



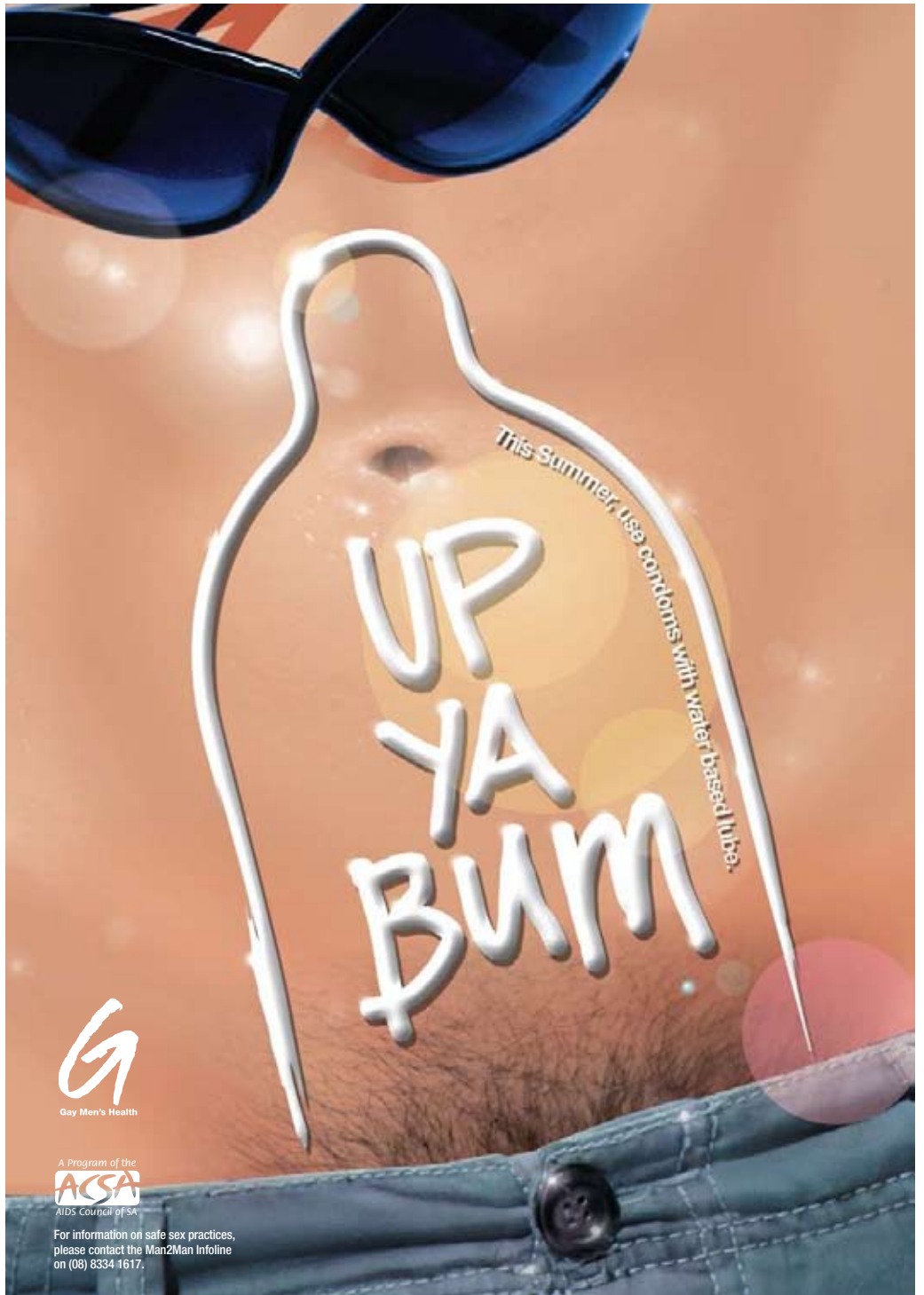
A special pilot edition | April '09

produced by Gay Men's Health, a program of The AIDS Council of SA Inc.

**M2M** mag



Gay Men's Health



*This Summer, use condoms with water-based lube.*

UP  
YA  
BUM



Gay Men's Health



AIDS Council of SA

For information on safe sex practices,  
please contact the Man2Man Infoline  
on (08) 8334 1617.

