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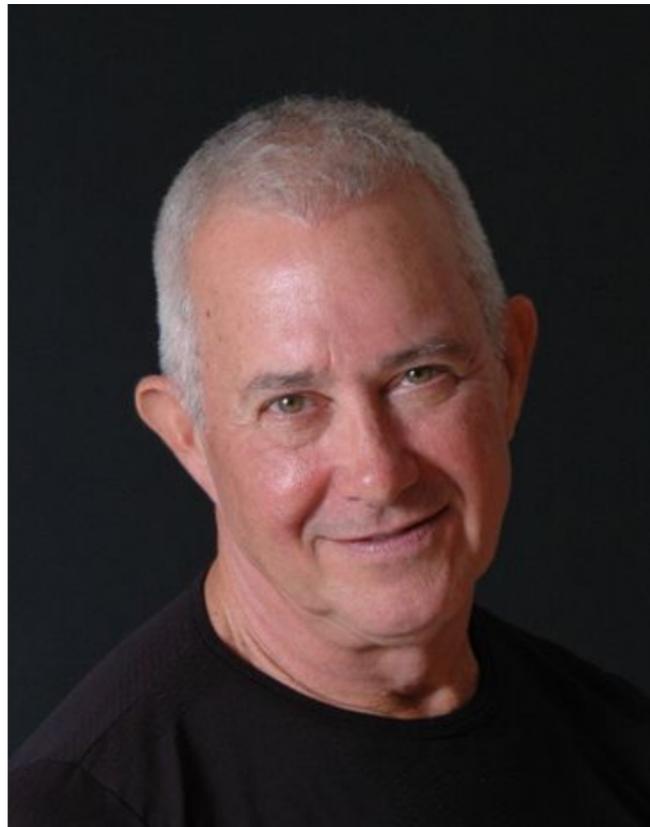
Preface

Dick Keiser, Jr., PhD

Get Informed and Be Healthy

ABOUT DICK

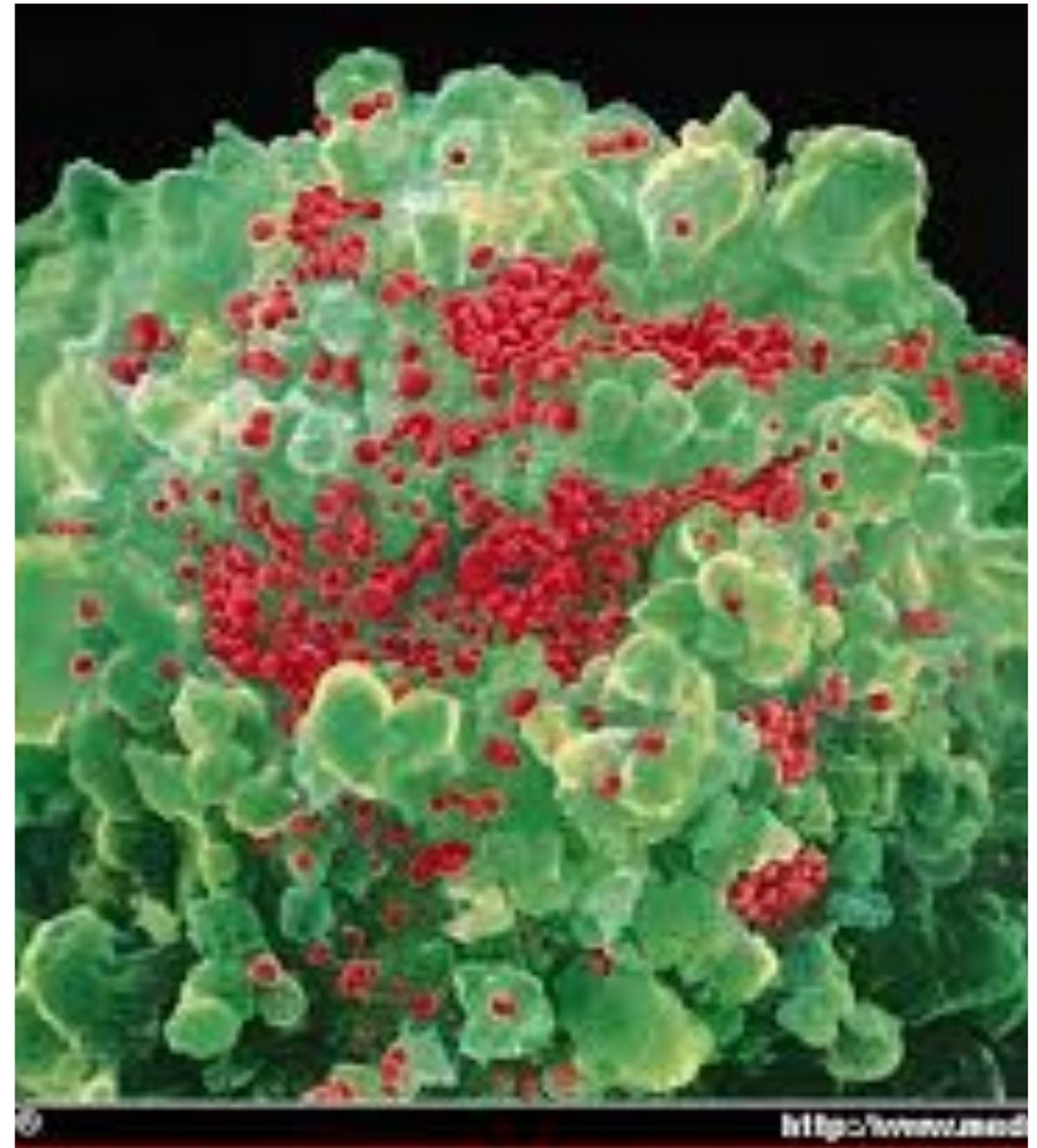
Dick has a PhD in Biology and is a writer of over a dozen scientific papers. Married in a monogamous relationship for 27 years and the father of 2 great sons, he came out as a gay man at the age of 51. After 14 years living openly and experiencing virtually every facet of gay life in America, at age 65 he learned during routine testing, that he was HIV+.



