



ISSUE #72
FEBRUARY 2003

FROM THE EDITOR...

When I suggested to the F:S team that we put a big cock on the cover of this issue, no one batted an eyelid. And that was before they knew I meant a cockerel and not real live penis.

Gay boys and men in general are a bit obsessed by them. It's the one thing straight and gay men have in common, they could talk about their peckers all day. So we decided that it would be a crime not to have a special cock issue and here it is. Don't miss Peter Hart's fantastic feature on page eight, it's a third-eye opener.

Another thing that's often on our mind is relationships. Questions like: "Will I ever find one?", "How did I get stuck in the one I'm in?" or "Am I doing this right?" have been in just about everybody's brain. Gay relationships come in many shapes and sizes. What's right for you may not be right for another person. On page six, we look at the myriad of relationship arrangements you can have and ask a relationships counsellor his advice on how to make them work. But in the end, does anyone really know?

There's plenty more as well, so don't miss a single page. We welcome all your letters, questions and comments. You can email: cary.james@gmfa.org.uk or send them by post to the address below. Have a good one...

Cary James

G-A-Why don't you?

Because sometimes you wanna do something different...



Name: Kairos in Soho

What is it?

Kairos in Soho offers a wide range of workshops and discussion groups covering a diverse range of topics including self-development, holistic health and social and spiritual issues. Some of the workshops listed for February include 'Men Seeking More', 'Support to Quit Smoking' and 'Tantric Sex Workshop.' And there are others.

Where and when do you meet?

As the name suggests the organisation is based in Soho (duh). For dates and times of the workshops and discussion groups it's best to check the website or give them a call, as the dates, times and topics do vary.

How many members do you have?

Kairos in Soho is not a membership organisation. Anyone can drop in and there's no need to make an appointment.

What about social activities?

Although Kairos in Soho focuses more on workshops and discussion groups, they do occasionally have parties. And every Sunday at 2pm there is a gay and lesbian walking tour of Soho that takes approximately 2 hours. For anyone that's new to London this is a fantastic and social way to introduce yourself to queer London.

How can people find out more?

Look at the website: www.kairosinsoho.org.uk Or contact Clare Truscott on: 020 7437 6063. Address: 56 Old Compton Street (between the Mr Wu restaurant and the Admiral Duncan Pub), London, W1D 4UE.

G-A-Why don't you? is a new project at GMFA that helps promote the scene beyond clubs and bars and helps new groups to get off the ground. For more information or to be part of it, ring Donal on 020-7738 6872 or email donal.heath@gmfa.org.uk

To get your very own copy of **F:S** delivered to your door every issue, email your details to: cary.james@gmfa.org.uk or ring 020-7738 6872



LONDON GAY MEN'S
HIV Prevention Partnership

This issue of F***sheet (FS) was edited by Cary James. The FS team for issue 72 was John Goulding, Peter Hart, Bill Majrowski, Andrew McDonald, Steve Perkins and James Stafford. Jeremy Cohen approved.

FS is part of London Gay Men's HIV Prevention Partnership. We encourage responses to articles and relish argument and debate. We reserve the right to edit contributions. The views of the author are not necessarily the views of FS, of the organisations mentioned or of the editor. If you would like to receive FS, cancel your subscription, or notify a change of address call Hayley or Cary on: 020-7738 6872.

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Sort it out!

FS readers and a trained counsellor give their advice on how to tackle one of life's problems.

Q My boyfriend recently left me for another guy while I was on holiday. It was a really big shock and I am definitely not over it and still want to get back with him.

His new boyfriend regularly beats him up and then he come over to my place, scared and bleeding. I take care of him, patch him up, give him something to eat, and we sometimes end up having sex (usually without a condom). But then he just goes back to his new boyfriend and I am left alone.

My friends say I am a fool. I know he is not my responsibility, but I still love him and can't stand seeing him hurt. Plus deep-down, I really want him back and I guess I'm hoping he will realise what a great guy I am and stay with me. I am completely stuck and am just getting hurt over and over again. Help!

Nice Lad – Essex

YOUR ADVICE:

Dear Nice Lad,

Ask him what he really wants, because he either wants to be with you, or is quite simply using you. If he is using you, you are going to get hurt over and over again. Maybe he is too scared to leave his new boyfriend. If that is the case, he needs to think about speaking to a professional for advice and support, preferably before he ends up either six feet under or sucking his food through a tube. I would strongly advise you to have a sexual health check-up as you don't know what your ex and his new boyfriend are getting up to.

