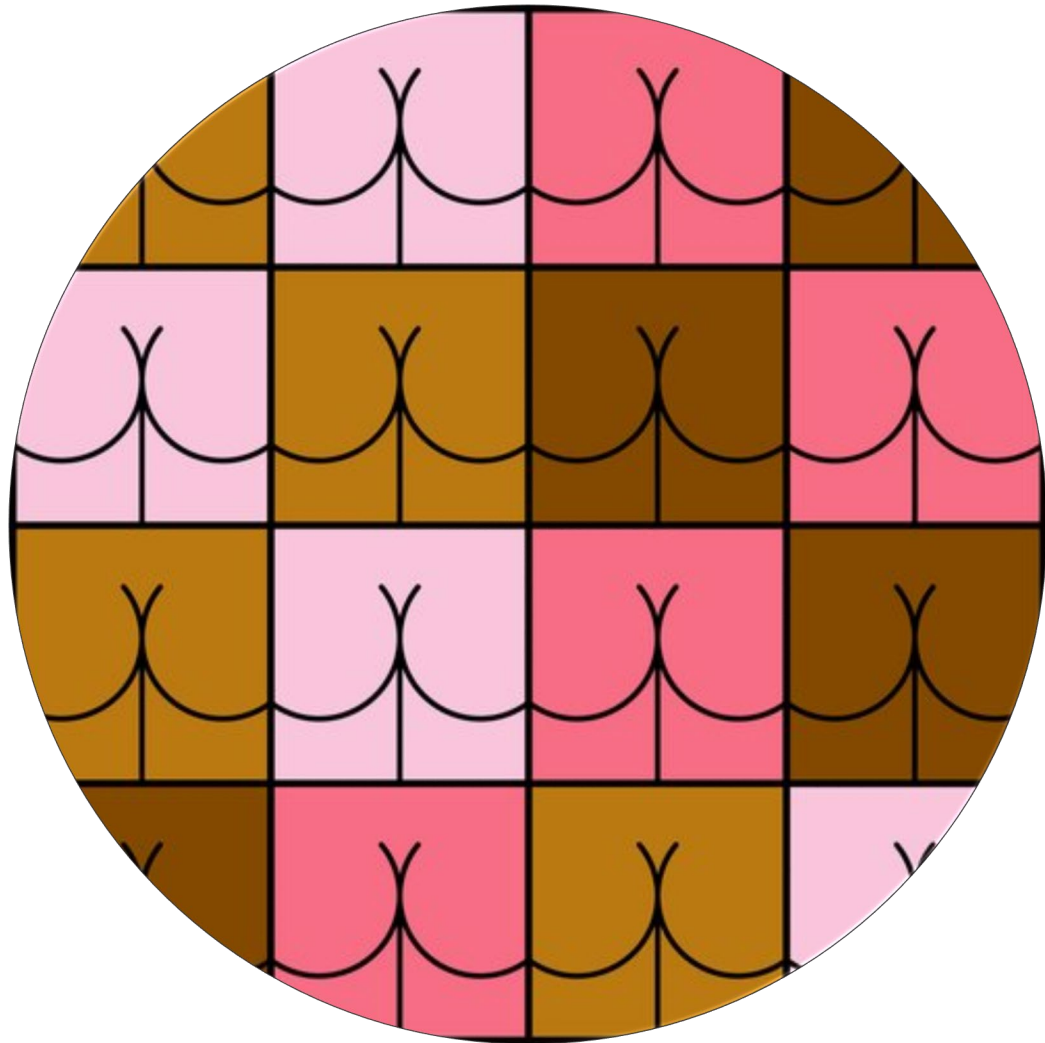


The Choice Agenda + The Anal Pleasure & Health Project invite you



Understanding Anal Pleasure and Health

A Webinar for Clinicians
Behavioral Health Specialists
Peers & HIV Workers



December 10, 2024

9:00 AM to 10:30 AM Eastern Time



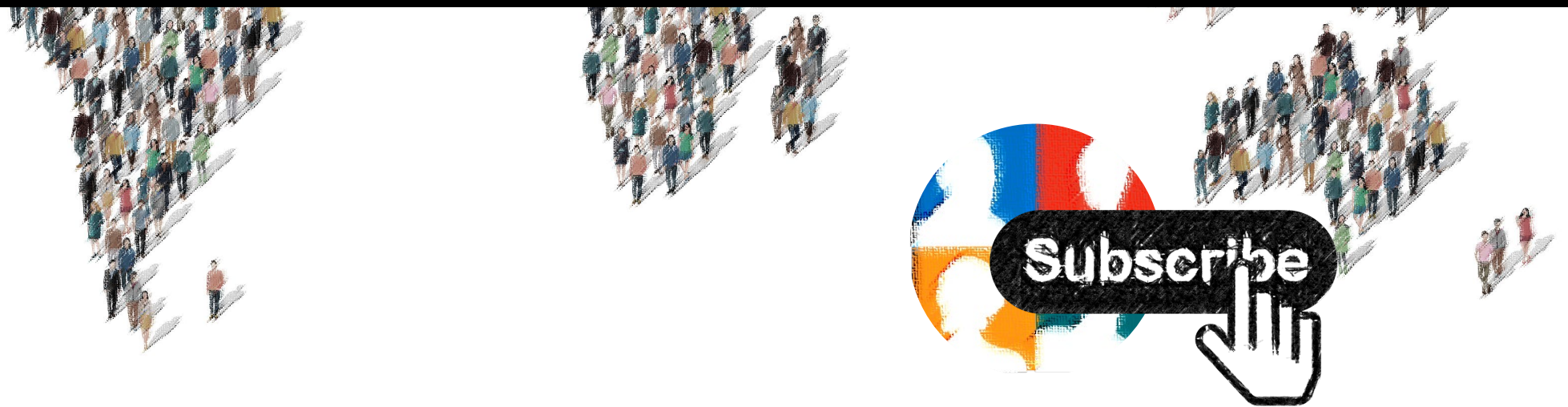


HIV prevention research - a new forum
for advocacy on the latest

avac.org/project/choice-agenda



Over 2700 individuals from 40+ countries are subscribed to The Choice Agenda global discussion list.



Te Maldigo (“Queer”)
Omar Apollo + Trent Reznor + Atticus Ross

need dat boy
Lil Nas X

Beso
ROSALIA + Rauw Alejandro

Shake Your Groove Thing
Peaches + Herb

Relax
Frankie Goes to Hollywood

Can You Feel
Kadosh + Izumi

TCA Playlist 
Dec 10

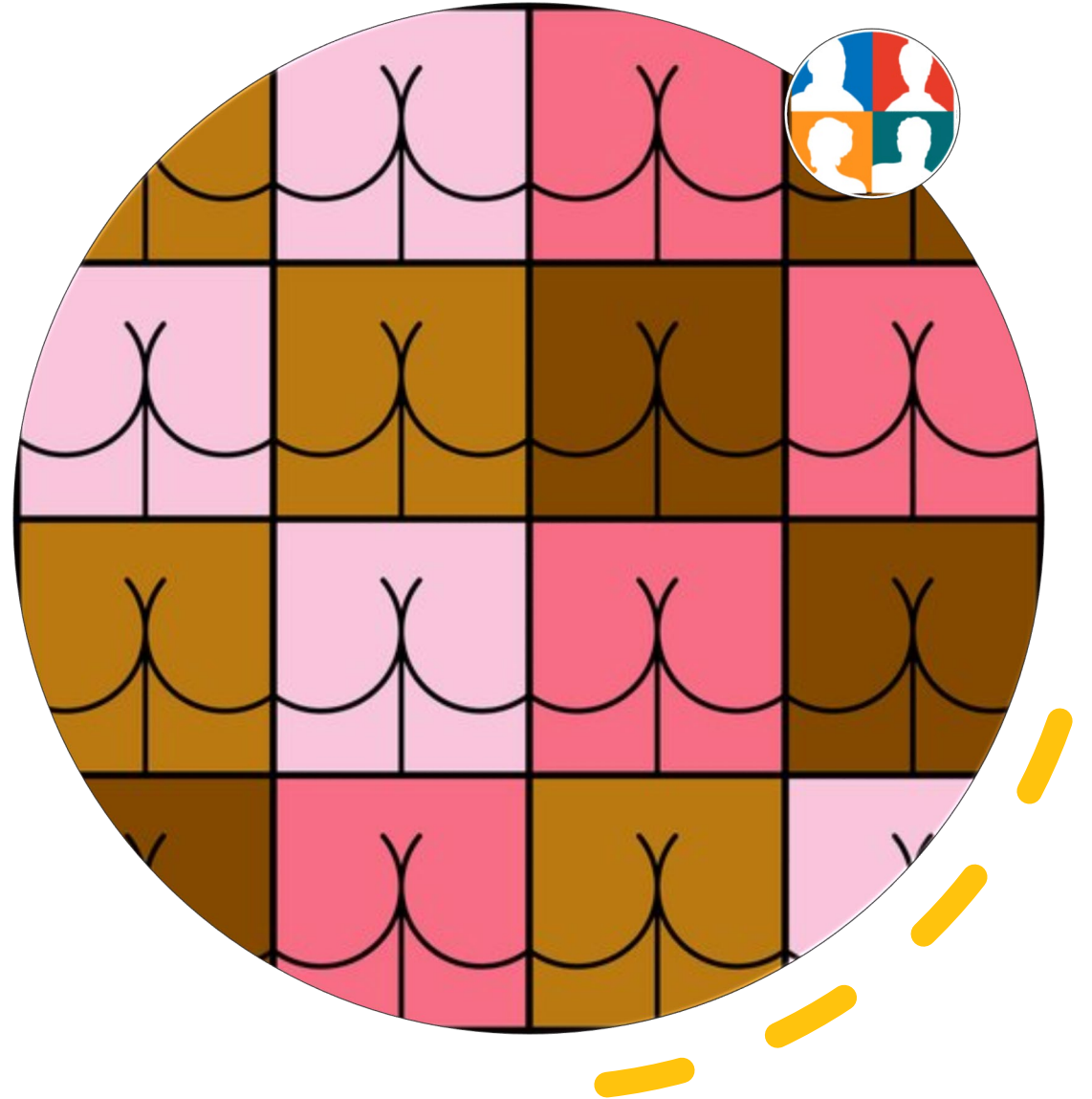
Our speakers

Samuel Anyula Gorigo

Hoymas (Health Options for Young Men on HIV/AIDS and STIs) Kenya

Bryan Kutner, PhD, MPH

Albert Einstein College of Medicine



Speaking the Unspeakable

Strengthening anal health for key populations

Samuel Anyula Gorigo

10 December 2024



-
- 1. Background: Understanding Anal Health and HPV Care for Key Populations**
 - 2. HOYMAS- AVAC Advocacy Overview**
 - 3. Clinical Work Led by HOYMAS**
 - 4. Progress and lessons Learned**



HOYMAS –AVAC ADVOCACY OVERVIEW

Project Goal

Advocacy for comprehensive and responsive health policies that cater to the needs and health service gaps for gay, bisexual, and other men who have sex with men in Kenya and other key populations and typologies engaging in anal sex.