Dick writes a first person 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 healthcare industry. This book is a direct, no nonsense guide for living as a gay man today.

Science of HIV

- Overview of HIV.
- Transmission.
- Initial or Acute Infection.
- Reserves.
- Detecting HIV.
- HIV Medications.
- Current Cost of HIV.
- HIV Cure/Vaccine.
- Homeopathic Treatments.
- Glossary.



T-Cell (green) infected with HIV virus buds (red).
(MedScape.com)

Taking Charge of Your Medical Care

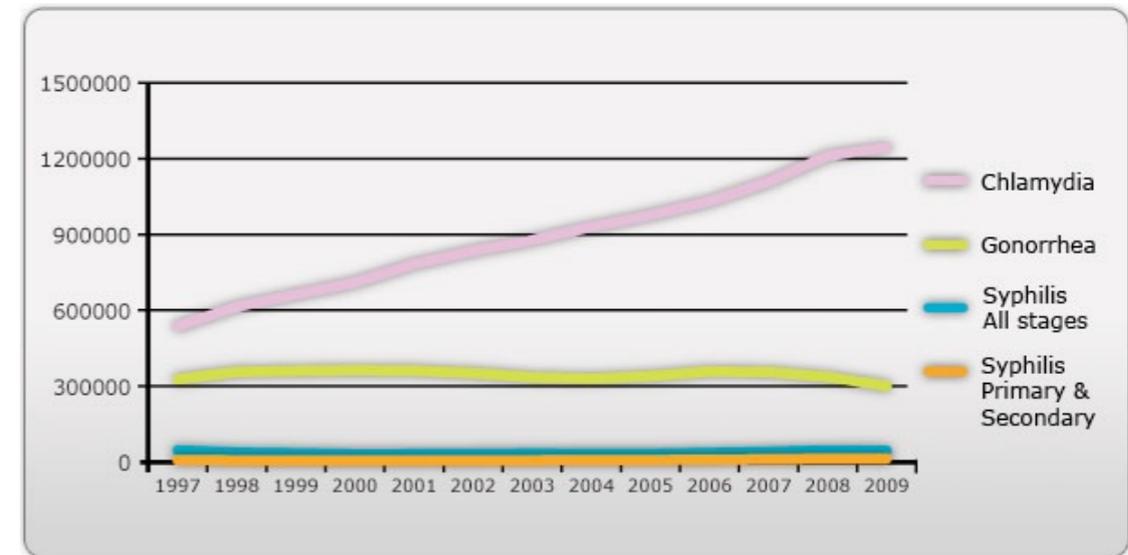
- Finding a medical provider: MD, DO, RN
- Inoculations
- Why regular testing is so important!
- Understanding HIV- and HIV+ test results
- What if I test HIV +? What do I do now?
- Understanding lab results
- Other Medical Specialties: Eye, Dental, and Emotional
- Understanding potential risks of being uncircumcised
- Erectile dysfunction



Sexually Transmitted Diseases

STDs IN THE UNITED STATES

- Every sexually active man needs to be regularly tested for STDs
- Two STDs are very serious and infection rates are rising in HIV+ gay men:
 - Hepatitis C
 - HPV- Anal Cancer/Anal Warts Every sexually active gay man needs be regularly screened for STDs.
- The majority of STDs are easily treatable when detected early.



