



My Annual Checklist For Sexual Health

- For Gay, Bisexual & Bi-Curious Men in NS

because HIV prevention and treatment are different now, **we recommend that ...** all sexually active gay / bi / bi-curious men get tested once a year* for HIV and other Sexually Transmitted Infections (STIs).

recommended STI tests:

- HIV, Syphilis, and Hepatitis B & C (blood test)
- Gonorrhea and Chlamydia (urine test for penis, swab for oral or anal)

* if you have multiple sexual partners we recommend every 3-6 months for HIV and STI tests. For more info go to www.acns.ns.ca/Check-Me-Out.



4 things that all guys (who play with guys) need to know! (AKA - why we recommend these tests...)

- 1** when men have Sexually Transmitted Infections (STIs), including HIV, they often **do not have any obvious symptoms**. The only way to know is to get tested.
- 2** STIs **WILL NOT go away on their own**. If you've got 'em, you keep 'em (and maybe pass them on to others) until you get treated.
- 3** some STIs (left untreated) can lead to **serious (even life-threatening) health issues ... even when you DON'T have symptoms.**
- 4** having any other STI **increases the risk of HIV transmission (getting OR giving) by up to 400%.**

for more info:
www.acns.ns.ca/Check-Me-Out

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we **ALSO** recommend you consider the following:

vaccinations we recommend

- Hepatitis A and B **
- HPV *** (especially for HIV+ men, and for men under 26)

for men over 21

- testicular self exam (do this for yourself - ask your doctor how)

for men over 40

- talk to your doctor about early detection of prostate cancer

for men over 50

- rectal exam (including anal lesions)
- colorectal cancer screen

for HIV+ men

- rectal exam (including anal lesions)

** only covered by MSI in NS if you identify yourself as a gay, bisexual or other 'man who has sex with men'.

*** the costs of this vaccine are currently not covered by MSI in NS for gay / bi men, but research recommends it.

where to get STI tests:

we encourage you to work with your family doctor (and maybe even educate them) about your ongoing sexual health needs. But, if this doesn't work for you, **you do have other options.**

- you can get STI testing through a **general walk-in clinic** (where you can see a doctor other than your usual family doctor).
- you can also get STI tests done through an expanded list of options in Halifax or Sydney.
- **In Sydney:** contact the **AIDS Coalition of Cape Breton** to explore options at **902-567-1123** or **1-877-597-9255**, or at www.AIDSCoalitionOfCapeBreton.ca .
- **In Halifax:** contact the **AIDS Coalition of Nova Scotia** to explore options at **902-425-4882, ext. 222** or **1-800-566-2437, ext. 222** or at www.ACNS.ns.ca .



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