Jim – Luton

Dear Nice Lad,

It sounds like your ex isn't the only one having a rough time of it. While I think it's great that you're there for your ex in his time of need, you need to be sure that you're looking after yourself as well, emotionally.

By clinging on to this belief that your ex will see the light and come back to you, you're really not doing yourself any favours. The only way that you can be sure of getting through this intact is to come to terms with the fact your relationship is over and move on. And I really don't think you should be having sex with this guy if he's in another

relationship, particularly if you aren't using a condom – that's just asking for trouble.

This might be an occasion that calls for tough love. Tell your ex that you don't mind looking after him when this happens, but that he has to make a choice: either he does something positive to stop the beatings, either by talking to his new partner or leaving him altogether – or he stops coming to you at all.

Your friends are right, he's not your responsibility – but you've done the right thing by helping him. Now you have to help him to help himself. Good luck to both of you.

Josh - Kent.

A COUNSELLOR'S OPINION:

Pace Counsellor Stephen Weaver says:

Your attachment to your ex-boyfriend runs very deep, but no amount of bandaging his wounds is going to heal the ones you are carrying at present. Let's look at the facts: he left you without warning and he is continuing to make huge demands on you while leaving you emotionally high and dry. Then there's the matter of unprotected sex, which exposes you to the risk of HIV or STI infection.

Your ex is a victim of domestic violence (the third largest health risk for gay men, after HIV/AIDS and alcohol/drug misuse). His new partner seeks to maintain power and control over him and your ex seems unable to break away from this abuse. But it sounds as if you're a victim too - of the tendency we all have to make other people the sole focus for our security, no matter how dominated and depressed we may become in the process. Face it: neither of you seems able to let go of what you once meant for each other and sex seems to prolong the agony of separation.

First you need to realise that you're not your ex's keeper. Let go of him, advising him to talk to a counsellor about the abuse he is suffering in his new relationship. Next, take a fresh look at your obvious capacity to love and care for others and direct some of that stuff towards yourself. Let go of your tendency to use (risky) sex as a painkiller and free yourself up to choose sex again. Finally, make use of the support that's out there for you. There are workshops offered by PACE which will help you to realise you're not alone in the relationships maze and give you some maps for exploring it.

THT (020-7835 1495), PACE(020-7697 0014) and HGLC (020 7407 3550) all offer free counselling to gay men in London. For more information, visit www.metromate.org.uk where you'll find loads of helpful information on sex, HIV, locations of GUM clinics, and counselling services available to you.

Next month's problem:

I keep meeting guys who say they want a relationship but after going out for a few weeks seem to be unable to get their heads around it. The gay scene in London is so focused on clubs, drugs and sex and even though every man I have met and dated has said that he wants to get away from all of that, sooner or later the trappings of the scene seem to get in the way & make it impossible to have a relationship. Am I asking for too much or just meeting the wrong type of men?

Disappointed in Dagenham

If you have some advice for Disappointed or you have a problem that needs sorting, email it to: sortitout@gmfa.demon.co.uk

special report

When you were growing up, you were taught that boy meets girl, they get married, have kids and live happily ever after. Then you find out you're gay and it went out the window.

The choices in gay relationships can be mind-boggling, here are a few of the common arrangements. Is one right for you?



What are we doing?

Monogamy

The set up: This is the traditional, total one on one - absolutely no nookie outside the relationship. You are completely faithful and devoted to each other.

What's it like?

- Bob has in been a completely monogamous relationship for three years: "I can't imagine having it any other way. I really don't want to sleep with anyone else but my boyfriend and he feels the same. I think if you want to have sex with other people, something is wrong with your relationship."
- Dave has been a monogamous relationship for six months: "I've tried having open relationships in the past and they really didn't work. I

would get really jealous and suspicious that he was trying to pick up every time we went out. It made me really paranoid. He had sex away much more than I did, so it felt unfair somehow. It was just a disaster. One on one is definitely the best thing for me. I'm much happier now."

- Jim reckons monogamy is the only way. "I don't like sex with strangers. I know it sounds weird for a gay guy to say this, but I really need to get to know someone before I have sex with them. An open relationship where you are allowed to sleep around doesn't appeal to me."

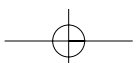
Free and open

The set up: Basically, you can have your cake and eat him, sorry, it too. While you have a loving boyfriend, you can also shag around as much as you like. You can even talk to each

other about your adventures. You know that you love one another and that is the bond that keeps you together. You trust that his heart belongs to you and yours to him, no matter what the body may do.