Note: Syphilis continues to rise among gay men. More than **91% of all cases** attributed to MSM. Treatment remains 1 shot if caught early. Get tested every 3-6 months.

Challenges of Living with HIV

- Not just 1-2 pills a day
- Med-compliance
- Drugs to counter effects of HIV drugs
- Cost of HIV medications
- Additional Costs
- Travel Logistics
- Stigma Associated with being HIV +
- Legal Implications
- Social Isolation and Depression of being HIV +
- Life Style Changes
- Aging



Author: Gay Pride Atlanta as part of the HIV+ group. This was not easy.

Once I woke up at midnight and wrote a page diatribe about how much I hated being HIV positive. HIV is *not* easy to live with.

8 BIGGEST DISADVANTAGES OF BEING HIV+

the risk of getting side effects or health problems in the future



the negative impact on my health in general



the risk of infecting someone



the stigmatization



the side effects from my HIV medications



the fatigue



the daily use of HIV medications



the shorter life expectancy



VERY IMPORTANT DISADVANTAGE
SOMEWHAT IMPORTANT DISADVANTAGE

Wellness and Your Immune System

YOUR IMMUNE SYSTEM IS CRITICAL TO GOOD HEALTH WHETHER YOU ARE HIV - OR HIV +.

- A healthy immune system fights off common diseases and possibly can even fight off low levels of the HIV virus.
- This is also why it is so critical to only have sex when you are in good health. There are too many opportunistic infections waiting to attack your body. When the body is already fighting off one infection, it is weakened to fight off another.
- Caring for your body influences current and future health. It has a direct influence on how well you age.

Circle of Wellness ©2014 Keeping Your Immune System Healthy



- Regular Exercise
- Stop Smoking
- Avoid Crystal Meth
- Moderate Alcohol
- Healthy Living
- Good Nights Rest
- Meditation/Spirituality
- Healthy Fun Activities
- Moderate Alcohol
- Reduce Stress

Healthy, Hot Sex -Tool Kit

THIS CHAPTER IS FOR BOTH HIV- AND HIV+ MEN.

- SafeR Sex now includes:
 - Condoms (+ PEP),
 - PrEP, and
 - Treatment as Prevention.
- PEP (Post Exposure Prophylaxis).

“Did I get HIV because I was promiscuous? Nope.

I got HIV because I was *naive*.”

Kristian Johns, The real life of a positive person,

(www.gmfa.org.uk FS9)



**Get educated and informed,
Have fun, and
Enjoy great sex!**

Risk Reduction for HIV- and HIV+ Men

REDUCING RISK: WHAT WORKS:

- Condom only?: **Effective**
- HIV negative men selecting for other HIV negative men for bareback sex?: **NO-**
- HIV negative men using PrEP?: **YES**
- Avoiding immune compromising behaviors and using protection: **YES**
- Selecting sexual partners on the basis of med-compliance, condom-only, or using PrEP: **YES** (HIV+ and HIV-)

A **recent survey** asked young MSM who cruised for sex on line to list their main worries. The answers? That the person they met wouldn't look like their profile or that they wouldn't look like their profile, or that they'd be rejected by the person -- or to be robbed or beaten or raped.

HIV wasn't the top concern.

Options Available To Stay HIV-:

- **PrEP (Pre-Exposure Prophylaxis)**
- **PEP (Post Exposure Prophylaxis) (as Plan B)**
- **TasP (Treatment as Prevention) Reduces Risk of Transmission from an HIV+ Individual to an HIV- Individual and**
- **Condoms (The Cornerstone of HIV Prevention)**

Conclusions

My intent in writing this book is to address the lack of information for gay men who are sexually active.

Over 51% of gay men admit they do not use condoms and up to 62% acknowledge at least one case per year of no-condom use.

We should welcome the new drugs and new research studies that demonstrate the effectiveness of PrEP and Treatment as Prevention. Together we can become better educated and greatly reduce the prevalence of HIV in the US.

