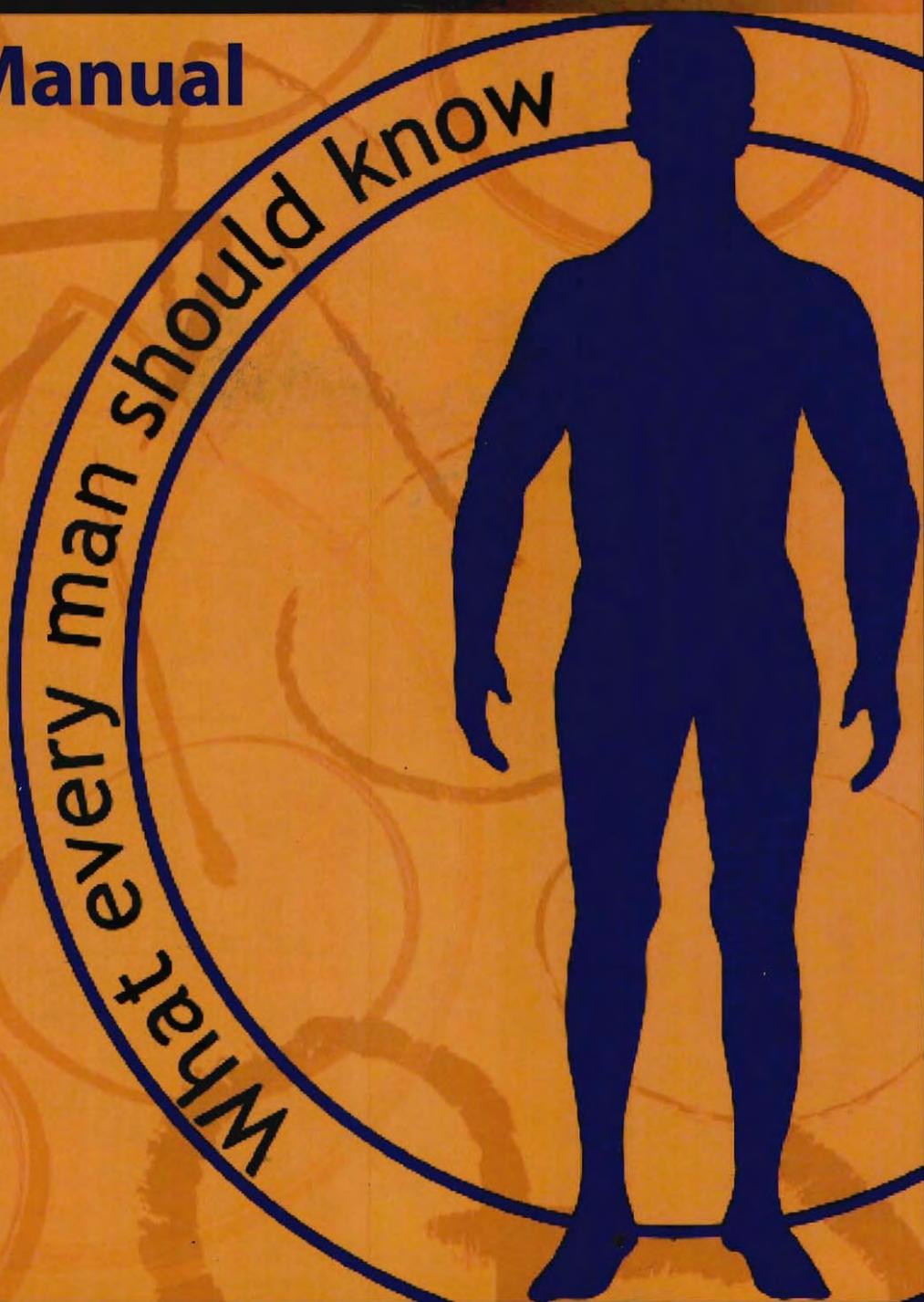


MEN'S

HEALTH KIT

Reference Manual





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Finally, we would like to acknowledge the invaluable contributions of all those providers who participated in the pre-test, as well as the Ministry of Health for its leadership and support.



FOREWORD

Like men all over the world, Zambian men tend to exhibit poorer health seeking behaviour as compared to women. The 2001/02 Zambia Demographic and Health Survey found that 19 percent of men who had an STI and/or associated symptom in the past 12 months sought no advice or treatment. The corresponding figure for women was much lower at seven percent. Moreover, public health programs have traditionally focussed more on women's needs for health information and services. With the emergence of evidence that male circumcision significantly reduces the risk of HIV and other STIs, there was an opportunity to give men's health issues the attention they deserve.

The Ministry of Health, with technical support from the Health Communication Partnership and with funding from the United States Agency for International Development, seized this opportunity to address men's unique needs for health information. The result is this simple, well-illustrated *Men's Health Kit*, which consists of a reference manual and visual counselling aid for providers. The *Men's Health Kit* integrates a range of men's health issues, while maintaining a focus on male sexual and reproductive health and male involvement in family health. It addresses emerging issues in HIV prevention such as male circumcision and multiple and concurrent sexual partnerships, as well as myths and traditional practices. It is designed to generate demand for health services and facilitate referrals through its service directory.

The *Men's Health Kit* is the first tool of its kind in Zambia. It has information about everything men want to know about their health, but were afraid to ask, and it presents this information in a relatable and non-judgmental manner. The *Men's Health Kit* can be used in any setting where men interface with the health system. Yet the tool is also flexible enough to be used in alternative settings such as workplaces and universities. As the *Men's Health Kit* becomes a standard counselling tool across Zambia, we expect it will be instrumental in generating demand for health services among men. As more men have positive experiences with the health system, we expect they will encourage others to access the system as well.

We trust you will find the *Men's Health Kit* highly relevant and useful in your everyday work. Please send any feedback on this tool to mhkzambia@gmail.com.

Dr. Victor Mukonka
Director, Public Health & Research
Ministry of Health
Lusaka
Zambia

January, 2009



World Health Organization Department of Reproductive Health and Research (WHO/RHR) and Johns Hopkins Bloomberg School of Public Health/Center for Communication Programs (CCP), INFO Project. *Family Planning: A Global Handbook for Providers*. Baltimore and Geneva: CCP and WHO, 2007.

Page 45: Photographs of female condom, IUD, Jadelle and oral contraceptives and illustration for IUD

Page 46: Photographs of emergency contraceptive and Depo Provera

Page 47: Illustrations for vasectomy and female sterilization

Page 49: Illustrations for “How to Use a Male Condom”

U.S. Centres for Disease Control

Page 65: Photographs of STIs

Society for Family Health

Page 73: Photograph of male circumcision operating room

Page 76: Illustration of “MC Goalie”



ACRONYMS

AIDS	Acquired Immune Deficiency Syndrome
ARV	Antiretroviral
CCC	Children's Clinic Card
EAT	Emergency Antiretroviral Therapy
EC	Emergency Contraception
HIV	Human Immunodeficiency Virus
HPV	Human Papilloma Virus
IEC	Information, Education and Communication
IPT	Intermittent Presumptive Treatment
IRS	Indoor Residual Spraying
ITN	Insecticide Treated Bed Net
IUD	Intrauterine Device
ORS	Oral Rehydration Salts
PEP	Post Exposure Prophylaxis
PMTCT	Prevention of Mother to Child Transmission
STI	Sexually Transmitted Infection
TB	Tuberculosis
TSE	Testicular Self Exam
UTI	Urinary Tract Infection
VCT	Voluntary Counselling and Testing



I NTRODUCTION

The *Men's Health Kit* is a tool to be used when counselling men on health issues. The purpose of this tool is to provide complete, correct, and consistent information that can be easily understood by men. Men are often left out of discussions around health. As a result, they might not have their health needs met. As a health provider or counsellor, you can help change this. The information included in this tool introduces the idea of men's health in a way that makes sense to men. The tool covers health issues that are important to men and can help you talk about these issues with them.

The *Men's Health Kit* is designed for use by all types of health providers and lay counsellors.





INTRODUCTION

HOW TO USE THE *MEN'S HEALTH KIT*

1

Know the information: Although you can use this tool to help talk through health issues with the client, make sure you are having a discussion and not just reading aloud to the client.

2

Use the tabs: The quicker you can find the section the client is interested in, the more time you have to talk about his health concerns.

3

Talk about issues that are important to the client: This tool has a lot of information in it. Do not try to cover everything. Identify the immediate health concerns of the client and discuss those issues, and then find out what other health issues he is interested in talking about.

4

Use the flipchart: Pictures can help people to understand information more easily. The accompanying flipchart has been designed as a visual aid. It contains the same pictures used to illustrate this book. The difference is that the pictures are bigger and there is no accompanying text, so the client can focus on the pictures and not be distracted. Ask the client to comment on the pictures. It will help you know if he has understood clearly. Correct any errors in what he says.

5

Keep messages consistent: If you use other counselling tools, or Information, Education and Communication (IEC) materials, make sure you are giving the same information to clients with each material. Failing to do so may confuse the client. You may lose his trust and he may never want to return.

6

Use tool with males (but females can benefit too): This tool is targeted at males of all ages. However, a wife, mother or partner may want to know some of this information too. Feel free to use the *Men's Health Kit* as a counselling tool for females when appropriate.

7

Add to and use the resources at the back: Some useful resources have been provided at the back of this book to help with referrals. Please add resources that are in your area to this list and use it to refer clients for appropriate health services.



COUNSELLING MEN

© 2003 EngenderHealth. This material is taken from EngenderHealth's *Counseling and Communicating with Men* (<http://www.engenderhealth.org/pubs/gender/mens-rh-curriculum.php>).

Talking to men about health issues, especially about sexual reproductive health, may be very different from talking with women about these issues. One approach cannot work for all men, but there are often similar characteristics that apply to men from different backgrounds. While each man is different, understanding the characteristics described below may help you to communicate with men during counselling sessions.

Characteristic 1: Many men are decision-makers

Men are usually taught to be in control. They generally feel more comfortable solving problems on their own rather than having someone tell them about what to do – even if it is a trained health provider.

Your challenge: Help men come up with solutions to their health concerns on their own.

Scenario: A man comes into the clinic to discuss his recent poor sexual performance.

Approaches:

- Support and reinforce this health-seeking behaviour. Just by coming into a health care facility he is taking control of his own health.

You might say: “You made a good and responsible decision coming in today”.

- Allow male clients to problem solve by asking questions that reinforce their ability to problem solve in the past, and relate to the current situation. You can also provide suggestions, but avoid just telling the client what to do.

You might say: “How has your sexual performance been lately?”
“Has anything recently changed in your life – work, family, etc.?”
“What do you think might be causing this poor performance?”

Characteristic 2: Many men are reluctant to appear ignorant

Men may have a hard time admitting they might not know something about sex, the male body, or other health issues. As a result, even when asked, “do you have questions” or “is anything unclear” men may say “no”, even though they have questions and do not understand something.

Your challenge: Make it acceptable for men not to know everything about a topic.

Scenario: A man comes into a health care facility to ask about pain when he urinates.

Approaches:

- Actively give information. Review basic messages of related health issues even if the client does not ask. Do not assume that the client already knows something.

You might say: “You may already know this, but many men don’t realize that most



INTRODUCTION

STIs can be easily treated. In addition, the spread of most STIs can be prevented by using a condom, but many men forget to... [review key prevention steps]”.

Characteristic 3: Most men are more comfortable discussing what they are thinking rather than what they are feeling

Men may have a hard time responding to the questions counsellors ask them about how they feel about a certain issue.

Your challenge: Recognize when it is important to discuss decision-making and thoughts rather than feelings or emotions.

Scenario: A single father comes into a health care facility to find out what to do with his 16-year old daughter who is pregnant.

Approaches:

- Ask “what do you think” rather than “how do you feel”. Ask specific questions about the client’s thought and decision-making process on their health concerns.

You might say: “When you found out your daughter was pregnant, what was the first thought that came into your mind? What did you do? Men often don’t know much about the female body, I normally talk to them about...”

Characteristic 4: Many men visit health facilities for very specific reasons and do not expect to talk about other issues

Men may feel uncomfortable talking about health issues even though they really need information or have concerns about them.

Your Challenge: Identify signs that a man may have concerns about issues that he is not telling you. For e.g., you might notice a client looking at a brochure on stress. This may give you a chance to talk about this issue.

Scenario: A young man comes in to get tested for HIV.

Approaches:

- Respond to the immediate needs of the client. Once the client feels that you have dealt with the reason why he came into the health facility, he may feel more comfortable and open to talking about other issues such as family planning or male circumcision.
- Let the client know that his fears and concerns are normal. Explain to the client that other men have shared the same concerns.

You might say: “A young man was just here the other day and told me he was stressed with school, his girlfriend and his family. I told him this was normal and a lot of young men have been dealing with stress by....”



GATHER Counselling Technique

The GATHER approach has proven to be an effective format for counselling. However, counselling should suit each client. Not all clients need to be counselled in this order or need all six parts of the GATHER approach. Some may need a part repeated. Counselling should change to fit the client's needs.

G

GREET client

Offer the client a seat, introduce yourself and ask how you can help. Give him your full attention. Be polite, friendly and respectful. Tell him you will not share what he says with others. Explain what will happen during the visit. Conduct counselling in a private room where no one else can hear.

A

ASK client about himself

Ask the client about his reasons for coming. Help him identify what decisions he faces. Help him express his feelings, needs, wants, and any doubts, concerns, or questions. Ask him about his experience with the health issue that concerns him. Keep questions open, simple, and brief. Look at him as you speak. Ask him what he wants to do. Listen actively to what he says. Follow where he leads the discussion. Show your interest and understanding at all times. Express empathy. Avoid judgments and opinions. Ask for any information needed to complete client records.

T

TELL client about his choices

To make informed choices and good decisions, the client needs clear, accurate and specific information about the range of his choices. Help him understand his possible choices. Information should be tailored (important to his decision) and personalized (put in terms of his own life).

H

HELP client choose

Tell the client that the choice is his. Offer advice as a health expert, but avoid making his decision for him. Help him think about the results of each possible choice. Clarify any information that is confusing and answer any questions. Check whether he has made a clear decision by asking: "What have you decided to do?"

E

EXPLAIN what to do

After the client has made a choice, explain what to do and, if appropriate, give supplies or provide the service. If the supplies or service cannot be provided at once or by you, tell him how, when and where they will be provided (refer when necessary). Explain how to use the supplies or follow other instructions. As much as possible, show how. If necessary, describe possible side effects and what to do if they occur. Explain when to come back for follow-up or more supplies, if needed. Ask him to repeat instructions. Make sure he remembers and understands. If possible, give him printed material to take home. Tell him to come back whenever he wishes.

R

RETURN for follow-up

At a follow-up visit, ask if the client has any questions or anything to discuss. Treat all concerns seriously. Ask if he is satisfied and whether there have been problems. Help him handle problems that come up and make a different choice about what to do, if necessary. Refer him if he needs specialized care. Check if he is using the method or treatment or following instructions correctly.



UNDERSTANDING THE BODY

1

MALE REPRODUCTIVE SYSTEM

What does the male reproductive system include?

Penis: This is the male reproductive part or organ. It has a head (or glans). The head is covered by a cap of skin called the foreskin (or prepuce). The penis has a body which is called the shaft. The head meets the shaft at the neck of the penis.

Foreskin: This is the cap of skin that covers the head and neck of the penis. Most boys are born with this. In some cultures it is removed at birth or soon after birth. If not removed, this skin usually does not separate from the head until two years of age. In older boys and men it will easily slide over the head, and expose the head as well as the neck of the penis.

Frenulum: This is a bridge of skin that connects the foreskin to the head (or glans) on the lower part of the penis.

Testes (testicles): Testes are two small round organs inside the scrotum. The testes make sperm and also make a hormone called testosterone. Testosterone is needed for the production of the sperm as well as development of secondary sexual characteristics (the physical development of men) such as deep voice, moustache, male build, etc.

Scrotum: The bag of skin that holds and helps to protect the testes. In order to make sperm, the temperature of the testes needs to be cooler than the inside of the body. This is why the scrotum is located outside of the body.

Anus: The opening where solid waste (faeces) leaves the body.

Rectum: The lower end of the large intestine, leading to the anus.

Bladder: A bag-like organ whose walls relax to hold urine and then stiffen or contract to force urine to leave the body through the urethra.

Urethra: The tube that runs from the bladder through the penis and is responsible for passing out of urine and semen.

Epididymis: A system of tubes which lies on top of the testes; it holds sperm and helps it to move from the testes to the urethra through the vas deferens.

Vas Deferens: The reproduction tube that helps to transport sperm from the testes to the urethra.

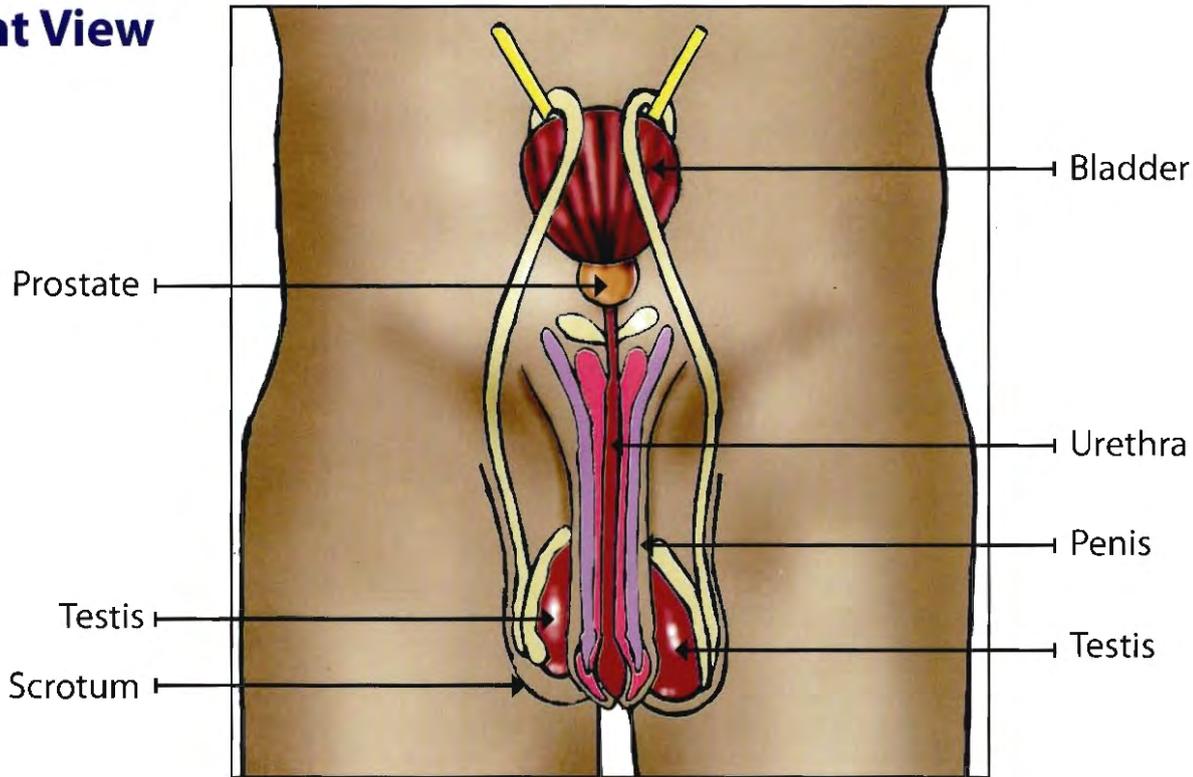
Prostate: A sex gland in men that surrounds the bottom opening of the bladder and urethra. It releases a liquid that is part of semen.

Seminal Vesicles: The bag-like glands that sit behind the bladder and release a liquid that is part of semen.

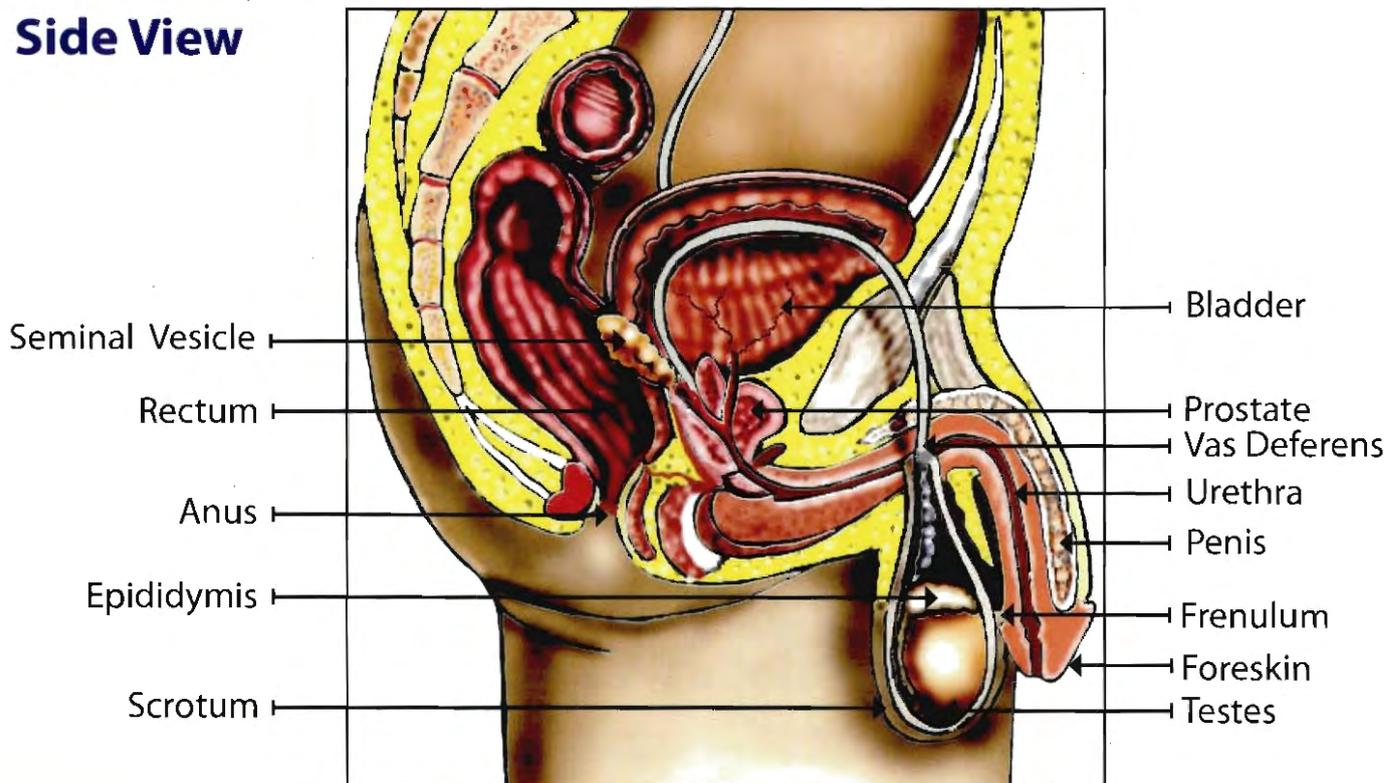


MALE REPRODUCTIVE SYSTEM

Front View



Side View





UNDERSTANDING THE BODY

2

FEMALE REPRODUCTIVE SYSTEM

As a man gets older and thinks about having a partner or even starting a family, it is important that he be involved in the health concerns of his partner and family. This is part of being a responsible partner. As a starting point, it can be helpful if a man understands the basics about the female reproductive system. With this information, a man can be better prepared to help his partner with her health concerns.

What does the female reproductive system include?

Uterus (womb): A hollow, muscular, pear-shaped organ that is the home of a developing foetus/baby. The uterus has two parts: the cervix, which is the neck of the uterus and opens into the vagina. The body of the uterus is called the corpus. The corpus can easily get larger to hold a growing baby. A tunnel through the cervix lets sperm enter and menstrual blood to exit.

Vagina: A muscular tunnel that joins the uterus with the outside of the body. It is also known as the birth canal because this is where a baby leaves the uterus and exits a woman's body during birth. To clean itself, the vagina sheds mucus every now and then (vaginal discharge).

Hymen: Skin that partially or completely covers the vaginal opening in a young girl.

Labia Majora: Large folds of skin that cover and protect a woman's outer reproductive organs.

Labia Minora: Smaller folds of skin that are just inside the labia majora and surround the opening of the upper vagina and urethra.

Clitoris: The labia minora meet at the clitoris, a small, sensitive bump of tissue that is like the penis in males. The clitoris is covered by a layer of skin, called the prepuce, which is similar to the foreskin at the end of a penis. Like the penis, the clitoris is very sensitive and can become erect.

Ovaries: Two small, oval-shaped glands located on either side of the uterus. The ovaries produce eggs and hormones.

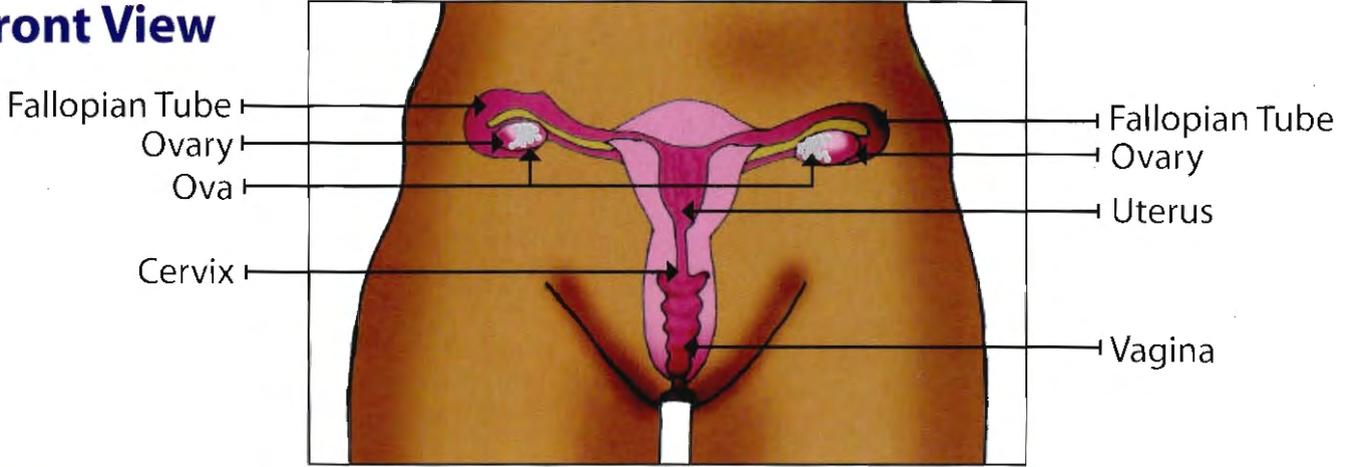
Ova: These are very small eggs made by the ovaries. When a sperm from a male combines with an egg in a woman, a baby can develop; this process is called fertilization.

Fallopian Tubes: Two narrow, muscular tubes that are attached to the upper part of the uterus and serve as tunnels for eggs to travel from the ovaries to the uterus. The fertilization of an egg by a sperm normally happens in the fallopian tubes. The fertilized egg then moves to the uterus, where it attaches itself to the wall of the uterus and begins to grow.