# Introduction to the **M2M Mag**

a special pilot edition

Hello, and welcome to this pilot edition of the M2M Mag, a new initiative of Gay Men's Health (GMH).

For many years GMH produced a quarterly newsletter reviewing the previous month's activities and promoting future campaigns and events as well as discussing current health issues relevant to gay men and other men who have sex with men (gay men/MSM) in Adelaide and South Australia. The newsletter served its purpose for a number of years but we at GMH realise that to keep with modern times and the ever analytical expectations of our young, marketing-savvy readers, we need to take a different approach to our printed publications.

In attempting to achieve this aim GMH decided that a 'newsletter' was no longer the type of publication that would grab its readers. "Let's go glossy" was the cry from the rafters and turn what is essentially a summary and preview of events into a fun, interesting, holistic and interactive magazine-style publication that would entice its readers to browse immediately. The Magazine would be less about GMH and more about gay men/MSM issues; sex, sexual health, relationships, physical health, HIV/AIDS and STI's, sexuality, mental and emotional wellbeing, coming out. . . the list goes on. It would also discuss current hot topics and issues that gay men/MSM are talking about, for instance the new Centrelink changes for same-sex couples. It would be interactive, engaging with the community to make it relevant and exciting. And, it would be modern with a new contemporary design that grabbed its reader's attention.

However, whilst we all thought these were great ideas, we realised that no publication of this nature can be successful without the input of the guys we are targeting. So, rather than produce a full scale magazine that looked flashy but failed to hit the mark, we decided that we would hijack the Connect Newsletter and use it as a means to present some of our ideas to you and ask for your feedback, plus your own ideas that we might not have thought of.

We are therefore asking you to help us out. . . but how can you do that we hear you ask? Well, first of all we would love it if you could have a browse through this mini edition, which is not the first edition of M2M but rather a taster of what it might be, and see what you think. . . does it make you want to read it? Do you like or hate the articles? Is it interactive and fun? Or do you think the idea is altogether rubbish?

We want your honest opinion, but don't just tell us what you like and don't like. Tell us why, what could be discarded, what could be added, what should it look like, how should it be interactive, what do you want to read about, what is concerning you right now? It is really important for us to know that our first edition meets your expectations, but we can't do that without your advice.

There are a variety of ways you can provide us with feedback. You can fill in the questionnaire on the back page of the mini mag and send it back to us, you can email us at [hotnews@gmhealth.org.au](mailto:hotnews@gmhealth.org.au) or call us anytime on 8334 1606.

If you are really keen to be involved, we are also planning to invite a number of community members to assist in the development of the magazine in both developing the content, design and perhaps even the writing of articles. It would be great if you have some sort of writing, journalistic or design skills, however we are happy to talk to anybody who might be interested. If you are keen to get involved please call the Social Marketing Officer on 8334 1606.

As mentioned before, what you see here is a taster and nothing is set in stone. So please let us know how it can be improved and what else can be added - M2M will look a lot different in its first edition, and cover a lot more.

In the meantime, happy reading, we hope you like what you see and we look forward to hearing from you in the near future.

Cheers! The GMH Team

# That's a WRAP on 2008

2008 was a big year for Gay Men's Health with some big events, new campaigns, exciting partnerships and also some staff changes. But day to day service delivery and health promotion is always important and GMH worked hard to maintain and improve its core services and its great relationship with other HIV/AIDS, sexual health and GLBTIQ services and the queer community at large.

The Man 2 Man Infoline continues to receive high numbers of calls relating to a whole range of issues including HIV/AIDS, sexual health, relationships and service requests. The Men's Night In monthly drop-in is still proving popular, averaging more than ten men attending the various information-based and social evenings on the first Thursday of each month, when you can also access the Darling House Library.

Gay Men's Health has also now consolidated it's relationships with Adelaide's various community groups under the Partnerships Project. GMH is now officially partners with 13 GLBTIQ community groups from Adelaide's Happy Wanderers to Pride and Team Adelaide. This ensures an ongoing connection to Adelaide's grass roots communities and groups. As a result the Connect newsletter has also been developed which will detail articles and events from Adelaide's GLBTIQ community groups.

GMH was also involved in several local and national HIV prevention campaigns in 2008 including the highly successful SA based and developed Testing Testing 123 campaign, the Syphilis prevention campaign, Up Ya Bum and Drama Down Under. It also assisted in the distribution of new resources such as Taking a Look, The Dirty Truth and Next Steps as well as developing the new seasonal Queer Calendars.

