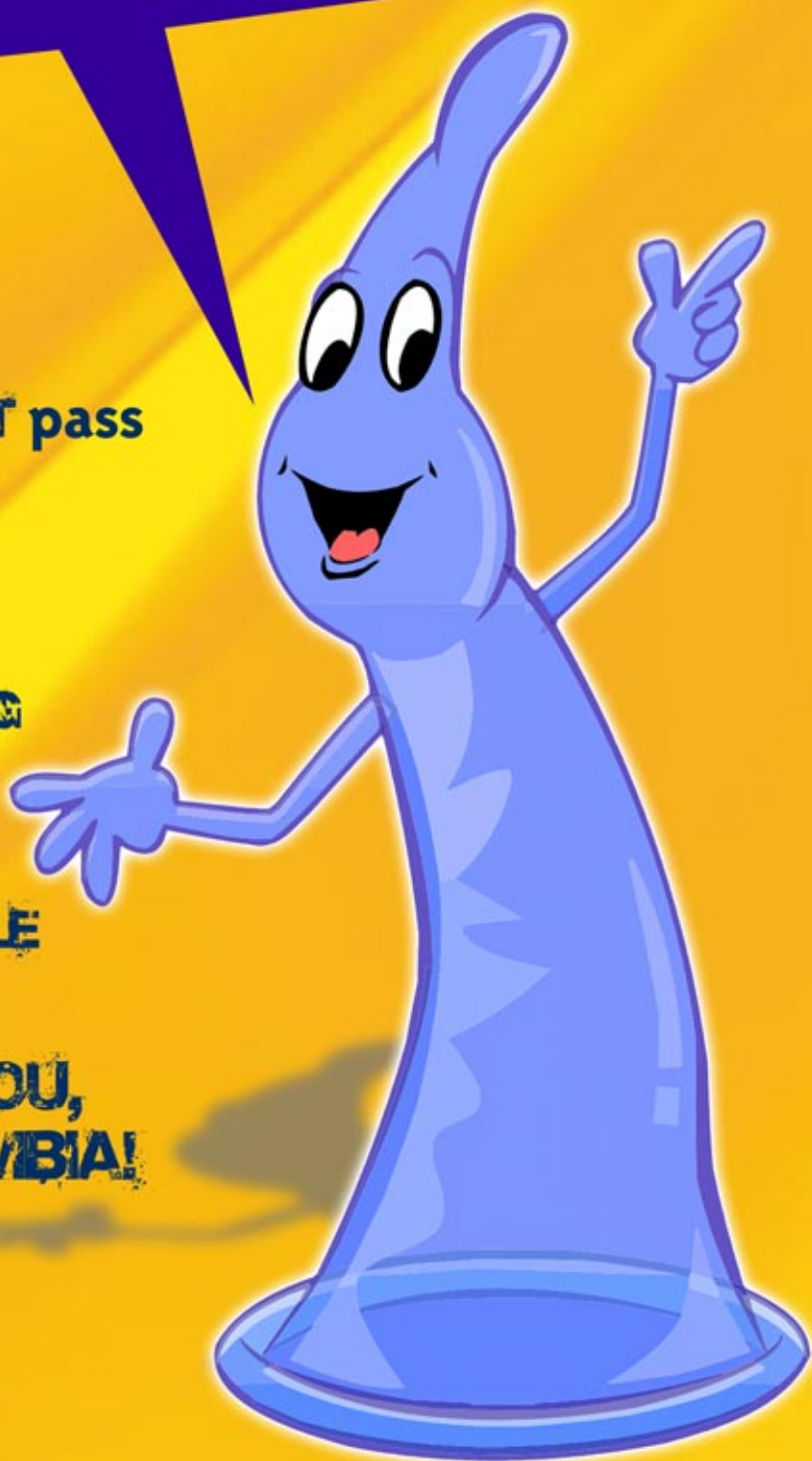
Condoms are **STRONG**

FACT NO. 3

Condoms are **FLEXIBLE**

**PROTECTING YOU,
PROTECTING ZAMBIA!**

MAXIMUM
get it use it love it





THE NEXT DAY.

CHIBESO,
THERE IS SOMETHING
I WANTED TO TALK
TO YOU ABOUT.

SURE,
WHAT IS
IT?



GREAT, BUT IT
MEANS WE CAN'T
HAVE SEX FOR SIX
WEEKS.

THAT'S OKAY.
IT'S NOT A LONG
TIME AND IT WILL
BE WORTH THE
WAIT.



DAYS LATER, MOSES VISITS AN MC PROVIDER.

Hi, I'm DOCTOR ADAM. PLEASE COME INSIDE.



DOC, WHY DO I NEED AN **ASSESSMENT** BEFORE THE MC PROCEDURE?

I NEED TO MAKE SURE EVERYTHING IS **ALRIGHT** BEFORE WE START!