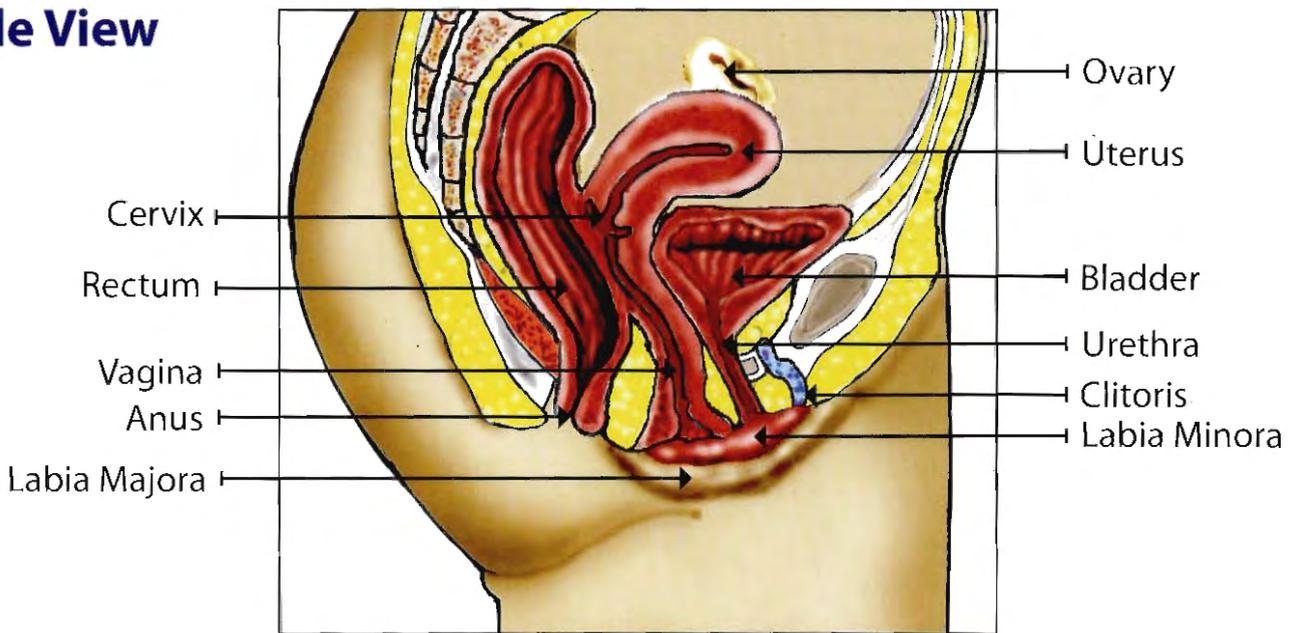


FEMALE REPRODUCTIVE SYSTEM

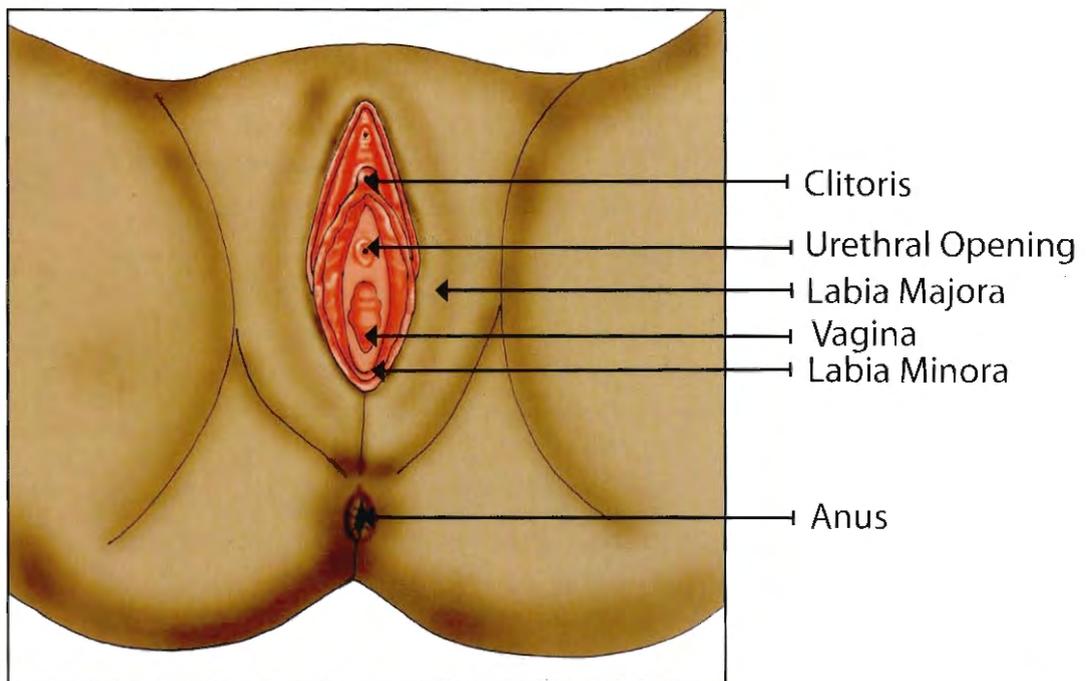
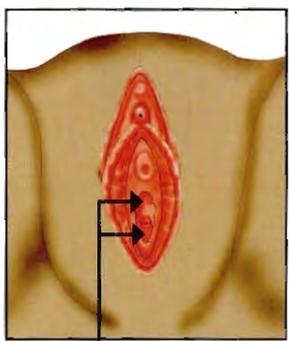
Front View



Side View



External View





3

ADOLESCENT DEVELOPMENT

What is puberty?

- A boy's body begins to change when he is between 10 and 15 years old. This is called puberty.
- Puberty is a normal and natural part of life – every boy goes through it, and it means he is turning into a man.
- Some boys begin puberty earlier than others, while some begin later than others. A boy will begin puberty when his body is ready.

What changes should I expect during puberty?

Growth of Penis and Testicles (“balls”): First your testicles will grow larger and then your penis will grow longer and thicker.

Facial Hair: Hair will grow on your face and you will have to start shaving.

Body Hair: Hair will grow on your arms, legs, chest, armpits, and maybe even on your back.

Pubic Hair: Hair will grow around your penis.

Zits/Spots/Pimples: Pimples may occur on your face, back, chest and bottom. They will eventually go away.

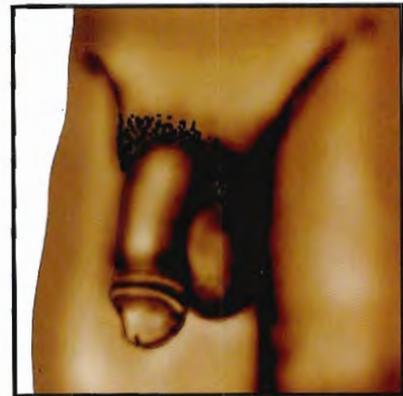
Deepening of Voice: Your voice will change. First, it will become squeaky and then it will deepen. Different men have different voices, some are deeper than others, while some are higher than others.

Height: You may experience a growth “spurt” – this means you may become taller very quickly. Your feet may grow quickly too. Most boys going through puberty will need to eat more than usual during this time.

Muscles: Your muscles grow and become stronger.

Sexual feelings: You become interested in sex.

Erections (“hard ons”): When you think about sex, the vessels in the penis fill with blood and the penis becomes long and hard. This is called an erection and it is necessary to have sex (but an erection does not mean you must have sex). Sometimes an





erection may happen for no reason at all. Normally, as you get older, you will have more control over your erections. Erections early in the morning are common in teenage boys.

Sperm and Semen: Your testicles begin to produce sperm. These are tiny organisms that swim in a whitish liquid called semen. Only one sperm is needed to fertilize a female egg in a woman's body to make a baby.

Orgasm: Orgasm is the end point males (and females) reach when they are sexually excited. It normally lasts less than a minute and can be reached through sex or masturbation.

Ejaculation: Semen containing millions of sperm comes out of your penis when you have an orgasm. This is called an ejaculation.

Wet Dreams: Sometimes boys (and adult men) ejaculate during sleep when they think about sex. The semen may wet clothes and sheets, and this is why it is called a wet dream. Wet dreams are normal and harmless – nothing to worry about. Wet dreams do not mean you must have sex.

Mood Swings: Puberty may seem like a difficult time. You may often feel confused, sad or angry. It is important to remember that everyone goes through these changes and they are a normal part of life.



Is my penis size normal?

- Like any body part, adult penis size varies from person to person.
- Despite differences in penis size when not erect, most men's penises are around the same size when erect.
- It is possible to have sex that is pleasurable for both a man and his partner with a penis of almost any size.
- If a man is overweight, fat tissue can hide the penis somewhat and give an impression that the penis is smaller than it really is.
- If you are worried that your penis is too small or too large, you can talk to a doctor.

How can I get rid of pimples?

- Good personal hygiene is the best way to fight pimples. Gently wash your face twice a day with lightly medicated soap or facial wash and water to keep germs away. Do not scrub hard with a face cloth – this will make pimples worse.
- Some natural products that may be effective against pimples include tea tree oil and aloe vera, which can be applied to the face, as well as zinc, vitamin A, and vitamin E



GROWING UP

- tablets.
- Do not squeeze or “pop” pimples. This can make them worse and increase the chance of spreading them.
- Eat fresh fruit and vegetables and drink lots of water.
- If they are very troublesome, see a skin doctor (dermatologist) who can give you medicine.

Stages of Growth of the Male Body



8 - 10 years



13 - 14 years



17 - 18 years

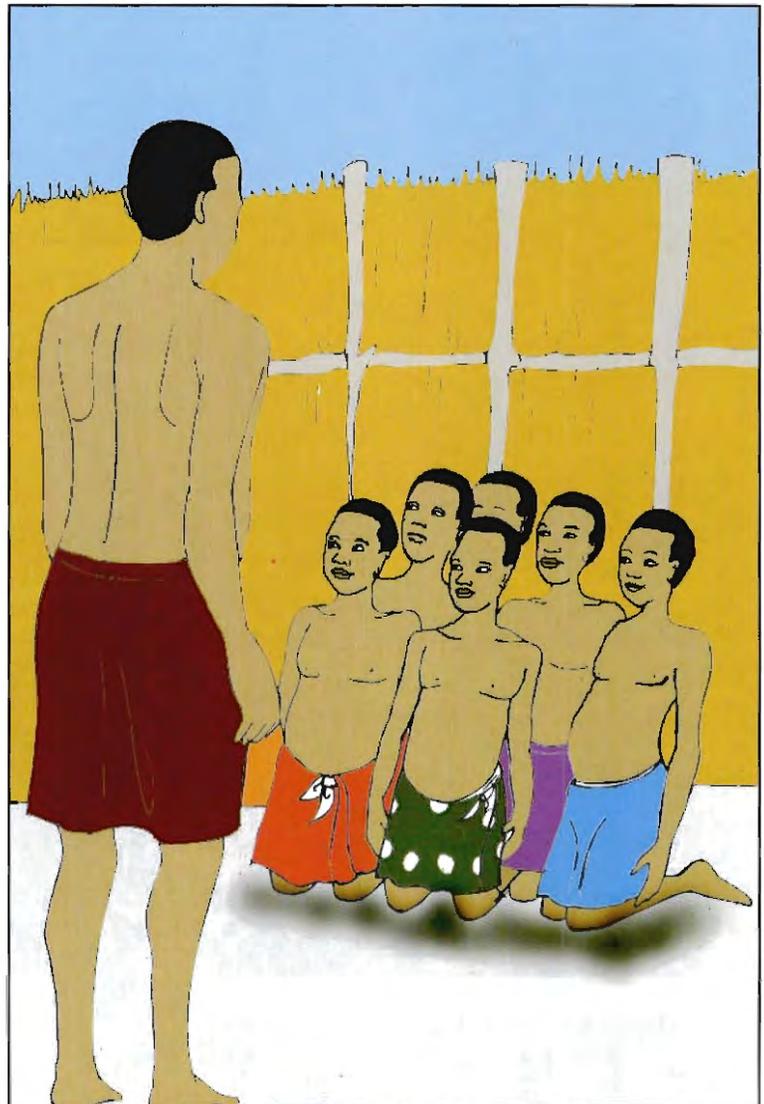


4

INITIATION CEREMONIES

What are initiation ceremonies and how are they related to health?

- Initiation ceremonies are when some boys and girls in Zambia receive traditional education preparing them to become men and women and take on adult responsibilities within the household and the community (such as starting a family).
- The age for initiation ceremonies varies by community.
- During initiation, boys and girls may be taught about hygiene, family values, good parenting as well as sex and sexual relationships.
- Initiation may be the only time when young men and women receive formal education about sex and sexual relationships.
- Following initiation, boys and girls may look forward to becoming sexually active and experimenting with sexual relationships.
- Initiation is therefore a very important time in people's lives and should be used as an opportunity to educate them about behaviours that can help protect their health and wellbeing (e.g., having only one sexual relationship at a time and using condoms correctly and consistently every time they have sex).
- In some communities, initiation for boys includes male circumcision (e.g., during *mukanda* among the Luvale people of North-Western Province).
- In some communities that practice traditional male circumcision, female health care providers and uncircumcised men are not allowed to perform circumcision.
- Many communities are now using trained health care providers to provide clean and safe male circumcision during initiation ceremonies in order to reduce risk of problems such as infection. For more information on safe and clean male circumcision, see the section on "Male Circumcision" on pg. 71.





PERSONAL HYGIENE

5

GENERAL HYGIENE

What is hygiene?

- Hygiene includes all the practices that help keep a person clean.
- Personal hygiene refers to keeping the body clean. This includes the practices to keep hair, teeth, clothes, body and living area clean.

Why is it important to have good personal hygiene?

- Having good hygiene can improve a man's confidence and influence the way other people view him.
- If a man has good hygiene then he shows other people that he respects himself.
- Having clean hands is one of the most important steps to avoid getting sick and spreading germs to others.

What should I do to have good personal hygiene?

Keep hands clean:

- Wet hands with clean water and apply soap. Use warm water if it is available and scrub hands for at least 20 seconds. Then rinse hands with clean water and dry them with a clean cloth, paper towel, or, air-dry them.
- Wash hands:
 - Before or after preparing food
 - After going to the bathroom
 - After changing diapers or cleaning up a child who has gone to the bathroom
 - Before and after taking care of someone who is sick
 - After blowing your nose, coughing or sneezing
 - After handling an animal or animal waste
 - After handling garbage
 - Before and after treating a cut or sore
- Cut fingernails regularly because dirt can easily get stuck under them if they are too long.

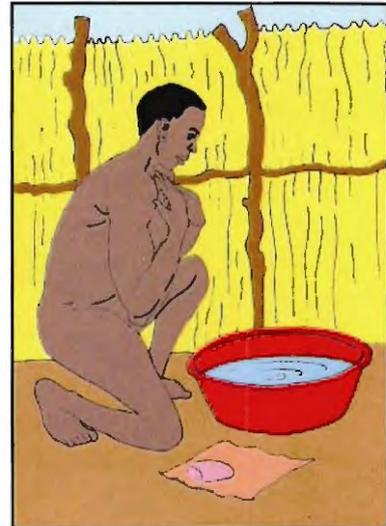
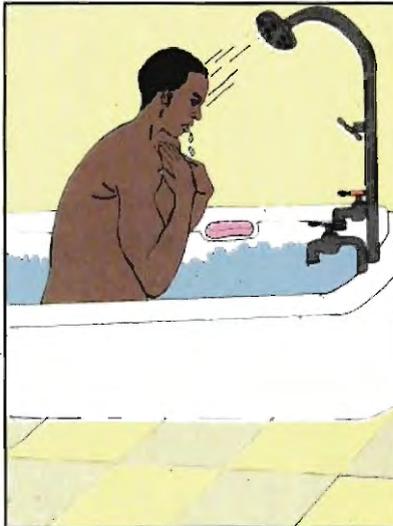


PERSONAL HYGIENE



Keep body clean and smelling good:

- Bathe frequently – to stay clean and get rid of unwanted smell, try to bathe every day or more depending on how dirty or sweaty you get.
- Sweat starts to smell (body odour) during puberty and a man should pay careful attention to keeping his underarms and penis area clean because they tend to be where most odours comes from.
- Many men use deodorant or cologne to smell good. As long as a man does not have an allergic reaction, they can be helpful to keep a man smelling good. But, deodorant and cologne should not be used instead of bathing.



Keep feet clean and smelling good:

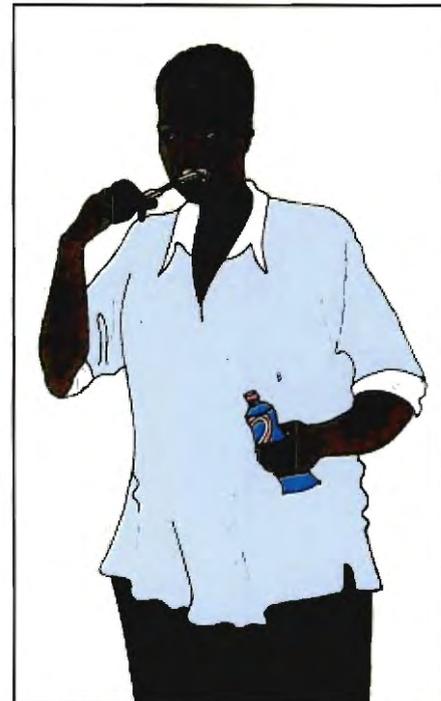
- Wash feet well at least once a day.
- Dry them carefully, especially between the toes where more germs collect than anywhere else.
- Cut toenails regularly because dirt can easily get stuck under them if they are too long.
- Feet have more sweat glands than any other part of the body. As a result, a man who spends a lot of time on his feet may have sweat collect in his shoes causing them to smell very bad.
- If you have more than one pair of shoes wear them on alternate days to give them a better chance of drying out.
- If possible, keep your shoes clean by brushing, polishing or cleaning them regularly. They will look better, last longer and be less likely to smell.
- Socks should be changed and washed regularly.

Keep hair clean:

- Unless washed regularly, hair will become greasy and look dirty.
- Wash hair with shampoo.
- Rub your scalp well when shampooing. This will remove dead skin cells, extra oil and dirt.

Keep teeth clean:

- Brush teeth at least twice a day – once after breakfast and once before bed. Ideally, teeth should be brushed after every meal.
- Use toothpicks or dental floss after meals to get food out of the spaces between your teeth.





6

PENILE HYGIENE

Why is it important to keep the penis clean?

- Keeping the penis clean is important for all men, but especially important for those who are sexually active to avoid infections and disease.

Why is it especially important to keep an uncircumcised penis clean?

- In an uncircumcised penis, a combination of dead skin and natural oils combine to form a white substance called smegma that collects under the foreskin. If the penis is not washed regularly, this substance can build up and harden. This substance is an irritant and is related to the development of cancer of the penis. The foreskin may also trap dirt and other harmful substances that can cause infections and disease.
- Washing away this white substance regularly can be good for erections.

How do I keep an uncircumcised penis clean?

- After urinating, shake the penis gently to get rid of any remaining drops of urine.
- Wash your (or your child's) penis, scrotum, anus and pubic hair (hair around the penis) with water and body soap every day.

If the foreskin cannot be pulled back at all...

- Clean only the outside of the foreskin with body soap and water.
- Do not try to force the foreskin back as this may damage the penis and cause pain.

If the foreskin can be pulled back ...

- Pull the foreskin back as much as is comfortable (do not force it). Gently clean the uncovered area with water. Do not use any soap because it may cause irritation.
- When finished, pull the foreskin forward to its usual position. This is important as the foreskin may get stuck and this may damage the penis.

How do I keep a circumcised penis clean?

- After urinating, shake the penis gently to get rid of any left over drops of urine.
- Wash your (or your child's) penis, scrotum, anus and pubic hair with water and mild soap every day.



3 STEP WASHING PROCESS FOR UNCIRCUMCISED PENIS

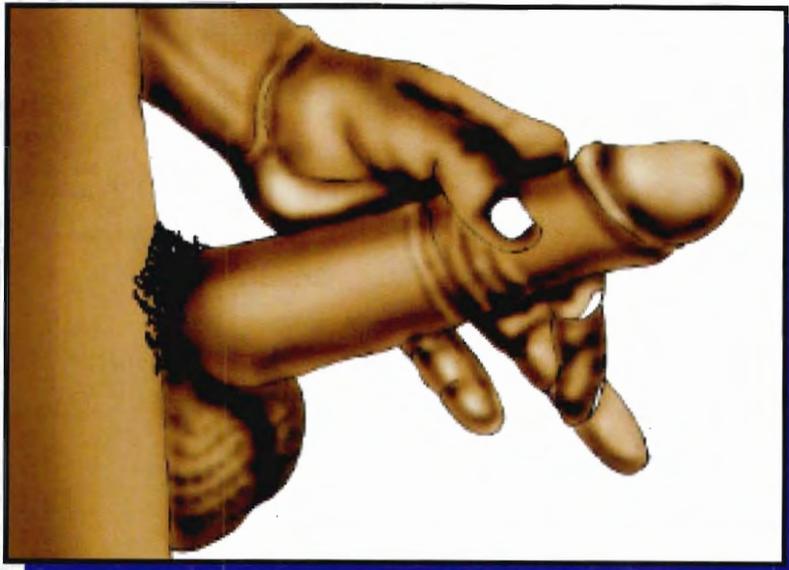
1

PULL FORESKIN
BACK AS
MUCH AS
COMFORTABLE



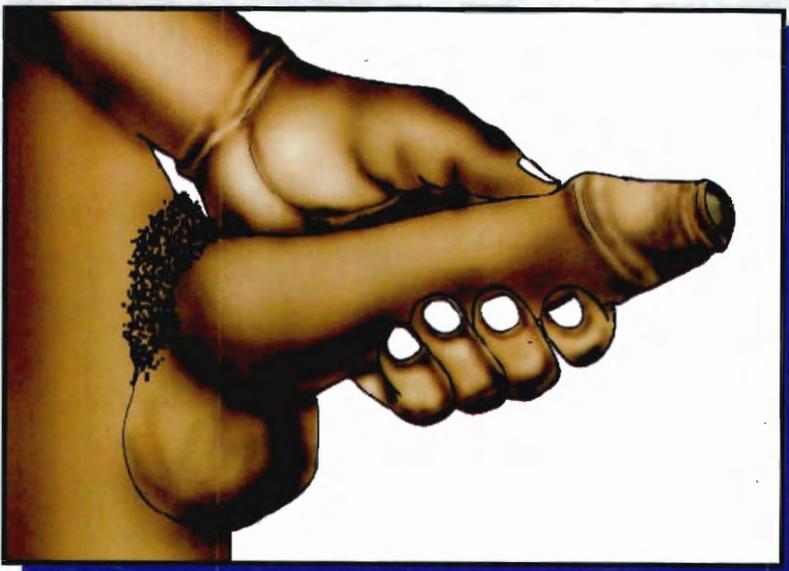
2

GENTLY WASH
UNCOVERED
AREA WITH
WATER



3

PULL FORESKIN
FORWARD TO ITS
USUAL POSITION





7

GENDER & MASCULINITY

What is a person's "sex"?

- A person's "sex" refers to whether he or she is physically (or biologically) born male (with a penis) or female (with a vagina).

What is "gender"?

- Gender refers to the behavioural, cultural, or psychological characteristics typically associated with one sex.

What are gender roles?

- Gender roles refer to what a particular society or culture believes are appropriate characteristics and behaviours for men and women – they are not biologically determined.
- Gender roles can vary among individuals, households, communities, cultures, social classes, etc.
- Gender roles are learned and can be unlearned or forgotten.
- Gender roles are not fixed and can change over time.
- Gender roles can be affected by many situations, such as: death of a family member, divorce, loss of employment, disability, etc.
- Differences in gender roles assigned to men and women may give rise to gender inequalities that create a society that favours one sex (e.g., men) over another (e.g., women).

What is masculinity?

- Masculinity refers to the attitudes and beliefs about how a man should think and act – or the idea of what a man should be like.
- These ideas are created and reinforced by family, education, religion, tradition, the media, peers and society.
- It is important to remember that there are different types of men and no one should be considered "more" or "less" of a man because of the way he behaves.



GENDER & MASCULINITY



How are masculinity and sex related?

- Many common attitudes about masculinity encourage men to be sexually active, have sex with many different people, have multiple sexual relationships at the same time, and have sex without a condom.
- Often ideas about masculinity result in men taking risks that threaten their health and the health of their partners.

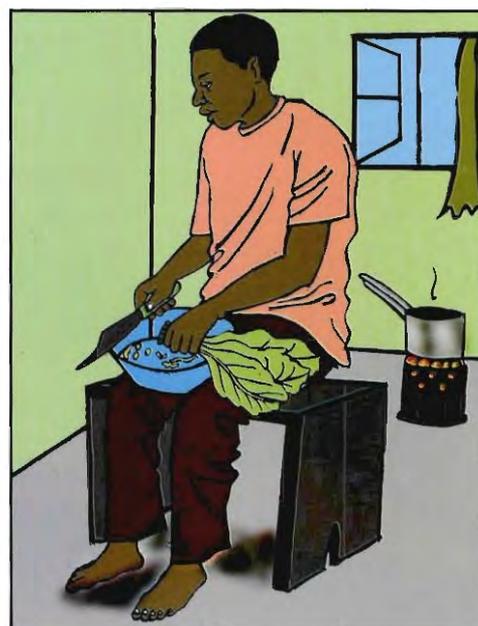
What are some examples of gender roles commonly associated with men and women?

MEN	WOMEN
Intelligent	Not as intelligent as men
Physically and emotionally strong	Physically and emotionally weak
Do not cry	Cry easily
Protectors	Cowards
Good decision makers	Poor decision makers
Sexually more active than women	Sexually not as active as men
Providers	Home-makers
Good leaders	Submissive (give in/agree easily)
Ill-mannered	Well-mannered
Can have many sexual partners	Should have few sexual partners
Do not like to talk	Gossipers
Less responsible than women	More responsible than men

What is "gender equity" and how does it help development?

- Gender equity refers to being fair to both women and men.
- Gender inequity makes it difficult to achieve economic growth, poverty reduction, good health for young and old men and women, and development of societies.
- When all women as well as men take part in social, economic and political life, the overall wellbeing of individuals, families and communities is improved.

- Sustainable development is only possible when women's voices are heard, when women are enabled to discover and benefit from new opportunities, and when women as well as men have access to the resources needed to participate in the development of their societies.





GENDER & MASCULINITY

What are some examples of how gender inequity affects women?

How society views women	How this affects the quality of their lives
Women are not as intelligent as men	<ul style="list-style-type: none"> • Less money and other resources spent on girls' education • Poorer performance in school work • Higher drop-out rate from school • Fewer job opportunities for women • Fewer women in decision-making positions • Women have less access to money and other resources • Women depend on men for money and contribute less to household income
Women are not good decision makers or leaders	<ul style="list-style-type: none"> • Depend on men to take the lead. • Women believe they are not good enough to do what men do • Women are not given positions of responsibility and are marginalized even when they are capable • Women are not consulted even over issues that affect them directly • Decisions that are made may not be in the best interests of women and girls • Women do not take part in meaningful family and community development activities
Women are home-makers	<ul style="list-style-type: none"> • Women are overworked and overburdened with household chores
<i>Ubuchende bwamwaume tabutoba inganda</i> ("The infidelity of a man does not break the home")	<ul style="list-style-type: none"> • Lowers a woman's self-confidence and self-worth • Increases a woman's risk of being infected with the Human Immunodeficiency Virus (HIV) and other Sexually Transmitted Infections (STIs)





What are some examples of how gender inequity affects men?

How society views men	How this affects the quality of their lives
Men are more intelligent than women	<ul style="list-style-type: none"> • More money and resources are spent on boys' education • Men have higher education levels • Men have more confidence, higher self-esteem, and work harder • Men have more job opportunities • Men have more access to money and other resources than women
Men are good decision makers and leaders	<ul style="list-style-type: none"> • More men become community and political leaders • Men are respected more than women
Men are providers	<ul style="list-style-type: none"> • Men work harder to earn money • Men are put under more pressure to provide for their families • Men have more control over household income
<i>Ubuchende bwamwaume tabutoba inganda</i> ("The infidelity of a man does not break the home")	<ul style="list-style-type: none"> • Encourages men to have many sexual partners at the same time • Increases men's risk of being infected with HIV and other STIs

As a man, what can I do to practice gender equity?

- Include your wife in decisions concerning the family, home and community.
- Send your sons as well as daughters to school.
- Encourage your wife to finish school.
- Help your wife with household chores.
- Help take care of the children.
- Encourage your wife to participate in community groups, such as the Parent Teacher Associations and Neighbourhood Health Committees.
- Have only one sexual relationship at a time.
- Go for Voluntary Counselling and Testing (VCT) for HIV with your wife or partner.
- Include your wife in household income spending and saving decisions.



8

MASTURBATION & SEX

a. Masturbation

What is masturbation?

- Masturbation is when a man or woman touches, strokes or rubs his or her private parts to enjoy sexual feelings and to have an orgasm.
- A boy or man generally masturbates by circling a hand around his penis and using an up-and-down motion. The speed of the motion usually gets faster closer to orgasm.
- When masturbating alone, exciting sexual thoughts may fill a person's head.
- Masturbation is one of the most common sexual activities.

Is masturbation harmful to my health?

- Masturbation is not harmful to health. Some people believe masturbation can lead to blindness, madness, and infertility (can cause you to run out of sperm). None of this is true.
- If your penis becomes sore from masturbating, you may be masturbating too much. Use a lubricant to make the penis slippery and avoid soreness from rubbing.

If I masturbate, will I still be able to satisfy my sexual partner?

- Yes.

Are there any benefits to masturbation?

- Masturbation is a good way to release sexual urges without fear or risk of being infected with HIV and other STIs or of an unwanted pregnancy.
- Masturbation can be relaxing and help you sleep.
- You may learn what you like sexually by masturbating.
- If you do not feel ready for sexual intercourse, masturbation is a different and safe way to enjoy sexual pleasure.

Am I doing something wrong if I masturbate?

- There is nothing wrong with masturbating – it is normal, natural and healthy.
- Masturbation is a personal choice – people are free to practice it or not. Some people are comfortable with it, while others are not.
- Some people think masturbation is wrong. That is okay too. Each person is different and has to decide for themselves how they feel about it.
- Masturbation is not acceptable when it is done in front of a person who has not wanted or permitted it.
- Masturbation should be done in a private place.



How can I make masturbation safer?

- Use clean hands to help avoid spreading germs.
- Wash hands and penis afterwards to avoid spreading germs to others.
- Use a lubricant to prevent soreness.

b. Sex

What are the different types of sexual intercourse?

- **Vaginal sex:** When a man inserts his erect penis into a woman's vagina.
- **Anal sex:** When a man inserts his erect penis into the anus of his partner.
- **Oral sex:** When the male penis or female vagina is stimulated by sucking or licking with the lips, mouth or tongue.



Why is anal sex most risky?

- Anal sex has a higher risk of HIV and other STI transmission compared to other forms of sex because anal skin is very thin and can easily tear, allowing infections to easily enter the blood.
- The use of water-based lubricants and condoms can reduce the risk of tears and HIV and other STI transmission.

Who is a virgin?

- A virgin is a person (either a man or a woman) who has never had sex.

What is the hymen and what does it represent?