## IDAHO just keeps getting bigger...

In 2008 South Australia once again led the way in promoting The International Day Against Homophobia for which the 2008 theme was STOP! Homosexuality is not a sickness.

IDAHO was launched on Friday May 16th at the Lion Arts Centre courtyard where Linda Matthews of the Equal Opportunity Commissioner for SA, Feast's Artistic Director, Daniel Clarke and Dr. Vicki Bennett delivered

empowering speeches to an enthusiastic audience.

GMH and other GLBTIQ agencies redeveloped the IDAHO posters, postcards and leaflets as well as the Sexual Diversity Health Services audit (a short do-it-yourself survey on how GLBTIQ-friendly your health service is), all of which were available on the web.

The IDAHO Committee is already working hard to make 2009 even bigger and continue to lead the way... and this year it is going national!

## a FEAST of FUN!

GMH's Feast began way before the Pride March, firstly at 'The TT123 Project' and 'Care For Yourself, Care For Your Community' exhibition launch opened by the Hon. John Hill, Minister for Health at Higher Ground on Tuesday, November 4, attended by in excess of one hundred people. This fabulous community exhibition, which focussed on the relationship between STI's, AIDS, People Living with HIV and the impact on the GLBTIQ community, was a true and very real representation of what can be achieved through community arts and development. The exhibition remained throughout the festival at Higher Ground, ensuring hundreds of other Feasters were able to view and engage with the artistic concepts. Thanks again to all the amazing participants and photographers!

Two nights later over 250 theatre-goers enjoyed a wonderful, if not heart-string grabbing night at the theatre seeing the ACSA RENT fundraiser. Thanks to all at RENT, ACSA was able to raise in excess of \$4500 for the Red Ribbon Bobby Goldsmith Fund to assist people living with HIV/AIDS.

During Quench, pleasing crowds attended both the 'HIV Is On The Rise' community forum and 'The TT123 Project' forum. 'HIV Is On The Rise' was lucky enough to host no less than three interstate HIV experts with whom some fantastic links were made, and 'The TT123 Project' forum provided community members and photographers with the opportunity to explain their work, the concepts they developed and the importance of working with community in developing campaigns and other projects targeting community. ▶

On the same weekend Feast opened with a proud and colourful bang as the Pride March and GMH's Glam Reaper – a reclamation of the original Grim Reaper from the 1980's – wound its way through the streets of Adelaide. Our lovely Glam Reaper and her disciples were extremely well received by onlookers and the Adelaide paparazzi, along with her message of condom use (1000 of which were distributed!) and safer sex – some things have changed in twenty years, but some things have not... HIV is still with us and condoms are still the best method to prevent transmission. HIV is everybody's business.

The following Sunday saw the enigmatic Dr. Gertrude Gossip lead eighty queer historybuffs through the once seedy south western streets of the city square recounting the life of flamboyant queer politician, Bert Edwards. Gertrude's humour kept the crowd highly amused and in turn raised \$400 for RRBGF. A High Tea afternoon at Kappy's Café that same day raised a further \$300 for the cause... thank you to both Kappy's and our lovely doctor.

And finally, Feast closed with a bang at Picnic in the Park as GMH handed out 300 of our testing bags which were filled with information and goodies including condoms and lube, lollies and the new GMH Queer Summer Calendar. The GMH tent also included clinicians answering questions on sexual health and a giant plasma screen showing the Glam Reaper campaign.

One more huge success during Feast was the Testing 1 2 3 campaign which saturated the festival with

a swag of sexual health and STI prevention messages via lots of different mediums... including... posters hung at almost all Feast venues and events, the Testing banner on the back of all volunteer t-shirts, pre-Feast show Testing announcements, Testing placards at Pride, the distribution of 3000 Testing condom packs, the distribution of 300 Testing show bags at Picnic, Testing email banners and the popular Testing website which can still be viewed by going to [www.testing123.org.au](http://www.testing123.org.au)

GMH received overwhelming positive feedback about our events and campaigns last year, which has only inspired us to be bigger and better next year! ▶

celebrate  
rejoice  
observe  
mark  
keep  
remember  
honour  
have fun  
safety  
party

# IDAHO

## International Day Against H0mophobia

### May 17

[www.acsa.org.au/idaho.html](http://www.acsa.org.au/idaho.html)

Image © iStock.com

## AIDS Awareness Week, a big success...

Without a day's rest the Gay Men's Health and the other programs of the AIDS Council of SA, and with the assistance of the AIDS Awareness Week Committee and other services including PLWHA, Women's Health Statewide and ADAC, jumped directly from the Feast festival ship onto the AIDS Awareness Week bandwagon, and despite a lack of sleep, ACSA's passion for this very relevant cause ensured an extremely successful week!