Advocacy Objectives

1. Integration into Guidelines

Advocate for the integration of comprehensive anal health care—including HPV screening, vaccination, and treatment—into Kenya's updated or existing HIV prevention and treatment guidelines frameworks/programming.

1. Capacity enhancement and Stigma eradication.

Advocate for capacity-enhancements initiatives for healthcare workers and GBMSM to increase awareness and eradicate medical and societal stigma associated with seeking anal health care and HPV-related services.

1. Inclusion in Donor-Funded Programs

Advocate for the inclusion of comprehensive anal health care as a minimum component in donor-funded (PEPFAR, Global Fund) HIV prevention, care, and treatment programs and frameworks.



Why this matters

The Gap in Current Practices

- Anal health care is often overlooked, with a narrow focus on HIV and STI prevention.
- Discussions around anal pleasure are stigmatized, leaving individuals to rely on myths and trial and error.
- Addressing these gaps is critical to providing comprehensive, person-centered care.

Section 1

Background: The Epidemiology of HPV

HIV-related diseases

HPV-related diseases:

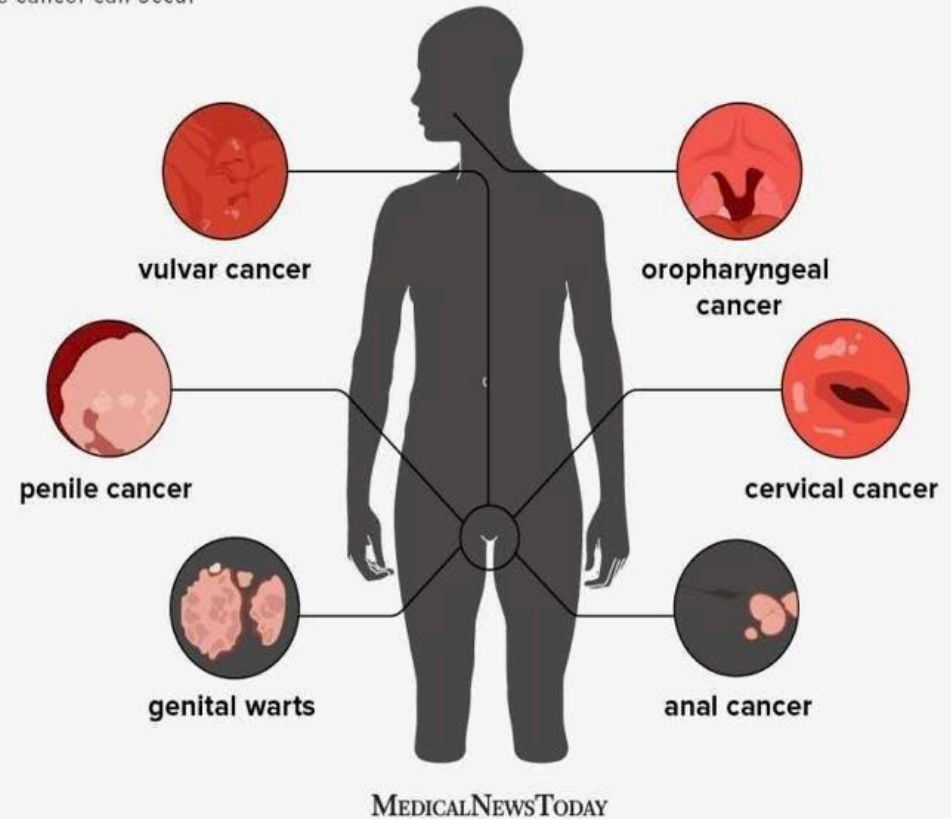
- Anal, genital, mouth warts
- Anal, genital, or throat cancer

Disease progression, severity and recurrence is affected by:

- HIV status
 - High HIV prevalence among MSM in Kenya make them vulnerable to severe HPV-related diseases
- ARV adherence

High Risk Papillomavirus (HPV)

Where cancer can occur

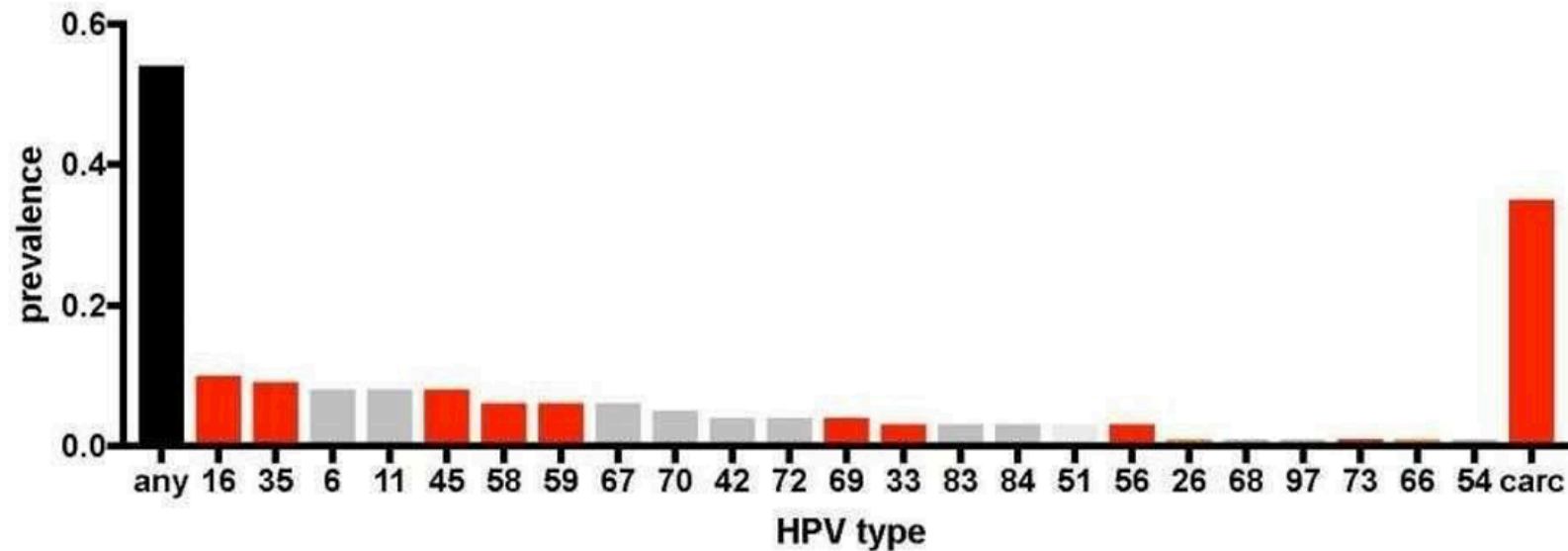


HPV Variance (genotypes)

The Gap in Current Practices

- Anal health care is often overlooked, with a narrow focus on HIV and STI prevention.
- Discussions around anal pleasure are stigmatized, leaving individuals to rely on myths and trial and error.
- Addressing these gaps is critical to providing comprehensive, person-centered care.

HPV Variances in Nairobi



- **54%** HPV prevalence found among MSM in Nairobi
- 23 different HPV genotypes were detected (6, 11, **16, 35, 45, 58, 59**)
- **35%** of men were infected by an HPV strain that has been epidemiologically **Linked to anal cancer**

Source: [Oo, M.M., ... Lorway, R. McKinnon, L. 2023. High prevalence of vaccine-preventable anal human papillomavirus infections is associated with HIV infection among MSM in Nairobi, Kenya. *Cancer Medicine* 12(12)]

HPV Variances in Nairobi

Population: The study involved a cohort of 115 GBMSM in Nairobi.

Data Collection- Anal swabs were collected for HPV DNA testing.

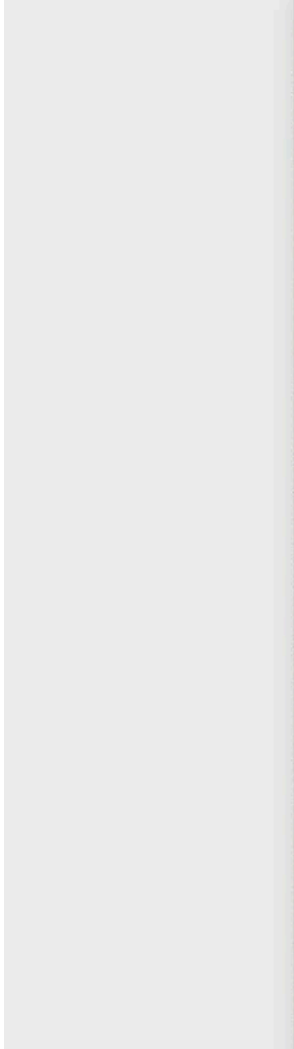
HPV Genotyping: The samples were analyzed to identify high-risk (HR) and low-risk (LR) HPV genotypes

HIV Testing: Participants were tested for HIV to analyze the correlation between HIV status and HPV infection

Key Findings

1. Prevalence - 51% of the participants had anal HPV infections
2. HIV-positive participants had a significantly higher prevalence of HPV (84%) compared to HIV-Negative participants (24%)
3. HR HPV Genotype- The most common HR-HPV genotypes found were HPV 16, 35, 45, and 58. Multiple HR-HPV infections were more common among HIV-positive individuals
4. Vaccine-Preventable HPV Types: A substantial portion of the detected HPV infections were preventable by the current HPV vaccines (e.g., Gardasil 4)

Source: [Oo, M.M., ... Lowway, R. McKinnon, L. 2023. High prevalence of vaccine-preventable anal human papillomavirus infections is associated with HIV infection among MSM in Nairobi. Kenya. *Cancer Medicine* 12(12)





Clinical Work- Led by Hoymas—Anal Health Interventions

Creative Space Sessions:

- Peer-led discussions with community members to understand anal health-seeking behavior, knowledge, barriers, and perspectives.