- The hymen is a thin piece of skin that partially covers the entrance to the vagina.
- The hymen does not usually cover the entire vaginal opening since there must be some way for the menstrual fluid, or period, to leave the body.
- In some cultures it is believed that a woman with a hymen is a virgin.
- There is no way to know whether or not a woman is a virgin simply by looking at her hymen.
- Most women have hymens, but some are born without one.
- Hymens vary in size and shape from person to person, and sometimes they are not easy to see.
- Sex is a common way to tear the hymen, but there are also many other ways to tear it. For e.g., playing sports, using tampons, pelvic examinations, horseback riding, bike



SEX & RELATIONSHIPS

- riding, and masturbation. Sometimes the hymen can tear for no apparent reason at all.
- When the hymen does tear (whether due to sex or any another reason), the woman may experience slight bleeding and pain. Both the bleeding and pain are normal and usually stop after a short time.
- The blood associated with tearing of the hymen is also considered a sign of virginity, but not all women bleed when they have sex for the first time. Some bleed so little that their partner does not even notice.
- During puberty, the hymen becomes elastic and may stretch to allow the penis to enter the vagina during sex. The hymen may therefore remain intact and there will be no bleeding. This means that neither an intact hymen nor bleeding can be considered signs of female virginity.
- A woman can become pregnant even if her hymen is intact and no penis has entered her vagina. If sperm comes into contact with the labia or general vaginal area, it can move through the opening in the vagina and possibly lead to a pregnancy.

Is it true that if a man does not have sex his sperm will build up and he will go mad?

- This is not true. Sperm does build up in a man's body, but if he does not ejaculate, it is simply absorbed back into his body without causing any harm to his health.



9

COMMON SEXUAL PROBLEMS

a. Premature Ejaculation

What is premature (early) ejaculation?

- Many men sometimes ejaculate or 'release' semen sooner than they or their partner would like during sex, e.g., before or soon after starting to have sex.
- If this happens only sometimes, there is probably no need to worry, but if this happens often, a man may have a problem called premature ejaculation.
- Many men feel shy discussing this problem with a health care provider, but it is actually a very common problem affecting many men.

What causes premature ejaculation?

- The exact cause is not known.
- When young adults have sex they often do it quickly to avoid being caught and this may create a pattern of early ejaculation for the rest of a man's life.
- A man may also create a pattern of early ejaculation by regularly worrying about:
 - Being able to have or keep an erection
 - Being able to sexually satisfy his partner
 - Something not related to sex at all
- Becoming too excited can also cause early ejaculation. Younger men may experience this the first few times they have sex – they will not be able to control their sexual response to a woman. With experience, however, they learn to control themselves and avoid ejaculating early.
- Physical causes may include a very sensitive penis and injury or problems with nerves.
- Some drugs and medical conditions may cause premature ejaculation.

How will I know if I suffer from premature ejaculation?

- There is no standard for how long it should take a man to ejaculate.
- The main sign of premature ejaculation is that ejaculation occurs before both partners would like it to most of the times they have sex.

How do I prevent or treat premature ejaculation?

- If you are not satisfied with your sexual relationship, talk with your partner about this. Discuss the problem lovingly and do not blame your partner or yourself for the problem.
- Premature ejaculation can be treated by sexual therapy (learning ways to delay ejaculation), counselling and medicine.



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Some ways you could try to delay ejaculation:

- Try to become more aware of your body and how you respond during sex.
- Avoid alcohol and other drugs. Although these can slow your sexual responses, they also keep you from developing the body awareness that will help you to solve this problem.
- Take deep breaths during sex to relax.
- Use the whole body during sex – ask your partner to touch and stroke other parts of your body besides your penis.
- Masturbate an hour or two before sex with your partner.
- Avoid sex for a while and try other pleasurable things such as kissing, cuddling and oral sex in order to remove the pressure of “performing”.
- “Stop-and-start” method: While experimenting alone or having sex with a partner, you can take a little break just as you are about to climax or ejaculate. You can try to relax for about 20 or 30 seconds and then start again.
- “Squeeze” method: This is like the stop-and-start method, but when you take a break, squeeze the tip or middle of your penis with your thumb and index finger for several seconds. Stop squeezing, wait about 30 seconds, then continue having sex as before.
- Try having sex with your partner on top.
- Use a condom to reduce sensitivity.
- Place a cock ring at the base of your erect penis to maintain the erection and delay ejaculation.
- Practicing one or more of the above methods for several weeks may solve your problem with premature ejaculation.
- Some men say they are able to maintain an erection for longer after being circumcised.
- Communication between partners about sex is important. Both partners must be willing and comfortable to try different things.
- Counselling or talking with a health care provider, especially as a couple, can also help.
- If none of the above methods work, see a health care provider about possible medicines to treat the problem.
- Remember: There are other ways to please your partner sexually. Try using your fingers, tongue or sexual toys to help your partner have an orgasm.



b. Impotence

What is impotence?

- Impotence is when a man is regularly not able to have or keep an erection hard enough for him to have satisfying sex.
- At one time or another, almost every man suffers from impotence. If you have this problem only sometimes, there is nothing to worry about. If you regularly have this problem, you should talk to a health care provider about it.
- Impotence affects a man's confidence and can also harm his relationship with his partner.
- Some women may blame themselves and feel their partners are unable to have or keep an erection because they do not find them attractive enough. This is usually not the



cause of impotence.

- A man's penis does not wear out as he grows older – but he may find it takes longer to have an erection, and that it is a little less firm than it was when he was younger.

What could be the possible causes for impotence?

- Usually a combination of mental and physical causes.
- Mental causes include embarrassment, worrying about something (such as pleasing your partner or work), being very tired, being upset or angry with your partner, depression, or having had bad experiences (such as having been sexually abused).
- Not feeling sexually attracted to your partner.
- Using drugs (e.g., drinking too much alcohol or smoking too much) or riding a bicycle for a very long time.
- Being overweight.
- Illnesses such as diabetes, heart, kidney or liver disease, high blood pressure or cholesterol and cancer.
- Surgery of the colon, bladder or prostate.
- Not enough hormones (a kind of chemical) in the body.
- Injuries, e.g., to the back or private parts.
- Side effects of certain medicines used to treat depression, insomnia (not being able to sleep), cancer, hypertension or heart disease.

What are some possible treatments for impotence?

- The treatment of impotence depends on the cause.
- If you smoke or abuse alcohol and/or other drugs, you may have to give this up.
- Ask a health care provider if impotence is a possible side effect of any medicines you are currently taking. If so, ask if you can switch to another medicine or change the amount of medicine you are taking.
- Lose weight.
- Seek psychosocial counselling.
- A health care provider may recommend medicines to treat impotence or, in some rare cases, even surgery.

Does impotence make me less of a man?

- No. In most cases, men who suffer from impotence continue to desire sex and are able to have an orgasm and ejaculate. Impotence does not mean a loss of interest in sex, infertility, or a lack of strength, energy or power.
- Impotence is a very common problem and can affect lots of men.

Is impotence a natural part of growing older?

- No – it does not have to be. Although it is more common for older men to suffer from impotence because of other age-related health problems (e.g., diabetes), it also happens to younger men.
- It should not be considered a natural or acceptable part of growing older.



SEX & RELATIONSHIPS

10

SEXUAL RELATIONSHIPS

What are the different types of sexual relationships?

- Marriage
- Boyfriend and girlfriend
- Commercial sex (where someone pays for sex)
- Transactional sex (see below)
- Cross-generational sex (see below)
- Casual sex (also called “one-night-stand”, “hit and run”, etc.)

a. Transactional Sex

What is transactional sex?

- Transactional sex is when a person has sex in exchange for services (e.g., favours), money or gifts like phones, clothes or food.
- These relationships are different from commercial sex (e.g., visiting a sex worker) because they only provide a part of the income of the person providing the sex.
- Such relationships may overlap with other types of sexual relationships (e.g., a husband or wife).
- Males may use the favours and gifts to attract multiple sexual partners.

b. Cross-Generational Sex

What is cross-generational sex?

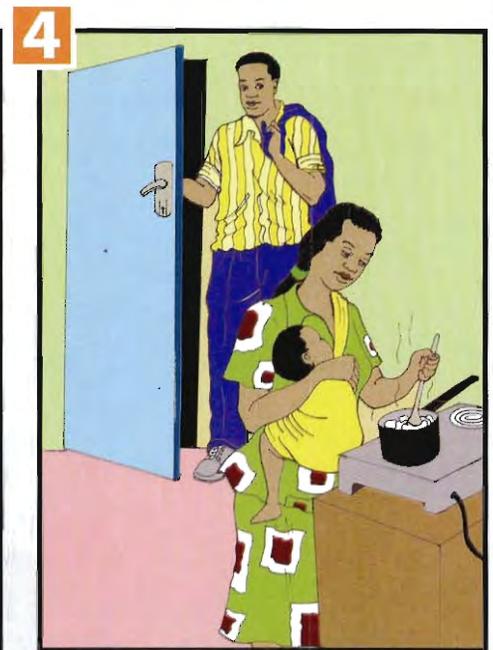
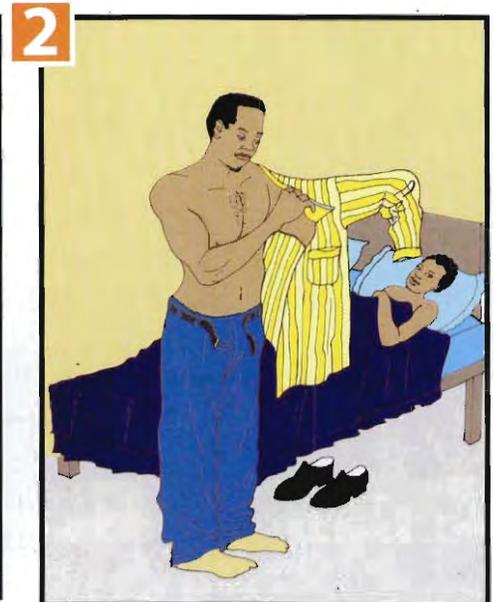
- Cross-generational sex is when a person has a sexual relationship with someone who is many years younger or older (usually 10 years older or younger).
- Often this type of relationship is between an older man and a young girl or woman.
- Such relationships can be transactional and may overlap with other relationships (e.g., a wife or husband).
- Men and women who engage in such relationships are sometimes called “sugar daddies” and “sugar mummies”.

What is wrong with being a “sugar daddy”?

- When an older man enters into a relationship with a much younger girl, it encourages her to become sexually active early and makes her vulnerable to HIV and other STIs as well as unwanted pregnancy.
- The difference in social status between an older man and a younger girl can make it difficult for the girl to refuse sex, insist on condom use or end the relationship.
- Sometimes, when cross-generational relationships are “discovered” by the families of the people involved, it can ruin family relationships.



Transactional Sex



- An older man may think that a younger girl is less likely to be infected with HIV and other STIs as compared to an older woman or sex worker. This may actually not be true and these men may be putting themselves and their partners at risk by having sex without a condom.

c. Concurrent Sexual Partnerships

What are concurrent (overlapping) sexual partnerships?

- Having more than one long-term (regular) sexual partner at the same time.
- Examples: A married man also has a girlfriend, a married woman also has a boyfriend, a young girl has two boyfriends, etc.
- Most sexual transmission of HIV in Zambia occurs within these types of relationships.



SEX & RELATIONSHIPS

Why might someone have more than one sexual relationship at a time?

- Each additional partner may provide financial support, favours or gifts.
- Lack of communication, love and/or sexual satisfaction in a primary relationship (e.g., a marriage) can lead people to seek it in other relationships.
- When a person finds out their partner has another regular sexual partner, he or she may want to take revenge by doing the same.
- Pressure to find a husband or wife.
- Alcohol and other drugs and herbs that either increase sexual appetite or prevent users from being able to sexually satisfy their partners.

What is the “window period”?

- The most commonly available HIV tests look for the body’s response to the virus (i.e. antibodies) and not the virus itself. This response happens only after the first few weeks or months of infection. These first few weeks or months, when commonly available tests cannot tell if a person is HIV positive, are called the “window period”.
- An HIV positive person is most infectious (or likely to pass on HIV) during the “window period”. This is because the virus is allowed to grow and spread inside the body without anything to stop it (the body’s soldiers against disease have not started working). A large amount of the virus can be found in the body of an infected person during the “window period”, and this is why about half of all new HIV infections occur during this time.
- A person newly infected with HIV could unknowingly put their partner(s) at high risk of HIV through unprotected sex (sex without a condom). This is why it is important to go for HIV counselling and testing after any unprotected sex (i.e. without a condom).
- For more information see the diagram “HIV Over Time in the Body” on pg. 67.

How does having more than one long-term (regular) sexual partner at a time put you at high risk for HIV and other STIs?

- Many people in Zambia think they are safe from HIV and other STIs by having, for example, only two or three long-term sexual partners at the same time. They trust these partners and do not use condoms with them.
- The problem is that often these “trusted” partners have other partners, who have other partners, and so on. In this way, people become connected to a large sexual network (or web) where no one uses condoms and anyone can bring HIV into the group, putting everyone at high risk.

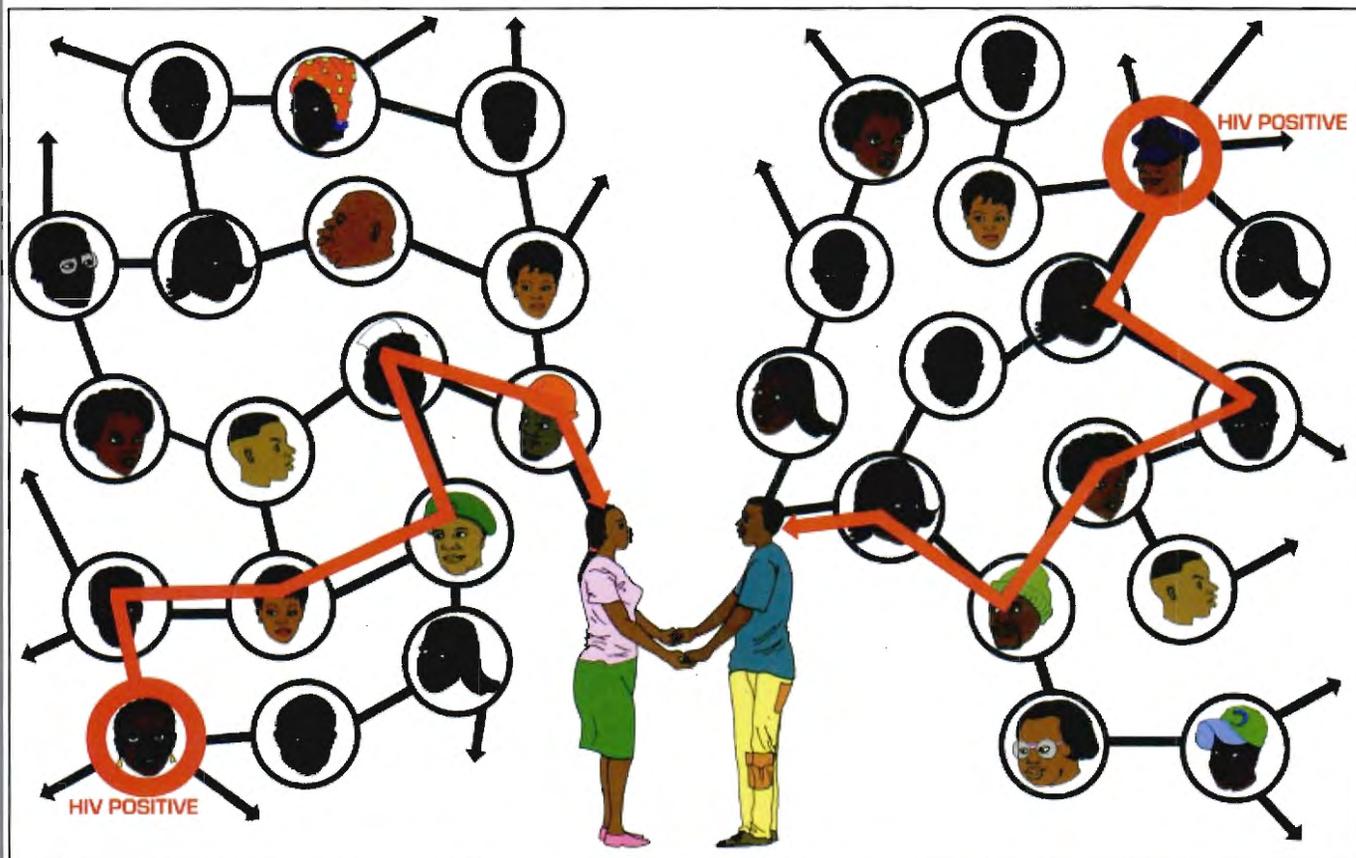
If I am sexually active, what can I do to lower my risk of being infected with HIV?

- The lowest risk is in having one regular sexual partner at a time who is HIV negative and having sex only with you.
- Even decreasing your number of regular sexual partners can greatly reduce your risk of being infected.
- You can go for HIV counseling and testing with your partner(s).
- You can protect yourself from HIV by using condoms correctly and every time you have

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sex – even with your regular partners who you trust and believe are only having sex with you.



Do you know your sexual network?

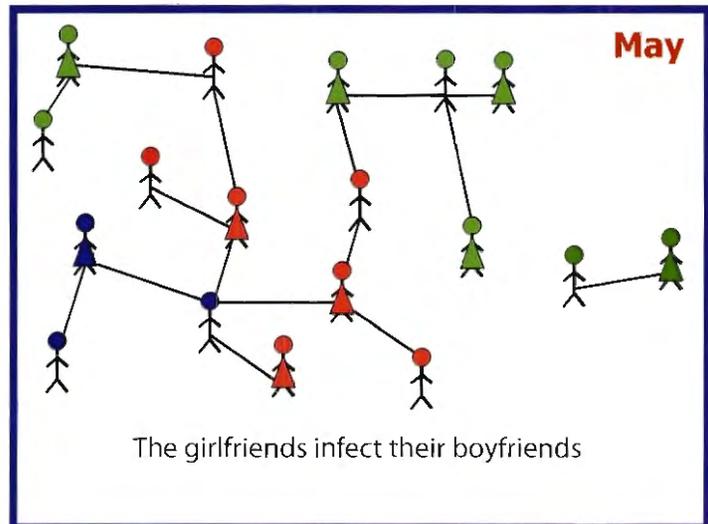
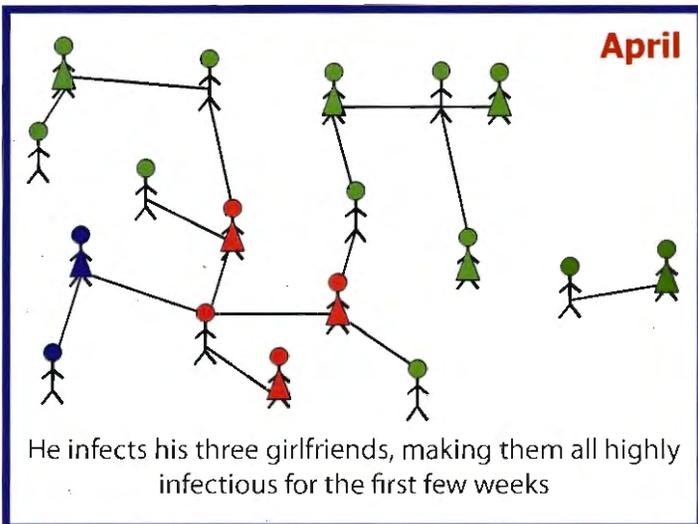
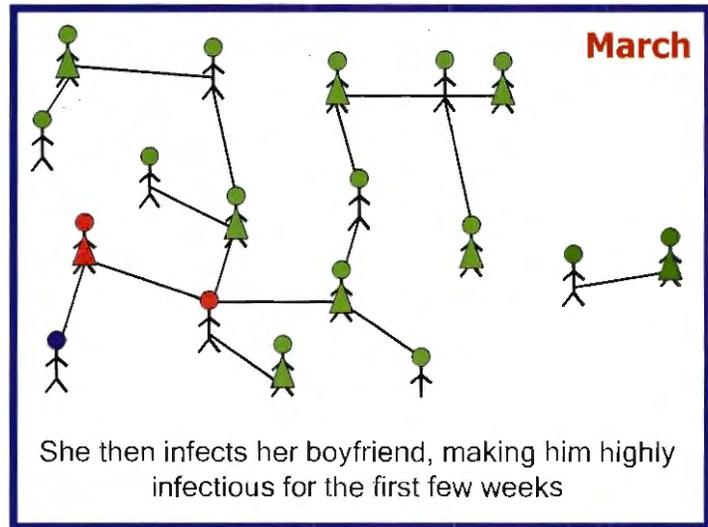
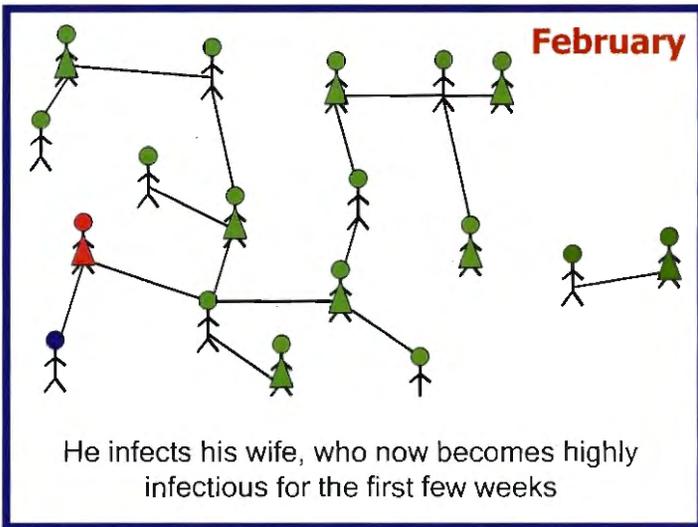
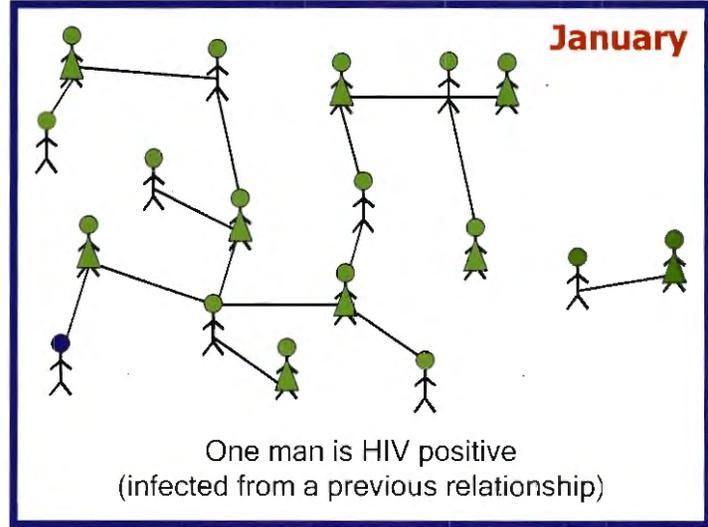
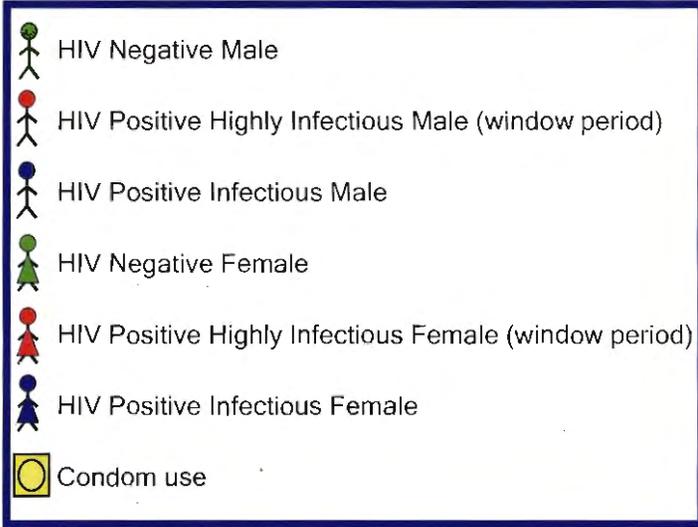


SEX & RELATIONSHIPS

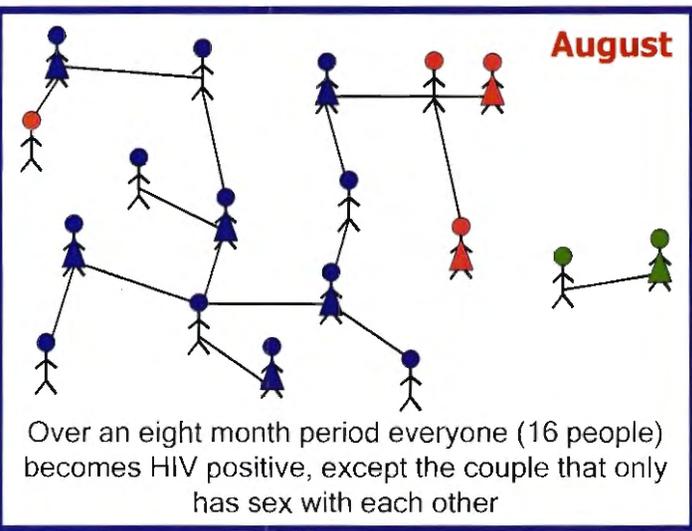
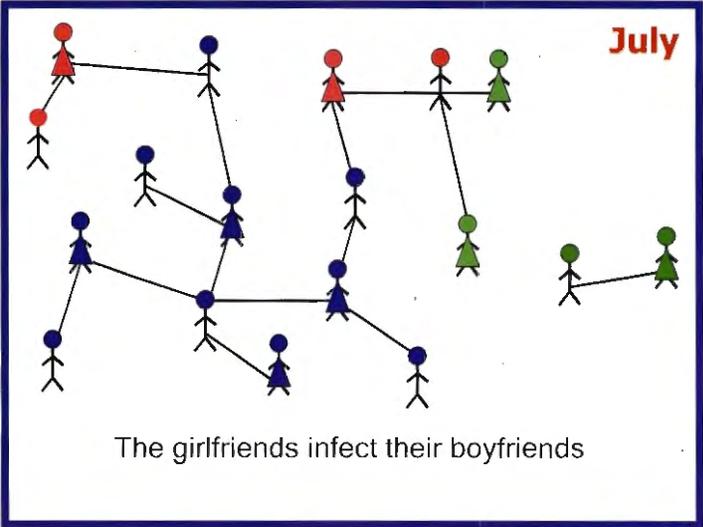
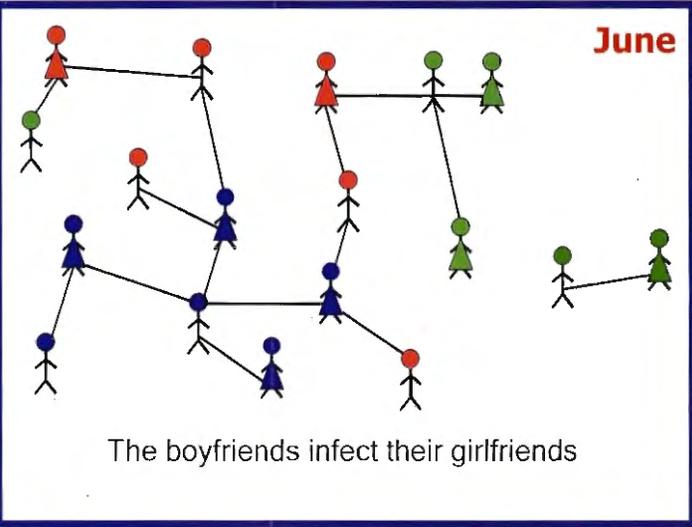
Why does HIV spread faster in sexual networks and what can be done to prevent the transmission?

CONCURRENT SEXUAL PARTNERSHIPS

Definition: Having more than one long-term sexual partner at a time.



SEX & RELATIONSHIPS





SEX & RELATIONSHIPS

SERIAL MONOGAMY

Definition: Having one long-term sexual partner at a time.