What's it like?

- Liam had a string of failed relationship before his open relationship with Barry: "I just couldn't stay faithful physically to one guy. Emotionally I would be totally committed, but sexually I needed the variety. Most guys can't handle that, but Barry is the same as me, so it works. I would be lying if I said I never got a little jealous, but I know that sex is just sex and love is something else all together."
- James has a more spiritual view. "I don't think a relationships should be



about ownership or restrictions. I feel that both partners should be allowed to grow and experience as much as they can and sex is a big part of life. I wouldn't want my partner to pass up on some amazing sexual experience because of me or vice versa. Of course this takes a complete commitment emotionally. Without that, it's a farce."

Don't ask, don't tell

The set up: This arrangement is based on the idea that gay men are men and infidelity is inevitable. That said, neither partner wants to hear about the other's escapades.

What's it like?

- Tom thinks this is the most realistic choice. "Accidents happen. I am not so naïve to think I am the only person my boyfriend will ever fancy. So if he has the odd shag away, I'm not really that bothered. I'm not going to throw away a loving relationship on a moment of weakness. As long as it doesn't happen all the time and our sex life is good, it's OK."
- Jason had trouble in monogamous relationship. "I used to get really jealous and paranoid in a monogamous relationships. I was always wondering what my partner was getting up to. I was trying to catch him out

because sex outside wasn't allowed. But this way, I don't have to worry. If something happens it happens, but I don't want to hear about it."

Three's company

The set up: In this relationship, both partners are committed to each other, but would still like some fresh sexual excitement now and then. The couple invites other guys for threesomes, but are not allowed any other sex outside the relationship.

What's it like?

- Mike's boyfriend Jack first suggested threesomes. "We had been together for about 4 years. I'm quite happy with the sex but I new Jack was getting restless. When he suggested threesomes, I didn't go for the idea right away. I didn't want another man in my bed, messing about with my boyfriend. But then I realised that Jack was gonna play away if I was there or not. At least if I'm there, I know what he's getting up to."
- Hugh's been having threesome with his boyfriend for 6 months. "I am the kind of person that wants to share everything with my part-

ner. And sharing this kind of sex has really brought us closer together."

- For Mark, it was the beginning of the end of his relationship. "We weren't really getting on when my boyfriend suggested threesomes. So I thought why not, but soon we would only have sex in a threesome and never on our own. I felt like he was paying less and less attention to me. And finally, he ran off with one of our regular 'fuck buddies.' I wish we would have just looked at the problems we were having rather than starting to have threesomes."

So which is best

What all of this shows it that there is no magic formula for success. Relationships counsellor Stephen Weaver had this to say. "A good relationship rests on good communication, if it is to last beyond the first blush, it has to be flexible enough to face conflicts with the kind of honesty openness and respect that allows partners to speak out frankly and freely. Honesty breeds trust and trust is the best foundation for whatever form of relationship you want with each other.

"We are an amazingly diverse community and how we handle each variation on the theme will differ from person to person and from youth to midlife and beyond. In all scenarios, mutual trust and open communication are vital if the core relationship is to survive.

"Re-evaluation and renegotiations are inevitable, as both the relationship and individuals grow and change, Keep talking – about feelings and especially about sex.

Talking about your HIV status and negotiating whether or not to use condoms should be very high on your agenda. Talk about the quality of the sex you are having. Splitting off sex from intimacy can sometimes be a cover for sexual addiction and fear around making your relationship work."

But wait, there's more...



In the room

This is an arrangement when you can have sex with other people as long as your partner is in the room, as in backrooms, saunas or public sex venues.



Out of the country

This is when you can have sex with other men when you are out of the country on business or on holiday with your mates.



No Rear Entry

This arrangement allows for fooling around outside of the relationship, as long as there is no fucking involved.

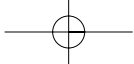
And finally...

If you have decided not to use condoms in your relationship, then you have to be very clear about your rules if you're going to have sex outside the relationship. And if you are in a monogamous or Don't Ask, Don't Tell relationship, what would happen if an accident happens and you put your self at risk with someone other than your boyfriend? Would you be able to tell him? Thinking about these things beforehand could save you a whole load of trouble and, maybe, your relationship.