IF YOU HAVE ANY **STI'S**, THEY WILL NEED TO BE TREATED BEFORE THE MC.



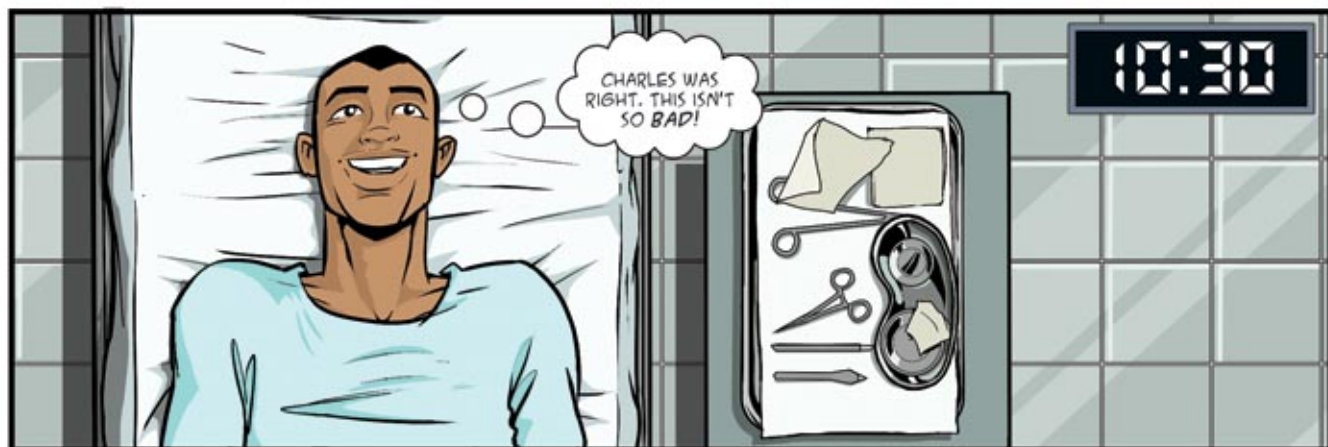
I'VE HAD **NO PROBLEMS** AT ALL, DOC!

YES, EVERYTHING SEEMS TO BE **FINE!**

IN THAT CASE, YOU'RE **READY** FOR AN MC!

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go together, know together!

Do you know the most risky place to be when it comes to catching HIV? Not in a bar... Not at a university ... Not in a hotel... It's in a relationship. In fact, many new HIV infections in Zambia are now occurring in relationships. Going for VCT as a couple makes you a stronger couple. Go together. Know together.

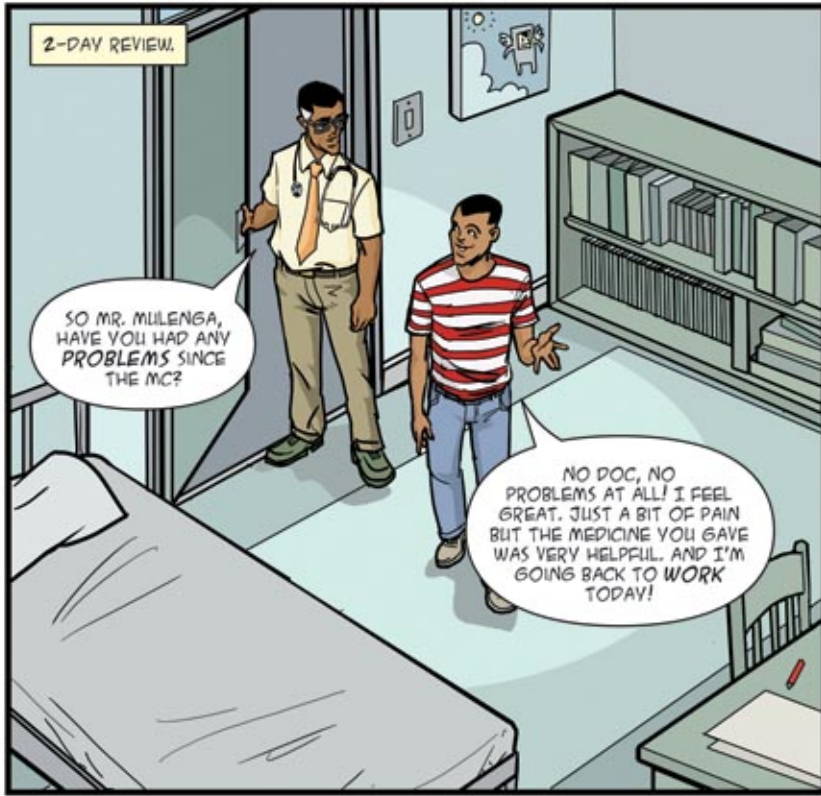
We offer special counselling for couples.