January

One man is HIV positive (infected from a previous relationship)

February

He infects his girlfriend who now becomes highly infectious for the next few weeks

March

They stay together

April

After a few months she is no longer highly infectious

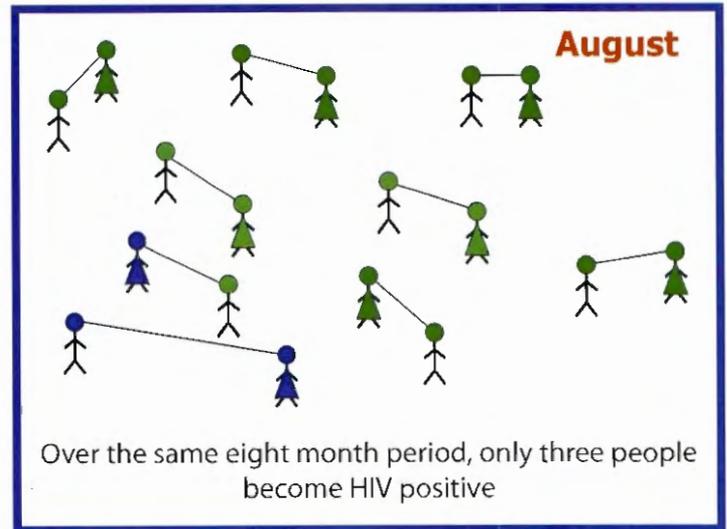
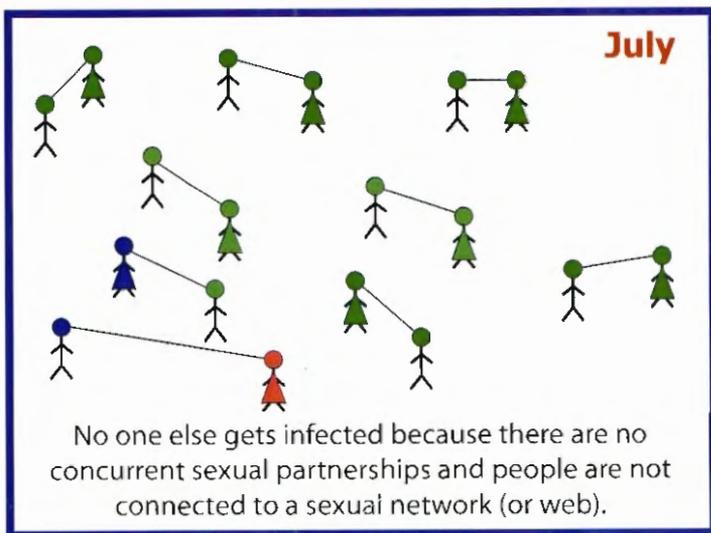
May

They break up and each finds a new partner

June

The man infects his new girlfriend but the woman does not infect her new boyfriend (she could infect him if they continue to have sex without a condom)

SEX & RELATIONSHIPS

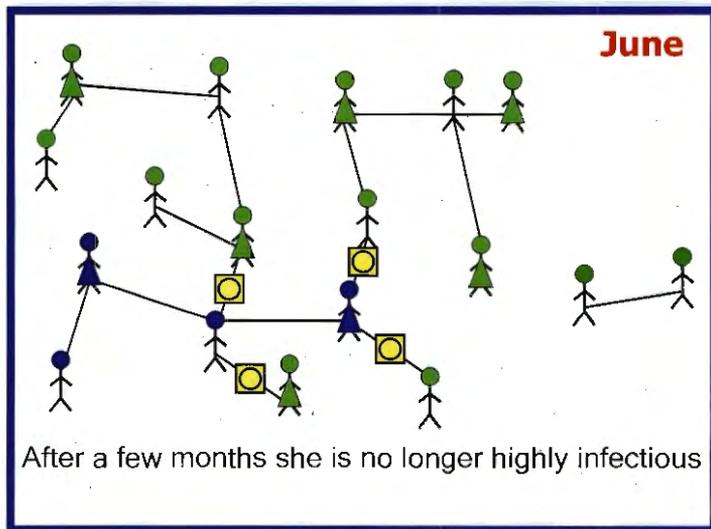
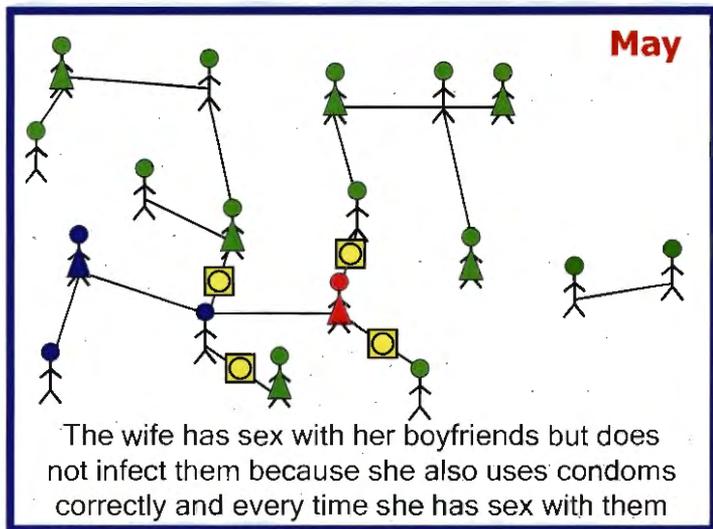
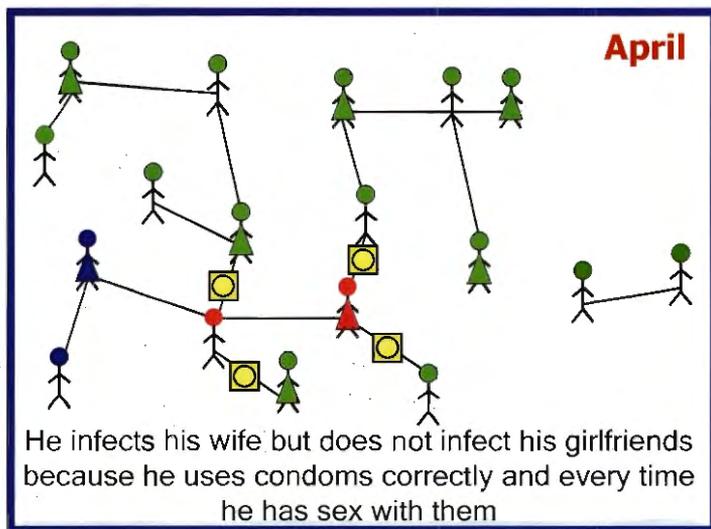
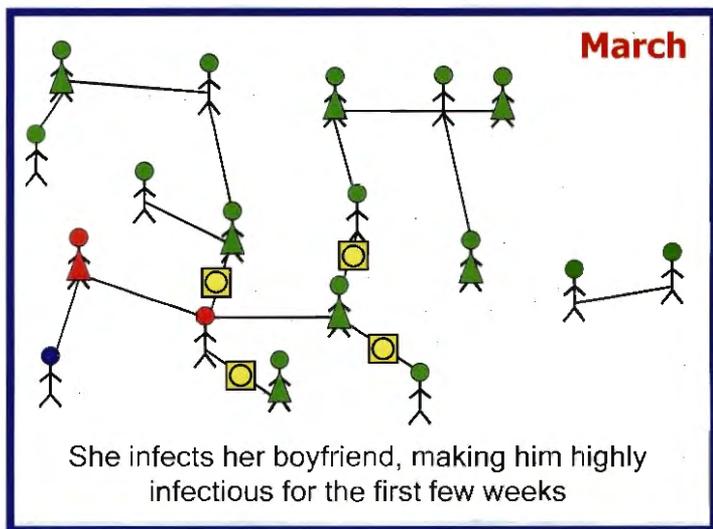
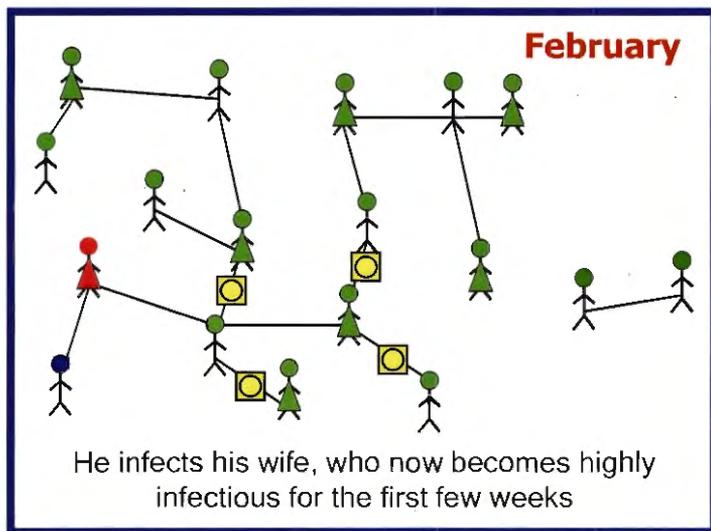
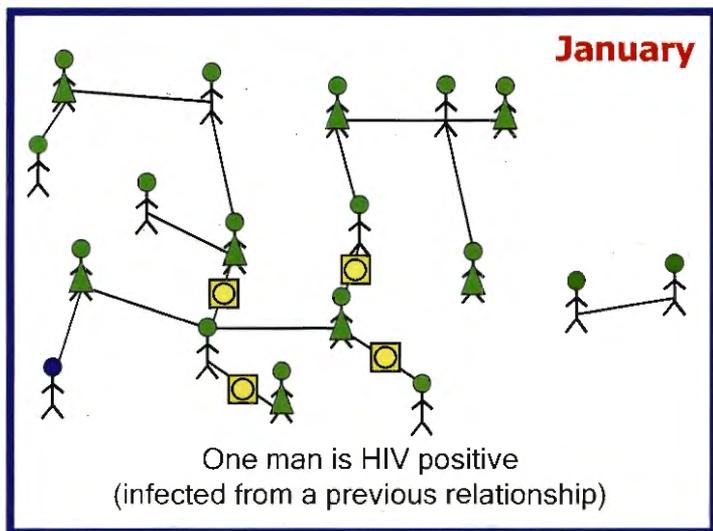




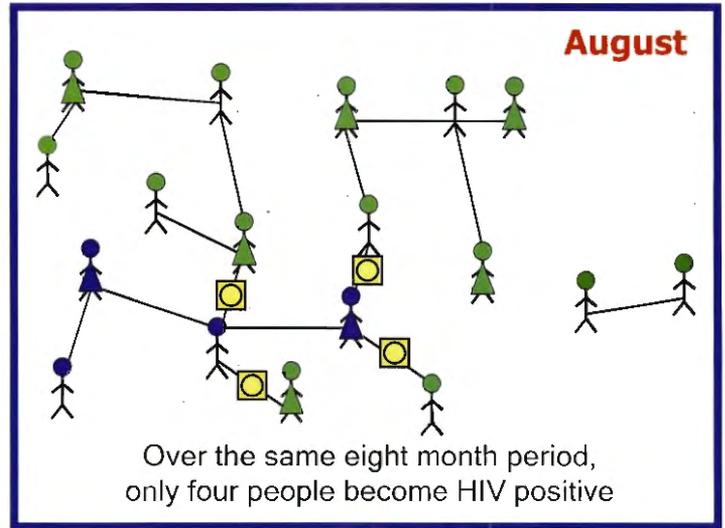
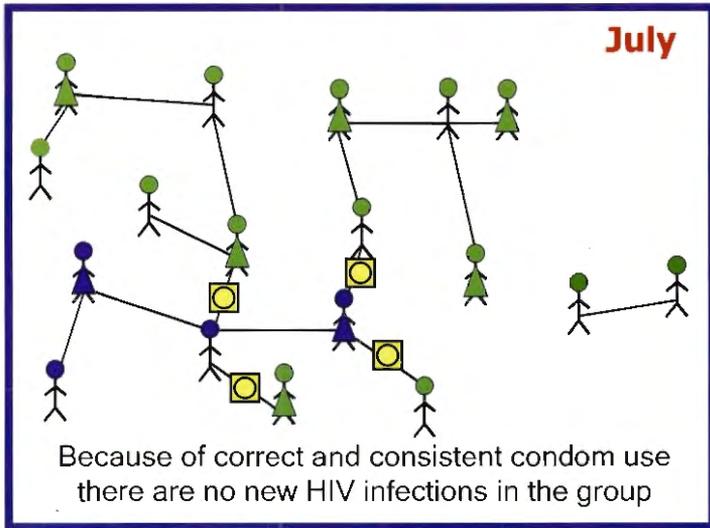
SEX & RELATIONSHIPS

CONDOM USE

Definition: Using a condom correctly and every time you have sex.



SEX & RELATIONSHIPS



CONCLUSION: HIV spreads faster through sexual networks where people have concurrent sexual partnerships (more than one long-term sexual partner at a time). The best ways to protect yourself and others from HIV is to have one partner at a time (serial monogamy) and to use condoms correctly and every time you have sex.



11 VIOLENCE

What is violence and who does it affect?

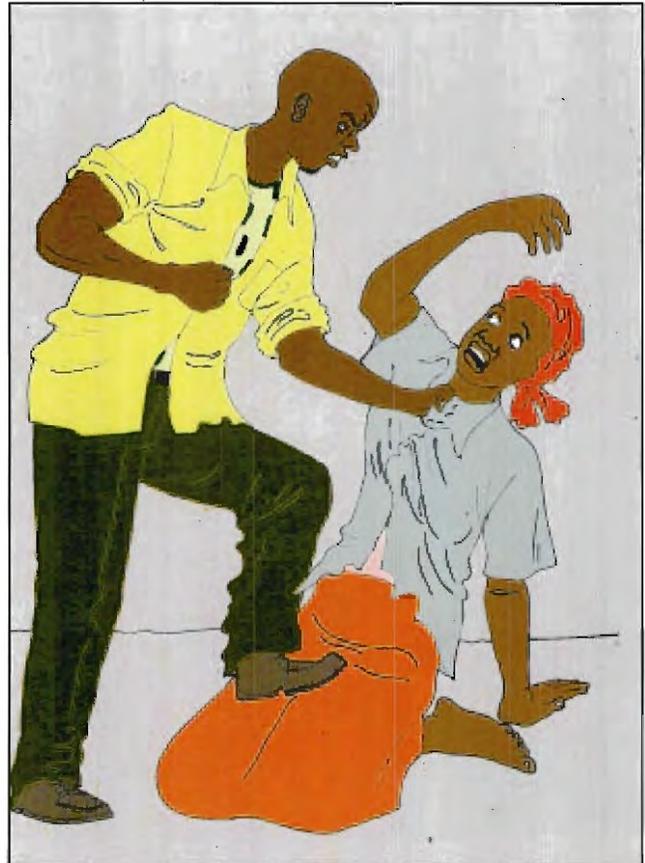
- Violence can be physical, sexual, psychological/emotional and economic.
- Physical violence: Hitting or beating.
- Sexual violence: Forcing someone to have sex – even if this person is your sexual partner. This is called rape or defilement (if the person is under age) and is a punishable offence.
- Psychological/emotional violence: Scolding, shouting, using bad language and/or saying hurtful or upsetting things.
- Economic violence: Controlling money very strictly and not giving enough money to your partner or family member and forcing them to beg. This also includes preventing someone from finishing their education or getting or keeping a job.
- Most often, it is women and girls who are the victims of violence.
- The same acts that would be punished if directed at an employer, a neighbour, a friend or stranger are often tolerated by society when men direct them at women, especially within the family. But this is wrong.

How does violence affect the health of the victim?

- Violence can harm the physical and mental health of the victim in many ways.
- It can lead to injury; pain; disability; unplanned pregnancy; HIV and other STIs; problems during pregnancy; alcohol or other drug abuse; low self-esteem and low self-confidence; depression and even death.

How is the health of the person committing the violence affected?

- Violence can also harm the physical and mental health of the person committing the violence.
- The person may feel guilty, like a failure, irritated, depressed and suffer from low self-esteem and low self-confidence.
- As with the victim, it may also cause injury, pain, disability, HIV and other STIs, alcohol or other drug abuse, depression and even death.
- An angry and violent person could suffer from high blood pressure and increased heart rate which could possibly lead to a heart attack or stroke.





How does violence against women affect relationships?

- A man cannot have a healthy relationship with a woman that he is violent with.
- Violence damages and destroys relationships because it may cause the woman to be scared of the man and prevent her from talking openly with him. She may no longer feel close to him or love him, and she may even want to leave him. When a woman does not feel safe and respect has been lost, it is difficult to have a healthy relationship.

How can I control my anger?

- Anger is a very common emotion. When you have had a life-long pattern of uncontrolled anger, it may be difficult to begin controlling it. This will require commitment, honesty, courage and inner strength on your part as well as help from others.
- Try to remain calm and not react immediately to things that upset you. Try to pause, take a deep breath, think calmly and then react.
- Try to communicate your feelings. When someone upsets you, tell them. Calmly explain to them how you feel about their words or actions and try to work it out.
- Remove yourself from the scene until you can respond without anger.
- Relax. Regularly take time to do things that you enjoy like walking, reading, watching television or listening to the radio. Sometimes worrying or feeling stress about something causes us to lash out in anger at people who have nothing to do with the problem.
- Learn to be forgiving and focus on the positive things in life.
- Talk to your health care provider and find other resources to help you.
- Your health care provider may recommend counselling.
- Do not let anger control you or affect your life and relationships.



12

TRADITIONAL BELIEFS & PRACTICES

a. Dry Sex

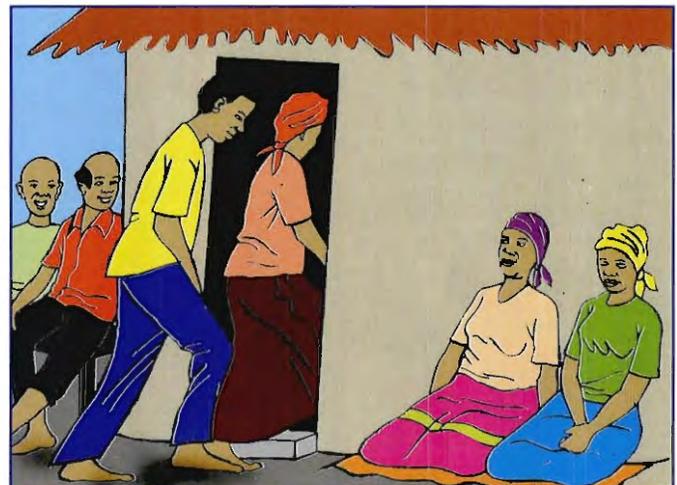
What is dry sex and why is it harmful for health?

- Dry sex is the practice of sex without lubrication (natural or otherwise). Some women insert certain herbs, household detergents, antiseptics, flagyl or dry cloths into the vagina to make it hot, tight and dry.
- While dry sex is said to enhance sexual pleasure for men, it has many harmful effects on health:
 - Can make sex very painful for women
 - Increases chances of wounds or tears inside the vagina or on the penis, which make it easier to pass on and get HIV and other STIs
 - Increases the chances that condoms will break, making it easier to pass on or get HIV and other STIs
 - Prevents the vagina from naturally cleaning itself, which reduces protection from infections
- The natural moistness of the vagina protects against all these things and helps keep both the woman and her sexual partner healthy.

b. Sexual Cleansing

What is sexual cleansing and how is it related to health?

- In some communities in Zambia, it is believed that when a man dies, his wife must have sex with one of his male relatives to rid herself of her dead husband's spirit. This is called "sexual cleansing".
- It is believed that a widow who has not been "cleansed" will cause future sexual partners to go mad or die and will bring a curse upon the village.
- In some communities it is also believed that condoms should not be used during sexual cleansing.
- Sexual cleansing could put the widow and/or the "cleanser" at risk for HIV and other STIs.
- The Government of Zambia as well as many chiefs have banned the practice of sexual cleansing.
- In response to these bans, some communities have given up the practice of sexual cleansing altogether, while others have adapted or replaced it with (symbolic) rituals that do not involve sex.





c. Wife Inheritance

What is wife inheritance and how is it related to health?

- Wife inheritance is when widows are required (even forced) to remarry within their dead husband's family or ethnic community, often to a man who already has a wife or other sexual partner(s).
- Wife inheritance is practiced for many reasons, including:
 - To provide financial security to widows who lose their husbands' income or property.
 - To ensure that the widow has one sexual partner in order to calm the spirit of her dead husband and prevent punishment being visited upon the family.
- There are many situations in which wife inheritance could increase the risk of spreading HIV and other STIs. For instance:
 - If the husband died of Acquired Immune Deficiency Syndrome (AIDS)
 - If the new husband has other sexual partners (exposing the inherited wife to possible HIV and other STIs)
 - If the widow is forced to marry someone against her will and ends up having extra marital affairs



13 PLANNING A FAMILY

a. Pregnancy

How does a woman become pregnant?

- A woman's ovaries release an egg each month. This is called ovulation.
- The egg travels through the fallopian tube towards her uterus (womb).
- When a man deposits semen in a woman's vagina during sex (without using a condom or other family planning method), the sperm travels into the womb and the fallopian tubes and joins with (fertilizes) the egg.
- The fertilized egg then attaches to the inside of the womb and the baby begins to grow.

What is menstruation?

- Each month a woman's body prepares for possible pregnancy by thickening the lining of the womb.
- When pregnancy does not occur, there is no use for this lining and it must be shed.
- The shedding of tissue and blood from the lining of the womb through the vagina each month is called menstruation (or "period").
- Only women in their reproductive years (i.e., that are able to have children) menstruate.
- Menstruation usually lasts between two to seven days.
- Girls begin to menstruate during puberty. Different girls begin menstruating at different times.
- One sign of pregnancy is that a woman will stop menstruating.
- Women also stop menstruating when they become too old to have children.

Can I make a woman pregnant from oral sex?

- No – not even if she swallows the semen. But unprotected oral sex (i.e., without a condom) puts both partners at risk for a number of STIs.

Can I make a woman pregnant by having sex standing up?

- Yes. Vaginal sex without using a condom or other family planning method, no matter what the sexual position, can result in pregnancy.

Can I make a woman pregnant by having anal sex?

- No. Pregnancy cannot occur from anal sex (inserting the penis into the anus), but because the vaginal opening and anus are very close together, there is a chance that the semen could leak into the vagina and make the woman pregnant.
- Unprotected anal sex (i.e., without a condom) also puts both partners at risk for HIV and other STIs.



Can I make a woman pregnant by having non-penetrative sex?

- All forms of non-penetrative sex (e.g., “dry humping”, where the penis does not enter the vagina but rubs against it) can put a woman at risk for pregnancy if semen leaks into the vagina.
- Any time the penis and vaginal area come into contact there is a risk of passing on HIV and other STIs.

How long does pregnancy last?

- Pregnancy lasts around nine months.

What makes a baby male or female?

- It is the man's sperm (not the woman's egg) that decides whether a baby will be male or female.

b. Decisions About Fertility

What is the first step in planning a family?

- Both partners should be tested for HIV as well as get a general physical health exam.

What fertility choices do couples face?

- Whether to:
 - Have a child now
 - Have a child later
 - Avoid pregnancy altogether

Who should be involved in planning a family?

- Both the man and the woman should discuss their family planning desires and options with each other and make the decision that is right for them as a couple, together. After the couple agrees, they can inform other family members if they wish.
- In cases where one or both partners is HIV positive or has another serious illness, it is good to discuss the risks of pregnancy with a health care provider in order to make an informed decision about pregnancy and/or family planning methods.





FAMILY HEALTH

What are the benefits of family planning?

- Family planning improves the health and lives of all people, especially women and children, but also men.
- It gives a mother's body time to recover between births, allowing her to be stronger, healthier and less tired.
- Babies can breastfeed longer, which helps them be stronger and healthier.
- It removes the fear of having an unplanned pregnancy.
- Parents can give more attention to each child.
- There is more space in the house for everyone.
- Smaller families mean more and better quality food, clothes and education for everyone.
- Children will be more likely to go to school longer, improving their chances of getting well paying jobs.
- Husbands and wives can have more time for each other.
- Girls under 18 years old are at greater risk of having complicated pregnancies and/or deliveries because their bodies are not yet fully developed. Family planning can reduce these risks.
- Women over 35 years old are at a greater risk of having babies with severe problems. Family planning can reduce this risk.
- Condoms and abstinence not only prevent unwanted pregnancy, but also prevent HIV and other STIs.

c. Double Protection

What is double protection?

- Double protection means preventing pregnancy and protecting against HIV and other STIs.
- You can achieve double protection by using a hormonal contraceptive (e.g., IUD, Jadelle, family planning pill, etc.) with a male or female condom.

Which are the most effective methods to prevent pregnancy and and protect against HIV and other STIs?

- Abstinence and condoms.

Which family planning methods prevent pregnancy only but can safely be used with condoms for double protection?

- Depo Provera, family planning pill, Jadelle, IUD, breastfeeding, vasectomy and female sterilization prevent pregnancy only. If a couple chooses one of these methods, they must also use condoms for double protection.



d. Family Planning Methods

Abstinence (avoiding sex altogether):

- This is not something married couples often choose to do.
- If you choose to avoid sex altogether, you must both agree to this and support each other to live with this choice.



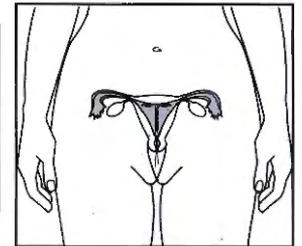
Condoms:

- There are two kinds of condoms (which are not to be used at the same time):
- Male condom: A very thin rubber or plastic sheath that covers the erect penis. Male condoms may vary in size, colour, texture as well as smell and flavour.
- Female condom: A very thin and loose plastic pouch that lines the inside of the vagina.
- A new condom must be used correctly and every time you have sex to avoid pregnancy and STIs.



Intrauterine Device (IUD):

- A small plastic and copper device put in a woman's womb to prevent pregnancy for up to 10 years.
- The IUD can be removed whenever the couple wants to have a baby. The woman can become pregnant as soon as it is removed.



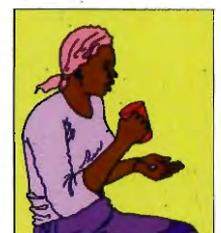
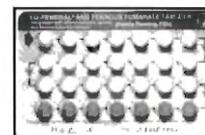
Jadelle or Norplant:

- Two small, thin and flexible rods inserted into a woman's upper arm to prevent pregnancy for up to five years.
- The Jadelle rods can be removed whenever the couple wants to have a baby. The woman can become pregnant as soon as they are removed.



Family Planning (Oral) Pill:

- A pill that must be taken by a woman every day.
- A missed pill must be taken as soon as possible.
- If a couple wishes to have a baby, the woman can become pregnant as soon as she stops taking the pill.



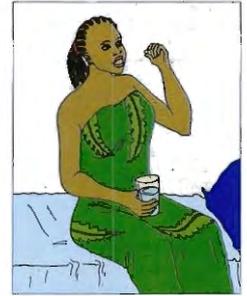
Temporary (Reversible) Methods



FAMILY HEALTH

Emergency Contraception (EC):

- A form of birth control that a woman can use to prevent pregnancy up to five days (120 hours) after unprotected sex (i.e., without a condom).
- The sooner EC is started, the better the woman's chances of avoiding pregnancy.
- Sometimes called the "morning after pill", but this name is confusing because there is usually more than one pill and a woman can start taking them up to five days after unprotected sex (i.e., without a condom).



Injectable Depo Provera:

- An injection given to a woman that prevents pregnancy for three months.
- A new injection must be given every three months.
- If a couple wishes to have a baby, the woman can become pregnant around seven months after receiving her last injection.
- Depo Provera is a safe family planning method that is used by millions of women all over the world.



Breastfeeding (Lactational Amenorrhoea Method [LAM]):

- Regular breastfeeding prevents a woman's body from producing eggs (i.e., ovulation does not occur), so she is unable to become pregnant.
- Three things are necessary for breastfeeding to successfully delay pregnancy:
 - The mother must feed the baby nothing but breastmilk. If the mother decides to give the baby small amounts of other food in addition to breastmilk, she must continue to breastfeed regularly, without allowing long periods in between (either during the day or at night).
 - The baby must be less than six months old.
 - The mother's period (menses) cannot have returned.

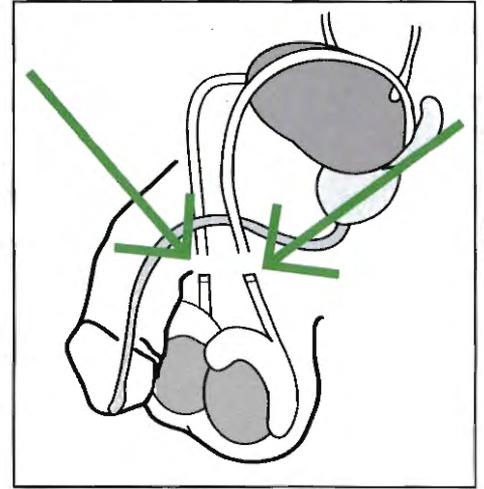


While breastmilk is the best food for a baby, an HIV positive woman risks passing HIV to her child through breastmilk. There is no right or wrong answer for whether an HIV positive mother should breastfeed her child or not. An HIV positive mother and her partner must make this decision together after discussing their options with a health care provider.



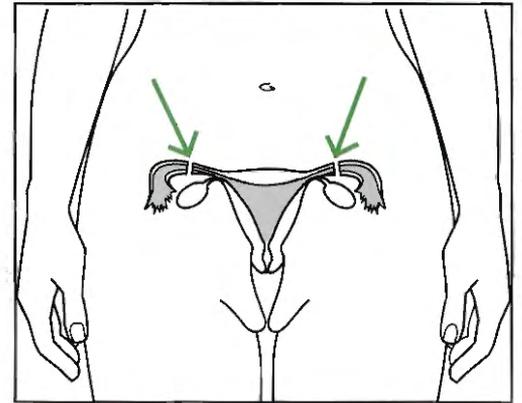
Vasectomy:

- Simple and effective surgery for men that keeps sperm out of semen by closing the vas deferens (tubes that carry sperm).
- Safe for many men with HIV, but, like any surgery, a man who is HIV positive and sick or has developed AIDS needs to be healthy before he has a vasectomy.
- Vasectomy is not immediately effective. It usually takes three months to be effective and should be confirmed by a sperm count which can be done at a hospital. You must continue to use another family planning method in order to avoid pregnancy during this time.



Female Sterilization (Tubal Ligation):

- Effective surgery for women.
- Safe for many women with HIV, but, like any surgery, a woman who is HIV positive and sick or has developed AIDS needs to be healthy before she goes through sterilization.



Permanent Methods (Not Easily Reversible)

Which family planning methods can people living with HIV and AIDS safely use to delay or avoid pregnancy altogether – even if they are taking Antiretroviral (ARV) medicines?

- People living with HIV and AIDS can safely use the following family planning methods to delay or avoid pregnancy altogether, even if they are taking ARV medicines: abstinence, condoms, injectable Depo Provera, family planning (oral) pill, Jadelle and IUD. They should check with a health care provider before going for vasectomy or female sterilization.
- An HIV positive woman and her partner should discuss the risks and benefits to their baby with a health care provider before deciding whether to use breastfeeding to delay pregnancy.
- None of the recommended methods reduce the effectiveness of ARV medicines or put any additional burden on the bodies of people living with HIV and AIDS. Instead, they help people living with HIV and AIDS live healthy lives in which they are in control of their own fertility.



e. Using the Male Condom

How do I use the male condom?