I am also hoping that a better understanding of what it means to be HIV positive will reduce stigma and foster acceptance of HIV+ men. I have gone at some length to defuse the myth that treating HIV is as simple as 1-2 pills a day.

Treating the high incidence of HIV cannot be done in a vacuum. This is why I stress the wellness approach to living and to healthy sex. I am also hoping that this resonates and everyone has a better understanding of not only how destructive certain drugs are individually, but also to our society as a whole.

Research into vaccines, longer term PrEP, microbicides, an actual cure for HIV (for those infected) continue. It will be 5-10 years or decades before they become available.

I encourage everyone to make choices based on what is available now and to have candid discussions with your medical provider about steps you can take to reduce your health risks and those of your perspective partners. This is a rapidly evolving field. It is a challenge to keep up to date.

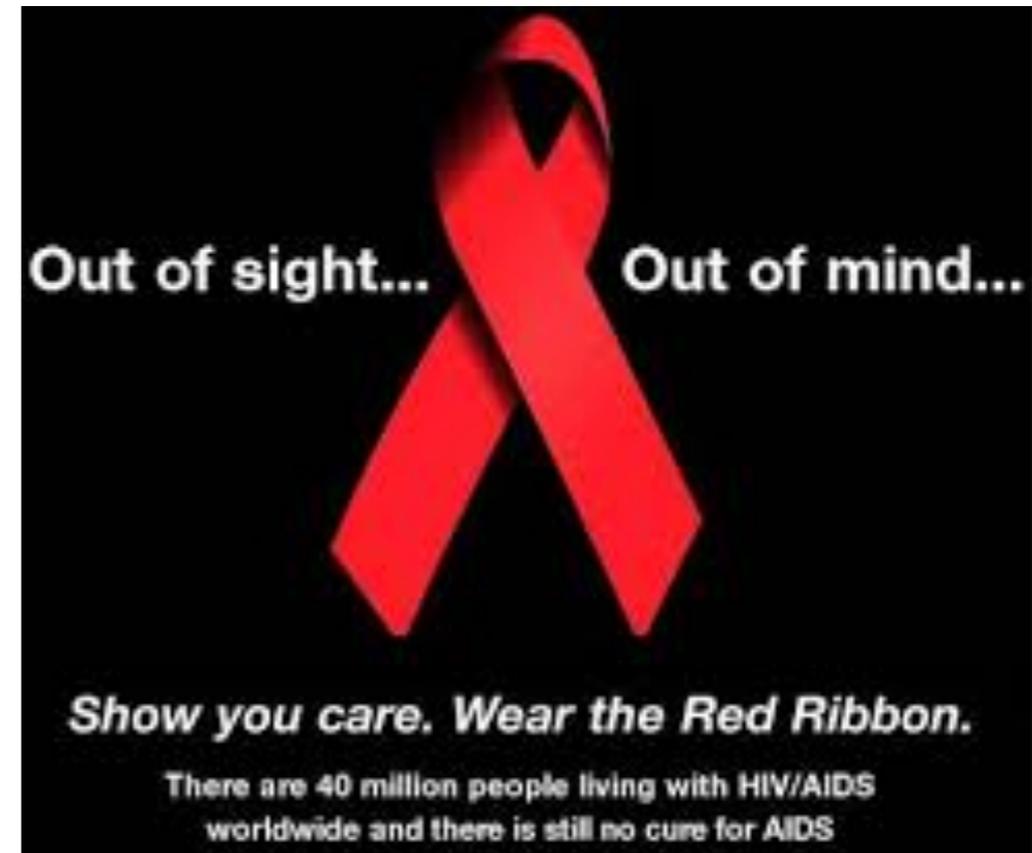
I plan to update a web-based copy of this book periodically. It will be available to those that have purchased the book.

The Impact of the AIDS Epidemic on the Current HIV Epidemic

The AIDS epidemic profoundly changed the gay community and the world. The repercussions still reverberate and haunt us – the inconceivable loss of over 500,000 men and women in the prime of their lives and the loss of their contributions and potential legacy.

The epidemic affects those who somehow pulled through and the families, friends and partners of those who perished.

This is a challenging story to tell on film much less on paper. Some moving documentaries have been produced, but there are as many perspectives and experiences as there are those who were and are impacted.



HIV/AIDS still an epidemic in the US and worldwide

Untitled

Related Glossary Terms

Drag related terms here

Index

Find Term