

We don't need to scare you anymore ...

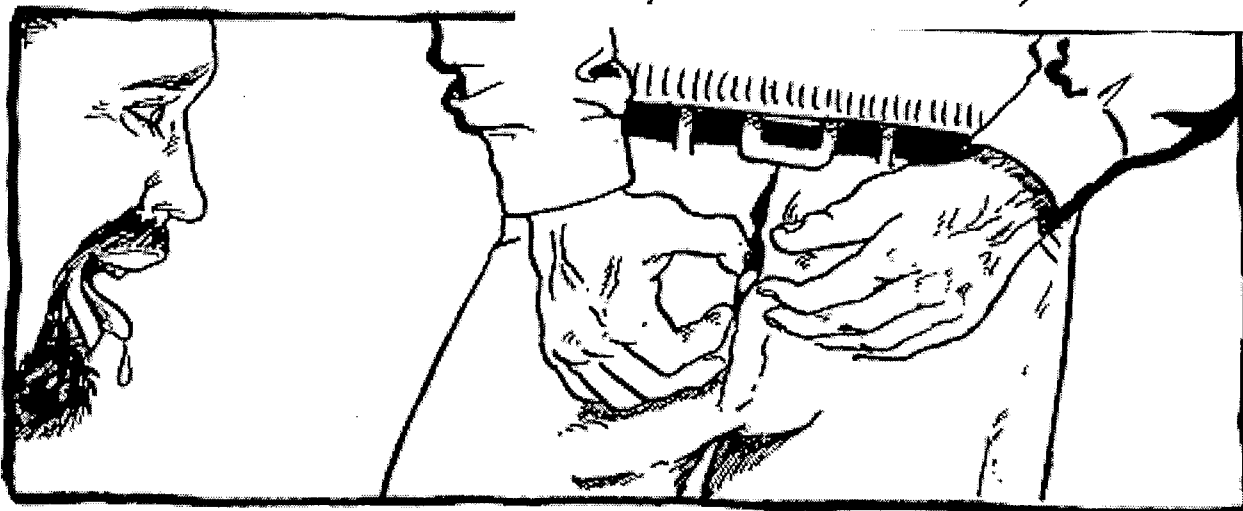
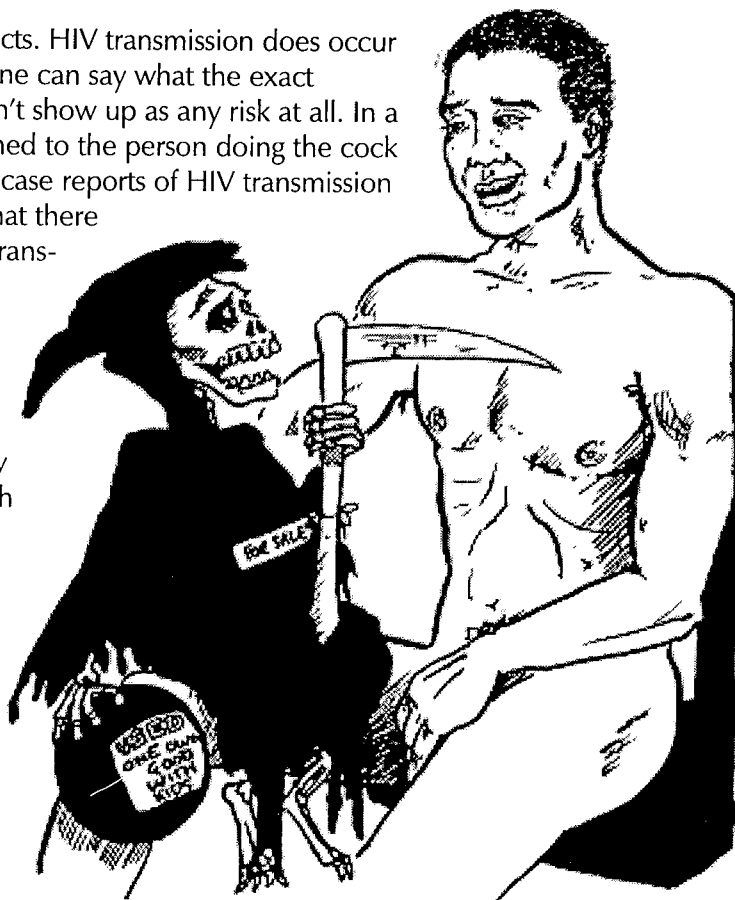
Instead, we can just give you some plain facts. HIV transmission does occur through oral sex - but not very often. No-one can say what the exact chances are. In many studies oral sex doesn't show up as any risk at all. In a few other studies there is a small risk attached to the person doing the cock sucking. There are a number of confirmed case reports of HIV transmission through oral sex. From these, we can say that there are some circumstances which make HIV transmission through oral sex more likely.

These include:

When you have cuts or sores in the mouth (often you're not aware of them) and/or you have other infections or sexually transmitted diseases in or around the mouth and/or you get cum in your mouth.

Of course, unprotected anal intercourse is still the most effective way for HIV to be sexually transmitted.

But the rest of the news isn't as *grim* as it used to be.