- Although the male condom may seem easy to use, incorrect use is common and a major reason why condoms may fail to provide protection against unwanted pregnancies and STIs.

Remember:

- Do not use grease, oils, lotion or petroleum jelly (e.g., Vaseline) to make the condom slippery. These substances can make the condom break. Most condoms already have a lubricant that should be adequate. If additional lubrication is required, use only cream or jelly that does not have oil in it (i.e., a lubricant that is water-based).
- Use a new condom each time you have sex.
- Only use a condom once.
- Store condoms in a cool, dry place.
- Do not use condoms that may be old or damaged. (Check the expiry date on the packet. If the condom has expired, do not use it.)

Do not use condom if:

- The package is broken.
- The condom is easily broken or dried out.
- The colour is uneven or has changed.
- The condom is unusually sticky.
- The expiration date printed on the condom package has passed.

f. Infertility

What is infertility?

- Infertility is when a couple cannot have a child either because they are unable to get pregnant or because the woman is unable to carry the pregnancy.
- Infertility can be due to problems in either the man or the woman or both.
- Even men and women who are able to perform sexually may be infertile.

When should a couple be worried about their fertility?

- When they have had one year of regular sex (at least twice a week) without using any family planning method but have not gotten pregnant, or, when a woman has been unable to have a pregnancy that resulted in a live birth.

When is a man considered infertile?

- A man is considered infertile when his body cannot produce sperm at all, or when his body cannot produce enough sperm to make a woman pregnant. A man is also considered infertile when his sperm is not normal in shape or movement or when it dies

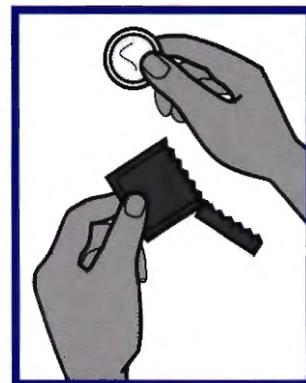


HOW TO USE A MALE CONDOM

BEFORE SEX:

1

Carefully open the package so the condom does not tear. Do not use teeth, long nails or a sharp object to open the package because this may rip the condom. Do not unroll the condom before putting it on.



2

Put the condom on once the penis is fully erect (or hard) and before it touches the private parts (vagina) of the woman. If you are not circumcised, pull back the foreskin before putting on the condom. Put the condom on the end of the hard penis with the roll-up ring on the outside, i.e., facing away from the penis. (Note: If the condom is first placed on the penis backwards, do not turn it around. Throw it away and start with a new one.)



3

Pinch the tip of the condom to squeeze out air, roll on the condom until it reaches the base of the penis.



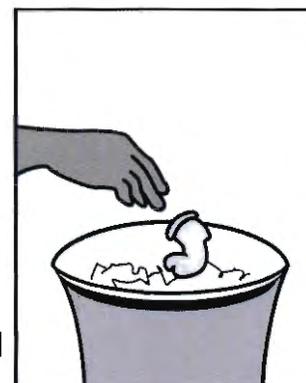
4

Check to make sure there is space at the tip and that the condom is not broken. With the condom on, insert the penis into the vagina for sex. (Keep the condom on until you are done having sex.)

AFTER SEX:

5

Right after ejaculation, pull the penis out slowly while it is still hard. Hold the condom in place on the penis to avoid spilling semen. While holding the tip, roll the condom up only a portion of the way and then gently pull it off of the penis taking care not to spill any semen. Dispose of the used condom properly. If possible, wrap it in something like a paper towel or tissue and dispose of it in a trash container or pit latrine. Do not flush it down the toilet as this may clog sewer lines. Do not throw it on the ground as it may be dangerous for little children and unhygienic.





FAMILY HEALTH

before reaching the egg created by the woman's body.

What causes infertility in men?

- There are many possible causes of infertility in men. The problems can occur during childhood or later in life.

Childhood factors that could cause infertility:

- Abnormalities of the testes – e.g., where the testes fail to develop normally or fail to locate themselves in the scrotum. It is important that all newborn male children are examined at birth for this problem, because it can be corrected by surgery.
- Injury to the testes – e.g., when the testes may twist in early childhood resulting in damage. Early admission to the hospital and a surgery may be necessary.
- Other causes include abnormalities in the chemicals that help in the development of the testes (hormones) and diseases in early childhood (such as mumps).

Adult factors that could cause infertility:

- Jobs that may expose a man to harmful chemicals and substances such as x-ray radiation, chemical processing factories, etc.
- Habits such as smoking or drinking alcohol may damage the testes or liver.
- Where a person lives – e.g., some areas may have a lot of air and water pollutants that may damage the normal function of the testes.
- Diseases such as Tuberculosis (TB), HIV and other STIs (e.g., gonorrhoea).
- Varicose veins (large blood vessels on the testes that increase the temperature of the testes) can reduce sperm production. This problem can be corrected by surgery.

How can I know for sure if I am infertile?

- Sperm and blood can be tested at certain health facilities to determine whether a man is infertile or not.
- You cannot tell by looking at or touching a man's semen whether he is infertile.

How is infertility in men treated?

- There are different treatments for infertility, depending on what the problem is.
- The first step may be treating underlying disease and staying away from things that might lower sperm count.
- If this does not work, there are medicines which may help to treat infertility.
- Sometimes infertility cannot be treated.

How can I prevent infertility?

- Most types of infertility cannot be prevented.
- You can do the following to reduce chances of experiencing infertility problems:
 - Give up drugs
 - Give up drinking too much alcohol
 - Give up smoking



- Protect testicles from injury
- If you are overweight, lose weight
- Avoid contact with harmful or poisonous substances in the air or water
- Limit sexual partners and use condoms to prevent STIs
- If you think you have an STI, get treatment as soon as possible
- Keep testicles cool by wearing loose underwear
- Do things that relax your body and mind (avoid using alcohol to relax)



14

BEING A GOOD PARTNER & FATHER

a. Prevention of Mother to Child Transmission of HIV

What are the risks to the health of the mother and the child when an HIV positive woman has a baby?

- It is possible for a woman living with HIV to infect her baby with HIV during pregnancy, childbirth or breastfeeding.
- When a woman is HIV positive, there is a small increased chance of a stillbirth (baby is not alive when born), premature birth or low birth weight.
- If the woman is sick at the time of becoming pregnant, a pregnancy can make her even sicker, but if she is well, there is no evidence that the pregnancy will harm her health.

If my partner is HIV positive and we want to have a baby, what can we do to lower the risks to her and the baby's health?

- Ask a doctor whether her body is strong enough to carry a pregnancy.
- Make sure the doctor understands you wish to have a child, as some ARV medicines are not good for pregnant women.
- If the doctor recommends she take ARV medicines:
 - Use a family planning method to delay pregnancy for at least six months to let the medicines work and make her well again. The medicines will only work if she gets used to taking them every day.
 - Enrol her in a Prevention of Mother to Child Transmission (PMTCT) program and follow all the steps.

b. Caring for a Pregnant Woman

What should I do to show support for my pregnant partner?

- Go with her to the health facility for antenatal care.
- Make sure she has food to take with her to the check-ups – when women go for antenatal care, they take medicine to prevent malaria which should be taken with food to prevent side effects.
- Help her in performing household chores, especially those that require heavy lifting, like carrying water and firewood, or that are very tiring, like weeding.
- Encourage her to eat a lot of protein like beans and groundnuts and vegetables like rape and pumpkin leaves.
- Make sure she has transport to the health facility when labour starts. If you live very far from the health facility,





arrange for her to go before labour starts.

Why is it important for me to support my pregnant partner in going for antenatal care?

- When a pregnant woman goes to the health facility, she receives a lot of important information about how to care for herself and the baby, as well as medicine and vitamins to keep them both healthy.
- When a woman goes for antenatal care, she is examined by the health care provider and any problems in the pregnancy can be identified early, preventing damage to the health of the mother and baby.



When do pregnant women need to go to the health facility and what kind of services should they receive?

Visit #	Timing	Prevention of Malaria (Intermittent Presumptive Treatment [IPT])	Vitamins and De-Worming
1	16 weeks (by the end of 4 months)	<ul style="list-style-type: none"> ✓ 3 tablets of Fansidar ✓ Insecticide-treated mosquito net 	<ul style="list-style-type: none"> ✓ Iron ✓ Folic Acid ✓ De-worming
2	24 to 28 weeks (6 to 7 months)	<ul style="list-style-type: none"> ✓ 3 tablets of Fansidar 	<ul style="list-style-type: none"> ✓ Iron ✓ Folic Acid
3	32 weeks (8 months)	<ul style="list-style-type: none"> ✓ 3 tablets of Fansidar 	<ul style="list-style-type: none"> ✓ Iron ✓ Folic Acid
4	36 weeks (9 months)	<ul style="list-style-type: none"> ✓ If the woman has taken <u>2 or less doses</u>, 3 tablets of Fansidar 	<ul style="list-style-type: none"> ✓ Iron ✓ Folic Acid

What are the danger signs during pregnancy?

- A woman experiencing any of the following danger signs should be taken to a health facility immediately:
 - Vaginal Bleeding
 - Foul smelling or yellow, green or brown discharge from vagina
 - Severe headaches
 - Fits or fainting
 - High fever (body hotness)



FAMILY HEALTH

- o Shivering (chills)
- o Diarrhoea
- o Body pains
- o Dizziness
- o Feeling very tired or looking pale
- o Swelling of hands, feet or face
- o Baby is not moving or moving less (after 18 weeks)

Why is malaria more dangerous for pregnant women?

- When a woman is pregnant, her body is working hard to grow a baby, this makes it harder for her body to fight malaria and easier for her to get malaria than other adults.
- A pregnant woman can also become very ill. She or the baby she is carrying could die if the malaria is not treated quickly.

What happens when a pregnant woman gets malaria?

- Mother could die (malaria causes up to 20 percent of maternal deaths in Zambia)
- Weak blood
- Miscarriage
- Early birth
- Low birth weight
- Giving birth to a baby that has malaria
- Giving birth to a baby that has already died

Why do pregnant women need to take pills called Fansidar to cure or prevent malaria?

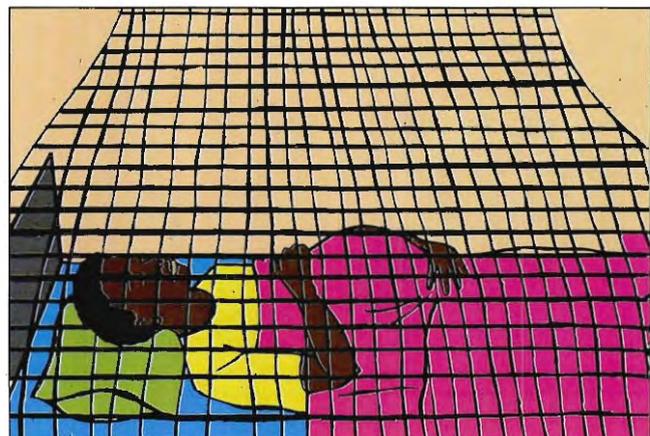
- Pregnant women may be infected with malaria but not have any signs or symptoms.
- By taking Fansidar, pregnant women can help protect themselves and their babies from serious complications. This is called IPT.

Does taking Fansidar while you are pregnant cause you or your baby to get sick?

- No!

What can I do to prevent my pregnant partner from getting malaria during pregnancy?

- Encourage her to sleep under an Insecticide-Treated Net (ITN) every night.
- Make sure she goes for antenatal care and receives Fansidar according to the above schedule.
- Have your house included in Indoor Residual Spraying (IRS), if this is offered where you live.



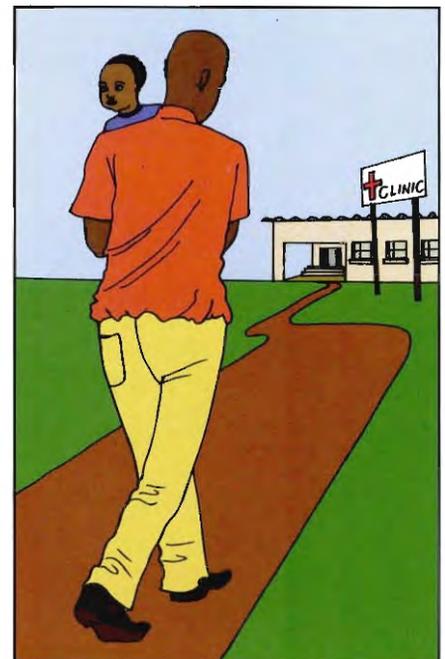


- Encourage your pregnant partner to cover her arms and legs with clothing in the evening, night and morning while not under an ITN.
- Use mosquito repellents like sprays, coils, burning mango leaves, etc. to chase away mosquitoes.
- Get rid of standing water (where mosquitoes breed) in and around your house.
- See “Malaria” on pg. 77 for more information.

c. Caring for Newborn & Child Under Five

How do I know if my newborn baby is sick?

- If you observe any of the following danger signs in a newborn, take him or her to a health facility immediately:
 - Sunken soft spot on top of the head
 - Pus from the ear or very painful ear
 - Difficulty breathing or not breathing
 - Yellowness of skin or eyes
 - Fever (body hotness)
 - Dry mouth, unable to breastfeed or drink
 - Vomiting
 - Not active
 - Stiff neck or body
 - Constipation
 - Blood or mucus in stool or diarrhoea for more than three days
 - Passing very little urine
 - Red swollen eyes, or sunken eyes and no tears when crying
 - Redness, pus, or blood from the cord stump



When should my baby first visit a health facility?

- The first health facility visit should be anytime from birth to 13 days.
- At this visit your child will be weighed, given two vaccinations, and will receive an *Under 5 Card* or *Children's Clinic Card (CCC)* and birth certificate.

What are vaccinations?

- Vaccinations are a way of protecting children from many childhood diseases that are very serious and common.
- Some of these diseases can lead to disability or death.
- Vaccinations are also called immunisations.



FAMILY HEALTH

What do vaccinations do?

- Vaccinations teach a child's body how to fight off certain diseases.
- They make the immune system (body's army against disease) stronger and more prepared to fight certain diseases.

Are vaccinations safe?

- Vaccinations are safe as long as the needle used is new or well-cleaned in boiling water.
- Some children may get a mild fever (body hotness) after the vaccination.
- Sometimes there is a little swelling or soreness where the injection is given for a day or two.

How are vaccinations given?

- Vaccinations are given as drops into the mouth or injections into the arm or thigh.

When should vaccinations be given?

- See the following chart for when vaccination should be given.
- If your child has not received the vaccinations at the recommended time, ask a health care provider to advise you on when to bring your child for the needed vaccinations to get him or her protected against dangerous diseases.





Vaccination Chart

✓	Age	What is needed	Protects against
	At birth to 13 days 	Bacillus Calmette-Guérin (BCG) 	TB
		Oral Polio Vaccination (OPV)/ OPV zero 	Polio
	6 weeks 	OPV (1) 	Polio
		DPT-HepB-Hib1 	Diphtheria, whooping cough, tetanus, hepatitis B, haemophilus influenza type B
	10 weeks 	OPV (2) 	Polio
		DPT-HepB-Hib2 	Diphtheria, whooping cough, tetanus, hepatitis B, haemophilus influenza type B
	14 weeks 	OPV (3) 	Polio
		DPT-HepB-Hib 3 	Diphtheria, whooping cough, tetanus, hepatitis B, haemophilus influenza type B
	6 months 	Vitamin A (every 6 months up to 5 years) 	Eye disease and other illnesses
	9 months 	Measles 	Measles
		OPV (4) only if birth dose was missed 	Polio
	12 months up to 5 years  	Deworming (every 6 months up to 5 years) 	Worms
		Vitamin A (every 6 months up to 5 years) 	Eye disease and other illnesses

Picture key

					
Scale (babies)	Scale (older children)	Polio drop	Vitamin A pill	Deworming tablet	Injection



FAMILY HEALTH

Why is diarrhoea dangerous to my child's health?

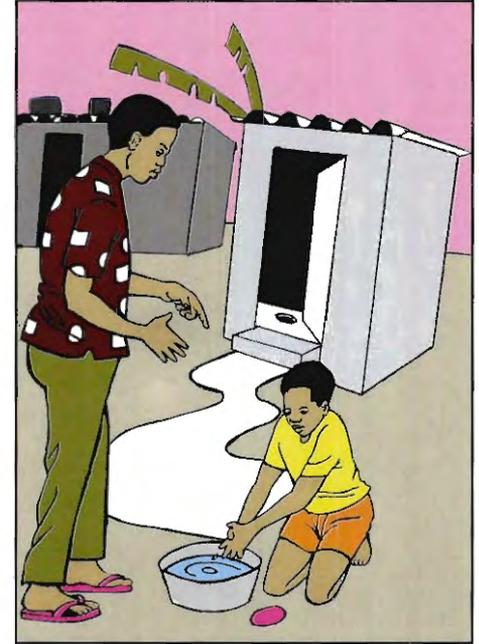
- Diarrhoea is one of the most common illnesses in Zambia.
- Children under five years can die from the loss of fluid when they have diarrhoea.

What are the signs and symptoms of diarrhoea?

- Loose watery stool three or more times in one day.

What causes diarrhoea?

- Germs in food or water from:
 - Unwashed hands
 - Using dirty utensils, cups, plates, bottles, etc.
 - Drinking dirty water
 - Eating unwashed fruits or vegetables
 - Flies on food we eat
 - Worms
 - Foods that do not suit us



What should I do if my child gets diarrhoea?

- Encourage the mother to continue breastfeeding the child.
- Give the child lots of fluids (Oral Rehydration Salts [ORS], clean drinking water, soup, rice water, juice, etc.).
- For children six months or older, give light porridge, banana, bread and other light foods.
- Do not stop feeding! Children need more food when they are sick.

When should I take a child with diarrhoea to a health facility?

- There is blood or mucous in the stool
- Eyes or soft spot on the head look sunken or dull
- Child will not breastfeed, eat or drink
- Child becomes weak
- Child's mouth is dry
- Child is crying without tears
- Child is passing little or no urine
- Child does not get better in three days
- Child is vomiting again and again
- Child has a fever (body hotness)

What do worms do?

- Worms are very common. They:
 - Eat the food that children need to grow, causing malnutrition
 - Suck blood causing weak blood



- o Block a child's intestine causing illness and inability to pass faeces/stools
- o In extreme cases, they may lead to death

How do I know if my child has worms?

- It is difficult to look at a child and know if he or she has worms inside the body.
- Regular growth monitoring at home and at a health facility is one way that parents and health workers can find out if a child has worms.
- If your child has any of these signs, take him or her to the nearest health facility:
 - o Weight loss or failure to grow
 - o White fingernails, pale gums and/or pale palms due to weak blood
 - o A big stomach that sticks out

What do I do if my child has worms?

- Take your child to the nearest health facility to receive deworming medicine.
- It is recommended that starting at 12 months old, every child be given deworming medicine every six months up to the age of five years.

What are some ways to protect my child from getting diarrhoea and worms?

- Wash your hands and your child's hands with soap or ash and water before eating or handling food, after breastfeeding and after going to the toilet every time.
- Use a toilet or pit latrine or bury faeces/stools.
- Add chlorine to drinking water or boil water for five-10 minutes before drinking.
- Encourage the mother to exclusively breastfeed babies from birth up to six months.
- Wash all fruit and vegetables with clean water before eating.
- Make sure food is cooked well and eat while it is still warm.
- Make sure to keep food in covered pots or containers and re-heat very well before eating.
- Make sure to keep water in clean covered containers.
- Get your children all of their vaccinations.

What should I do if my child has a fever (body hotness)?

- Take your child to the nearest health facility immediately for tests and treatment.

What are the symptoms of malaria in children?

- Take a child with any of the following symptoms to a health facility immediately:
 - o Fever (body hotness)
 - o Feeling hot and then cold (chills)
 - o High fever
 - o Vomiting
 - o Headache
 - o Loose stools
 - o Muscle pain
 - o Sweating



FAMILY HEALTH

Why is malaria more dangerous for children under five years?

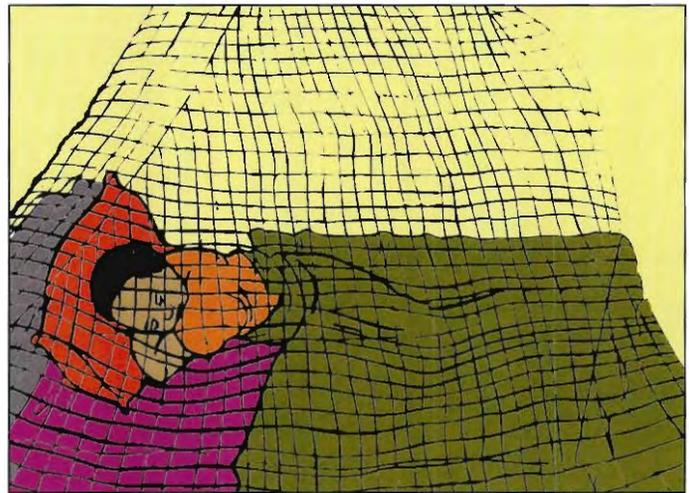
- Children under five years can die or have serious complications from malaria because they are not yet as strong as adults.

After returning from the health facility, what can I do at home to care for a child with malaria or other infections?

- Make sure the child takes all the medicine on time (it is very important to complete all the medicine even if your child feels well).
- Keep your child cool by taking off extra clothing and sponging with lukewarm water.
- Encourage the mother to continue breastfeeding or feeding as tolerated.
- Give your child cool drinks and encourage him or her to drink lots of fluids.

What can I do to prevent my child from getting malaria?

- Have him or her sleep under an ITN every night.
- Have your house included in IRS, if this is offered where you live.
- Have him or her cover arms and legs with clothing in the evening, night and morning while not under an ITN.
- Use mosquito repellents like sprays, coils, burning mango leaves, etc. to chase away mosquitoes.
- Get rid of standing water (where mosquitoes breed) in and around your house.
- See "Malaria": on pg. 77 for more information.



d. Male Circumcision for Newborns & Minors

When can someone be circumcised?

- At any age – from just after birth until adulthood.
- The surgery is simpler and healing is generally faster and less complicated when it is done on newborns.

What are the benefits of male circumcision for newborns and children?

- Protects from Urinary Tract Infections (UTIs, e.g., bladder and kidney infections).
- Improves penile hygiene by decreasing bad bacteria (germs) on the penis.
- Removes the risk of problems with the foreskin, e.g., tight painful foreskin or foreskin that is pulled back causing swelling of the penis.
- Decreases a man's risk of becoming infected with HIV and other STIs later in life.
- Decreases a man's risk of becoming infected with Human Papilloma Virus (HPV) and



passing it on to other women later in life. HPV causes cervical cancer in women and is a leading cause of death among women in Zambia.

- May be easier to use a condom later in life.
- Lowers the risk of penile cancer.
- The surgery is simpler, there is lower risk of infection, and the healing is faster when male circumcision is done on newborns and children.

What are the risks of male circumcision for newborns and children?

- Newborn and child circumcision is a very safe procedure and problems are rare.
- When a trained health provider performs the surgery, there is a very low risk of bleeding and infection.
- The procedure may be painful, but the health provider will give a medicine so the child feels less pain.

What is a father's (or guardian's) role in deciding whether or not his son (or ward) is circumcised?

- If your child is not old enough to provide consent for male circumcision, you (or the child's mother or female guardian) must provide consent on his behalf.
- You must understand the benefits and risks of male circumcision and then decide whether or not to have your son (or ward) circumcised.
- If he is old enough to understand, you should explain the benefits and risks, as well as what the procedure entails, clearly to your son (or ward). If he is old enough, his opinion should be considered in making the decision about whether or not he is circumcised.

e. Preventing Early Marriage

What is early marriage?

- Decisions about whom and when to marry are some of the most important decisions in a person's life. These decisions affect physical as well as mental health and wellbeing. It is important that a person is married according to his or her wishes and desires and is not forced to marry someone that is chosen by friends, family or the community.
- According to civil law in Zambia, the legal age for marriage is 21 years for both men and women, which means that anyone younger than 21 years is not considered old enough to make such an important decision. This does not mean, however, that friends, family or the community have the right to make these decisions on behalf of people younger (or older) than 21 years.
- The legal marriage age is designed to protect the rights of children until they are old enough to make this important decision for themselves.
- Child marriage is illegal according to civil law in Zambia and is punishable by law.
- Despite these laws, many Zambians, especially girls, are married at ages well below 21 years (sometimes as young as 12 or 13 years).



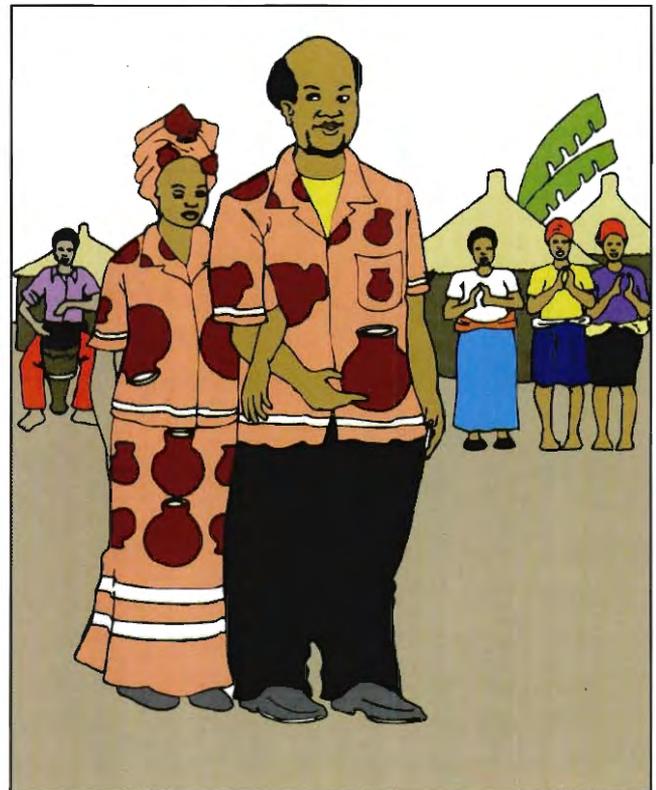
FAMILY HEALTH

Why are girls married early?

- Girls are married at a young age for many reasons, including:
 - It is too expensive to keep them in school
 - To protect them from bad influences
 - Because they get pregnant
 - Traditional or cultural practices
 - Family needs money in the form of bride price (“lobola”)

How does early marriage harm the health and wellbeing of girls and what is the role of a responsible father?

- Young (especially adolescent) mothers are more likely to have problems during pregnancy which could lead to the death of the mother, the child or both because the girl’s body is not yet ready to carry a pregnancy.
- Early marriage could also put a girl at increased risk of HIV and other STIs. Sex within marriage tends to be unprotected (i.e., without condoms). Older husbands are likely to have been sexually active before marriage and, therefore, more likely to be infected with HIV or other STIs (research in Zambia shows that HIV infection rates among married girls tend to be much higher than those among sexually active unmarried girls).
- Girls who are married early are more likely to drop out of school (research shows that staying in school during adolescence has important health and financial benefits for girls and their families later in life).
- A responsible father should protect his daughter from the harmful effects of early marriage and also help enforce the law in his community by reporting cases of child marriage to the police.





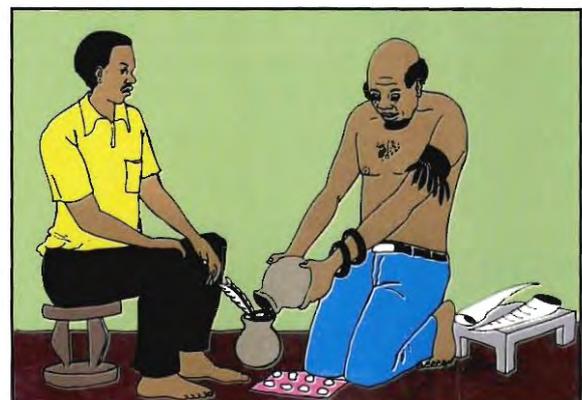
15 HEALTH SEEKING BEHAVIOUR

When and how often should I visit a health care facility?

- In Zambia, as in other countries, women tend to live longer than men. One of the reasons for this may be poor health seeking behaviour among men.
- Many men are brought up to believe that “real men don’t get sick” and that it is not “manly” to worry about illness or to try to protect your health through behaviours such as using condoms correctly and every time you have sex.
- As a result, many men fail to get regular check-ups, preventive care or health counselling, ignore symptoms, consult traditional healers, try home remedies which may not work, and delay seeking health care when sick or in pain. Many men visit health care facilities only as a last resort.
- Many of the health problems men face can be easily prevented or cured by visiting health care facilities regularly for counselling and information, regular check-ups and as soon as you notice any signs of illness.
- Even when nothing is wrong, it is good to visit a health care facility regularly with your family or by yourself, to discuss various health issues with trained health care providers and learn about how you can better take care of your and your family’s health.
- Remember: What you discuss with a health care provider will be kept between the two of you.

Why should I visit a health care provider if I am already seeing a traditional healer or witchdoctor?

- Traditional healers and witchdoctors are very popular in many parts of Zambia.
- Many people believe that those who are ill may have been bewitched by jealous rivals or possessed by evil spirits – problems which can only be taken care of by traditional healers and witchdoctors.
- People often visit traditional healers and witchdoctors instead of visiting health care facilities. They either do not visit health care facilities at all or only visit them as a last resort – often when it is too late or very difficult to cure the ill person. This delay can result in death.
- It is important to also visit a health care facility as soon as you are ill so that you get all the help you need from many sources to defeat the illness you (or a family member) are facing.