Shift in HIV Prevention Approach:

- From "usual education" focused solely on HIV to a comprehensive, person-centered care approach including anal health and HPV prevention.

Promotion of Anal Health-Seeking Behavior:

- Intensive social media campaigns to normalize seeking anal health care.
- Launch of the WEMAH website for awareness, education, and enhanced referral networks.

Clinical Work- Led by Hoymas- Anal Health Interventions

Revamped Anal Health Treatment Program:

- Screening: Standardized for all clients at HOYMAS with consent.
- Follow-Up and Monitoring: Regular reviews until full recovery.
- Integration with HIV Services: Dedicated anal health clinics integrated with STI services.

Surgical Referral and Recovery Program:

- Established partnerships with community-friendly private health facilities.
- Created a recovery center for post-operative care.

Capacity Assessment:

- Evaluated GBMSM-led clinics to identify capacity gaps and scaling successful practices from HOYMAS to other organizations.
- **Published journals, research papers, case studies, and opinion pieces** to raise awareness, influence policy, and advocate for integrating comprehensive anal health care into HIV prevention and treatment frameworks for key populations.

Progress and Advocacy Platforms Engaged

1. Engagement with Healthcare Workers (HCWs):

- Conducted consultations across 23+ GBMSM-led clinics to identify gaps in anal health and STI-related care.
- Advocated for integration of anal health and HPV care into national HIV/STI guidelines.

1. Collaborative Workshops:

- Partnered with NASCOP, NSDCC, and community leaders to co-create the WEMAH study, addressing GBMSM health needs.

1. Meetings with County and National Teams:

- Introduced the WEMAH study to the County Health Management Team (CHMT).
- Presented SOPs and tools to the National Cancer Institute of Kenya for review and approval.

1. Community Engagement:

- Organized creative space sessions to understand barriers and facilitators to anal health services.

Progress and Advocacy Platforms Engaged

1. Development and Review of Tools:

- Drafted SOPs and expanded HPV screening tools, reviewed virtually with HCWs and the Nairobi County team.

1. Capacity Assessments:

- Evaluated GBMSM clinics to identify gaps and potential scaling of Hoymas models.

1. Advocacy at Technical Working Groups (TWGs):

- Presented on anal health and HPV at various TWGs, pushing for integration into HIV care and prevention.

1. Donor Engagement:

- Advocated for the inclusion of anal health and HPV care in PEPFAR-funded programs.
- Highlighted service gaps during discussions with PEPFAR, USAID leaders, Global fund.

1. Publications and Advocacy Materials:

Produced case studies, Patient Journals

Experience with Anal Diseases and Treatment

- Common lesions include anal warts, discharge, hemorrhoids, ulcers, fissures.
- Presentations often mixed and contaminated with fecal matter.
- HIV influences progression and recurrence of HPV-related symptoms.
- Clients often come to the clinic when the disease is already advanced and starting to interfere with their everyday life.

Importance of Anal Health Care

- Serves as a key entry point for HIV case identification and re-engagement in treatment.
- Key in the control of HIV acquisition and transmission (WHO *Guidelines 2022*)
- Early detection and treatment have significant impact on HIV prevention.

Acknowledgements

Partners

- HOYMAS Kenya
- AVAC
- MSM HPV Research Team
- University of Manitoba Research Team
- Partners for Health and Development in Africa

Understanding Anal Pleasure & Health

for Clinicians, Behavioral Health
Specialists, Peers & HIV Workers

The Choice Agenda

December 10, 2024 9-10:30 AM EST
Webinar hosted by AVAC

Bryan Kutner, PhD, MPH

bryan.kutner@einsteinmed.edu

Assistant Professor of Psychiatry and Behavioral Sciences
Albert Einstein College of Medicine
Montefiore Medical Center
Bronx, New York



A Pleasure Agenda

Butt why?

The Science
(at least, some of it)

Butt what?

Answers
to Frequently Asked
Questions (FAQs)

Butt how?

Resources

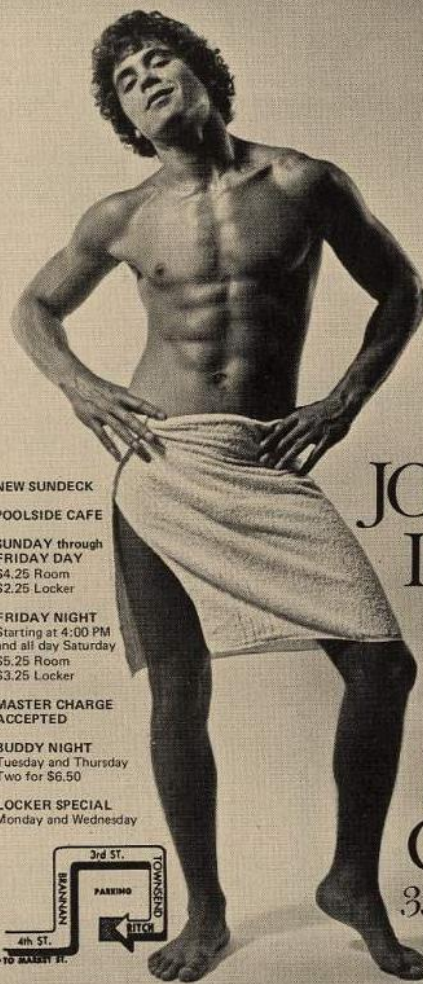
Guiding Mantras

Slow and
steady

Ouch!

Have fun!

Butt why?



NEW SUNDECK
POOLSIDE CAFE

SUNDAY through FRIDAY DAY
\$4.25 Room
\$2.25 Locker

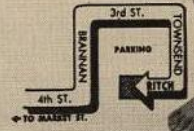
FRIDAY NIGHT
Starting at 4:00 PM and all day Saturday
\$5.25 Room
\$3.25 Locker

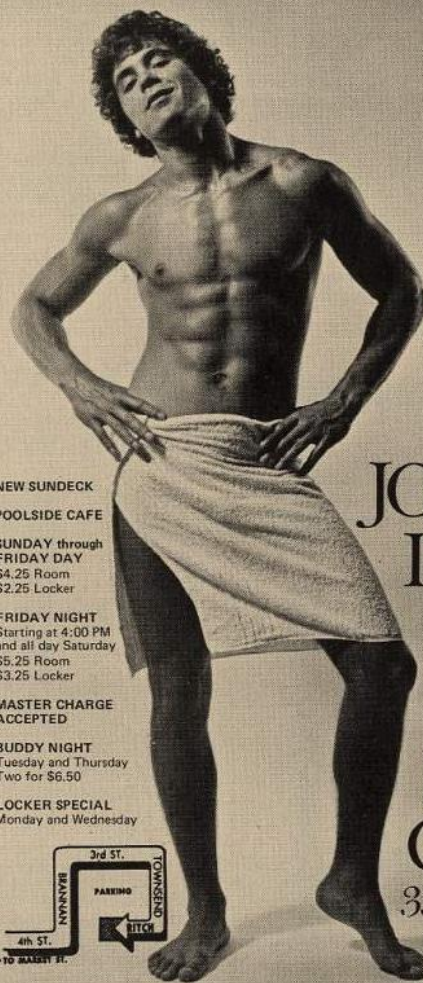
MASTER CHARGE ACCEPTED

BUDDY NIGHT
Tuesday and Thursday
Two for \$6.50

LOCKER SPECIAL
Monday and Wednesday

JOIN IN!
Ritch Street Health Club
330 Ritch St.
392-3582





NEW SUNDECK
POOLSIDE CAFE

**SUNDAY through
FRIDAY DAY**
\$4.25 Room
\$2.25 Locker

FRIDAY NIGHT
Starting at 4:00 PM
and all day Saturday
\$5.25 Room
\$3.25 Locker

**MASTER CHARGE
ACCEPTED**

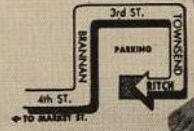
BUDDY NIGHT
Tuesday and Thursday
Two for \$6.50

LOCKER SPECIAL
Monday and Wednesday

**JOIN
IN!**

**Ritch
Street
Health
Club**

330 Ritch St.
392-3582



3rd ST.
4th ST.
BAYVIEW
PARKING
RITCH
← TO HEALTH CLUB

A large target with concentric rings of blue, grey, and red. Several arrows are shown hitting the red bullseye. One arrow is in the foreground, flying towards the target, with its red fletching and blue shaft clearly visible. The background is a bright, hazy sky with a sunburst effect behind the target.

Objectives

- Understand the scientific rationale for addressing anal pleasure and health in HIV service settings
- Learn how to communicate with patients about physiology and sexual responses, in a sex-positive, accurate, destigmatizing fashion
- Gain access to resources to further their education, including a website of patient-facing resources

What's Stigma Got to Do with It?

Does anal sex stigma have public health significance?