The week kicked off on Wednesday, November 26 with the annual AIDS Candlelight Memorial held at Pinky Flat on the banks of the Torrens. The sombre but inspiring affair included the traditional unfolding of quilts that had been decorated with the memories of lost South Australians. This was followed by the reading of all the names of those lost to AIDS before the releasing of balloons pinned with messages to loved ones were sent flying across the Adelaide skyline. The evening closed with stories of survival from those still living with HIV in SA.

Two days later staff and volunteers gathered under the atrium in Rundle Mall from as early as 6:30am in preparation for SA's Red Ribbon Day where ribbons and merchandise are sold for \$2 and all money raised goes directly to supporting people living with HIV/AIDS. The day was a big success with over \$6000 raised in the Mall alone. Crowds were treated to a plethora of entertainment throughout the day including Val's Dance

Troupe, the ever vivacious Three Chillies, up and coming opera singer Alex Bond, Luke Ashby, Linda Paterson, Unlimited Feet Dance Studios and the Move Through Life Dance Company.

The following Monday night the swish Women's Mocktail Party was held at the Majestic Roof Garden Hotel, where delicious mocktails were served whilst being entertained by the cast of Rent and other speakers.

ACSA and GMH also launched a new initiative last year with the development of the AIDS Awareness Kit. The kit includes a fact sheet, activity sheet for schools, posters, a t-shirt, badges, key rings and other memorabilia and despite ACSA being able to only trial the kit by sending order forms to selected bodies, we were inundated with almost one hundred orders from schools, health services, correctional facilities, politicians and rural indigenous communities. This is certainly a tool that ACSA will continue to build on.

With all this we think it's safe to say that last year's AIDS Awareness Week was a real success. Here's to making it even more successful this year! ■



Top (left to right): PRIDE MARCH '08 - The GLAM Reaper and her disciples • GMH Marching Crew • GMH Float

Far left: TT123 Forum panel

Left: Dr Gertrude Glossip's Queer History Walk '08

## Oral Me – some of the in’s and out’s of oral sex



Most of us love either giving or getting blowjobs. It's convenient, easy and can be done either standing, sitting, kneeling or lying down. You don't need to completely undress yourself, just unzip your fly and you're on your way for to a moment of pleasure, provided the giver doesn't involve their teeth too much, that really can hurt!

But how safe is a blowjob in terms of contracting HIV? This is a dilemma that is faced constantly by HIV/AIDS educators. How safe

is safe? When you start to think that oral sex poses almost no risk, a survey pops up to say it could be riskier than was previously thought... only to be followed by another reporting no risk at all.

Sex is a risky business. It can't be measured by a simple tool or scale because risk is relative. So here are a few things to bear in mind next time you're about to tickle your tonsils with someone's truncheon.

The risk of HIV transmission from oral sex is very much smaller than that from fucking without condoms but there is a risk, especially if you are the guy doing the sucking. The risk can be lowered by not having cum in your mouth. If the guy does cum, then get rid of it as quickly as possible. The jury is still out on whether it's better to do this by spitting or by swallowing, but the main thing seems to be that you get it out of your mouth, where tiny cuts (possibly caused by giving head in the first place), a blister or ulcer or even bleeding gums can create a route for infection to take place. Even just inflammation caused by anything from throat infections and allergies to sexually transmitted disease such as gonorrhoea are also thought to make cock sucking more risky.

If you are a guy who's doing the sucking, having gonorrhoea or syphilis in your throat will increase your risk of being infected with HIV from oral sex. The infection will cause the lining of your throat to be weakened and have a high concentration of white blood cells. This means that it will make it easier for the virus to enter your body. With the increase of gonorrhoea and syphilis in Adelaide recently, it is important that you have a regular Sexual Health check up. We recommend every 3 months if you are sexually active with different partners.