16 HIV & OTHER STIs

What are some common STIs?

- Common STIs include chlamydia, gonorrhoea, syphilis, herpes, HIV, hepatitis B, HPV and trichomoniasis.

When is an HIV positive person most likely to pass HIV to his or her sexual partner?

- See “What is the ‘window period’?” on pg 30.
- See “HIV Over Time in the Body” on pg 67.

How does someone get HIV and other STIs?

- STIs can be passed on from one (infected) person to another during anal, vaginal and, in some cases, oral sex without a condom.
- Some STIs (including HIV) can be passed from an infected mother to her child during pregnancy, delivery or while breastfeeding.
- It is not possible to get STIs by sharing toilet seats, swimming pools or bathtubs.
- Herpes and HPV are the only STIs that can be spread by kissing and from simple skin-to-skin contact.

Why are men who have sex with men at high risk of HIV and other STIs?

- Anal sex without a condom is the riskiest kind of sex because anal skin is very thin and can easily tear, creating avenues for transmission of HIV and other STIs from one person to another.

How do I know if I have an STI?

- Often it is hard to tell if a person has an STI. You may feel healthy and have no signs on your body that you can see. This means you may have an STI and pass it on to your sexual partners without even knowing it.
- The only way to know for sure if you have an STI is by getting tested at a health facility.
- Some common signs of STIs include (having one or more of these signs does not necessarily mean you have an STI, the only way to know for sure is to visit a health facility and get tested):
 - Redness at the top of the penis or the rectum
 - Burning or pain during urination or bowel movements
 - Itchiness of the private parts or rectum
 - Discharge from the penis or rectum (could be green or yellow)
 - Minor bleeding during sex or bowel movements
 - Painful and/or swollen testicles
 - Warts on or around the private parts, anus and/or inner thighs



Severe Symptoms of STIs

Caution: Even a person who does not have these symptoms could be infected with an STI.

Male

Female



Syphilis



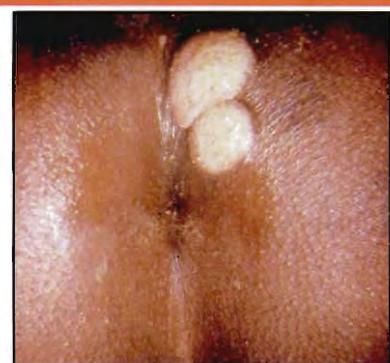
Herpes



Gonorrhoea



Chlamydia





TAKING CARE OF YOUR HEALTH

- Small blisters or sores on or around the private parts, on or around the anus, on the inner thighs and buttocks, inside the mouth and/or on the lips
- Tender (painful when touched) lumps on, around or above the penis
- Loss of appetite, weight loss
- Tiredness
- Jaundice (yellowing of the white in the eyes)
- Muscle, joint or stomach pain
- Fever
- Headache
- Hair loss (including from eyebrows and eyelashes)
- Rashes (particularly on the palms or soles of the feet)
- Sore throat
- General feeling of sickness

What is HIV and AIDS?

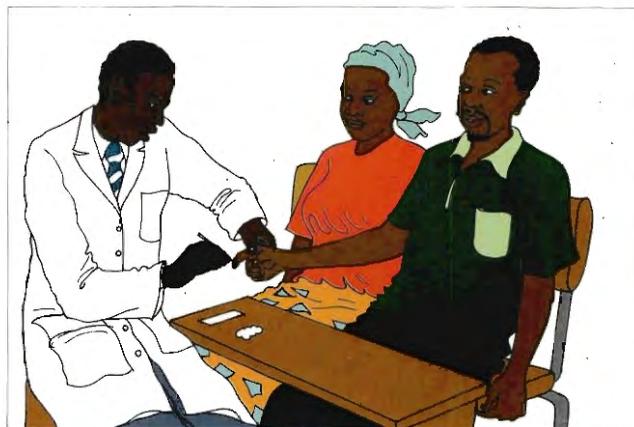
- HIV is the deadliest STI.
- A person infected with HIV is called HIV-positive.
- The body has a natural way to prevent and fight illnesses and stay healthy. This is called the immune system.
- HIV is a tiny virus – so small that it cannot be seen – that attacks and slowly destroys the immune system.
- As the immune system becomes weaker, a person is more likely to get sick more often.
- After some years of having HIV, the immune system becomes so weak that it is no longer able to prevent and fight illness. A person who reaches this stage has AIDS.
- There is no cure for HIV or AIDS, but there are medicines called ARVs which can help a person live a longer and healthier life and delay development of AIDS in an HIV positive person.
- The time it takes for an HIV positive person to develop AIDS depends on the person's health, lifestyle, age and whether he or she is taking ARVs.

Where can I get tested for HIV and other STIs?

- At a health facility.
- Mobile testing services are offered in some communities.

How do I protect myself against HIV and other STIs?

- Use a new condom correctly and every time you have vaginal, anal or oral sex (condoms are less effective in preventing herpes and HPV because they do not cover all infected areas).
- Abstain (do not have sex). This includes abstaining from anal and oral sex as well.
- Have only one sexual relationship at a time with someone who is only having sex with you and has been tested negative for HIV and other STIs. If your partner has HIV or





HIV Over Time in the Body



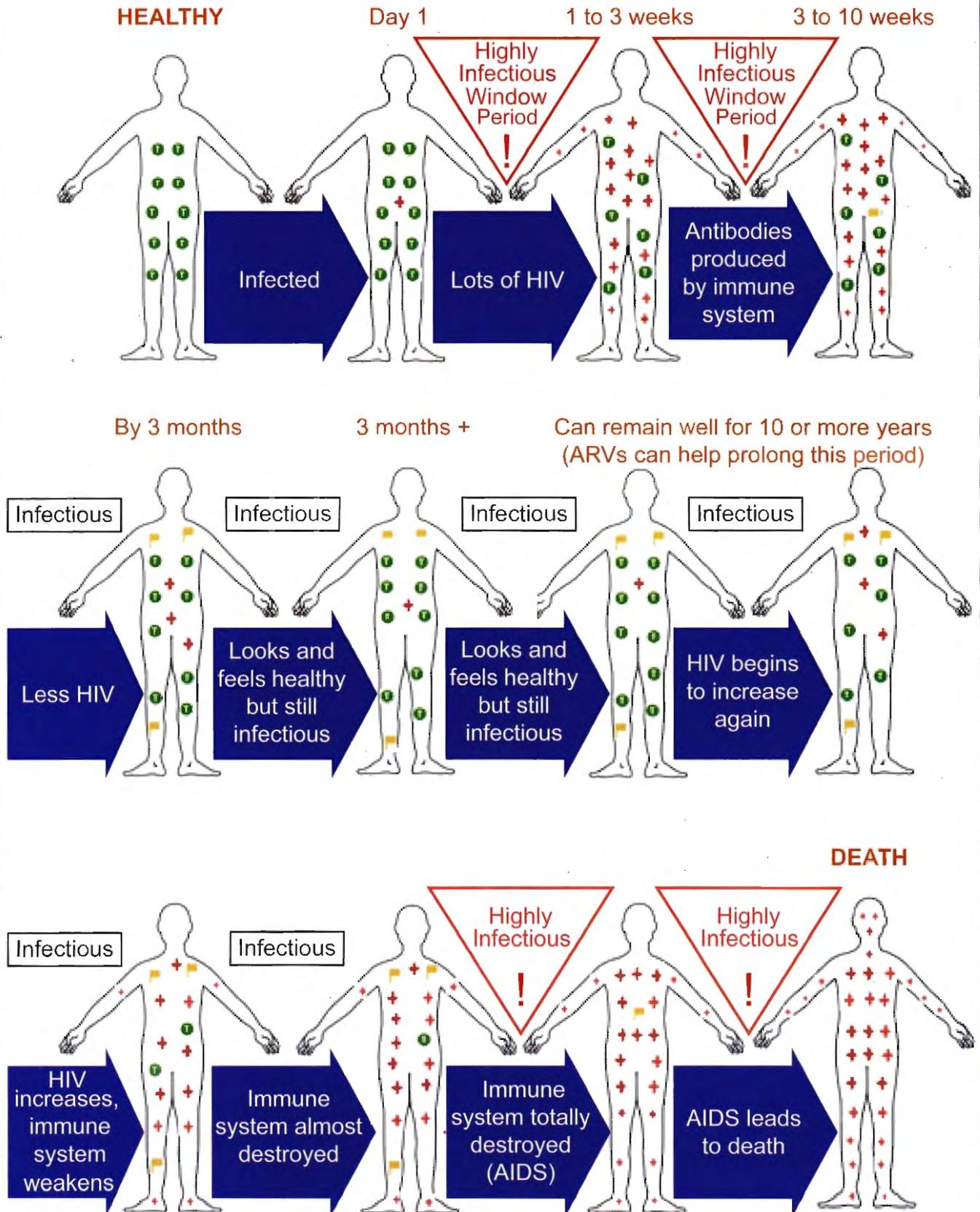
cd4 cells (Immune System)



HIV



Antibody





TAKING CARE OF YOUR HEALTH

other STIs, use condoms correctly and every time you have sex.

- Male circumcision can reduce a man's chances of getting STIs (including HIV) – but it is not 100 percent (or totally) effective. See “Male Circumcision” on pg. 71 for more information.
- There is a vaccine (an injection) that prevents hepatitis B.
- There is also a vaccine that prevents HPV in women, so if your sexual partner receives this vaccine it could protect you from HPV as well.

Can having sex with an infant, young girl or a virgin prevent or cure HIV or other STIs?

- No. Having sex with an infant, young girl or virgin cannot prevent or cure HIV or other STIs. It only makes things worse by spreading these infections to the next generation.
- Having sex with a minor is against the law and is a severely punishable offence.

How do you treat STIs?

- Some STIs, including chlamydia, gonorrhoea, syphilis and trichomoniasis are easily curable with medicines called antibiotics.
- There are no known cures for herpes, HIV, HPV or hepatitis B.
- There are medicines to help prevent and reduce the seriousness of blisters and sores caused by herpes.
- ARV medicines can help HIV positive people live longer and healthier and delay the development of AIDS.

What happens if STIs are left untreated?

- Untreated STIs can cause many serious health problems including cancer, infertility, blindness and damage to the liver, heart, brain, bones, blood vessels and kidneys.
- Untreated STIs increase your chances of getting HIV (the sores caused by some STIs make it easier for HIV to get into your blood).
- In some cases, STIs can cause death.

What is Post Exposure Prophylaxis (PEP) or Emergency Antiretroviral Therapy (EAT)?

- Short-term antiretroviral therapy to reduce the likelihood of HIV infection after potential exposure to HIV through unprotected sex (i.e. sex without a condom).

What is my responsibility towards my sexual partner(s)?

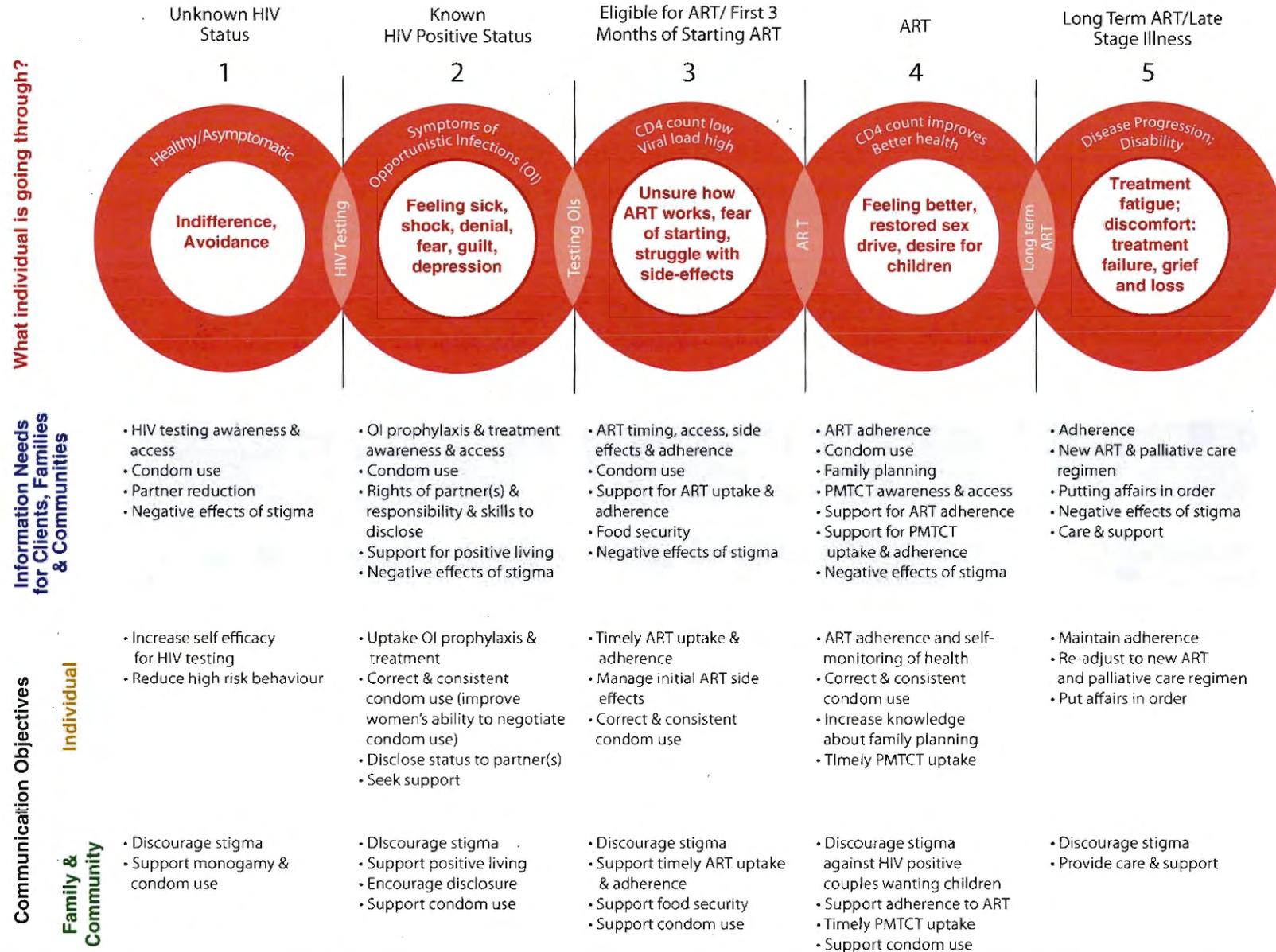
- It is very important to be honest with your sexual partner(s) and with health care providers about your sexual history.
- If you learn you have a HIV or another STI, it is your responsibility to tell your sexual partner(s) (both current and previous) about it and encourage them to get tested and treated as well. This may be difficult, but it is important to protect both your health (since an infected partner could re-infect you), as well as that of your partner(s).

TAKING CARE OF YOUR HEALTH



- Similarly, it is your right to know whether your current or previous sexual partners have HIV or other STIs.
- You may even want to offer to go for testing and treatment with your partner(s) to show support.
- Use condoms with your sexual partner(s) correctly and every time you have sex to avoid getting or passing on STIs.

HIV Counselling Guide

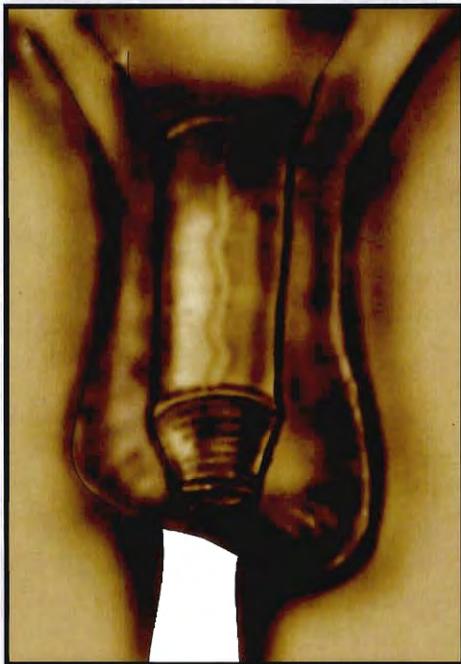




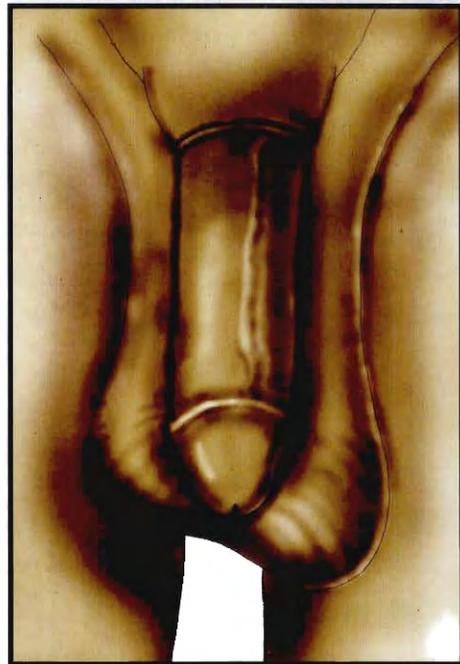
17 MALE CIRCUMCISION

What is male circumcision?

- The surgical removal of the foreskin that covers the head (glans) of an uncircumcised penis.
- One of the oldest surgical procedures known to exist.
- A very common surgery that is done for health, religious and/or cultural reasons in many countries and communities around the world.
- Done in many settings, including traditional initiation ceremonies, at homes, and in clinics and hospitals.



Uncircumcised



Circumcised

What is traditional male circumcision?

See “Initiation Ceremonies” on pg. 13.

What are the health benefits of male circumcision?

- A circumcised man is 60 percent less likely than an uncircumcised man to get HIV through penetrative sex. In other words, a circumcised man lowers his risk of getting HIV through sex by more than half.
- Offers some protection against STIs such as herpes and syphilis, prostate and penile cancers and UTIs in infants. Circumcised men are also less likely to get STIs that cause ulcers, or sores, on the penis.



TAKING CARE OF YOUR HEALTH

- Improves personal hygiene:
 - A whitish unclean substance develops and collects under the foreskin of an uncircumcised penis. This whitish substance contains germs which can grow in the warm and moist area under the foreskin, and create problems such as bad smell. A circumcised penis does not produce this substance and does not have a warm and moist area around it for dirt and germs to collect and cause problems.
 - Because the entire area is open, a circumcised penis is also easier to clean.

How exactly does male circumcision decrease the risk of men getting HIV (and other STIs) from their sexual partner(s)?

- Reduces the risk of a man getting HIV (and other STIs) in three ways:

Reduces tearing and sores:

- The inside of the foreskin is soft, moist and more likely to get small tears or sores during sex. These tears or sores allow HIV to enter the blood more easily.
- After circumcision, the skin on the head of the penis gets thicker and is less likely to tear during sex, which makes it more difficult for HIV to enter the blood.

Reduces “target cells”:

- The inner foreskin contains special cells called “target cells” that allow HIV to infect a person. The number of these cells in the foreskin is higher than on any other part of the body, which makes it easier for HIV to enter the body.
- Removing the foreskin reduces the number of “target cells” on the penis, which makes it harder for HIV to enter the body.

Reduces STIs:

- STIs that cause ulcers, or sores, on the penis allow HIV to enter the body more easily.
- Circumcised men are less likely to get STIs that cause ulcers, or sores, on the penis (for the reasons mentioned above), which makes it more difficult for HIV to enter the body.

How is having a circumcised partner good for the health of females?

- It is not clear if a circumcised HIV positive man is less likely to infect his female partner with HIV during sex. Researchers are still trying to answer that question.
- In the long run, if fewer men are infected with HIV, it is likely that fewer women will be infected as well.
- Women whose partners are circumcised are unlikely to be infected with HPV, the STI that causes cervical cancer (cancer of the opening to the uterus, a leading cause of death among women in Zambia).

When can someone be circumcised?

- At any age – from just after birth until adulthood.
- The surgery is simpler and healing is generally faster and less complicated when it is done on newborns.



Who should not receive male circumcision?

- Like any surgery, unless medically necessary, male circumcision is not recommended for people who are HIV positive due to the increased risk of infection and other complications.

Where should I go if I want to be circumcised?

- Male circumcision services are provided by a variety of traditional health providers as well as by health facilities.
- It is always recommended to receive male circumcision by a trained health provider who follows standard techniques and offers safe and sterile (clean) services.

What should I expect to happen when I receive male circumcision from a trained health provider who follows standard techniques?

Before the procedure:

- The health provider will ask questions about your medical history.
- The health provider will examine your body.
- If the health provider decides that you can be circumcised, he or she will explain the procedure in more detail.
- If you do not already know your HIV status, you will be encouraged to go for HIV counselling and testing. You should know your HIV status before deciding whether to be circumcised as the surgery is not recommended for HIV positive men.
- If you decide to be circumcised, you will be asked to provide written consent. If you are below the age of consent, your parent or guardian must provide consent on your behalf.
- If there is time available, preparations for surgery will begin immediately. If not, an appointment will be scheduled for another time and you will be asked to return at the agreed time.



Male circumcision operating room at a *New Start* centre in Lusaka, Zambia

During the procedure:

- You will be given an injection containing anaesthetic which will reduce sensation in and around the penis and prevent you from feeling pain. You will remain awake during the procedure.
- The health provider will remove and dispose of the foreskin using clean instruments.
- There will be some bleeding, but this will be controlled with stitches that will help to heal the wound.
- The penis will be bandaged, leaving space for you to pass urine.



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After the procedure:

- You will be allowed to rest until you feel well enough to go home. This usually takes only a few minutes.
- You may be given *Panadol* or other pain relief medicine if you need it.
- Initially, you may experience erections more often following circumcision because the highly sensitive skin at the head of the penis is exposed. These erections may cause you to feel some pain. After some time, the skin at the head of the penis will thicken slightly and this problem will go away.
- You will need to come back to the health facility:
 - After two days: This is the first review where the health care provider checks for swelling, bleeding or any new infections.
 - After seven days: Like the first review, the health care provider will check to see how the wound is healing and look for new infections.
 - After six weeks: This is the final review to ensure your wound is completely healed and that you can resume sexual activity.
- The stitches do not need to be removed and will go away on their own during the recovery period.

What should I watch out for after the surgery?

- In addition to scheduled post surgery visits, you should see a health care provider at any time if you experience any of the following:
 - Bleeding that does not stop or gets worse
 - Inability to pass urine
 - Pus discharge from wound
 - Increased swelling
 - A fever within one week of surgery
 - Severe pain in the area around the penis

How long will it take to fully recover from the surgery?

- It usually takes six weeks to fully recover from the surgery. Masturbation and sex must be avoided during this period as this may delay and/or complicate recovery.
- Recovery depends on resting, caring for the wound, not masturbating or having sex for six weeks, and going back to the health facility if there are any problems.

What are the risks associated with male circumcision?

- Like any surgery, there are some risks associated with male circumcision.
- When a trained health provider performs the surgery following standard techniques, it is very safe and problems are rare.
- Most people do not have any problems, and those who do experience problems usually report them as mild.
- Typical problems seen during the procedure are pain, bleeding or reaction to the anaesthetic.
- Typical problems seen after the procedure are pain, bleeding and infection or delayed healing.



How soon after receiving male circumcision can I start masturbating or having sex?

- Once the stitches are gone and the wound is completely healed a man can begin to masturbate or have sex again. This usually takes about six weeks.
- But, the wound may look and feel healed before six weeks when it really is not completely healed. So it is important to remember to come for a visit at the health facility to make sure you are fully healed before starting to masturbate or have sex.
- It is very important to abstain from sex until you are fully healed. Having sex too early may delay recovery and put you or your partner at increased risk of getting HIV or other STIs.

How will male circumcision affect my or my partners' sexual pleasure?

- Sexual pleasure is individual and depends on many things like love, attention and foreplay (getting sexually excited before actually having sex). Some men say they “last longer” after being circumcised, while others say they are less sensitive during sex after being circumcised.

Is sex with a circumcised man more painful for a woman than sex with an uncircumcised man?

- No. There is no reason why sex with a circumcised man should be more painful for a woman as compared to sex with an uncircumcised man.

Can a circumcised man still get his female partner pregnant?

- Yes. Male circumcision has no effect on a man's fertility (his ability to have children).
- Male circumcision is common in some of the most populous countries in the world (e.g., Nigeria and Ethiopia).

Will my penis become too big as a result of circumcision?

- No. Circumcision does not affect the size of a man's penis.

Can I get HIV or other STIs even after being circumcised?

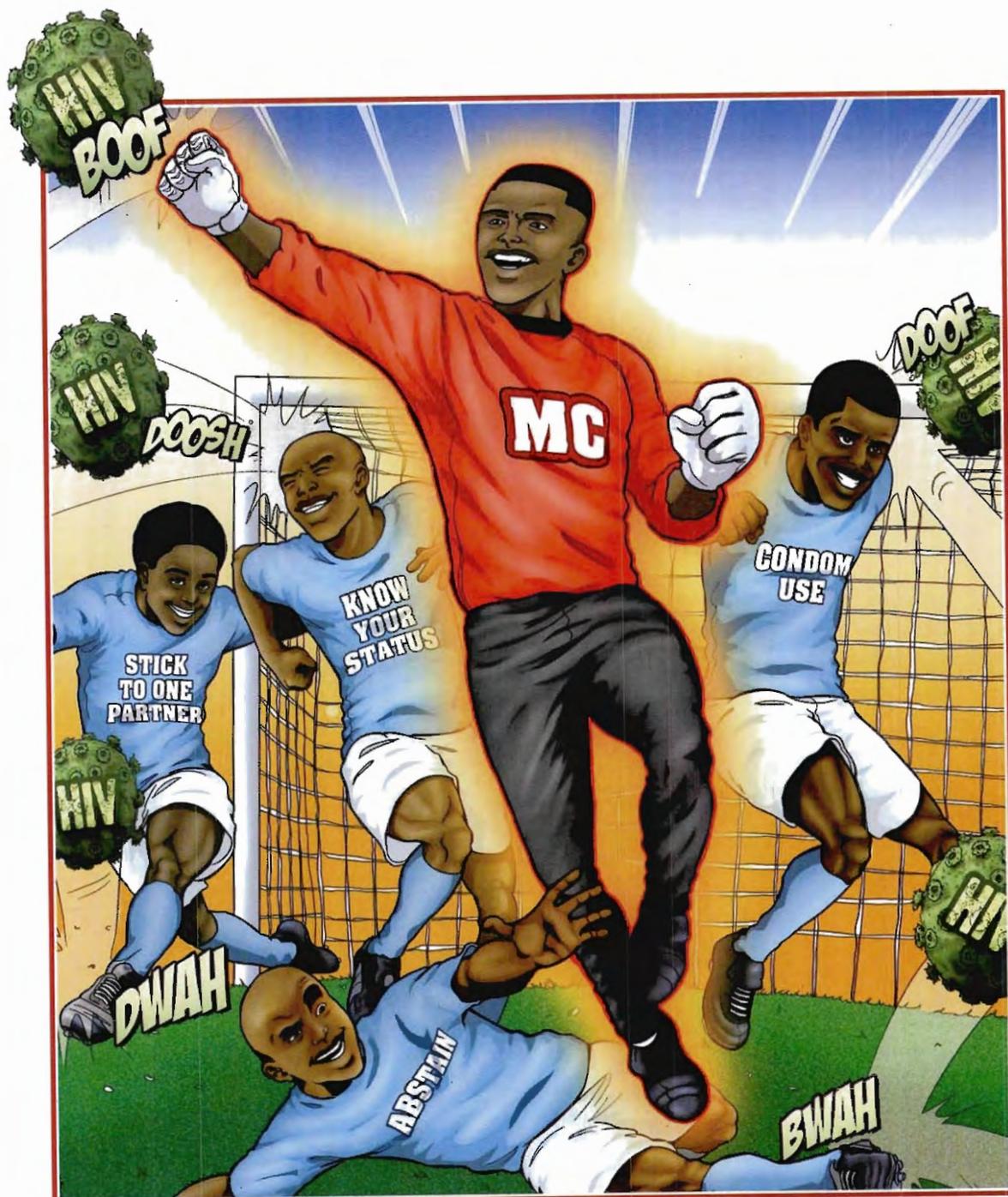
- Yes. After male circumcision, it is still possible for a man to get HIV and other STIs.

How can I further reduce my chances of being infected with HIV and other STIs?

- Male circumcision is not 100 percent or totally effective in protecting men from getting HIV or other STIs and should never be treated as a substitute for abstaining from sex, using condoms correctly and every time you have sex, or having one sexual relationship at a time with someone who is only having sex with you.
- You must continue to protect yourself and your sexual partner(s) against HIV and other STIs by practicing these prevention behaviours even after being circumcised.



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**MALE CIRCUMCISION CAN HELP PREVENT HIV.
BUT REMEMBER: A GOALKEEPER CANNOT DEFEND THE GOAL
ALONE. MORE THAN ONE DEFENDER IS NECESSARY AGAINST HIV.**



18 MALARIA

What is malaria?

- Malaria is a sickness caused by a parasite (germ).
- Mosquitoes pass the parasite from person to person when they bite.

How can I get malaria?

- Only from a mosquito bite.