Formative interviews ($N = 35$)
Scale development ($N = 218$)
Statistical testing ($N = 1513$)

(Kutner et al., 2022; Kutner, King, et al., 2020; Kutner, Simoni, Aunon, et al., 2020; Kutner, Simoni, King, et al., 2020)



JOIN IN!
Ritch Street Health Club
330 Ritch St.
392-3582

NEW SUNDECK
POOLSIDE CAFE

SUNDAY DAY
FRIDAY through
\$4.25 Room
\$2.25 Locker

FRIDAY NIGHT
Starting at 4:00 PM
and all day Saturday
\$5.25 Room
\$3.25 Locker

MASTER CHARGE ACCEPTED

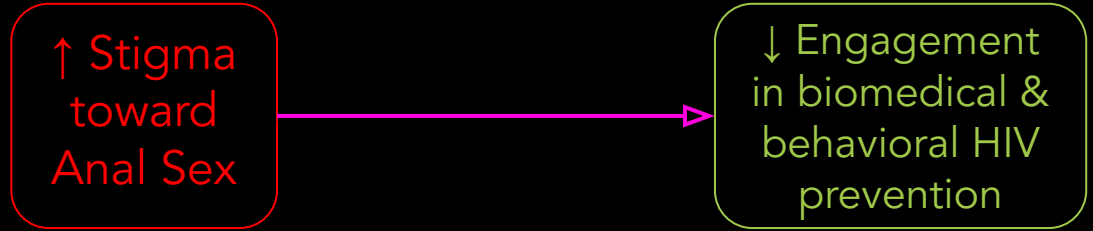
BUDDY NIGHT
Tuesday and Thursday
Two for \$6.50

LOCKER SPECIAL
Monday and Wednesday

Map showing the location of Ritch Street Health Club at the intersection of 3rd St and Ritch St, near 4th St and Market St.

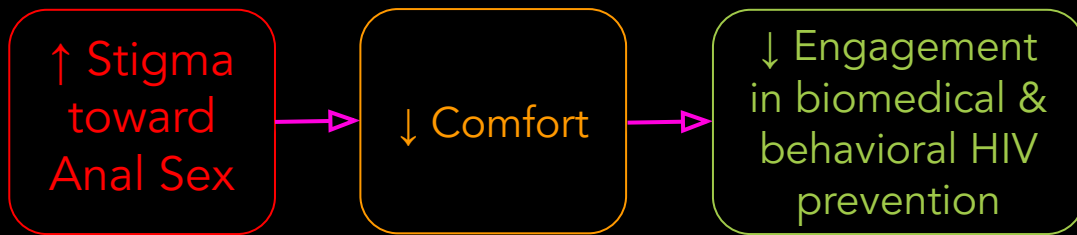
Does anal sex stigma have public health significance?

(Kutner et al., 2022; Kutner, King, et al., 2020; Kutner, Simoni, Aunon, et al., 2020; Kutner, Simoni, King, et al., 2020)



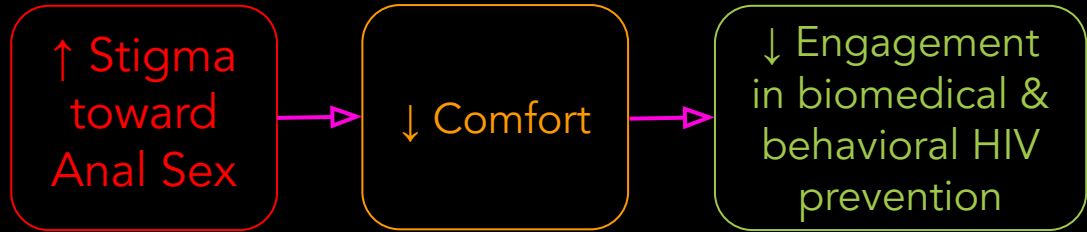
Does anal sex stigma have public health significance?

(Kutner et al., 2022; Kutner, King, et al., 2020; Kutner, Simoni, Aunon, et al., 2020; Kutner, Simoni, King, et al., 2020)



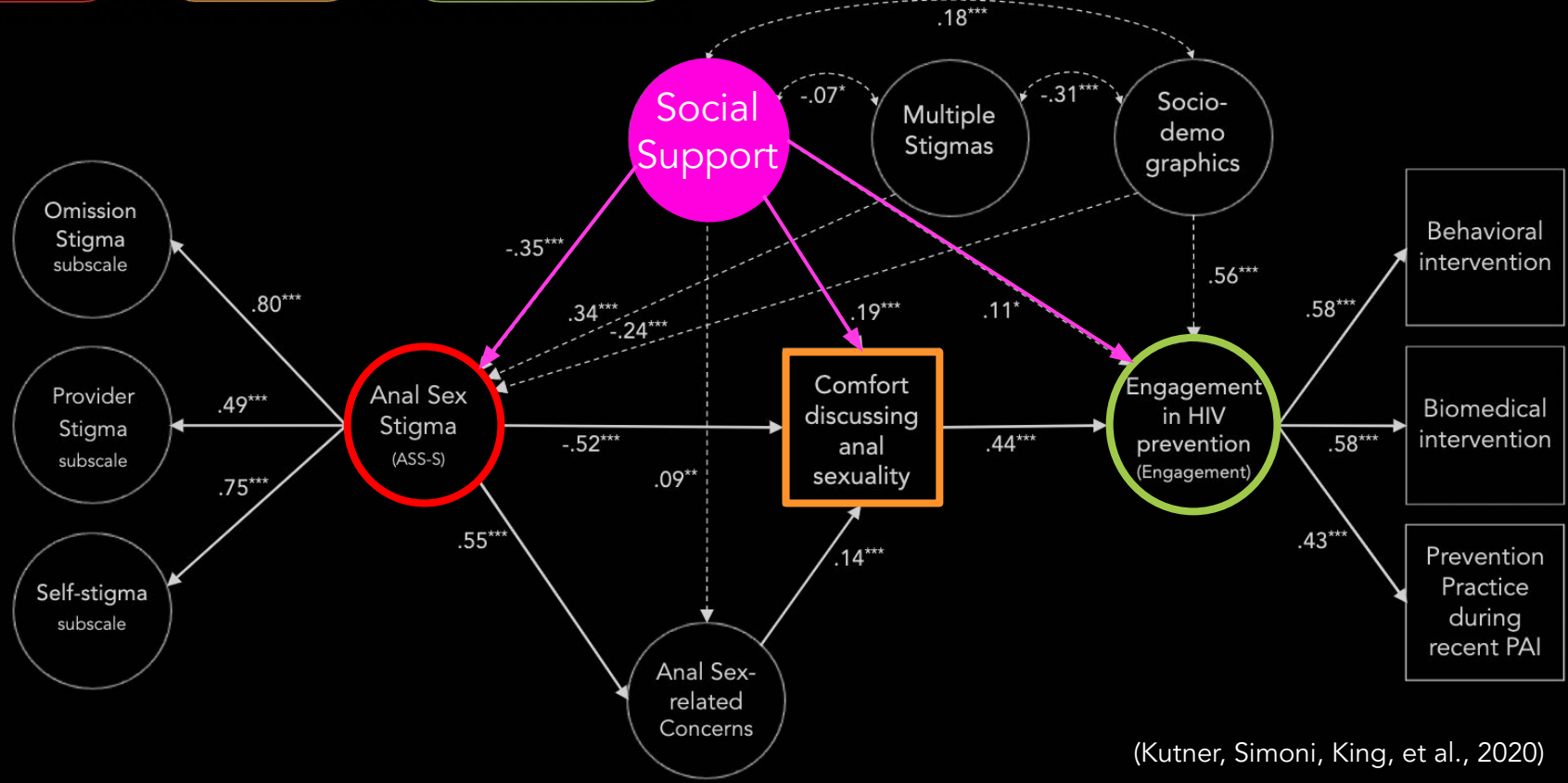
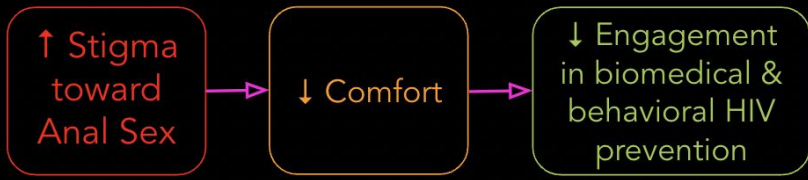
Does anal sex stigma have public health significance?

(Kutner et al., 2022; Kutner, King, et al., 2020; Kutner, Simoni, Aunon, et al., 2020; Kutner, Simoni, King, et al., 2020)



"I couldn't talk to anybody about that [bottoming] ... Because I'm like, I enjoy it, but my Dad's like, 'He's still my son – as long as you ain't getting fucked.'"

"I was kind of embarrassed to tell them [my doctor] what had happened [with the fissure] because ... automatically if you disclose as a gay man, the perception is that you are being penetrated. ... [W]hen I had that surgery [for the fissure], I hid it from everyone I knew ... except my friend that came with me. ... It made me uncomfortable talking about it. Literally I didn't tell my mom even when I had after-surgery procedures like follow-up appointments. ... [T]here's only one person in my life, besides yourself right now, that actually knows that I had that procedure done. ... "



(Kutner, Simoni, King, et al., 2020)

Why learn to discuss anal pleasure & health with clients?

Clients aren't comfortable talking about anal health (e.g., Abramowitz et al., 2014; Tournu et al., 2017)

Rarely do health workers discuss sex, even with people living with HIV

- “only 22% of women, 32% of heterosexual men, and 54% of gay and bisexual men discussed anal health with their HIV providers in the prior 12 months” (e.g., Rosa-Cunha et al., 2010)

Symptoms of anal problems go unnoticed – and undetected by healthcare

- 62% of fissures, 100% of fistulae, 62% of hemorrhoids, 64% of perianal dermatoses were asymptomatic (Goddard et al., 2021)
- Of those diagnosed with an STI who had multisite testing, 96% were positive only at an extragenital site (Geba et al., 2022)
- Anal cancer is elevated among people with HIV, but screening doesn't happen as much as it should (DeWitt et al., 2019; Silvera et al., 2021)

Smarter Sex is the New Safer Sex: Anal Pleasure & Health

An in-person workshop for HIV workers to increase their comfort, knowledge, and skill with the menu of harm reduction options involving anal sex – by focusing on:

The Basics

of anal physiology during anal sex

Physical structures

Sources of pleasure

Answers to FAQs

Ways to communicate

with clients that lead naturally toward HIV prevention

Motivational Interviewing

Gain-Framed Messaging

Sexual History (GOALS)

Smarter Sex: Anal Pleasure & Health

(Kutner et al., 2019)

“[W]e always tell people how to protect themselves, but we don’t know how to talk about pleasure or improving one’s sex life. As far as I know, no one has done that. I understand that

we are always able to tell people what they shouldn’t do, and we’re not able to tell them what to do.”

Does
focusing on
pleasure
work?