The booklet 'Agreement in Relationships' is a guide for gay men in relationships who want to stop using condoms when they have sex together. You can view a copy online at www.freedoms.org.uk

It Takes 2 Tangle is a workshop by PACE (see page 14 for more details) and 'Relationships and Gay Men' is a one day course by GMFA that are about looking at gay men and relationships. For more information or to register your interest, visit www.metromate.org.uk.

THT (020-7835 1495), PACE (020-7697 0014) and HGLC (020 7407 3550) all offer free counseling to gay men in London.



news

NEWS BRIEFS

Herpes increases HIV viral load

Researchers at the University of Minnesota have found that active herpes infection considerably increases HIV viral load in people infected with both. Herpes may be responsible for short increases in viral load in people whose load had been undetectable because of combination therapy. Approximately 60 to 80 percent of HIV positive people are infected with the herpes simplex virus.

Positive Finance

The UK's first financial website for people living with HIV has been launched - www.positive-finance.com, from the people behind gay finance bible www.pinkfinance.com, covers essential areas of advice such as obtaining a mortgage when positive, overcoming unfair treatment by insurance companies and restarting your finances after illness.

Insurers get less sex info

New guidelines from the British Medical Association and the association of British Insurers state that medics do not have to reveal all aspects of a patient's sexual health history to insurers. The guidelines say there is no reason to disclose single incidents of STIs, or even multiple episodes, provided there are no long-term health risks. Insurance companies shouldn't ask whether an applicant has taken a test for HIV or Hepatitis B or C, had counselling in connection with a test or received a negative result. Insurers may ask only if someone has had a positive test result, is awaiting a test result, or is receiving treatment for HIV/AIDS or Hepatitis B or C. All GUM clinic results, are always confidential.

Britons still ignorant about HIV/AIDS

A third of 18-24 year olds think there is a cure for HIV, according to a poll released by ICM. The poll also found that nearly half of Britons think they know 'very little' or 'not enough' about HIV/AIDS. Nearly a quarter said they could be infected with the deadly virus through kissing and one in 10 people are convinced they can be infected through toilet seats. Of the 1,000 people questioned only 19 percent are concerned about sexually transmitted infections.

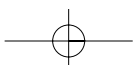
This poll comes at a time when HIV infections have reached record levels in Britain, and figures for this year are expected to be higher. More people than ever before are living with the virus, and over 4,000 new cases of HIV were diagnosed last year alone.

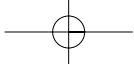
"It is worrying" said Mark Graver, a spokesman for the Terrence Higgins Trust. "Sex education in schools has never really been good enough and is not delivered consistently."



Here piggy, piggy, piggy

THT has produced a fantastic new freebie called Sex Pigs. The packet includes specially mixed CD with almost 40 minutes of 'tuff' dance tracks, along with a fantastically photographed booklet about the dangers of Syphilis. It's aimed at the sex club/SM scene and there are tonnes of sex pictures of tattooed men in leather and rubber and covered in various sticky fluids. Plus there is a chance to win your very own 'Sex Pig' t-shirt. Look for a copy in your fave pervy venue or ring THT Direct on: 0845 1221 200 to get one.





TOBACCO COMPANY TARGETS GAYS IN 'PROJECT SCUM'

R.J. Reynolds who market the 'Camel' brand of cigarettes developed a marketing plan called 'Project Scum' to target gays and the homeless. The plan discusses how the company could penetrate 'fragmented / non-traditional outlets' to increase the distribution of the Camel brand in the San Francisco area in the mid-nineties.

Details of the plan were revealed by the anti-smoking American Legacy Foundation. Dr Cheryl Heaton, President and CEO of the American Legacy Foundation, said 'Project Scum is yet another example of the corporate callousness of an industry that intentionally markets its addictive and lethal products'.

Heaton added: 'We've devoted significant resources and attention to reducing tobacco-related disease and countering the tobacco industry's marketing efforts within this community, and we will continue to do so in the future'.



Liza's a hero

Fag favourite (and all around legend) Liza Minnelli has been presented with The International Hero Award by the UK Coalition Of People Living with HIV/AIDS and Crusaid at a star-studded charity gala.

Ok her new husband may be a bit freaky, but Liza has been part of the fight against AIDS since the beginning. She's helped raise millions of dollars with special concerts, albums and shows.

She said: "Those who are stricken with HIV and AIDS need our constant support, help and understanding. We have a long way to go in the fight ahead of us and I will always be part of that battle."

