



2018 DOHMH Advisory #12: Celebrate NYC Pride by Offering Guidelines-Based Preventive Services to Men and Transgender Persons Who Have Sex with Men

Celebrating Pride in NYC includes supporting the sexual health of men who have sex with men (MSM) & transgender persons who have sex with men (TSM).

Please share with your colleagues in Internal and Family Medicine, Primary Care, Pediatrics, Infectious Disease, Ob/Gyn, and other providers of sexual health services

- **Ask your patients about sexual practices to identify MSM and TSM and others who would benefit from high-impact sexual health services and preventive interventions.**
- **Offer HIV testing every 3-6 months to sexually active MSM and TSM; use HIV medications to treat and prevent HIV, including PEP and PrEP.**
- **Screen sexually active MSM and TSM every 3-6 months for common bacterial sexually transmitted infections (STI) at all appropriate body sites; encourage condom use to curb rising rates of these infections.**
- **Vaccinate MSM and TSM to prevent illnesses affecting MSM and TSM: hepatitis A and B, human papillomavirus, and meningococcal infections.**
- **Be alert to persistent and emerging infectious health threats facing MSM and TSM populations such as parasitic enteric infections including amebiasis, giardiasis, and cryptosporidiosis, increasing cases of *Shigella* infections with decreased susceptibility to azithromycin and increasing cases of hepatitis A among MSM in NYC and other urban areas.**

June 22, 2018

Pride season in New York City is a time when many lesbian, gay, bisexual, transgender and queer or questioning (LGBTQ) New Yorkers celebrate. The New York City Department of Health and Mental Hygiene (NYC DOHMH) would like to remind providers about evidence-based strategies to support the sexual health of men who have sex with men (MSM) and transgender persons who have sex with men (TSM). The successful implementation of these high-impact strategies begins with engaging in honest and open conversations with patients about sexual desire and sexual activity with a goal of designing a personalized plan to support them in maintaining a fulfilling and healthy sex life.

- **HIV testing is the gateway to HIV treatment and prevention.**
 - [Offer sexually active MSM and TSM HIV testing every 3-6 months.](#) Individuals testing negative who are at risk for HIV exposure (condomless sex, shared injection equipment, etc.) should be encouraged to use condoms and/or sterile injection equipment and to consider using [pre-exposure prophylaxis \(PrEP\) or post-exposure prophylaxis \(PEP\)](#) for added protection against HIV.
 - Start treatment for persons newly diagnosed with HIV as soon as possible. Immediate treatment improves HIV outcomes and prevents transmission of the virus to sexual partners. Learn more about HIV treatment [here](#).