“Incorporating sexual pleasure within SRHR [Sexual and Reproductive Health and Rights] interventions can improve sexual health outcomes. Our meta-analysis provides evidence about **the positive impact of pleasure-incorporating interventions** on condom use which has direct implications for reductions in HIV and STIs.”

Zaneva, M., Philpott, A., Singh, A., Larsson, G., & Gonsalves, L. (2022). What is the added value of incorporating pleasure in sexual health interventions? A systematic review and meta-analysis. *PLoS ONE*, 17(2), e0261034.

A Pleasure Agenda

Butt why?

The Science
(at least, some of it)

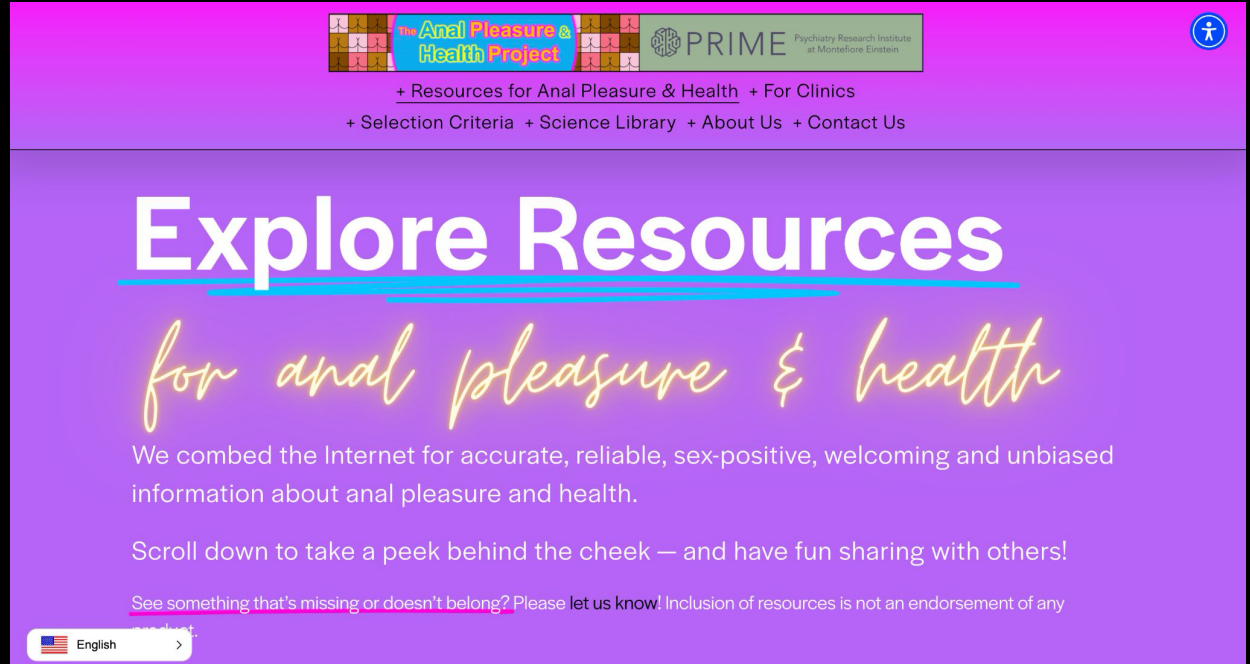
Butt what?

Answers
to Frequently Asked
Questions (FAQs)


Butt how?


Resources

Our Website of Resources



The screenshot shows the top navigation bar of the website. On the left is the 'Anal Pleasure & Health Project' logo, which consists of a grid of colorful squares. To its right is the 'PRIME' logo, with 'Psychiatry Research Institute at Montefiore Einstein' written below it. On the far right of the navigation bar is a circular icon containing a person silhouette. Below the navigation bar, there are four menu items: '+ Resources for Anal Pleasure & Health', '+ For Clinics', '+ Selection Criteria', '+ Science Library', '+ About Us', and '+ Contact Us'. The main content area has a purple background. The title 'Explore Resources' is written in large, white, sans-serif font and is underlined with a thick blue line. Below it, the subtitle 'for anal pleasure & health' is written in a yellow, cursive font. The main text reads: 'We combed the Internet for accurate, reliable, sex-positive, welcoming and unbiased information about anal pleasure and health.' Below this is a call to action: 'Scroll down to take a peek behind the cheek — and have fun sharing with others!' At the bottom of the main content area, there is a disclaimer: 'See something that's missing or doesn't belong? Please let us know! Inclusion of resources is not an endorsement of any resource.' At the bottom left of the screenshot, there is a language selection dropdown menu showing 'English' with a right-pointing arrow.

 **Anal Pleasure & Health Project**

 **PRIME** Psychiatry Research Institute at Montefiore Einstein

+ Resources for Anal Pleasure & Health + For Clinics
+ Selection Criteria + Science Library + About Us + Contact Us


Explore Resources

for anal pleasure & health

We combed the Internet for accurate, reliable, sex-positive, welcoming and unbiased information about anal pleasure and health.

Scroll down to take a peek behind the cheek — and have fun sharing with others!

See something that's missing or doesn't belong? Please let us know! Inclusion of resources is not an endorsement of any resource.

 English >

Prevalence of Anal Sex



some
data



data-free



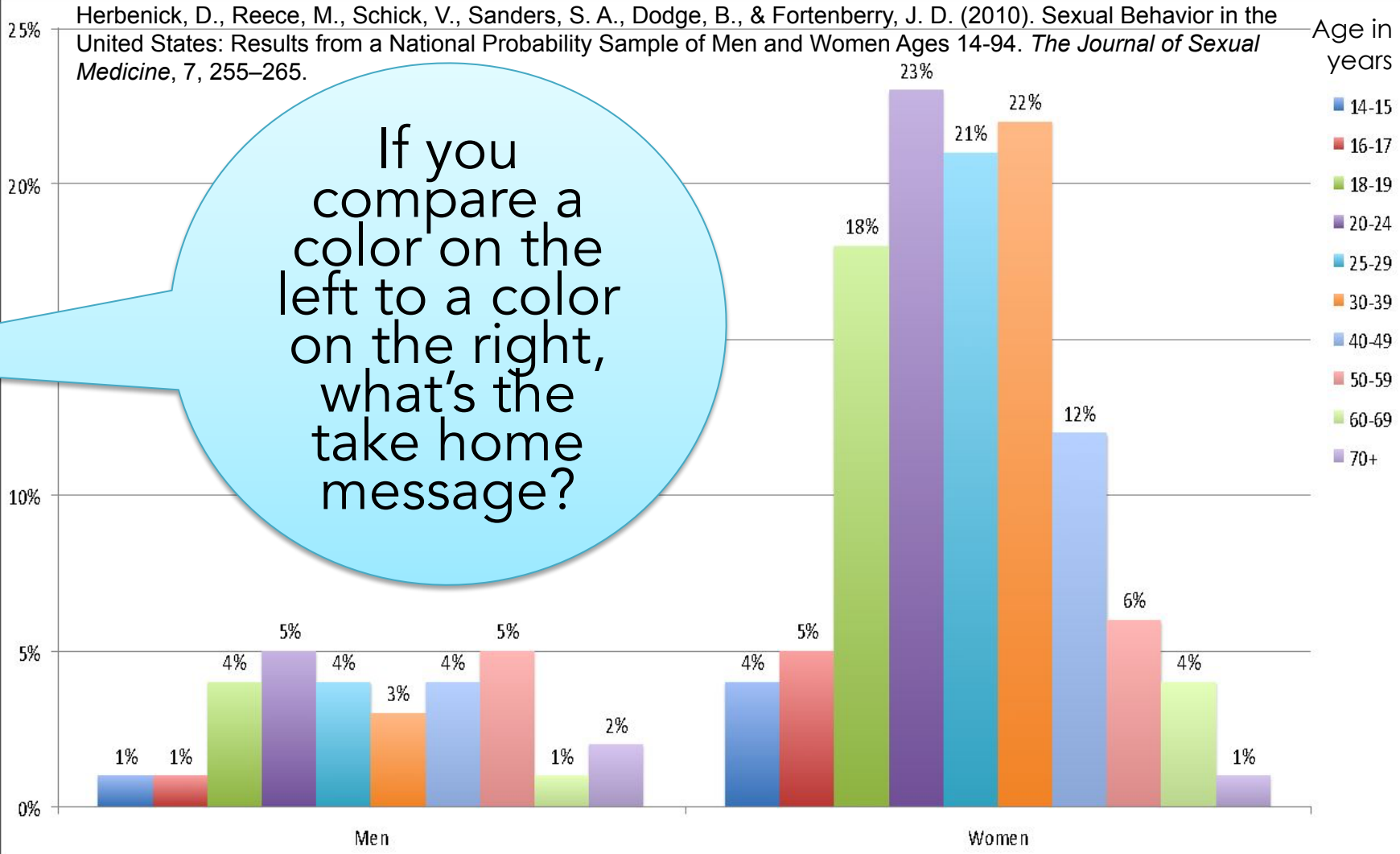
a lot of
data



Herbenick, D., Reece, M., Schick, V., Sanders, S. A., Dodge, B., & Fortenberry, J. D. (2010). Sexual Behavior in the United States: Results from a National Probability Sample of Men and Women Ages 14-94. *The Journal of Sexual Medicine*, 7, 255-265.

Age in years

If you compare a color on the left to a color on the right, what's the take home message?