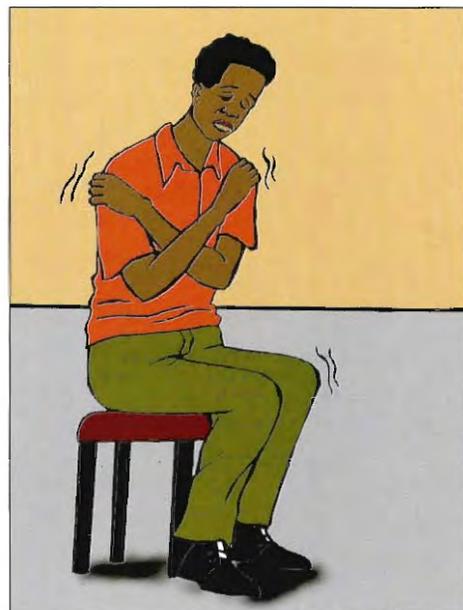
Do all mosquito bites cause malaria?

- No. There are many different kinds of mosquitoes and only a certain kind called the anopheles mosquito carries the malaria parasite from person to person.
- The anopheles mosquitoes only bite at night (from dusk to dawn).



How will I feel when I have malaria?

- Go immediately to a health facility if you (or a family member) experience any of the following signs or symptoms of malaria:
 - Headaches
 - Shivering (chills)
 - Body hotness (fever)
 - Feeling cold
 - Sweating
 - Tiredness
 - Joint aches
 - Confusion
 - No hunger
 - Nausea and vomiting
 - Body pains
 - Diarrhoea (only happens sometimes in malaria)



Will I feel this way immediately after being bitten by a mosquito?

- No. It takes nine-14 days after being bitten by an infected mosquito to start feeling sick.

When should I go to the health facility?

- Immediately! If you (or a family member) have a fever (body hotness) and any of the



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other feelings that you get with malaria, go immediately to the health facility for testing and medication.

- Treating malaria quickly keeps you (or a family member) from getting sicker or possibly dying.

What will they do at the health facility?

- You (or your family member) will be tested for malaria.
- If the test is positive, the health provider will give you (or your family member) medicine and explain how to take it (or give it, if it is for a child).
- If the test is negative, it may be another illness (not malaria) and the health provider should look for and treat the other illness.

Does testing positive for malaria mean that I am also HIV positive?

- No.

Why do health workers sometimes not give injections?

- Injections are only for severe malaria – when a person cannot swallow or keep the pills down.
- Pills and syrups can be just as effective as injections.

Are there different types of malaria medicine?

- Yes. There is Coartem, Fansidar and Quinine.
- Different drugs are needed to treat different kinds of patients (e.g., pregnant women, children, those with severe malaria, etc.).

What if the fever goes away and I am feeling better before the pills that the health provider gave are finished?

- Take all pills the way that the health worker tells you to even if you are feeling better.
- If you are taking care of someone with malaria, make sure they take all their medicine as told by the health provider, even if they are feeling better.

What if I do not go to a health facility or see a health provider because I think it is malaria and I have some left-over medicine from the last time?

- This is not a good idea because the medicine may be old and weak. The old medicine may not be the right kind or right amount.
- You may not have malaria so the same medicine may not help you to get better and may delay getting the right treatment.
- Always throw away old medicine so that it does not get into the hands of children.

How can I keep from getting malaria?

- Sleep every night under an ITN.



- Have your home included in IRS if this is offered where you live.
- Cover yourself in the evening so mosquitoes cannot bite you.
- Screen your windows.
- Use mosquito repellent or oil that keeps mosquitoes from sitting on you.
- Burn mosquito coils, mealie meal, mango leaves or bush basil leaves to keep mosquitoes away.
- Get rid of places where mosquitoes can breed (any kind of standing water).

Are some mosquito nets better than others?

- Yes. Any mosquito net that is treated with insecticide is more effective than a net that is not treated.
- ITNs repel and kill malaria carrying mosquitoes, creating a barrier between you and the mosquitoes.
- Untreated mosquito nets also form a barrier between you and the malaria mosquitoes, but they do not kill or repel the mosquitoes.

Are there any dangers with using an ITN?

- No. There are many stories about ITNs that are not true. ITNs do not suffocate people, cause respiratory tract infections, lead to premature births (they actually prevent them), kill people, cause bad dreams, cause infertility and impotence, or poison children.

How do you use an ITN?

- Hang the ITN over where you sleep.
- Tuck the ITN around the mat or mattress that you or your children are sleeping on.
- Make sure that it is closed when you are inside.
- Do not stick your head, feet or arms outside of the ITN.
- Make sure to repair or replace an ITN with holes.

Who should sleep under an ITN?

- Everyone, but especially pregnant women and children under five years.

Should you just use the ITNs during the rainy season?

- No! Rainy season is a good time to use them, but malaria mosquitoes bite all year round, especially from dusk to dawn, so it is important to use the ITNs all year round.

When should you use the ITNs?

- Every night all year round.

What is IRS?

- IRS refers to spraying insecticide on the walls of a house. The insecticide repels and kills mosquitoes when they land on it.



TAKING CARE OF YOUR HEALTH

- IRS dries on the surface of the walls and does not leave any marks or stains.
- It kills the mosquitoes before they lay eggs (reducing malaria mosquitoes) and before they can become infected with malaria.

Does IRS cause other insects to appear?

- No! The spray bothers all pests, not just mosquitoes, so spraying sometimes causes them to come out of their hiding places in your home.
- IRS is good because it kills all pests in a home, not just mosquitoes.



How long does IRS last?

- Four to six months.

Does the spray make people sneeze, itch or have diarrhoea?

- No.



What do you need to do to prepare your house for IRS?

- It is a good idea to be outside of your home for two hours while it is being sprayed and the spray is drying.
- Put away or cover with a cloth your food or any cooking and eating dishes while the spraying is going on.

Who should have their home sprayed?

- Anyone who lives in an urban or peri-urban area where there are malaria mosquitoes.

Can you live in the house after it has been sprayed?

- Yes. Two hours after the walls have been sprayed they are dry and you can be inside without any problems.
- Even children and pregnant women can move back in with no problems.

Are there any risks to your health from having your home sprayed with insecticide?

- No.

How can you find a professional person that you can trust to spray your house for malaria mosquitoes?

- Find out more information at a health facility.
- Talk to someone who has had their house sprayed already.



19 TUBERCULOSIS

What is Tuberculosis (TB)?

- A disease caused by germs that are spread from person to person through the air.
- TB usually affects the lungs, but it can also affect other parts of the body.
- A person with TB can die if they do not get treatment.
- TB causes many deaths in Zambia each year.

How does someone get TB?

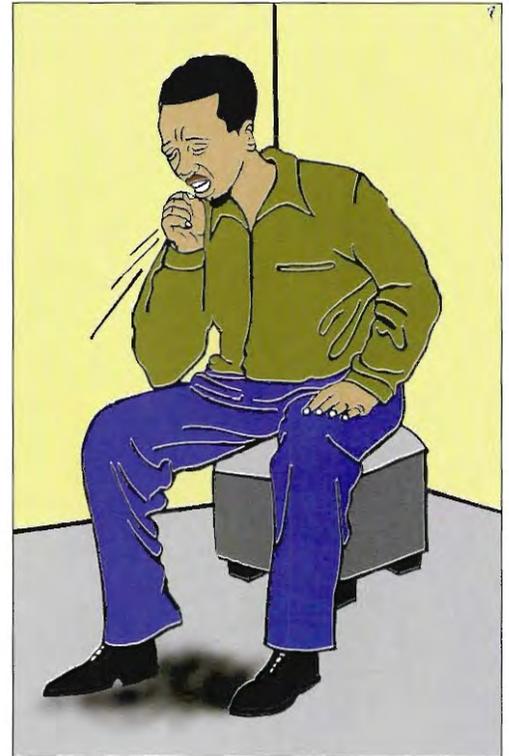
- An infected person spreads TB germs into the air by coughing, spitting or even talking.
- Others breathe in the TB germs and get TB.
- TB germs can live in the air for several hours.

What are the signs and symptoms of TB?

- Coughing that lasts more than two weeks
- Coughing up blood
- Loss of body weight
- Night sweats
- Fever (body hotness) in evenings and at night
- Not wanting to eat
- Swelling of body parts
- Feeling tired or weak
- Chest pains

Can TB be cured?

- Yes, if the infected person gets treatment early and completes the entire course of treatment.



What is the treatment for TB?

- A person with TB must take pills by mouth every day for seven to nine months.
- TB germs are very difficult to kill so it is very important to complete the entire treatment for TB (even if you are feeling well).

What happens if I do not complete the whole seven to nine month TB treatment?

- TB will come back stronger and may become incurable.
- TB will spread to more people in the community.
- You will need different and more expensive medicines.
- The new medicines may not work.



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What happens if I do not seek TB treatment?

- Not treating TB can lead to failure of the heart, lungs and other affected organs. This can eventually lead to death.

How can I keep from getting TB?

- Make sure people who have TB go for and complete treatment.
- Ask people to cover their mouths when they cough or sneeze.
- Make sure your house gets lots of fresh air.

If I have TB, does that mean I am also HIV positive?

- No. Some people with TB may also be HIV positive but not everyone who has TB has HIV.
- HIV makes the body weak and unable to fight disease. When a person who is HIV positive gets TB, the person may get very sick and it can lead to their death because the body is less able to fight back.



20 URINARY TRACT INFECTIONS

What is a Urinary Tract Infection (UTI)?

- UTI is an infection anywhere in the urinary tract. This includes the organs that collect and hold urine and let it out of the body (kidneys, ureters, bladder, prostate and urethra).
- Women are more likely to get UTIs as compared to men. However, when men do get UTIs, they are often more serious and harder to treat. UTIs can be especially dangerous for older men.

What causes UTIs?

- Usually, bacteria (germs) that live in or around the urethra enter the urinary tract through the urethra and begin to multiply in the bladder.

What are the signs and symptoms of UTIs?

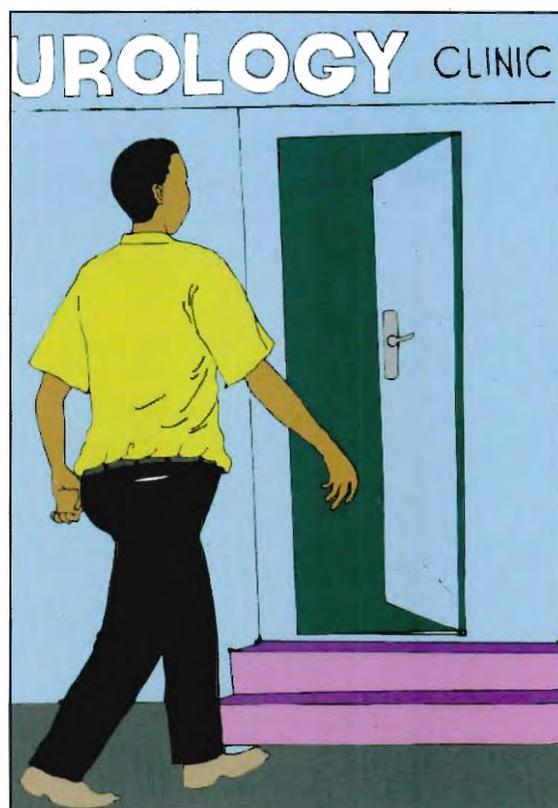
- Burning feeling when you urinate
- Frequent or intense urges to urinate, even when you have little urine to pass
- Pain in your back or lower abdomen
- Cloudy, dark, bloody, or strong-smelling urine
- Fever (body hotness) or chills

How are UTIs treated?

- Medicines called antibiotics can kill the bacteria causing the infection. The antibiotic prescribed will depend on the type of bacteria found.
- Be sure to follow the instructions given by the health care provider carefully and completely. If there are any problems with the medicine prescribed, be sure to go back to the health facility to find out what the problem is.

Will UTIs come back?

- Men frequently get repeat infections. Anyone who has diabetes or a problem that makes it hard to urinate may get repeat infections.
- If you get repeat infections, you should talk with your health care provider about special treatment plans.
- You may need to take antibiotic medicines for a long time because bacteria (germs) can hide deep in prostate tissue.





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How can I lower my risk of getting UTIs?

- Drink lots of fluid (e.g., six to eight glasses of water a day) to flush the bacteria from your system.
- Drink cranberry juice or take vitamin C. Both help fight bacteria (germs) that try to grow in the urinary tract. Cranberry juice also makes the wall of the bladder slippery, so bacteria cannot stick to it.
- Urinate frequently and go when you first feel the urge. Bacteria can grow when urine stays in the bladder too long.
- Urinate shortly after sex. This can flush away bacteria that might have entered the urethra during sex. Drinking a glass of water will also help.
- Wear cotton underwear and loose-fitting clothes so that air can keep the area dry. Avoid tight fitting jeans and nylon underwear, which trap moisture and can help bacteria grow.

Can I reduce the risk of my female sexual partner getting a UTI?

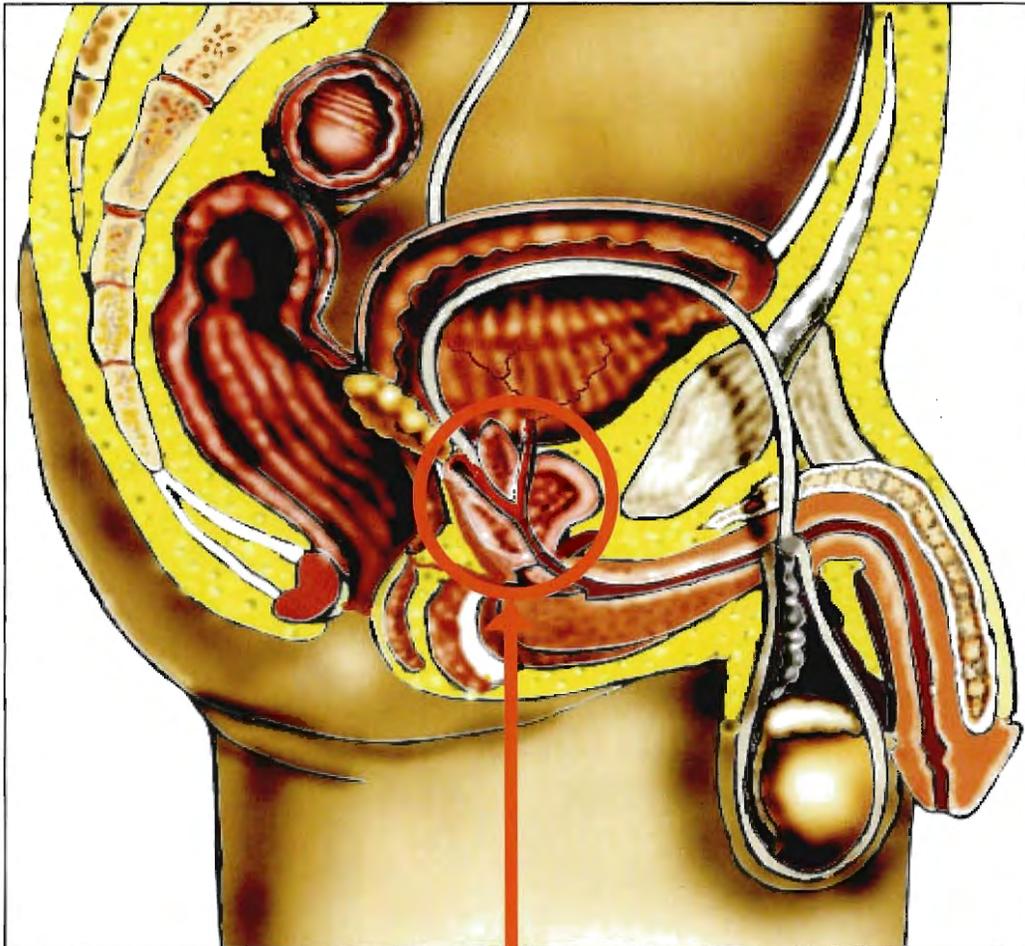
- Yes. Condoms without lubricant or condoms with spermicide may increase irritation during sex and this can help bacteria grow. Consider switching to lubricated condoms without spermicide or using a non-spermicidal lubricant.



21 PROSTATE ENLARGEMENT

What is prostate enlargement?

- Prostate enlargement is when the prostate gland grows bigger as a man grows older.
- The prostate goes through two growth periods. The first occurs early in puberty, when the prostate doubles in size. At around age 25, the gland begins to grow again.
- The prostate continues to grow during most of a man's life, but the enlargement does not usually cause problems until late in life. An enlarged prostate rarely shows itself before age 40. More than half of men in their sixties and as many as 90 percent in their seventies and eighties have some symptoms of an enlarged prostate.
- Prostate enlargement can put pressure on the urethra and make it difficult to release urine from the body. This results in an irritation and weakening of the bladder. When the bladder is weak it loses the ability to empty itself and urine ends up staying in bladder.
- The narrowing of the urethra and the weakening of the bladder can cause health problems.



Prostate



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What are the signs and symptoms of prostate enlargement?

- The symptoms of prostate enlargement vary, but the most common symptoms involve changes or problems with urination, such as:
 - A very weak stream of urine
 - Difficulties urinating but frequent feelings of urgency to urinate
 - Loss of control over urination
- The size of the prostate does not always determine how severe the symptoms will be. Some men with very enlarged prostates have few symptoms while others whose prostates are less enlarged suffer more blockage of the urethra and worse problems.
- It is important to tell your doctor about urinary problems. Many of these symptoms suggest an enlarged prostate, but they can also signal other more serious conditions that require treatment quickly.

What problems can an enlarged prostate result in?

- Severe prostate enlargement can cause serious problems over time. If urine cannot exit the body properly it can cause:
 - UTIs
 - Bladder or kidney damage
 - Bladder stones
 - Loss of control over urination.
- When enlarged prostate is found in its earlier stages, there is a lower risk of developing problems.

How is prostate enlargement treated?

- Since an enlarged prostate can cause UTIs, a health care provider will usually treat infections with antibiotic medicines before treating the enlarged prostate itself.
- Treatments for an enlarged prostate include:
 - Medicines that try to shrink or stop prostate growth without surgery
 - Medicines that try to relieve symptoms
 - Surgical removal of the enlarged part of the prostate



22 MALE REPRODUCTIVE CANCERS

What is Cancer?

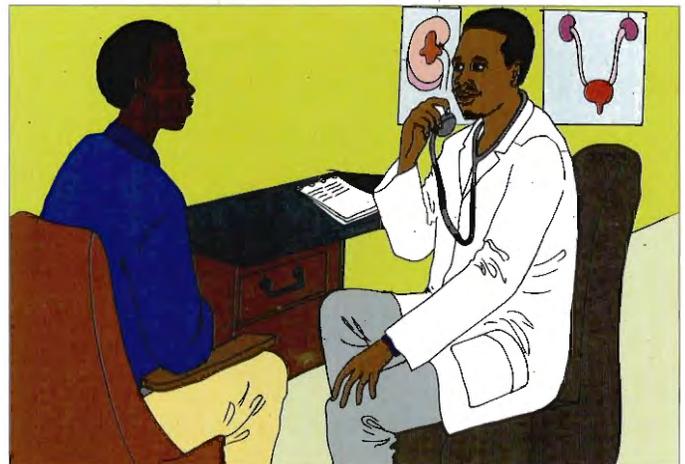
- The human body, like every living thing, is made up of tiny cells that we cannot see. These cells normally divide and grow in an orderly way, as a person's body needs them.
- Cancer is a disease that occurs when cells in the body do not work correctly and begins to grow out of control in a certain part of the body.
- Cancer cells eventually gather together to form lumps or growths (tumours) that spread to other parts of the body.
- Sometimes similar lumps (tumours) occur but eventually stop growing and do not spread to other parts of the body. These types of lumps are not considered cancer and are not normally harmful to your health.
- Cancerous lumps (tumours), however, can cause serious damage to health and even result in death if left uncontrolled.
- Cancer is not just one disease but many diseases. There are more than 100 different types of cancer.

What causes cancer?

- There are many factors involved in getting cancer and doctors often cannot explain why one person develops cancer and another does not.
- Some cancers run in families.
- Some are due to environmental causes, such as pollution.
- Some cancers are related to diet.
- About half of all cancers are caused by smoking and drinking alcohol.
- Most cancers in Zambia are due to HIV infection.
- Cancer cannot spread from one person to another.

What are the most common cancers of the reproductive system found in Zambian men?

- The most common cancer in the male reproductive system is cancer of the prostate gland followed by cancer of the penis.
- Cancer of the testes occurs in younger men, but it is less common.
- Among HIV positive men, cancers of the skin and inner body lining, eye (seen as a growth or a sore in the eye) are very common.
- Penile cancer is a common cancer of the reproductive system in both HIV positive as well as HIV negative men.





TAKING CARE OF YOUR HEALTH

What might put me at risk for prostate cancer?

- A family history of prostate cancer.
- Being around 65 years of age or older.
- Being overweight.

What are the signs and symptoms of prostate cancer?

- Problems urinating, but frequent feelings of need to urinate.
- Burning, pain or discomfort when urinating.
- Tenderness over the bladder.
- Dull ache in the pelvis or back.
- Blood in semen.

What might put me at risk for testicular cancer?

- Being between 25-34 years of age.
- Family history of testicular cancer.
- Undescended testicles.
- Being infertile.

What are the signs and symptoms of testicular cancer?

- A painless change in the size or shape of one or both testes.
- Feeling of heaviness in the scrotum.
- Dull pain in the lower back, abdomen or groin.
- A sudden collection of fluid in the scrotum.
- Pain or discomfort in a testicle or in the scrotum.

What might put me at risk for penile cancer?

- Poor penile hygiene.
- Being uncircumcised.
- Having HIV or HPV.

What are the signs and symptoms of penile cancer?

- Lump or lesion on the penis.
- An ulcerative STI which is difficult to treat.
- Unexplained change in the colour of the skin on the penis.
- Consistently enlarged penis and/or glands in the groin.
- Pain or itching on the penis.

Is there anything I can do to protect myself from cancers of the reproductive system?

- There are a number of factors involved in getting cancer and health care providers often cannot explain why one person develops cancer and another does not. However,



as mentioned above, there are some things that we know may increase your risk of developing cancer. Some of these things you can prevent, while other you cannot.

- Some things you can do to lower your risk of getting cancers of the reproductive system include:
 - Ensure that you and your male children are circumcised
 - Avoid STIs such as HIV and HPV by abstaining from sex, using condoms correctly and every time you have sex, and having only one sexual relationship at a time
 - Stop smoking
 - Stop drinking too much alcohol
 - Reduce weight if you are overweight

What is screening and early detection?

- Cancer screening and early detection means looking for early signs of cancer by noticing changes in your body or going for special medical tests.
- Screening and early detection are extremely important because it is easier to treat and cure cancers if they are found at an early stage.
- Things you can do at home for early detection include looking for markings that are not normal on the skin of the penis or lumps in areas where cancer is common.
- You can also do a Testicular Self Exam (TSE) to look for signs of testicular cancer (see pg. 90).
- It is important to remember that cancer is often caused by a person's own body and cannot be avoided so the best way to protect yourself from the consequences of cancer is to visit a health care facility for screening and early detection tests – especially if you have a family history of cancer.

Can prostate, testicular and penile cancers be treated or cured?

- Yes. However, successful treatment usually depends on how long the cancer has been growing in your body. The earlier the cancer is detected and treatment begins, the higher the chance that treatment will be effective and you will be cured.
- Treatments may include surgery to cut out the cancer or special medical procedures that try to kill the cancer cells.

What are the most common cancers of the reproductive system found in Zambian women?

- It is important for men to have some information on cancer in women because they can help give this information to their female friends or family members.
- In women, cancers often occur in their reproductive system and include:
 - Cervical cancer
 - Breast cancer
 - Ovarian cancer (less common)
- Among HIV positive women, cancers of the skin and inner body lining (Kaposi Sarcoma) and eye (seen as a growth or a sore in the eye) are very common.



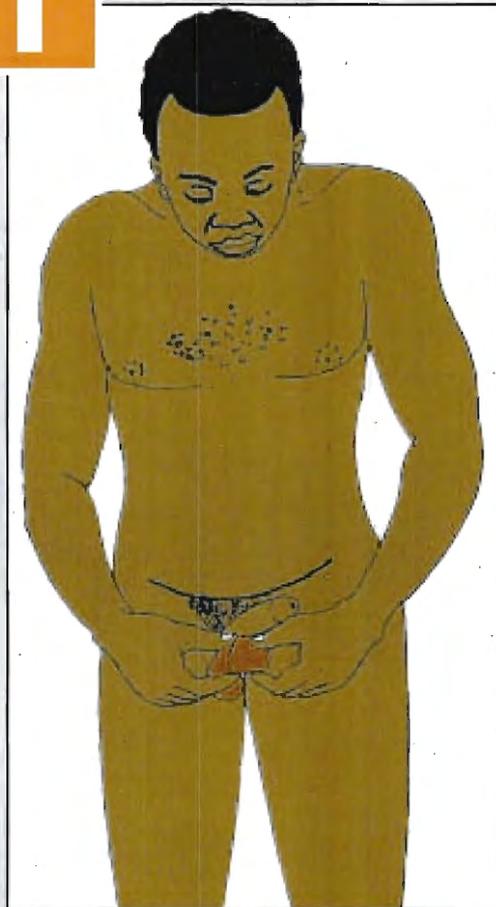
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How can I help protect my partner from reproductive cancers?

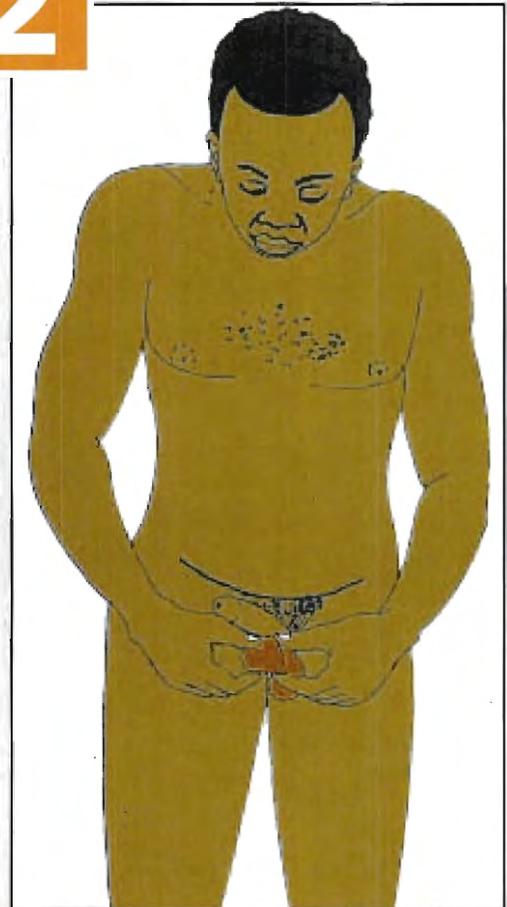
- You can help support and care for your partner by being involved in reproductive health decisions.
- The STI HPV greatly increases a woman's chances of developing cervical cancer.
- You can reduce your partner's risk of getting cervical cancer by reducing your own risk of getting and passing on HPV to your partner. You can do this by:
 - Going for male circumcised
 - Reducing your number of sexual partners
 - Using a condom correctly and every time you have sex

Testicular Self Exam

1



2



- Remove your underwear so you can feel your testes. This is best done after a warm shower when your scrotal sac is relaxed.
- Roll one testicle gently but firmly between the thumb and fingers of both hands, carefully feeling for lumps.
- Repeat this for the other testicle.
- Make sure to feel the entire surface of both testicles.
- See a health care provider if you feel lumps.



23 MENTAL HEALTH & STRESS

What is mental health?

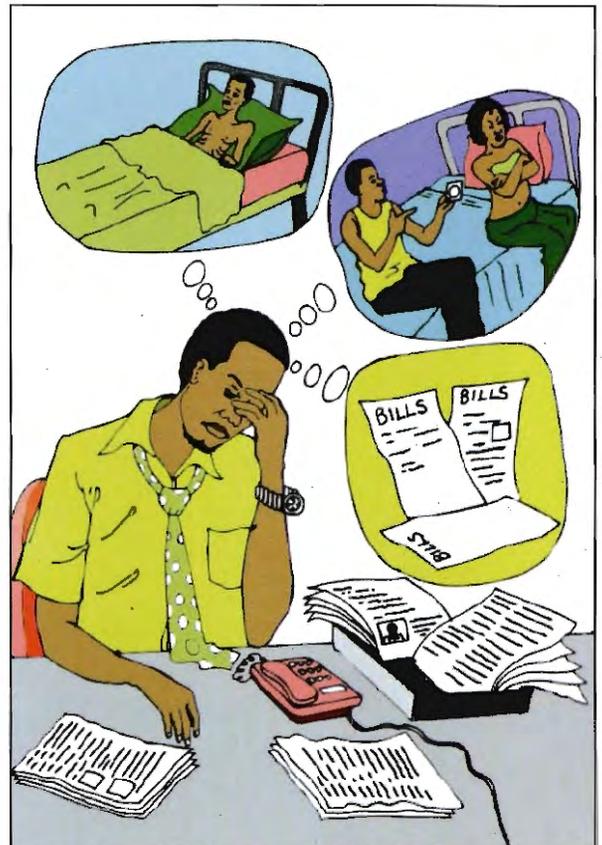
- Mental health is a term used to describe the emotional wellbeing of a person or the absence of mental health problems.
- You are mentally healthy when you are confident in your ability to handle the problems and pressures of life without feeling too much stress, when you have healthy self-esteem, and are able to enjoy life.
- When you feel like you cannot effectively handle the problems and pressures of life (too much stress), have low self-esteem, and are not able to enjoy life, then you may have mental health problems that negatively affect the way you think, behave and treat others.

What is stress?

- Stress refers to emotional and/or physical responses that people have to risk, challenges and threats in their lives.
- Everyone responds to stress differently.

What causes stress?

