

## **Gay Mens Health Advocate, Dick Keiser, Jr., PhD, Announces the Launch of His New Book: “*Everything a Gay Man Needs to Know about HIV, Sex and Staying Healthy.*”**

**Washington, DC, September 2, 2014** - More than two years in the making, Dick Keiser, Jr., PhD, announced today the independent launch of his new book, “[Everything a Gay Man Needs to Know about HIV, Sex and Staying Healthy.](#)” The book is a direct, candid guide written from the perspective of an HIV+ gay man to help HIV- men stay negative and HIV+ men healthy by providing information and guidance about new prevention strategies and what to do to ensure they live healthy, long lives.

While advances in medical science have prolonged the lives and quality of life of those living with HIV, the rate of new HIV infections in the U.S. has remained stubbornly high, with more than 50,000 new cases a year over the last 12 years. Clearly, current approaches to HIV prevention have not been effective at reducing new infections. Keiser’s unfiltered, honest and real life advice is designed to help those navigating the new HIV prevention treatments and complexities of the healthcare industry.

“Let’s end this epidemic,” said Dick Keiser. “I feel it is my obligation to address and enliven discussion on important topics related to HIV prevention, which for various reasons, are often not part of mainstream or gay health clinics’ talking points. It is our responsibility to be informed and understand how to stay HIV-, and if you are HIV+, to learn how to take care of your health, protect yourself and the well-being of your sexual partners.”

While HIV+ people face continued stigma associated with their status, there is also stigma associated with some of the new HIV prevention treatments. Keiser’s book devotes substantial attention to educating readers about the benefits of PrEP (Pre-Exposure Prophylaxis) and TasP (Treatment as Prevention) and why treatment for HIV is more complicated than drug company ads touting ‘just 1-2 pills a day.’ Today’s new HIV preventative treatments have significant potential to dramatically reduce new infections. Backed by thorough research, documentation, interviews and life experience, the book helps men develop an effective risk reduction plan with their doctor or health clinic and ask the right questions.

**The book will be available for purchase on Amazon and iTunes on October 1, 2014.**

### **About Dick Keiser, Jr., PhD**

Mr. Keiser has a Ph.D. in biology and is a writer of over a dozen scientific papers. He came out at the age of 51 and after 14 years of living openly, at 65 learned during routine testing that he was HIV+. Dick is the author of “[Everything a Gay Man Needs to Know About HIV, Sex and Staying Healthy.](#)” a testimonial relating his coming out late in life and the joy and relief of accepting his sexual orientation, the tumult and turmoil of negotiating life socially among other gay men, the physical and mental challenges of living with HIV, and navigating the complexities of the health care industry. He is a regular contributor to the Huffington Post, HIM Magazine and other publications, a member of ANAC (Association of Nurses in AIDS Care), and completed a 40 hour week long graduate program course on HIV conducted by the Johns Hopkins School of Nursing. For more information, go to: [www.EverythingAGayManNeeds.com](http://www.EverythingAGayManNeeds.com).

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