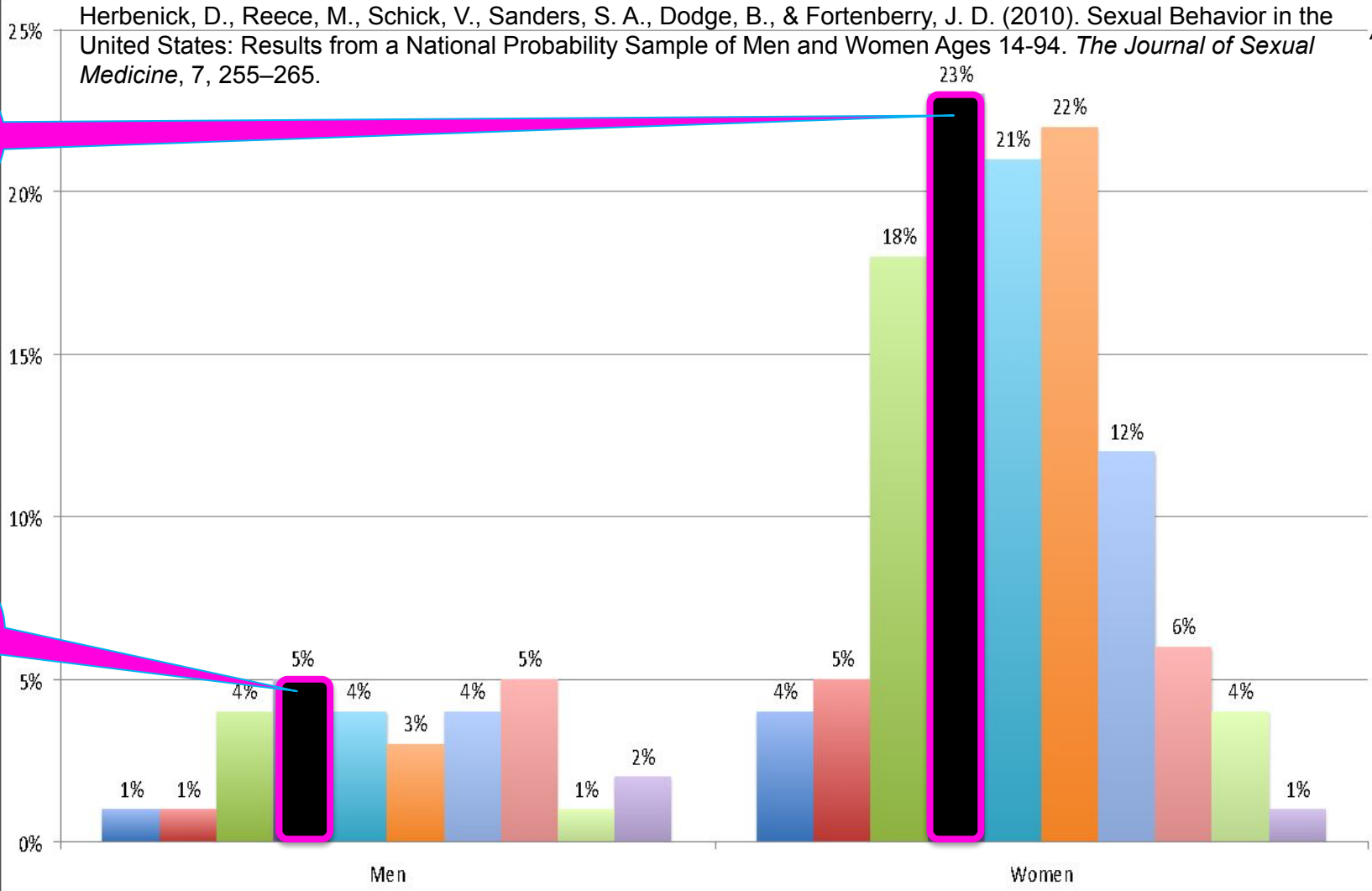
Herbenick, D., Reece, M., Schick, V., Sanders, S. A., Dodge, B., & Fortenberry, J. D. (2010). Sexual Behavior in the United States: Results from a National Probability Sample of Men and Women Ages 14-94. *The Journal of Sexual Medicine*, 7, 255-265.

Age in years

- 14-15
- 16-17
- 18-19
- 20-24
- 25-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70+

23%

5%



Herbenick, D., Reece, M., Schick, V., Sanders, S. A., Dodge, B., & Fortenberry, J. D. (2010). Sexual Behavior in the United States: Results from a National Probability Sample of Men and Women Ages 14-94. *The Journal of Sexual Medicine*, 7, 255-265.

Age in years

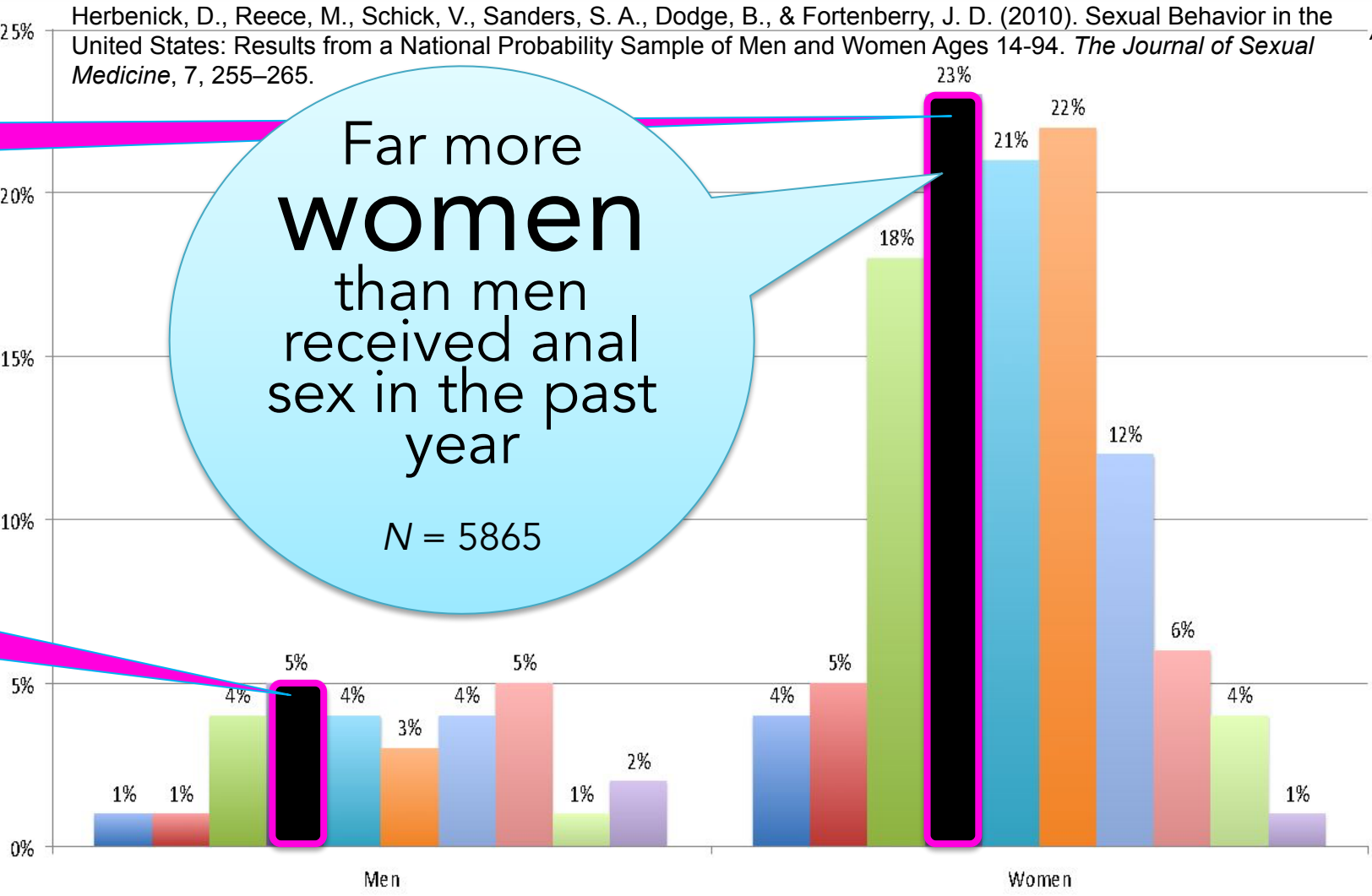
- 14-15
- 16-17
- 18-19
- 20-24
- 25-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70+

Far more women than men received anal sex in the past year

N = 5865

23%

5%



**By absolute numbers,
more “heterosexuals”
have had anal
intercourse than
“homosexuals”**

(4-7 x more women than men in their lives)

Halperin, D. T. (1999). Heterosexual anal intercourse: Prevalence, cultural factors, and HIV infection and other health risks, Part I. *AIDS Patient Care and STDs*, 13(12), 717–730.

Prevalence depends on how you ask people...

Web Supplement Table S1: Selected study results reporting anal intercourse practices

Studies reporting on anal intercourse	Population	Period	Fraction of the sample
Population survey [18-59] ⁽¹⁾		Ever	F&M 23%
Sexually active university students		Ever	23%
General population [15-49]		Ever	M 34%; F 30%
Households survey, low income		Ever	F&M 15.2%
Hispanics [14-25] ⁽⁴⁾		Ever	
School pupils [15-19] ⁽⁵⁾		Ever	F 8.2%
Married men ⁽⁶⁾		Ever	FTFI 3.5%; PBS 17.5%
FSW at truck stops [mean age 28]	Kenya	Ever	F 43%
National survey of sexually active men	Kenya	Ever	M 5.5%; F 5.3%
FSW cohort [mean 32] ⁽⁹⁾	Kenya	Ever**	F 14%
FSW cohort [NR] ⁽¹⁰⁾	Kenya	Ever	F 20%

Prevalence is higher when people are polled privately, compared to being asked in an FTFI (face-to-face interview)

PBS: Polling booth survey, FTFI: Face to face interviews; FSW: female sex workers; ** Assumed as it was not reported in the publication; RCT: randomized control trial; self administered questionnaire – question on oral and anal sex may have been difficult to understand by some students; TS: telephone survey



Surveys tend to
ask about
**vaginal-penile
intercourse**

Very little reliable data
for lesbians or trans &
nonbinary people
(e.g., Diamant et al., 2000)

HIV risk: excellent reviews & meta-analyses (e.g., Baggaley et al., 2010; Owen et al., 2020)

Missing reliable samples (for most regions) (Heywood & Smith, 2012)

We don't really know "How often?" (McBride & Fortenberry, 2010)

No meta-analysis of global prevalence of anal intercourse – or other forms of anal sex



The Anal Taboo

(Morin, 2010)

A taboo is a prohibition,
often lacking justification
and of unknown origin

Eating the meat of
cats and dogs



The Anal Taboo

(Morin, 2010)

Only recently has the focus turned to anal sex and heterosexual HIV transmission

- Elmes et al. (2020). Receptive anal sex contributes substantially to heterosexually acquired HIV infections among at-risk women in twenty US cities: Results from a modelling analysis. *American Journal of Reproductive Immunology*, 84(2), e13263.
- Stannah et al. (2019). Increases in HIV Incidence Following Receptive Anal Intercourse Among Women: A Systematic Review and Meta-analysis. *AIDS and Behavior*, 9(Suppl 1), 1–15.
- Malunguza et al. (2018). Projecting the impact of anal intercourse on HIV transmission among heterosexuals in high HIV prevalence settings. *Journal of Theoretical Biology*, 437, 163–178.

