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Contributors

Gay Men Fighting AIDS (Organization)

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Do you use condoms or not? Are there any medical benefits to using condoms if you are both positive? This is a summary of what we know - read it and decide for yourself.

Re-infection

Re-infection with HIV may occur, and some strains of HIV are more aggressive than others. In theory, this could mean that although you are coping well with your HIV infection, fucking without condoms might increase the damage to your immune system. At the moment, the evidence for this is unclear.

Another theoretical risk is that strains of HIV that are resistant to anti-HIV drugs might be passed from one positive guy to another. If true, this could be particularly damaging if you acquire a strain that is resistant to a drug you are currently taking - especially if you are not strictly adhering to the drug regime. People on triple combination may be better protected against resistance and re-infection than those on one or two drugs.

Sexually Transmitted Infections (STIs) and other viruses

There is much stronger evidence that other viruses that are harmful to positive guys, can be transmitted through unprotected sex. These include CMV, herpes, and HHV8 (the virus thought to cause KS). As well as being debilitating in themselves, these infections may help HIV infect cells that it wouldn't otherwise.

If you are positive, STIs can be difficult to treat and more painful. Some (herpes or wart viruses) stay in the body and can flare up and cause problems later. Others (Hepatitis A and B and the virus that causes glandular fever) are easier to transmit than HIV, and can be dangerous to people with HIV. Infections of the gut that cause real, long-term problems to positive guys, can be passed on through rimming.

If you are having sex that puts you at risk from STIs, go for regular sexual health check-ups and get vaccinated against Hepatitis A and B.

For more information about safer sex visit our website at www.demon.co.uk/gmfa

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