

TRANSGENDER TRANSMISSION

NO MATTER WHAT YOU CALL YOURSELF

Transgender, transvestite or transsexual, straight, bi, gay, lesbian or queer, pre-op, post-op or non-op, person of transgender background, M2F, F2M, intersexual, third or bi-gendered, man or woman, or both or neither,

VIRUSES DO NOT DISCRIMINATE

Here are some health issues that particularly concern people with transgender qualities

Douching

- Douching should only be done 2-3 times a week at most, with clean luke-warm water, with a dash of white vinegar for the neo-vagina.
- Everyday douching weakens the lining of the anal passage or vagina, exposing the porous membranes to an increased risk of HIV/AIDS and other virus transmission.
- Eating a high fibre diet helps keep the anal passage healthy.
- If you have a neo-vagina, you should see a tranny-friendly doctor (which RhED can refer you to) about any vaginal problems, rather than over-douche.

Dildos, Strap-ons, Fingers & Vibrators

- Using condoms or gloves makes these much easier to clean and more hygienic.
- Use a different condom or glove for each hole (anus or vagina) and each person.
- Particles that are no problem in the anus can cause trouble (such as thrush) elsewhere. This is another reason for using different gloves or different fingers for different holes.
- Two layers of gloves makes switching between holes easier. Just remove the outer glove.
- Wash dildos with soapy water or mild disinfectant.

Safer Packing

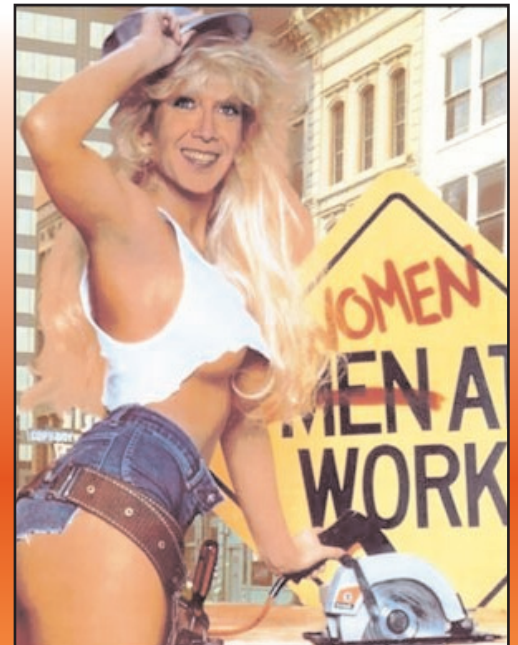
- Make sure anything worn on your groin is washable and washed regularly. A cotton sock makes a good hygienic wrapping for a prosthesis.

Safer Tucking

- Keep your undercarriage as dry as possible
- Make sure it's clean and dry before you tuck
- If you have a foreskin clean it regularly
- Use unscented sterilised talcum powder
- At home or in any safe place where fluffy slippers, waxpots or rollers are allowed, let your groin breathe untucked as often as possible.

Safer Taping

- Use a sanitary napkin over the soft delicate parts, under a wide adhesive tape (for example, Lucaplast).
- If applying tape directly (without a pad), put lube on the delicate skin to stop the tape from sticking to it and damaging the skin on removal.
- Remove any traces of adhesive with eucalyptus oil.



Body Shaving

If you shave your body or pubic hair, be careful of cuts or scrapes. Cover any cuts or abrasions before sex and never allow anyone else's body fluids (blood, semen or vaginal fluid) on damaged skin. Be particularly careful after shaving, if you do "trick sex" or thigh fucking, armpit fucking or "Spanish" (breast fucking).

Hormone Injections

Some trannies used to share syringes or needles for hormone or steroid injections.

Not a good look. HIV and other nasty viruses (such as Hepatitis B and C) can hitch a ride in any shared needle or syringe, so keep a clean supply for yourself, and don't share needles for anything! Free needles are available from RhED and Needle and Syringe Services in the city and country.

Neo Vagina

If you have a neo-vagina, condoms and safer sex are even more important. The lining of the neo-vagina is not as flexible as an organically grown vagina (which can stretch for babies), and so it's more subject to minor tears from sex. And even if you're self-lubricating, condoms have a drying effect, so use water based lube. This reduces the changes of tears to the condom, and to you.

Tucking, Taping, Packing

These activities can create a warm moist environment, leading to skin disorders, chaffing and dermatitis. This not only creates a bad smell, it increases the risk of viruses (including HIV) getting in through damaged skin.