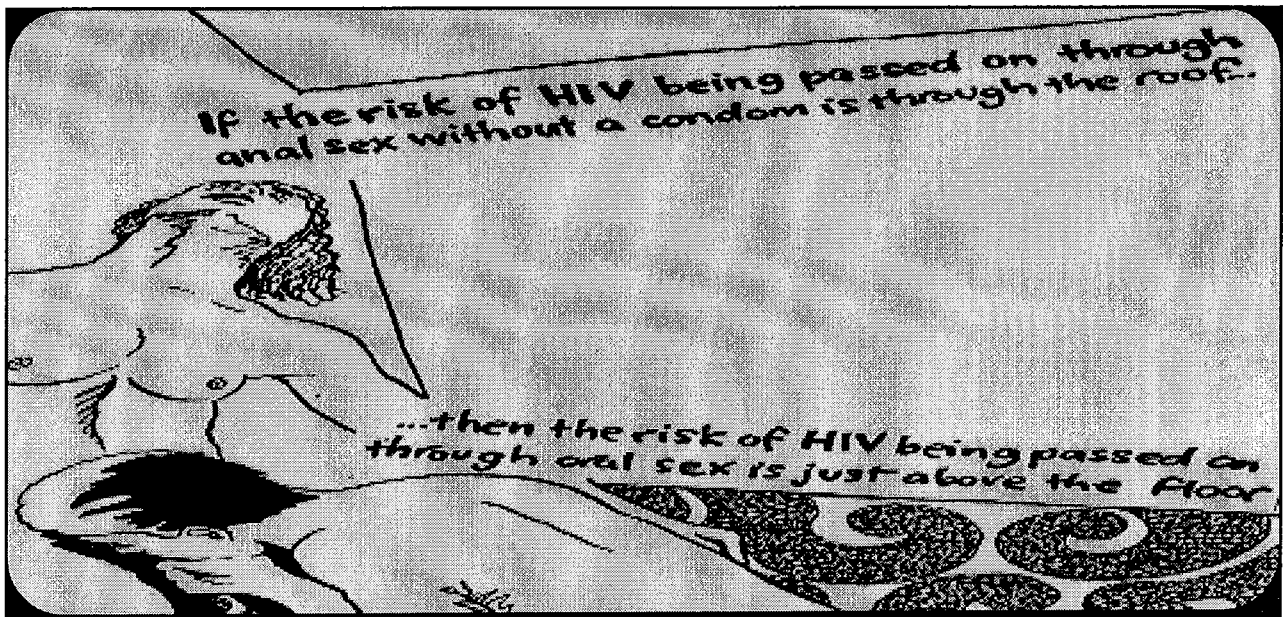


WHEN confronted with this choice it's not just health we're thinking about. So maybe we should do some thinking *before* we're in that situation. If we lived our whole lives by trying to eliminate risk from everything then we'd never cross the road or get out of bed in the morning. Every time we fly in a plane we know there's a small chance it will crash. We live with risk every day. Each of us decide to do (or not to do) 'risky' things based upon how much risk we think is involved and how much benefit or enjoyment we get out of 'risky' activity. And many of us enjoy oral sex. If you decide that oral sex is not important enough

to you or too risky, then you may choose not to have oral sex or to always insist on condoms for oral sex.

If you decide the risk of oral sex is something that you're prepared to live with, or that oral sex is not something you want to give up, then the most important things for you to know are those things you can do to reduce any risk that might be involved.

So, if you need to, find out more. HIV transmission through oral sex has been extensively researched and written about. For more detailed information, call your local AIDS council.



Oral sex and HIV

transmission basic

fact sheet

1. HIV transmission can occur through oral sex between men.

There are a number of documented case reports which confirm that HIV transmission can occur during oral sex between men.

2. We don't know the exact risk of HIV transmission through oral sex.

We do know from large studies that HIV transmission through oral sex occurs infrequently. We know from these and other studies that anal sex without condoms carries a greater risk.

3. What we do know - the risk of HIV transmission increases if particular circumstances exist.

We know:

HIV is transmitted through oral sex infrequently.

Transmission occurs from the insertive to the receptive partner.

The risk of HIV transmission during oral sex increases if

- The insertive partner has a high viral load
- Ejaculation into the mouth occurs
- The receptive partner's mouth is breached in some way allowing HIV to enter

4. Things which make it more likely that the mouth will be breached (or is already breached)

There are a number of factors which make it more likely that tears will occur in your mouth during oral sex or that tears already exist.

These are:

- Oral lesions, particularly STDs
- Ulcers (which can be more common in people with HIV)
- Brushing or flossing teeth within two hours of activities such as unprotected oral sex
- Eating abrasive or spicy foods
- Dental disease
- Recent dental treatment
- Gingivitis (inflamed or bleeding gums)
- Certain prescribed and non-prescribed drugs which irritate oral tissues (e.g. amphetamines)
- Allergies
- Trauma
- Piercings
- Oral herpes
- Rough or very vigorous oral sex

5. Things you can do to make the tears in your mouth during oral sex less likely

- Avoid oral sex if:
 - You've eaten in the last couple of hours
 - Recently brushed your teeth
 - Currently have any conditions in the mouth (see no. 4 above)
- Gargle with salty water to see if any stings occur. If they do, it is likely you have cuts in the mouth
- Have regular dental check-ups (and avoid oral sex for a day after dental visits if necessary)
- Have regular STD check-ups including the mouth

6. Ways of eliminating any risk

Both using condoms and oral sex between partners of the same HIV status carries no risk of HIV transmission.