The Anal Taboo

(Morin, 2010)

Only recently has a condom
been FDA-approved for anal
intercourse

- Rodriguez et al. (2014). Inconsistencies on U.S. Departments of Health Websites Regarding Anal Use of the Female Condom. *AIDS and Behavior*, 1–9.
- Siegler et al. (2019). Levels of clinical condom failure for anal sex: A randomized cross-over trial. *EClinicalMedicine*, 17, 100199.


nytimes.com

The New York Times


F.D.A. Grants the First Condom Approval for Anal Sex

Though public health experts have long advised the use of condoms for anal sex to protect against H.I.V. and other infections, regulators did not have enough data to allow marketing for that use.

Share full article



Azhar Rahim/EPA, via Shutterstock

 By Pam Belluck

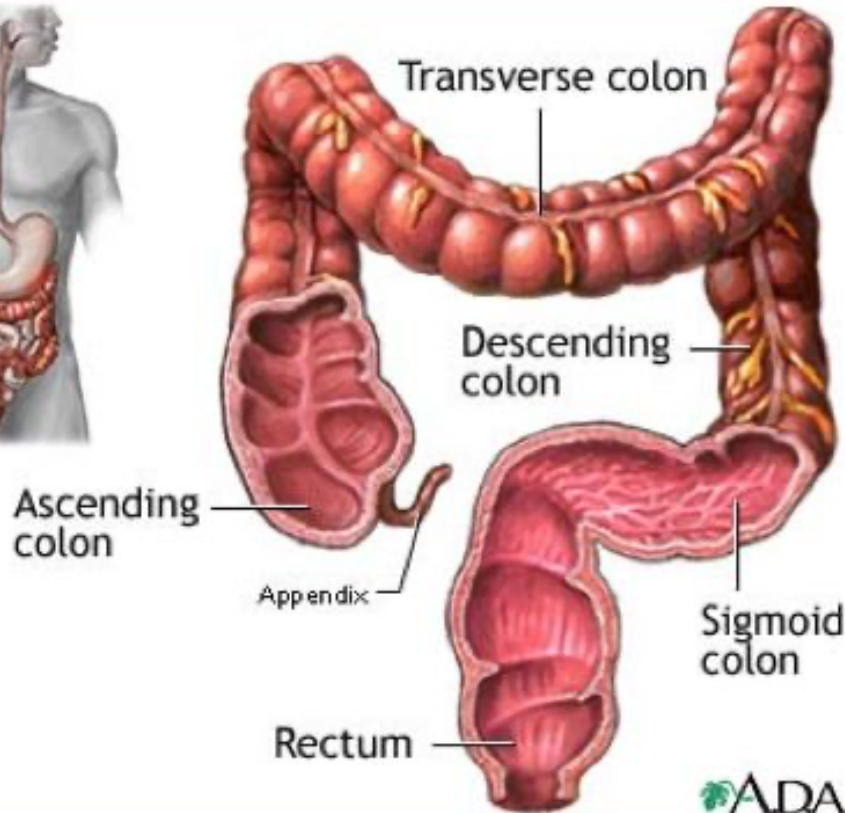
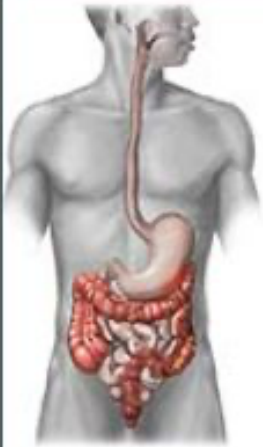
Feb. 23, 2022

For the first time, U.S. regulators have officially authorized a condom to be used for anal sex, not just vaginal sex.

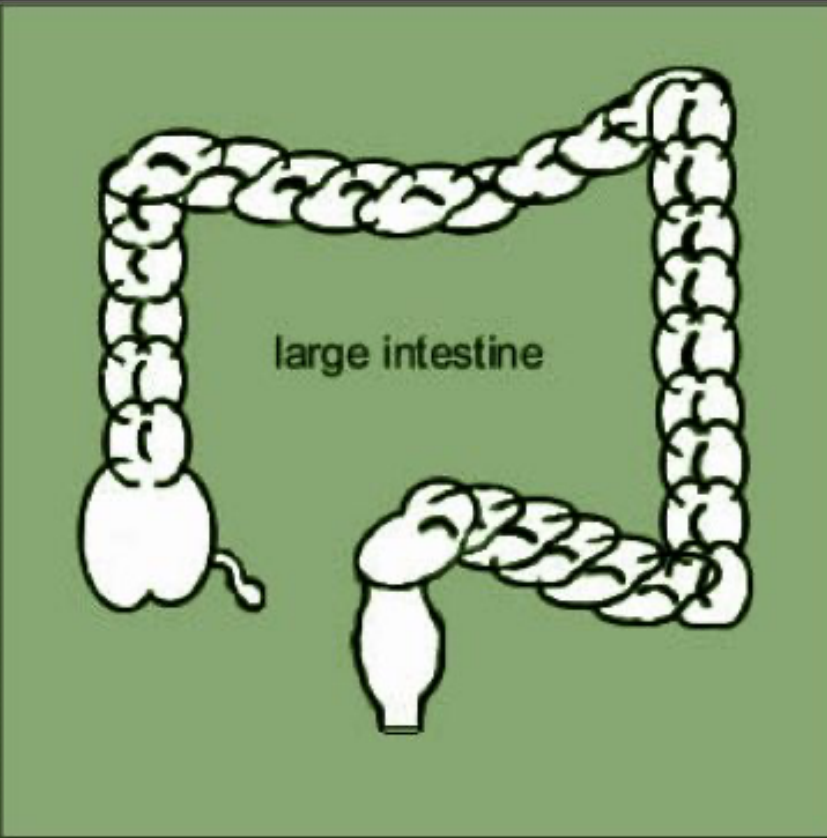
The [decision, announced by the Food and Drug Administration](#) on Wednesday, has long been sought by sexual health experts, who said it could encourage more people who engage in anal sex to use condoms to protect themselves against H.I.V. and other sexually transmitted infections.

An Overview of Anal Sex Physiology

1. **Structures** (rectum, anal canal, anus)
2. **Musculature** (sphincters, puborectal sling, pelvic floor)
3. **Sources of pleasure** (e.g., prostate, clitoris)
4. **Lubricants**
5. **Poop** (fiber, douching, microbiome)



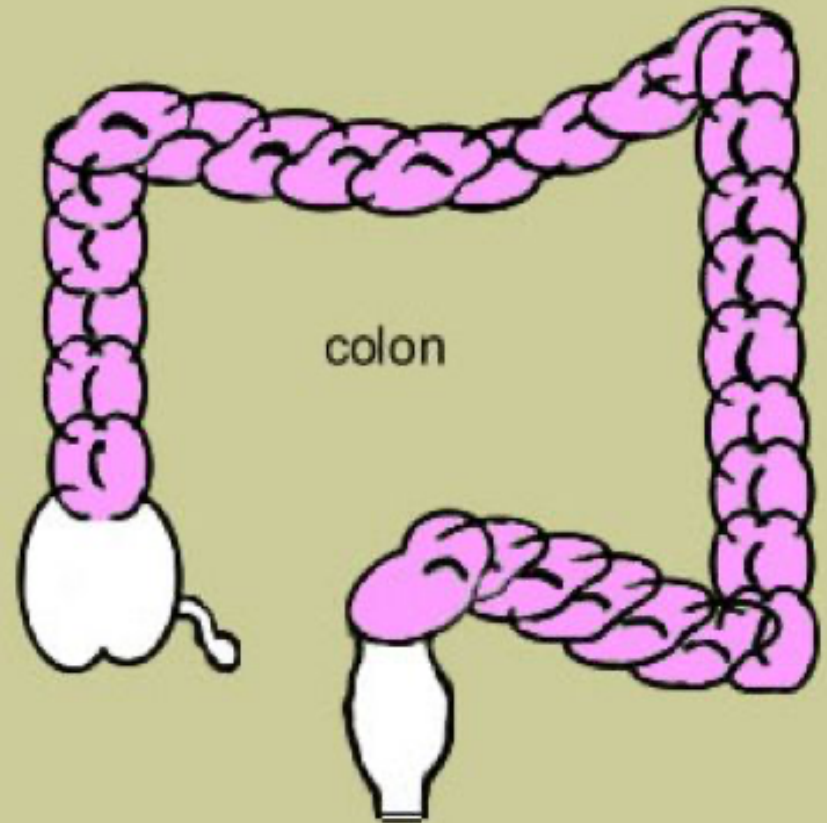
ADAM.