- **Bacterial sexually transmitted infections (STI)** are on the rise nationally and in NYC, especially among MSM. Condoms prevent many STI when used correctly and consistently. Offer aggressive screening and treatment to sexually active MSM and TSM every 3-6 months. [Comprehensive STI screening](#) of MSM, TSM, and others who engage in anal sex includes:
 - Screening for gonorrhea and chlamydia using nucleic acid (NAAT) tests at oral, anal, and urine/urethral sites. Screening urine/urethral sites alone may miss up to 70% of gonorrhea and chlamydia infections in MSM and TSM. [Visit this webpage](#) for a list of labs that provide validated oral and anal gonorrhea and Chlamydia NAAT testing.
- **Offer PrEP** to prevent HIV infection among HIV-negative MSM and TSM diagnosed with early (i.e., primary or secondary) syphilis or a rectal STI. They have a high likelihood of acquiring HIV in the near future. PrEP and PEP are available at NYC DOHMH Sexual Health Clinics. For more information about NYC DOHMH's Sexual Health Clinics, including a list of services currently offered, [visit this webpage](#).
- **Hepatitis A** outbreaks have been reported among MSM in Europe; cases are also on the rise among unvaccinated MSM in NYC. MSM and TSM are also at risk for hepatitis B. Vaccinate MSM and TSM who are non-immune or who have not previously received a documented complete series of both hepatitis A and B vaccines. Learn more about local increases in hepatitis A cases in MSM and hepatitis A vaccinations [here](#) and hepatitis B vaccine information [here](#).
- **Quadrivalent meningococcal conjugate vaccine (MenACWY)** is now recommended [by national guidelines](#) for all people living with HIV. [NYC DOHMH recommends](#) vaccinating all sexually active MSM, regardless of HIV status. Meningococcal B vaccine is not indicated for MSM and TSM.
- **Human papillomavirus (HPV) vaccine** prevents cervical, anal, and oropharyngeal cancer as well as genital warts. Follow [national guidelines](#) and offer HPV vaccination to all MSM and TSM <27 years of age who have not completed the vaccine series.
- [Shigella infections with decreased susceptibility to azithromycin](#) are increasing in NYC, particularly among MSM. Persons with suspected or diagnosed Shigellosis should only receive antibiotic therapy if they present with severe illness or have immune-compromising conditions including HIV/AIDS; if treatment is indicated, susceptibility results should be used to guide treatment. If empiric azithromycin therapy does not work, target therapy using antimicrobial susceptibility testing results.
- [Parasitic enteric infections](#) such as giardiasis, amebiasis and cryptosporidiosis can be transmitted during oral/anal contact. To avoid infection, MSM and TSM should wash hands, penis, butt and sex toys with soap and water before and after sex and use dental dams while rimming.
- **Pregnancy:** Transgender men may also need birth control or pregnancy testing if they have vaginal (or “front hole”) sex with cisgender men.

Low- to no-cost sexual health services are available at NYC DOHMH's eight [Sexual Health Clinics](#) for all New Yorkers 12 years and older, regardless of their ability to pay or immigration status. New York City's [LGBTQ Health Care Bill of Rights](#) details health care protections on local, state, and federal levels to empower LGBTQ New Yorkers to get the health care they deserve. It reiterates that medical providers and their support staff are legally required to offer LGBTQ New Yorkers quality care regardless of their sexual orientation, gender identity, or gender expression. All sexually active New Yorkers should celebrate NYC Pride and **Get Checked**.

Wishing you and your patients a happy and healthy NYC Pride season!



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RESOURCES

City Health Information Bulletins:

Providing Comprehensive Healthcare to Men Who have Sex with Men (MSM):

<https://www1.nyc.gov/assets/doh/downloads/pdf/chi/chi-33-4.pdf>

Providing Primary Care to Transgender Adults:

<https://www1.nyc.gov/assets/doh/downloads/pdf/chi/chi-34-2.pdf>

Other Resources:

PrEP and PEP Provider Information: <https://www1.nyc.gov/site/doh/providers/resources/public-health-action-kits-prep-pep.page>

NYC PEP Hotline: 844-3-PEPNYC (844-373-7692) available 24/7

New York State HIV Treatment Guidelines: hivguidelines.org

Meningococcal infection information: <http://www1.nyc.gov/site/doh/health/health-topics/meningitis-meningococcal.page>

Hepatitis A information: <http://www1.nyc.gov/site/doh/health/health-topics/hepatitis-a.page>

Human papillomavirus information: <http://www1.nyc.gov/site/doh/health/health-topics/human-papillomavirus-hpv.page>

Hepatitis B information: <http://www1.nyc.gov/site/doh/health/health-topics/hepatitis-b.page>

STI screening recommendations: https://www.nycptc.org/x/Screening_chart_4_11_17.pdf

Shigella information: <https://www1.nyc.gov/assets/doh/downloads/pdf/han/alert/antibiotic-resistant-shigella.pdf>

NYC Sexual Health Clinic Information: <http://www1.nyc.gov/site/doh/services/sexual-health-clinics.page>

NYC Labs offering validated extragenital STI testing:
<http://www1.nyc.gov/assets/doh/downloads/pdf/std/nys-lab-gc-naat-testing.pdf>