An oral health check up is also important (besides no one likes to kiss a guy with bad breath anyway). Don't be afraid to go to the dentist to maintain your teeth and gums. If you've just had recent dental work done then let it heal properly. Brush your teeth regularly, but remember if you have sensitive gums, brushing will irritate them or even cause them to bleed. If you have sensitive gums, discuss with your dentist how to avoid catching a virus or bacteria that is transmissible through body fluid contact.

Unfortunately it is difficult to quantify exactly the risk of HIV transmission through oral sex. As always you need to decide what's safe enough for you. But it's not all doom and gloom. Don't forget that there are more acts of unprotected oral sex than there are of unprotected anal sex. So sucking is much less risky than fucking without condoms and a lot less risky than getting fucked without condoms.

Remember, condoms are the best method for reducing the risk of HIV transmission. Flavoured condoms are made for just this purpose.

I always have safe sex, but...

# PEP

*Act Fast!*

72 hours is what you've got

PEP is a medical treatment that may prevent you from becoming HIV positive after a risk exposure.

PEP Hotline 1800 022 226



# PEP in mind

If you think you might have been exposed to HIV (maybe through a broken condom, shared needle or unsafe sex, as a few examples) there IS a course of medication available that may very well stop you from seroconverting (becoming HIV positive).

This medication must be started within 72 hours of an exposure to HIV to stand a chance of being effective, and it will result in four weeks of unpleasant side-effects that might stop you from going out, or going to work. But it just might save your life.

non Occupational Post Exposure Prophylaxis (nPEP) is NOT a 'morning-after pill'. Rather, needing to take nPEP might be a reason to think about how safe the sex you're having is. Safe sex with condoms and water-based lubricant is still the best strategy to prevent HIV transmission.

You can get the treatment by calling the nPEP hotline on 1800 022 226 (why not put the number in your mobile just in case you need it) or getting yourself into Clinic 275 or the O'Brien Street Practice in the city. If these clinics are not open, you can enquire at your local hospital emergency department but ring the nPEP hotline first: a registered nurse will ask you some questions to determine whether your exposure warrants treatment.

Many emergency departments carry nPEP starter packs, but it's vital you make an appointment to get the rest of the medication before the pack runs out.

HIV hasn't gone away, and sometimes things happen that we never meant to let happen - so keep nPEP in mind.

# Syphilis and Gay Men/MSM

In recent years, the number of syphilis infections among gay men/MSM has significantly increased. A majority of these cases have been reportedly contracted locally.

Syphilis is a disease of four stages. It has an incubation period of between 9 days and 3 months. Syphilis is passed from person to person through direct contact with syphilis sores. Sores occur mainly on the external genitals, vagina, anus or in the rectum. Sores also can occur on the lips and in the mouth.

The primary stage, often begins with an appearance of a single or multiple sore. The sore is called chancre ('sha[ng]-k&r). Swelling of the glands in the groin may occur. You do not usually feel ill and the sore heals after a few weeks without treatment. This is a problem because the syphilis has not gone and it continues to spread throughout the body.

The secondary stage can happen anywhere from 3 to 6 weeks after the chancre appears. This stage is characterised by a skin rash with brown sores. The rash, flat or raised and not itchy, appears on the palms of feet, back of legs, front of the arms, on the body or face. At this stage you may start to feel unwell with features including headaches, general aches and pains, sickness, loss of appetite and maybe a fever. Sign and symptoms last between 3 weeks and 9 months.

If no treatment is sought it progresses to the latent stage during which the disease is no longer contagious and no symptoms are present. Without treatment, the infected person will continue to have syphilis; infections remain in the body.

The final stage, the tertiary stage, occurs in about a third of those not treated. It causes blindness, paralysis, permanent ulcers and insanity. Not a good way to go.

Chancre caused by syphilis makes it easier to transmit and acquire HIV infection sexually. There is an estimated 2 – 5 fold increased risk of acquiring HIV infection when syphilis is present.

Syphilis is easy to cure in its early stages. A single injection of penicillin will cure a person who has had syphilis for less than a year. Additional doses are needed to treat someone who has had syphilis for longer than a year.

Although protection in the form of condoms does greatly reduce your chances of contracting syphilis, it does not eliminate the risk entirely. If you are concerned, especially if you have had sexual contact with someone who has syphilis or multiple sexual partners, get tested regularly. STI testing is recommended every 3 months for someone who is sexually active with multiple partners.

