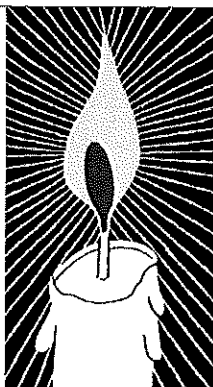


RAP* Time



RURAL CENTER *for*
AIDS/STD PREVENTION

DEPARTMENT OF APPLIED HEALTH SCIENCE

INDIANA UNIVERSITY SCHOOL OF PUBLIC
HEALTH-BLOOMINGTON

*Rural AIDS/STD prevention. rap (rap) v. *Slang*. To talk freely and openly

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Pubic hair grooming was positively associated with self-reported STI history

Removal of public hair has become common practice among both women and men worldwide.

Studies show that hair removal contributes to increased morbidity, such as injury and cutaneous infections. Little is known about the relation between pubic hair grooming practices and STIs.

Such an association seems plausible with shavers and razors causing epidermal microtears which may permit epithelial penetration by bacterial and viral STIs. Grooming that decreases the length of pubic hair may decrease risk of acquiring pubic lice.

This study hypothesized that grooming of pubic hair is positively related to STIs except for pubic lice that would be reduced by hair removal.

Methodology

A probability sample (N=7580) survey of US residents, ages 18-65, was conducted in January 2014. The survey assessed self-reported pubic hair grooming practices, sexual behaviors and STI history.

Extreme grooming was defined as removal of all pubic hair more than 11 times a year and high-frequency grooming as daily/weekly trimming.

Cutaneous STIs included herpes, HPV, syphilis, and molluscum contagiosum. Secretary STIs included gonorrhea, chlamydia, and HIV. Pubic lice was analyzed separately.

Outcomes of the Study

56% were men and 44% women.

Major findings include:

- 84% and 66% of women and men, respectively, reported a history of grooming.
- 17% were extreme groomers and 22% were high frequency groomers.
- Groomers were younger and reported a greater number of annual and lifetime sex partners than non-groomers
- Groomers reported more weekly and daily sexual activity than non-groomers.
- 42% and 12% of men and women, respectively, used an electric razor.
- Non-electric razor usage was more common for women (61%) than men (34%).
- 13% of participants reported lifetime history of STIs.
- More groomers reported a lifetime history of STIs than non-groomers (13% vs 8%).
- After adjusting for age and

lifetime partners, ever having groomed was positively associated with a history of self-reported STIs, including cutaneous STIs, secretary STIs and pubic lice.

- These positive associations were stronger for extreme and high-frequency groomers with cutaneous STIs and for non-extreme groomers and low-frequency groomers with lice.

Implications for Prevention

This investigation found that about 13% of persons who groomed their pubic hair reported a history of STI infection. Pubic hair grooming was positively associated with a lifetime history of cutaneous STIs, secretary STIs, pubic lice and number of lifetime sexual partners.

Further research is warranted to gain insight into STI risk-reduction strategies for persons grooming pubic hair.

SOURCE:

Osterberg, E., c., et al. (2016). Correlation between pubic hair grooming and STIs: Results from a nationally representative probability sample. *Sexually Transmitted Infections*. doi: 10.1136/sextrans-2016-052687.

Condom program for tourism workers increased safer sex

Tourism destinations provide unique social contexts which foster sexual risk-taking, particularly among tourism workers (TWs).

25 TWs in Banff, Alberta, Canada (14 women and 11 men) completed a single session intervention designed to promote the consistent and correct use of male condoms. The intervention, comprised of motivational and skills-based training and a variety of condoms and lubricants, was delivered in a one-to-one format in community settings.

Significant increases over three weeks were found in safer sex behaviors, such as discussing condoms with partners prior having sex, using condoms more often, reduction in self-reports of condom-use errors, and adding lubricants to condoms more often.

The results suggest a high level of utility for this single session program with potential for adaptation to other tourist destinations.

SOURCE: Milhausen, R. R., et al. (2016). An intervention study assessing a peer outreach model to promote safer-sex for tourism workers. *The Canadian Journal of Human Sexuality*, 25, 216-224.

18.2 million people now have access to HIV treatment

On World AIDS Day, December 1, the Joint United Nations Programme on HIV/AIDS announced that more than 18 million persons now have access to life-saving AIDS treatment, 1.2 million more than at the end of last year.

In the report, *Get on the Fast Track: The Life-cycle Approach to HIV*, UNAIDS states that the scope of HIV prevention and treatment options has never been wider than it is today.

Increasing treatment coverage is reducing AIDS-related deaths among adults and children. Antiretroviral medicines have averted 1.6 million new HIV infections among children since 2000. The consistently strong scale-up of treatment has seen annual AIDS-related deaths drop by 45% to 1.1 million in 2015 from a peak of about 2 million in 2005.

However, as more HIV+ people live longer, the challenges of caring for them as they get older or preventing the virus from spreading and reducing new infections are difficult.

SOURCE: Joint United Nations Programme on HIV/AIDS. (2016). *Get on the Fast Track: The Life-cycle approach to HIV*. www.unaids.org/en/resources/documents/2016/get-on-the-fast-track.

Life expectancy is lower for HIV-positive smokers

More than 40% of people infected with HIV smoke cigarettes. A computer simulation projected life expectancy of HIV smokers. Men and women at age 40 who continued to smoke lost 6.7 and 6.3 years of life expectancy. Those who quit smoking regained 5.7 years and 4.6 years, respectively. Smoking cessation by 10%-25% of HIV-infected smoke could save about 106,000-265,000 years of life.

SOURCE: Reddy, K. P. et al. (2016). The impact of cigarette smoking and smoking cessation on life expectancy among people with HIV: A US-based modeling study. *Journal of Infectious Diseases*, 214, 1672-1681.

STI apps may have wrong information

Of nearly 90 mobile phone apps focusing on STIs, about a third had inaccurate and incomplete information. 13 apps were fully accurate, 46 were mostly accurate and 28 were partially accurate. Apps on iOS and Android phones were more accurate than single-platform apps.

SOURCE: STI apps may have inaccurate, harmful information. *Medscape*. December 9, 2016.

RAP* Time is a monthly AIDS and other sexually transmitted diseases prevention bulletin published by the Rural Center for AIDS/STD Prevention (RCAP) at Indiana University, Bloomington.

RCAP is located within the Department of Applied Health Science, Indiana University School of Public Health-Bloomington. The major focus of RCAP is the promotion of AIDS/STD prevention in the American rural communities, with the goal of reducing HIV/STD incidence. RCAP began operations on March 1, 1994.

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