Condoms not enough

A new scientific report, "Sex, Condoms and STDs: What We Now Know", released by the Medical Institute for Sexual Health, shows that even when condoms are used 100% of the time, the risks of contracting some of the most common STDs are still not down to an 'acceptable level'.

The report found that condoms must be used 100 percent of the time and used correctly to avoid STD infection and potential disease from infected partners. But it is almost unheard of for anyone (except a very few devoted individuals) to use condoms 100 percent of the time over many years, and therefore 100 percent condom use is almost a wholly theoretical concept. And even 100 percent condom use does not totally eliminate the risk of any STD, HIV included.

No evidence has been found of any risk reduction for sexual transmission of warts, even with 100 percent condom use. Syphilis transmission is reduced by 29-50 percent with 100 percent condom use, leaving 50-71 percent relative risk of infection. Chlamydia and gonorrhoea transmission is reduced by approximately 50 percent with 100 percent condom use, leaving a 50 percent risk of infection. HIV sexual transmission is reduced by approximately 85 percent with 100 percent condom use.

For the approximately 20 other STDs, not enough information exists to say whether condoms offer any risk reduction from sexual transmission.

BITS & PIECES

Get paid to improve sex in Hackney

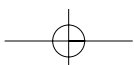
"Improving Access to Sexual Health Services in Hackney" is an initiative to do just what it says on the packet. They are looking for people to be interviewed about their experiences of the service and how you would like them to develop/ improve in the future. Those in volved with this project will receive £10 plus reasonable travel costs. To participate, please ring Michael Bell Associates on 020 7978 4997 and ask to speak to Christine. Alternatively send her an email on Christine@mba4consultancy.co.uk.

Friend or Foe

Are you a good friend to yourself or your own worst enemy? Friend or Foe is a weekend workshop on self-esteem, exploring how you can relate to yourself in more compassionate, supportive and constructive ways and move away from being critical, nasty or destructive to yourself. The next workshop starts on 21 February. For more information, contact Tracey Woolf on 020 7281 3121.

Fancy a Koktale?

On Saturday 1 March the Big Up group at GMFA, in collaboration with Queer Nation, will be having a great club night event called Koktale at Substation South. It's a chance to shake off those winter blues to the best soulful house and garage. There will also be plenty of useful info and surprises on the night, so don't miss it. For more information please call Tyron on: 020 7738 6872.



The Series - what's in it for me?

The Series is a number of one day workshops in London for Black men who have sex with men. It's for those who want to take a fresh look at the gay scene, religion, the Black community and sex. Here's what's coming up...

Faith, Sex & Spirituality

22 February

Participants work to reach clarity about, and acquire skills for navigating and negotiating the issues of spirituality, faith, religion and sexuality. You will be encouraged to identify any future changes needed in your life to fulfil your own choices with regards to observing spirituality, faith or religion. You will also be able to recognise the steps needed for the change to happen.

I Feel For You

8 March

This workshop will help you to be better equipped to take responsibility in pursuing what you want from, and how you invest in, relationships.

Deep, Down & Dirty

22 March

A playful workshop for men who want to unlock the 'freak' within by exploring different aspects of their sexual identities, fantasies and desires.

You will be empowered to make health choices and navigate and negotiate your sexual needs and wants. You will gain skills, knowledge and confidence to explore your sexual needs, fantasies and desires - in a safe, sane, assertive and consensual way.

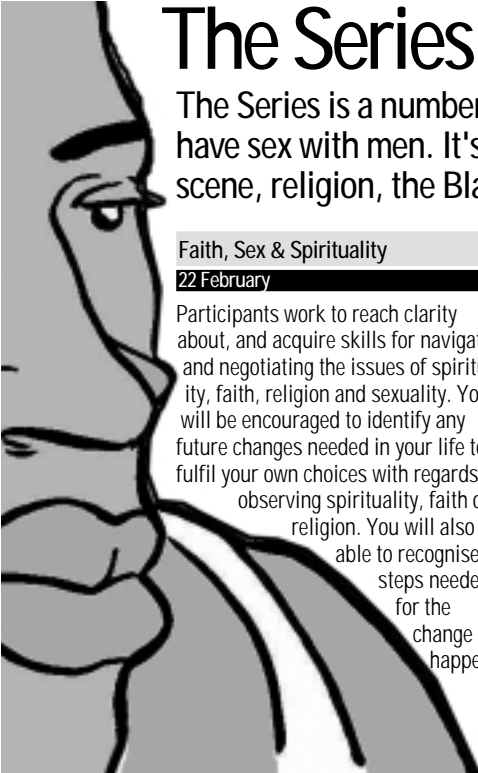
Creating Communities

5 April

This workshop explores how Black gay and bisexual men want to be supported, and discuss how to create supportive networks, expanding the notions of 'communities'.