- There are many things in our daily lives which can worry or frustrate us and put pressure or stress on us.
- Different kinds of things can put stress on different people.
- Some life events such as getting married, the birth of a child, the loss of a loved one, losing a job, illness (e.g., finding out you are HIV positive), etc. can cause stress.
- People often face a lot of pressure to act a certain way when it comes to sexual or reproductive behaviour:
 - Pressure from family to have many children; to marry early; and to not get tested for HIV because of stigma and discrimination
 - Pressure from peers to have sex; to have many sexual partners; and to drink and use drugs
 - Pressure from partners to have unprotected sex (i.e., without a condom) or to have many children
 - Pressure from society, television, radio





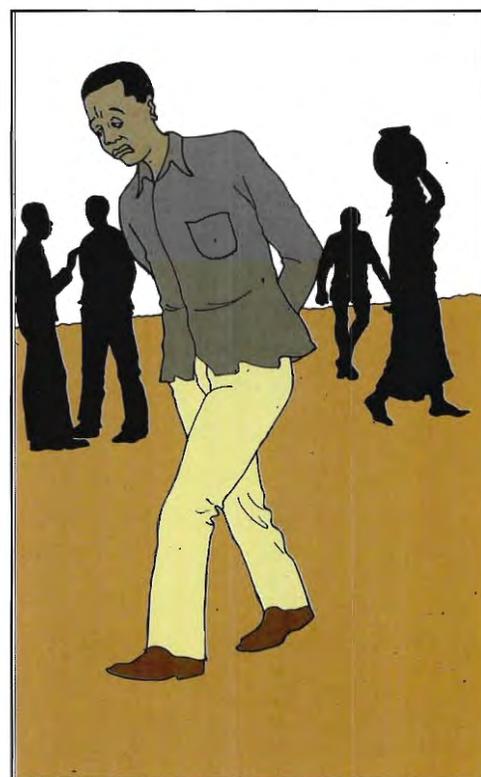
TAKING CARE OF YOUR HEALTH

and newspapers may cause you to think some sexual behaviours such as having many sexual partners are cool and normal (everyone is doing it)

- Pressure from your body (hormones) that increases your desire to have sex
- The pressures that people face can vary by age and between men and women: For example:
 - Young men often feel pressure to drink or use drugs which may lead to poor decisions around sexual behaviour
 - Adult men often feel pressure to have a well paying job and support large families
 - Young women are often pressured by older men to have sex in exchange for cell phones, money or other gifts
 - Adult women often feel pressure to have many children and please their husbands
- HIV and other STIs are a big problem in Zambia. If you take risks like having unprotected sex (i.e., without a condom) and having many sexual partners, you may feel stressed because you have to worry about getting HIV or another STI.

How can stress affect me?

- It is impossible to live without some stress.
- Not all kinds of stress are bad. “Good” stress can focus or motivate you to take positive action, for e.g., preparing for an upcoming exam at school or going for regular HIV tests.
- But, when stressed severely or over long periods of time, it may harm your health, relationships and enjoyment of life.
- Some signs of stress include:
 - Easily bothered or angered
 - Lack of concentration
 - Tiredness
 - Trouble sleeping
 - Dry mouth
 - Pounding heart
 - Difficulty breathing
 - Upset stomach
 - Frequent urination
 - Sweaty palms
 - Headache
 - Tight and sore muscles
 - Loss of appetite
 - Nightmares
 - Body pains
 - Engaging in risky behaviours (such as increased alcohol and drug use, unsafe sex, etc.)
- Stress is also known to weaken the immune system (your body’s natural defence against illness) – and this can happen whether you are HIV negative or HIV positive.
- In extreme cases, too much stress can cause serious health problems (e.g., heart disease, digestion/stomach problems, mental health disorders and cancer).





What is self-esteem?

- Self-esteem is your overall opinion of yourself.
- What other people think of you often influences how you think about yourself.
- Healthy self-esteem is when you:
 - Feel good about yourself
 - Are confident
 - Believe your opinion matters
 - Respect yourself and believe you deserve respect from others
- Low self-esteem is when you:
 - Feel bad or ashamed about yourself
 - Feel worthless
 - Believe your opinion does not matter
 - Do not respect yourself and believe that you do not deserve respect from others
- Low self-esteem is often caused by feelings of failure and rejection from others.

What is depression?

- Everyone feels sad, down, upset or depressed sometimes. This is normal.
- When you feel very sad or depressed and simply cannot get rid of this feeling for weeks, months or even years, you may be suffering from serious depression and should seek help from a health care provider.
- Sometimes depression may be a result of imbalances in certain chemicals in the brain that control your mood. In this case, you may not know why you are depressed.
- Depression is a very common problem.

What causes depression?

- Stressful situations and low self-esteem are common causes of depression.
- Some of the reasons a person may be depressed include:
 - Death of a loved one
 - Finding out you are HIV positive
 - Lack of social support
 - History of someone in your family having depression
 - Marital or relationship problems
 - Financial problems
 - Early childhood trauma or abuse
 - Alcohol or drug abuse
 - Unemployment
 - Feeling alone and rejected (e.g., facing stigma and discrimination for being HIV positive)

How do I know if I am depressed?

- It is important to know that feeling sad sometimes is normal and does not mean that you are depressed.
- Common signs of depression include:



TAKING CARE OF YOUR HEALTH

- Long periods of sadness
 - Feeling worthless, guilty, helpless, hopeless, lonely and/or rejected
 - Trouble concentrating or making decisions
 - Loss of interest or pleasure in things you used to enjoy
 - Disturbed sleep and/or appetite
 - Low energy
 - Poor concentration
 - Harming yourself or suicidal thoughts
- These problems can be continual or may come and go and make it difficult for you to take care of your everyday responsibilities.

What is suicide?

- At its worst, depression can lead a person to kill themselves. This is called suicide.
- Attempted suicide may be a cry for help and friends and family should respond with attention, care and support.
- If you have thought about killing yourself, you need to get assistance right away.

What can I do to stay mentally healthy?

- Staying mentally healthy means being able to find ways to deal with stress, low self-esteem and depression, so you can be happy and enjoy life.
- Learning to recognise, monitor and manage stress, low self-esteem, and depression is an important part of taking responsibility for your health and wellness.
- It is important to remember that feeling stressed, low self-esteem or depressed for short periods of time (like a few days to a few weeks) is normal. These feelings (and situations that cause them) come and go over time – they are a normal part of life and no one lives without them.
- Some ways to stay mentally healthy:
 - Take a deep breath and put the situation in perspective
 - Exercise regularly (walk, run, stretch, play sports)
 - Get enough sleep (take a nap)
 - Stay physically healthy
 - Pray or go to church
 - Share your feelings by talking to people you trust, even though this may be difficult
 - Use condoms correctly and every time you have sex to avoid unplanned pregnancy and lower your chances of getting or passing on HIV and other STIs
 - Go for HIV counselling and testing so that you can take care of your health and better plan for your future



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- Think about getting circumcised to reduce your risk of getting HIV and other STIs
- Have only one sexual partner at a time
- Talk to your partner about family planning so you can better manage the size of your family
- Look to family, friends and church for support
- Surround yourself with people who love and respect you
- Find things that relax you (give you peace of mind) and do these more often
- Reduce or stop your intake of alcohol and other drugs (including those found in cigarettes, tea and coffee)
- Seek out humour (laughter is a great medicine)
- Seek information and support
- Find ways to express yourself (art, music, writing)
- Set realistic goals (goals that you can really achieve) for yourself
- Stay positive
- Recognize what you can change and what you cannot
- Take pride in your opinions and ideas
- Visit a health care provider if none of the above work



24

ALCOHOL & OTHER DRUGS

What are drugs?

- Drugs are things that can affect the way your body works as well as how you think, feel and behave.
- There are many different kinds of drugs. Some drugs are legal while others are not.
- Many legal drugs have health benefits. Some legal drugs can only be used when prescribed by a health care provider (e.g., ARVs). Other legal drugs can be bought in stores and at chemists and can be bought without a prescription.
- Many things that people use in daily life are drugs. For e.g., caffeine (found in tea and coffee), tobacco (found in cigarettes) and alcohol.
- Examples of illegal drugs include those used for pleasure, such as *dagga*, cocaine, heroin, and inhalants (glue, petrol, and *jenkem*).
- When taken in large enough amounts, many legal and illegal drugs can cause serious health problems and even death.
- When drugs are prescribed by a health care provider to treat an illness, it is important to follow the provider's guidance on how to use the drugs so as to avoid health problems.
- In the rest of this section, the term "drugs" will be used to refer to illegal drugs which are used for pleasure (e.g., *dagga*, cocaine, heroin, and inhalants).

What is alcohol?

- Alcohol can be found in many forms (e.g., beer, wine, spirits, *chibuku*, *kachasu*, *katubi*) and is used by many people.
- Alcohol slows down the mind and body.
- Local or home brews can be very harmful to your health because it is difficult to know exactly how much alcohol is in them.

Why do people use alcohol and other drugs?

- People use alcohol and other drugs for many reasons including to have fun, relax, forget problems, deal with feelings (e.g., depression) and stress, make friends, overcome shyness or meet sexual partners.

What is alcohol and drug abuse?

- When taken regularly and/or in large quantities, alcohol and other drugs can have negative effects on your body, mind, family life, work life and/or social life. When this begins to happen, you are misusing or abusing alcohol or other drugs.

What are some signs of alcohol abuse (not everyone will have all these signs)?

- Drinking to calm nerves or forget worries.

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- Feeling guilty about drinking.
- Unsuccessful attempts to cut down or stop drinking.
- Lying about or hiding drinking habits.
- Causing physical or mental harm to yourself or someone else while drinking.
- Blackouts or periods of memory loss for events that took place while you were drunk.
- Needing to drink increasingly greater amounts.
- Feeling irritated when not drinking.
- Medical, social, family, financial or legal problems caused by drinking.
- Suffering from depression.
- Missed school or work.
- Arguing or fighting with others because of alcohol and losing friends or loved ones as a result.
- For other signs see “What are the signs of drug abuse?” below.

What are the signs of drug abuse (not everyone will have all these signs)?

- Cannot relax or have fun without doing drugs.
- Regularly borrow money, sell things or steal to buy drugs.
- Worsening appearance and no longer keeping neat and clean.
- No longer spending time with friends who do not use drugs and/or hanging around with known drug users.
- Feeling very tired, depressed and hopeless.
- Using drugs first thing in the morning.
- Needing to use more of the drug to feel the same.
- Feeling sick, restless, worried and/or uneasy when reducing or stopping regular drug use (taking drugs in order to avoid these symptoms).
- Taking a larger amount of a drug than planned or using a drug more often or for a longer period of time than planned.
- Unable to cut down or stop taking drugs.
- Spending a lot of time getting, using and recovering from the effects of a drug.
- Abandoning or spending less time on previously-enjoyed activities, such as hobbies, sports, or spending time with friends and family, in order to use drugs.
- Not focusing on school, work, or family responsibilities (e.g., failing classes, skipping work, not properly taking care of your children, etc.) because of drug use.
- Using a drug under dangerous conditions, such as while driving a car or operating machinery.
- Taking risks while high, such as starting a fight or having unprotected sex (sex without a condom).
- Continuing to use drugs despite physical problems (e.g., blackouts, flashbacks,





TAKING CARE OF YOUR HEALTH

infections, injuries) or psychological problems (e.g., mood swings, depression, anxiety, delusions, paranoia) caused by drugs.

- Legal troubles because of drug use, such as being arrested by the police.
- Arguing or fighting with others because of drugs and losing friends or loved ones as a result.
- For other signs see “What are some signs of alcohol abuse?” above.

How do I know if I am misusing or abusing alcohol or other drugs?

Answer “Yes” or “No” to the following questions:

- Have you ever felt that you should cut down on your use of alcohol or other drugs?
- Have you ever been annoyed by other people’s comments about your use of alcohol or other drugs?
- Have you ever felt guilty about your use of alcohol or other drugs?
- Have you ever had a drink or used other drugs first thing in the morning to steady your nerves, or to function?

If you answered “Yes” to one or more of these questions, it does not necessarily mean you have a problem with your use of alcohol or other drugs, but you should get more information, monitor your use and/or seek support from someone who knows about alcohol and other drug misuse and abuse.

What are the possible effects of alcohol and other drug abuse?

Physical Health:

- Disturbed sleep
- Feeling sick (vomiting)
- Loss of control of body movements (coordination) and reactions become slower – this can make it very dangerous to do certain activities, such as driving a car
- Passing out (loss of consciousness)
- Dizziness
- Numbness
- Hangover (headache, dizziness and tiredness after a night of heavy drinking or taking drugs)
- Liver damage or failure
- Heart disease (e.g., heart attack, heart failure, high blood pressure, etc.)
- Lung damage or failure
- Cancer
- Tremors or seizures (convulsions)
- Coma
- Confusion and disorientation



- Tiredness or too much energy
- Skin disorders
- Sexual problems such as erectile dysfunction and infertility (due to lower sperm production)
- Weight loss or gain
- Infections such as hepatitis
- Damage to the nervous system
- Permanent brain damage
- Constipation
- Weakened immune system (whether or not you have HIV)
- Even in small amounts, alcohol and other drugs can be very dangerous if used by children, pregnant women, the elderly, people with existing health problems (such as liver, kidney or heart disease, mental illness, TB, HIV and AIDS), and people taking certain medicines (e.g., ARVs or TB medicine)
- Death (due to alcohol poisoning, drug overdose, mixing alcohol with other drugs, or any of the other negative health effects listed above)
- Some of the above problems may occur when a person who has been abusing alcohol or other drugs for a long time tries to quit (withdrawal)

Mental Health:

- Difficulty remembering things or loss of memory
- Depression
- Worry
- Paranoia
- Psychosis (mental illness)
- Suicidal thoughts
- Dangerous (careless or violent) and unpredictable behaviour (e.g., driving while drunk)
- Feeling like you do not want to do anything (lack of motivation)
- Irritability
- Inability to make good decisions
- Some of the above problems may occur when a person who has been abusing alcohol or other drugs for a long time tries to quit (withdrawal)

Social Effects:

- Saying or doing embarrassing things while drunk or high which you may regret later
- Family/relationship problems
- Road accidents and deaths
- Theft
- Violence
- Murder
- Abuse and neglect of children
- Children of people addicted to alcohol or other drugs are also more likely than other children to become addicted to alcohol or other drugs

Economic Effects:

- Spending too much money on alcohol or other drugs
- Inability to work leading to unemployment and increased poverty



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Some Problems Related to Alcohol Misuse and Abuse

Aggressive, unreasonable behaviour.
Arguments. Violence.
Depression. Nervousness.

Alcohol dependency.
Memory loss.

Early aging.

Cancer of throat and mouth.

Frequent colds. Reduced
resistance to infection.
Increased risk of pneumonia.

Weakness of heart muscle.
Heart failure. Weak blood.
Blood clotting.
Breast cancer.

Liver damage.

Vitamin deficiency. Bleeding.
Severe inflammation
of the stomach. Vomiting.
Diarrhoea. Malnutrition.

Trembling hands.
Tingling fingers.
Numbness. Painful nerves.

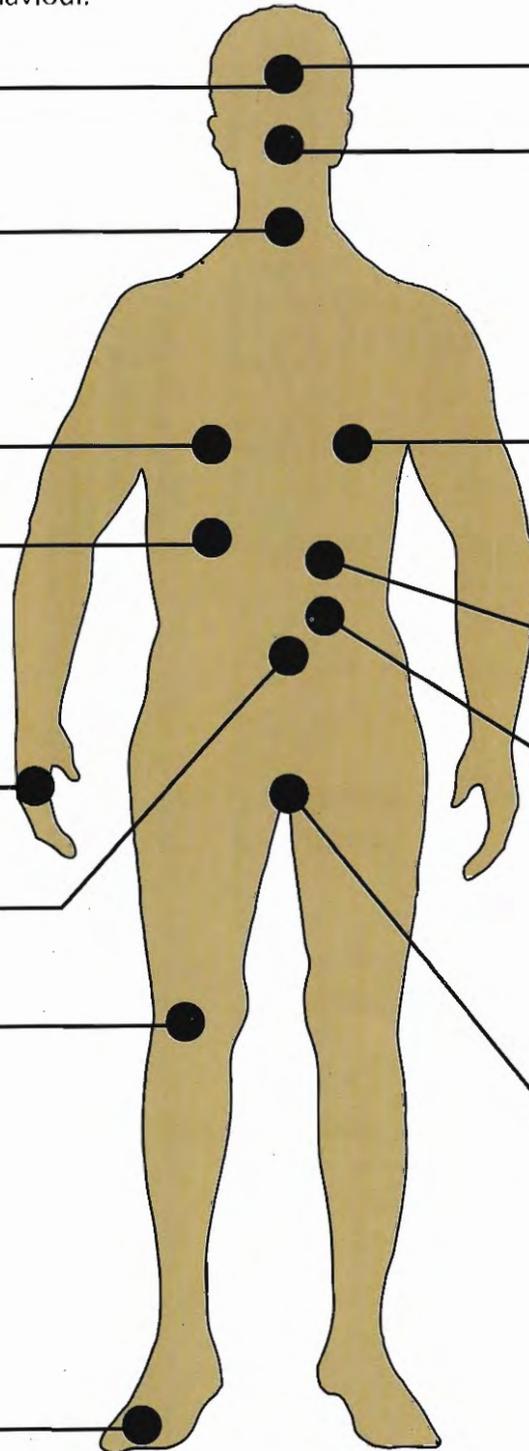
Swelling of the pancreas.

Ulcer.

Reduced sense of feeling
leading to falls.

In men:
Sexual problems.
In women:
Babies may be born with
numerous problems.

Numb, tingling toes.
Painful nerves.



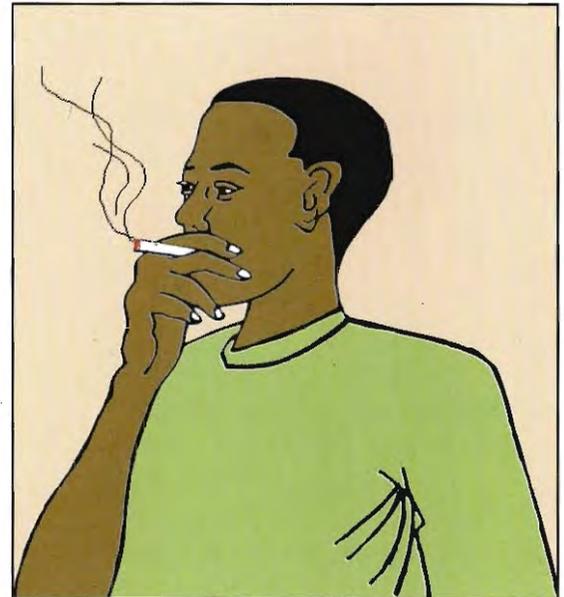


How is alcohol or other drug abuse related to HIV and AIDS?

- Alcohol can lead to a weak immune system (body's natural defence against illness).
- It can strongly increase the chances of making mistakes, such as having unprotected sex (i.e., without a condom) or having many sexual partners, which increase your risk of getting HIV and other STIs.
- It can cause accidents or injuries which increase the possibility of blood-to-blood HIV transmission.
- It can cause people to forget to take their HIV medicines (ARVs).
- It can cause more negative side-effects and treatment-failure.
- People living with HIV and AIDS can get sicker quicker.

What are the signs of addiction to smoking?

- Despite repeated attempts, it is difficult for you to quit smoking.
- When you stop smoking, you experience withdrawal symptoms such as craving for cigarettes, anxiety, disturbed state of mind, excitement, headaches, upset stomach, diarrhoea, etc.
- Illness (such as lung or heart problem) does not prevent you from smoking.
- Avoiding places where you cannot smoke freely.
- Hanging around with people who smoke and keeping away from friends who do not smoke.
- Craving to smoke at specific times and places such as after food or when you visit certain places like a park or restaurant.



What are the effects of smoking?

- Serious health problems such as cancer, heart disease, stroke, emphysema (deadly lung disease) and infertility in men (men's bodies produce less sperm when they smoke and the sperm that is produced is also weaker).
- Second-hand smoke – which is the smoke from your cigarette that those around you, who are not smoking, breathe – is also very dangerous for the health of others.

What can I do if I think I am (or someone I know is) abusing alcohol and/or other drugs?

- The first and hardest step in overcoming alcohol and other drug abuse is to accept that you have a problem.
- Change is a journey with times of success or progress and times of slipping back to old behaviors. There are no easy answers to the problem of alcohol and other drug misuse or abuse and overcoming this problem requires strong commitment and will power. Some things you can do include:



TAKING CARE OF YOUR HEALTH

- Educate yourself and others about alcohol and other drug use, misuse and abuse.
- Monitor your use and use responsibly (e.g., never drink and drive).
- Identify the people, places and things (e.g., feelings) which make you want to drink and try to avoid these.
- Seek help or support from health workers, elders, leaders or others in the community who are informed about and sensitive to the needs of people struggling with alcohol or other drug misuse or abuse.
- Be patient and gentle with someone who misuses or abuses alcohol or other drugs and realize that you cannot force them to recognize or overcome their problem.
- It is important to remember that different things will work for different people. Also, such problems develop over many years and there is unfortunately no quick fix.



25 FOOD, SLEEP & EXERCISE

What is a healthy diet?

- A healthy diet contains a variety of foods from each of the following food groups:

Fruits and Vegetables:

- Examples: Guavas, oranges, bananas, apples, mangoes, juices, cabbage, spinach, carrots, rape, etc. (fresh is best).
- Good source of vitamins (which keep your body healthy) and minerals (which provide calcium and iron that are essential for teeth, bones, muscles and nerves and help them grow).
- Aim to eat at least five portions of different types per day (about a third of the food you eat each day).

Starchy Foods:

- Examples: Nshima, whole grain bread, pasta, rice, cereals, etc.
- Good source of energy, fibre, iron, calcium, B vitamins and other nutrients.
- These foods should make up about a third of the food you eat each day.

Milk and Dairy Products:

- Examples: Milk, cheese, yoghurt, etc.
- Good source of protein, vitamins A and B12, and calcium.
- Try to eat some each day, but not a lot as these can be high in fat.

Meats, Eggs and Nuts:

- Examples: Beef, chicken, bream, eggs, beans, ground nuts, etc.
- Meat is a good source of proteins (which help the body grow and repair itself) and vitamins and minerals such as iron, selenium, zinc, and B vitamins. Fish is a good source of protein and contains essential vitamins and minerals such as selenium, iodine, vitamins A and D, omega 3 fatty acids, calcium and phosphorous. Eggs, pulses, beans, nuts and seeds are all good sources of protein.
- Try to eat some of these foods each day (aim for at least two portions of fish per week).

Foods and Drinks High in Fat and Sugar:

- Examples: Soft drinks, chocolate, cakes, etc.
- It is important to have some fat in your diet because it helps the body absorb some vitamins and is also a good source of energy and essential fatty acids that the body cannot make itself.
- Eat just a little bit each day.



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What are the benefits of having a healthy diet?

- A healthy diet can prevent many illnesses, including cancer and heart disease.

Varied Foods in Your Diet



Eat Only Sometimes



Why is sleep important?

- Lack of sleep may lead to worsening blood pressure and high cholesterol (both linked to heart disease and stroke), increased stress, cancer and depression.
- A good night's sleep keeps you energized and alert, improves your memory and concentration, may help you lose weight, keeps you relaxed and rested, repairs the damage to your body caused by stress and other harmful things.



How much sleep should I be getting each night?

- Between six to nine hours.

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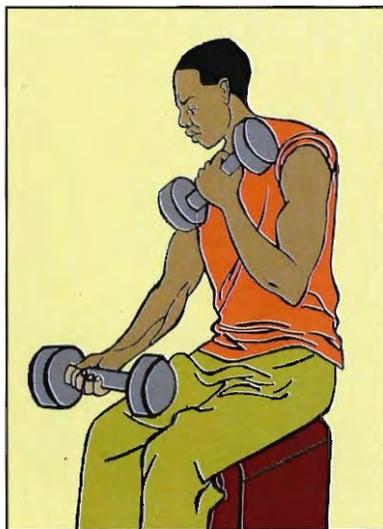
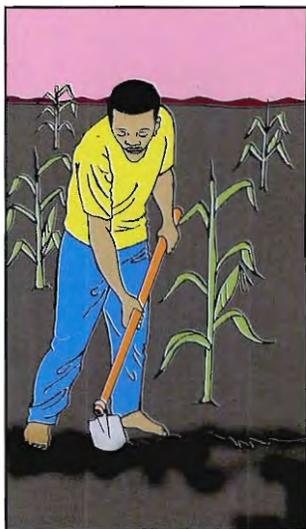


What are the benefits of getting enough exercise?

- Keeps you relaxed, reduces feelings of depression and anxiety (worrying) and improves mood.
- Helps you look and feel better and this improves self-esteem.
- Can help prevent or manage heart disease, high blood pressure, diabetes, osteoporosis and certain types of cancer.
- Increases good cholesterol and decreases bad cholesterol.
- Helps manage or lose weight.
- Strengthens the heart and lungs (helps deliver oxygen and nutrients to tissues and makes the circulation of blood through the heart and blood vessels more efficiently which leave you with more energy.
- Improves sleep by helping you fall asleep faster and sleep deeper.
- Improves your sex life by helping you look better, feel energized, improving your circulation (which can lead to more satisfying sex), and reducing erectile dysfunction in men.
- Helps to build and maintain healthy muscles, bones and joints.
- Improves memory and mental capacity.
- Exercise can be fun!

How much exercise do I need?

- Adults should get a minimum of 30 minutes of moderate-intensity physical activity five days a week
- You do not have to do the whole 30 minutes in one go – you can do 10 minutes at a time throughout the day
- Exercise can be in the form of “lifestyle activity” (e.g., walking to the shop or taking the stairs) or structured exercise, sport, dancing, etc. or a combination of these activities.
- For bone health, activities that produce high physical stresses on the bone are necessary.
- People who are overweight need 45-60 minutes of exercise at least five times a week.





RESOURCES

Following is a list of health care facilities and other resources that provide services for men. Phone numbers have been provided for every facility listed. These numbers should be updated from time to time using the latest telephone directory. Addresses have been provided for all Lusaka-based facilities. This is not meant to be a comprehensive list of resources for men's health. Health providers using the *Men's Health Kit* are expected to identify relevant health care facilities in their areas and note down their contact information in the space provided.

After counseling men on any topic covered by the *Men's Health Kit*, it is important to refer them for appropriate health care facilities using this resource directory.

- ▲ Adolescent health and development
- Urology (penile size, premature ejaculation, impotence, UTIs, etc.)
- ◆ Dermatology (skin problems)
- Antenatal and under-5 care
- ◆ Sexual, couples and relationship counselling
- ▲ Anger management
- HIV counselling and testing
- ◆ Sexual violence resources
- Family planning services
- ◆ Fertility treatment
- ▲ Male circumcision
- PMTCT
- ◆ STI testing and treatment
- ARVs
- ◆ PEP
- ▲ Cancer screening and treatment
- Mental health
- ◆ Depression and suicide
- Alcohol and other drugs counselling
- ◆ Diet and nutrition counselling

HIV
24hrs *alkline*
"talk to a friend"

Call 990

CONFIDENTIAL HIV TALKLINE



Afya Mzuri, Manchinchi Road, Lusaka, Tel +260(211)232942



Arthur Davison General Hospital, Ndola, Tel +260(212)640125-7



Chainama Hills Hospital, Great East Road, Lusaka, Tel +260(211)283844-6



CHAMP, Great East Road, Lusaka, Tel +260(211)293455/236201-3



Chipata Central Hospital, Chipata, Tel +260(216)222141



DHMT Clinics



Drug Enforcement Commission, Lusaka, Tel +260(211)228188



Kabwe General Hospital, Kabwe, Tel +260(215)222301-5



Kara Counseling, Thorn Park and Hope House, Luanshya Road, Villa Elizabetha, Lusaka, Tel +260(211)227086/222776



Kasama General Hospital, Kasama, Tel +260(214)222028



Kitwe Central Hospital, Kitwe, Tel +260(212)230017/224365



Livingstone General Hospital, Livingstone, Tel +260(213)320221



Mansa General Hospital, Mansa, Tel +260(212)821633-5



Marie Stopes International Zambia, Benakale Road, Northmead, Lusaka, Tel +260(211)292785



RESOURCES



Ndola Central Hospital, Ndola, Tel +260(212)611585



New Start, Lusaka, Tel +260(211)232683/232684



Planned Parenthood Association of Zambia, Church Road, Opposite Fairview Hotel, Lusaka, Tel +260(211)256252



Serenity House, Serenity Programme, St. Frances De Sales, 41 Wamulwa Rd., Thorn Park, Lusaka, Tel +2609776246927



University Of Zambia Clinic, Great East Road, Lusaka, Tel +260(211)291840



University Teaching Hospital Clinic 3, Nationalist Road, Lusaka, Tel +260(211)251200



University Teaching Hospital Clinic 5, Nationalist Road, Tel +260(211)251200



University Teaching Hospital Clinic 6, Nationalist Road, Tel +260(211)251200



University Teaching Hospital Clinic 7, Nationalist Road, Tel +260(211)251200



University Teaching Hospital Maternity Wing, Nationalist Road, Tel +260(211)251200



Young Men's Christian Association (YMCA), Chilumbulu Road Opposite Libala Secondary School, Tel +260(211)260777



Young Women's Christian Association (YWCA), Nationalist Road, Tel +260(211)254751/252804/255204



Youth Alive Zambia, Longolongo Road, Tel +260(211)293559



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