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More Information on MC



1 Background on MC

Male circumcision (MC) is the removal of the foreskin from the head of the Penis. MC is one of the oldest and most common medical procedures in the world. It has often been done in traditional settings, with groups of young men receiving circumcision at the same time. MC can be performed from just after birth to adulthood. Newborn MC is a simpler procedure. Generally, it has a quicker recovery time and has fewer complications. MC is done with local anaesthetic, a pain prevention injection, which reduces pain significantly. MC can also be done with general anaesthetic, in which the client is put to sleep.

2 Returning to Sex

After MC, you must wait 6 weeks before having sex or masturbating. It is very important that a man wait until he is completely healed before having sex or masturbating. It usually takes about 6 weeks for the wound to heal after MC. If a man has sex too early, the wound may become injured and will take longer to heal. HIV-positive men may be more likely to infect their partner during the healing period. A health provider at the clinic where the MC was done can tell you when the wound is completely healed and you are ready to have sex again.

3 Benefits and Risks of MC

MC can help prevent HIV, but does not provide 100% protection. MC can help prevent HIV, but does not provide 100% protection. Research throughout Africa shows that MC provides some protection against HIV. However, MC does not provide 100% protection. The researchers estimate that a man who is circumcised appears to be 60% less likely to get HIV. In the research trials, thousands of men were divided into two groups—one group was circumcised and the other group was not. The groups were compared over two years. The circumcised group had less HIV, showing that MC offers some protection. Men who are circumcised are also less likely to get STIs such as syphilis and chancroid. MC also gives some protection against penile cancer and—in infants—urinary tract infections. Also women whose partners are circumcised are less likely to get cervical cancer. However, MC does not provide 100% protection and it is still possible to get HIV or other STIs after MC. MC is a surgical procedure, and there are some risks. Risks include a reaction to the pain medications and infection. MC provided by a trained health provider is a very safe procedure, and complications are rare. Most patients don't have any problems, and those who do experience problems generally report them as mild. The typical problems encountered include:

Pain	Reaction to the medicine
Bleeding	Infection
Swelling	

4 How MC helps prevent HIV

The removal of the foreskin makes it more difficult for HIV to enter the body. The inside skin of the foreskin is soft and moist. Near the surface of the foreskin are special cells called "target cells" that allow HIV to infect a person. The amount of these "target cells" in the foreskin is higher than in any other surface of the body. Also, during sex the foreskin is more likely to get tiny tears or sores that allow HIV to enter the body more easily. MC

removes this vulnerable skin, and removes the "target cells". After MC, the skin on the head and shaft of the penis becomes thicker and is less likely to tear.

5 Testing before MC

It is always important to know your HIV status. Someone considering MC should definitely know whether he is positive or negative. Knowing your HIV status before MC assists in maximizing health benefits that MC provides. Clients who decline the test but still want MC must be respected for their decision and referred to an MC provider.

6 Discussing MC with your Partner

Partners should feel open about discussing MC with each other. You can mention that you have heard about MC lately and you want to know what your partner thinks. You should both be aware of the benefits, risks, and the 6-week waiting period. Couples counselling is a great way to discuss MC with someone who can help.

7 Assessment before MC

A clinical assessment is done before each procedure. It is necessary for the MC provider to do a clinical examination of the genital area and the penis to rule out any active or recent genital disease. If there is active disease, it must be treated before an MC can be done.

8 Injection to Reduce Pain

An injection is given so the MC procedure can be done without any pain. An injection of anaesthetic medicine is given into the base of the penis to make it go numb, so that no pain is felt while the foreskin is cut off. The anaesthetic wears off after some time. Some clients feel a bit dizzy due to the anaesthesia, and eating before the MC can help.

9 Short-term Recovery

It is important to keep the wound area clean and dry until the 2-day review. Clients should keep the body clean by washing without getting the dressing wet. They should take painkillers if they feel pain or discomfort. Some clients have frequent erections for a day or two and may feel some pain. Passing urine can help relieve the pain. The client should come back two days after the procedure so the dressing can be removed. If there is any problem at all after MC, clients should contact the clinic or go to the nearest health care provider.

10 Long-term Recovery

Clients must wait for six weeks before having sex or masturbating to give the wound the chance to heal properly. After the dressing is off, the wound begins to heal. Clients should not have sex or masturbate for the six weeks after MC because that gives time for the wound to heal completely. If the client has sex too early, the wound can be damaged and take even longer to heal. 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 a partner who is faithful and HIV negative.



Male Circumcision

It's up to you!

Benefits of Male Circumcision include:

- partial prevention of HIV
- partial prevention of some STIs
- reduced risk of cervical cancer in female partners

Male Circumcision services are available at YWCA New Start Centre, Nationalist Road, opposite UTH and Kudu Road, Plot 121 after Mother Theresa Hosptec.
For more information, call 3958 toll free.