For more information on syphilis ring Man2Man Information Line on 8334 1617 or visit [www.afao.org.au](http://www.afao.org.au). Alternatively pick up an STI booklet which is available at all gay venues and at the AIDS Council of SA.



# Gay Men's Health is developing a new glossy magazine called the M2M Mag later this year.

## 1. What kind of things would make you open it and read it?

*A Decent Article with a Catchy Title, The Promise of Free Stuff, Porn or at least the promise of Porn Like Photographs (e.g. This Summer's latest Beach Look, Must Have Underwear et cetera) - Kavvy*

*Travel and accommodation to gay owned and operated holiday destinations in Australia and the surrounds. Gay trends and fashion for all ages. - Jeffrey*

*Headline of an article that would be of some interest and make me want to read it. Hot bois on the front always help too. - Bobby*

## 2. What issue affecting same-sex attracted men would you read an article about?

*Serious Heavy Shit (e.g. Gotten a Little too Methy Lately; Think You've Got it Hard Being Gay in Australia- At Least You're Not Ugandan/Arabian/Egyptian et cetera), Light Fun Stuff (e.g. Oh my god, are the 80's really coming back? is this a good thing or a bad re-run; This is Joe, Joe's doing some really wonderful work with autistic kids in Botswana and he's a homosexual (shock horror/oh isn't he sweet) - Kavvy*

*Age related gay (older/younger. Younger/younger. Older/older) experiences and even interviews. Coming out and parental attitudes to gay and same sex attracted men - Jeffrey*

*Politics relations to equal rights, safety of ssa men - Bobby*

## 3. What men's health issue, particularly affecting same-sex attracted men, are you concerned about?

*Drug Use, Rising STD rates (specifically HIV!), Depression and Mental Health - Kavvy*

*I think the main thing would have to be information about AIDS and the trends for treatment of HIV. Also, general medical care for same sex attracted men - Jeffrey*

*Sexual health, especially that of bois who aren't out yet - Bobby*

4. Can you think of any other ideas that would make the magazine fun and interesting for all gay men/MSM?

*Porn, did I mention that already? Balance, have some fun stuff and throw in a few well written serious articles (without all the techno/medico/scientific jargon) - Kavvy*

*Gay commitments and ceremonies. Info about film, television and stage shows - Jeffrey*

*Pics, gossip, something to make u laugh - Bobby*



Name: Kavvy | Age: 25  
From: Adelaide



Name: Jeffrey Herbert | Age: 62  
From: Guys out North



Name: Bobby | Age: 22  
From: Coromandel Valley

**ONE...**

**HIV is on the rise in South Australia**

**TWO...**

**Having Syphilis, Gonorrhoea or Chlamydia increases your chances of getting or transmitting HIV**

**THREE...**

**The guy most likely to pass on HIV probably doesn't know he has it**



[www.testing123.org.au](http://www.testing123.org.au)

**TESTING TESTING 1 - 2 - 3 ...**



GAY MEN'S HEALTH  
IS A PROGRAM OF  
THE AIDS COUNCIL  
OF SOUTH  
AUSTRALIA INC.

Phone  
(08) 8334 1606

Website  
[www.acsa.org.  
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MAN2MAN  
INFOLINE

Sexuality and sexual  
health information  
and referral for  
gay and same-sex  
attracted men.

Phone  
(08) 8334 1617

Country callers  
1800 671 582



Gay Men's Health

# What do you think?

Name: (optional): \_\_\_\_\_

Age: \_\_\_\_\_ Suburb: \_\_\_\_\_

Later this year, Gay Men's Health is launching a new biannual glossy magazine called the M2M Mag.

1. What kind of things would make you open it and read it?

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2. What issue(s) affecting same-sex attracted men would you read an article about?

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3. What men's health issue, particularly affecting same-sex attracted men, are you concerned about?

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4. Can you think of any other ideas that would make the magazine fun and interesting for all gay men/MSM?

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5. Are you interested in assisting further in the development of the M2M Mag? If so, how?

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We would love to hear your feedback on the M2M Mini Mag and any ideas you may have for the initial, full scale M2M Mag to come out later this year. Please feel free to call GMH on 8334 1606 to discuss your ideas, or you can just fill in the questionnaire above and return it to:

Gay Men's Health M2M Mag - PO Box 907, Kent Town SA 5071

## Thank you!