When you've completed the course, you'll be skilled in establishing strategies, action plans and tools for implementing, creating and developing the communities that you desire to have and be a part of.

All the workshops are on Saturdays at a central London location. For more information or to book a place, contact James Bensley on 020-7738 6872 or visit www.metro-mate.org.uk.



Hey Doc, I've got a problem

The doctors at Gayhealth.com answer the questions you may be too shy to ask in the flesh.

I'm constantly horny

Q I've masturbated at least twice a day since I was 14. How much is too much? Then, a week ago, I had so much fellatio, my penis started to hurt. Towards the tip, it's swollen slightly on one side now and it is sensitive to touch. (I'm cut). I can feel some lumpiness under the skin. This was not rough sex – just a little intense. Should I see the doctor or just avoid getting erections and stop masturbating for a while?

A This is one question that I am happy to answer because there is no bad news. You can masturbate as much as you want. Your body will tell you if you are too tired by lack of libido or inability to ejaculate.

Now for the second part of your question. Oral sex – especially if it is vigorous – can irritate the head of your penis. In addition to skin irritation, you can develop small blood clots in the head of your penis (like a hickey) from the suction. Don't worry, it's not dangerous. If it is still sore, warm compresses and aspirin or Advil will help it go away faster. If you have a skin irritation, try a very mild hydrocortisone cream available without prescription at your pharmacy. If it persists, go to a doctor for an evaluation to be sure you don't have an STD.

Bumps on my penis

Q I am a gay male who is not particularly sexually active. At the base of my penis, there are several small painless white bumps. They have always been there as far as I know. I've never seen them spread. They are usually most visible when I am erect. Since most are near the base and near the pubic hair line, I always assumed that it was just "hair bumps" because I always shave my pubic area. They look fairly benign, and do not cause any discomfort. I just wanted to know if I should be concerned.

Is there anything I can take to make them go away or is this just a normal thing that doesn't need to be treated? Also, does masturbation have anything

to do with them? I masturbate daily.

A The little bumps that you have are completely normal and lots of men have them. They can be hair follicles or little fibrous balls of tissue. They are not related to masturbation but shaving might irritate them. I don't think you should try and get rid of them. Surgery might cause more scarring and larger bumps.

Down foreskin, down

Q Is there anything I can do to "train" my foreskin to stop rolling over the head of my penis all the time?

A Although I am not quite sure that I fully understand your question, it sounds like

I've done some stupid things, but this tops it. I haven't urinated yet as I'm drinking lots of fluids to try and push it out. Please help me with this.

A I know you know what I am going to say, but it needs to be repeated nonetheless. YOU SHOULD NEVER PASS OBJECTS INTO YOUR PENIS! Doctors actually go to school to learn how to properly do it. The lining of your penis (urethra) is extremely delicate and easily torn. You may not notice a problem from an injury, but years later you can have difficulty urinating from scarring.

The fact that you lost one of your "worms" is extremely dangerous. It has possibly slipped up into your bladder. You won't feel it, but it can cause a serious

'Please leave the training to your dog and forget about training your foreskin'

your foreskin doesn't stay back over the head of your penis during sex. I must tell you, this is fine. The real problem comes if men can't pull their foreskin back for sex (phimosis) or if they keep their foreskin retracted all the time. A tight foreskin or a constantly retracted foreskin can act like a tourniquet and keep blood from getting into or out of your glans (the head of the penis). This is dangerous, and men with this problem need to be circumcised. In your case, please leave the training to your dog and forget about training your foreskin.

I lost my worm

Q This is not only embarrassing, but stupid to the highest degree. I'm bi and had an experience with this guy I met. We were experimenting with toys and the like and we had some rubber fishing worms. They were washed with antibacterial soap and warm water. I inserted one into the head of my penis and have lost it. It's not in my tube as I can't feel it! This isn't a laughing matter to me anymore as

infection. It was not sterile, no matter how hard you scrubbed it first. Immediately get to a urologist and tell the doctor what you did. They will have to look into your bladder and pull out the worm. I hope you learned your lesson.

To ask your own question or to read more questions and answers, go to www.gayhealth.com and click on Ask the Doctors.