Colon

The colon is
~6.5 feet long

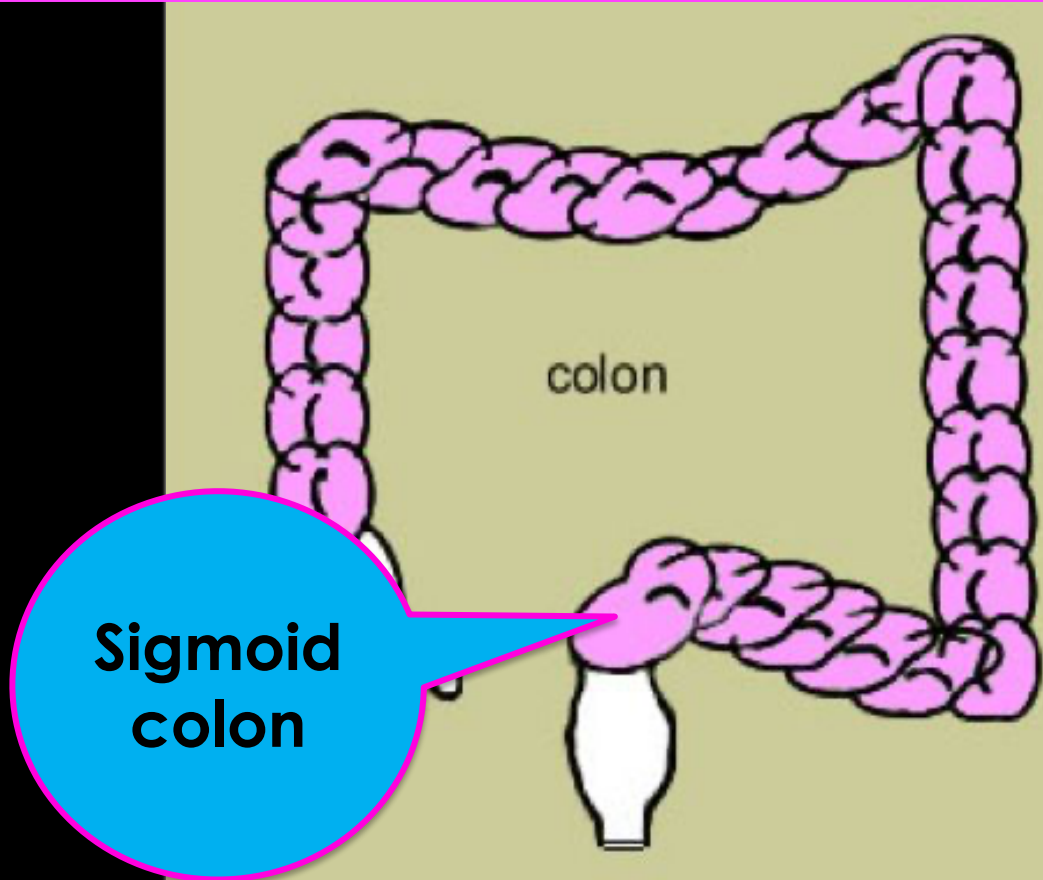
Sigmoid colon is
the S-shaped
end of the colon,
leading into the
rectum



Colon

The colon is
~6.5 feet long

Sigmoid colon is
the S-shaped
end of the colon,
leading into the
rectum



Sigmoid Colon



Sigmoid colon

The diagram shows a human torso from the waist down, focusing on the large intestine. The sigmoid colon is highlighted in yellow and is S-shaped, curving from the right side of the abdomen down to the left. A blue callout bubble with a yellow pointer identifies it. Below it, the rectum is shown as a straight tube leading to the anus. Labels 'Rectum' and 'Anus' are placed to the left of their respective parts with horizontal lines pointing to them.

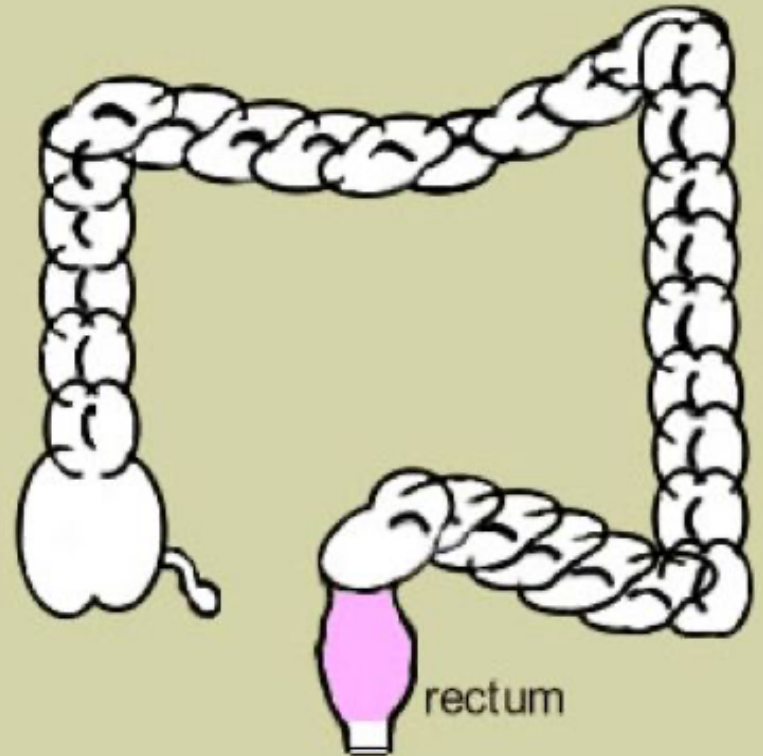
Rectum

Anus

Rectum

About 5-9 inches long,
and 1.5 inches wide –
and it stretches!

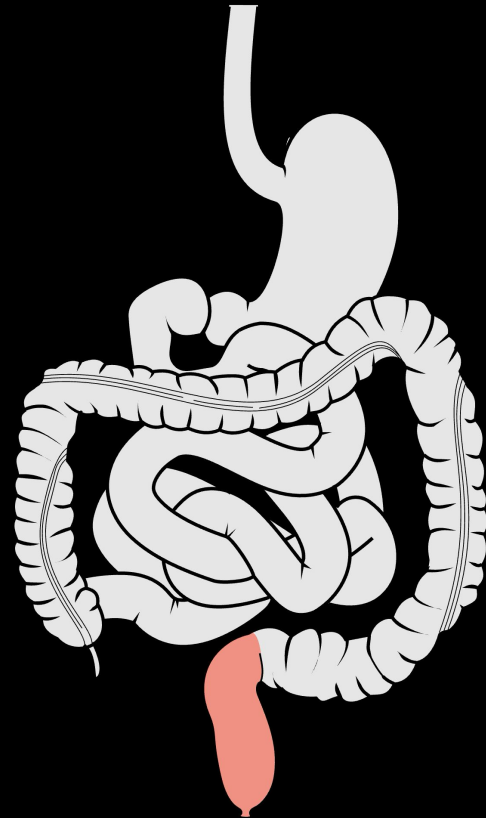
Fills with poop and gas
right before release –
it's generally empty at
other times



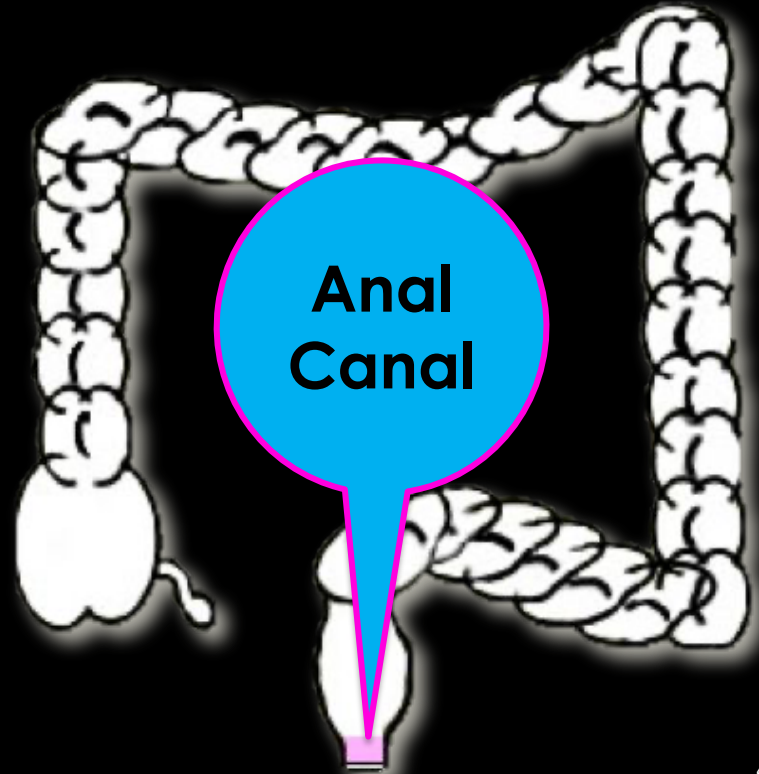
Rectum

About 5-9 inches long,
and 1.5 inches wide –
and it stretches!

Fills with poop and gas
right before release –
it's generally empty at
other times



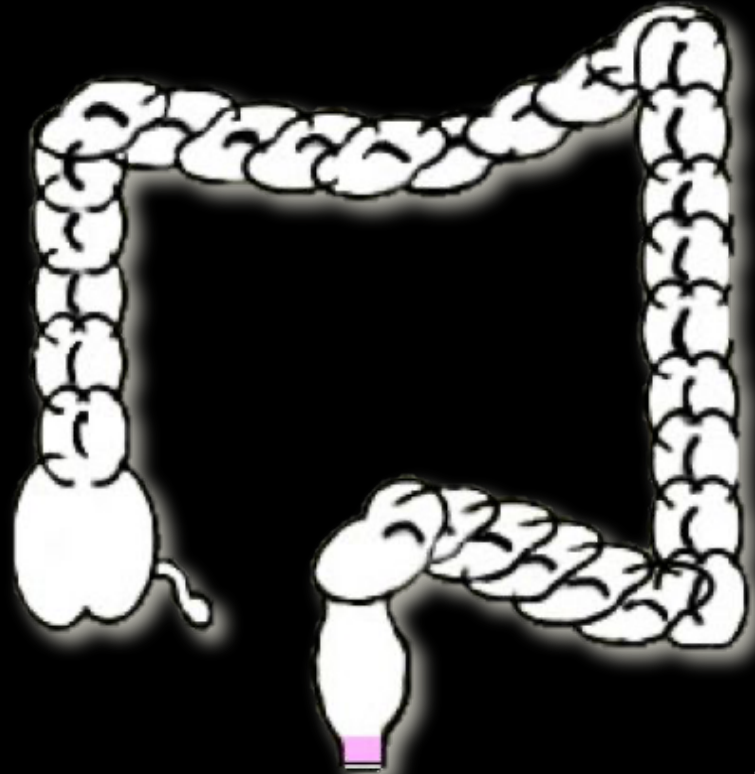
Anal Canal



Anal Canal

The first few inches
beyond the anus

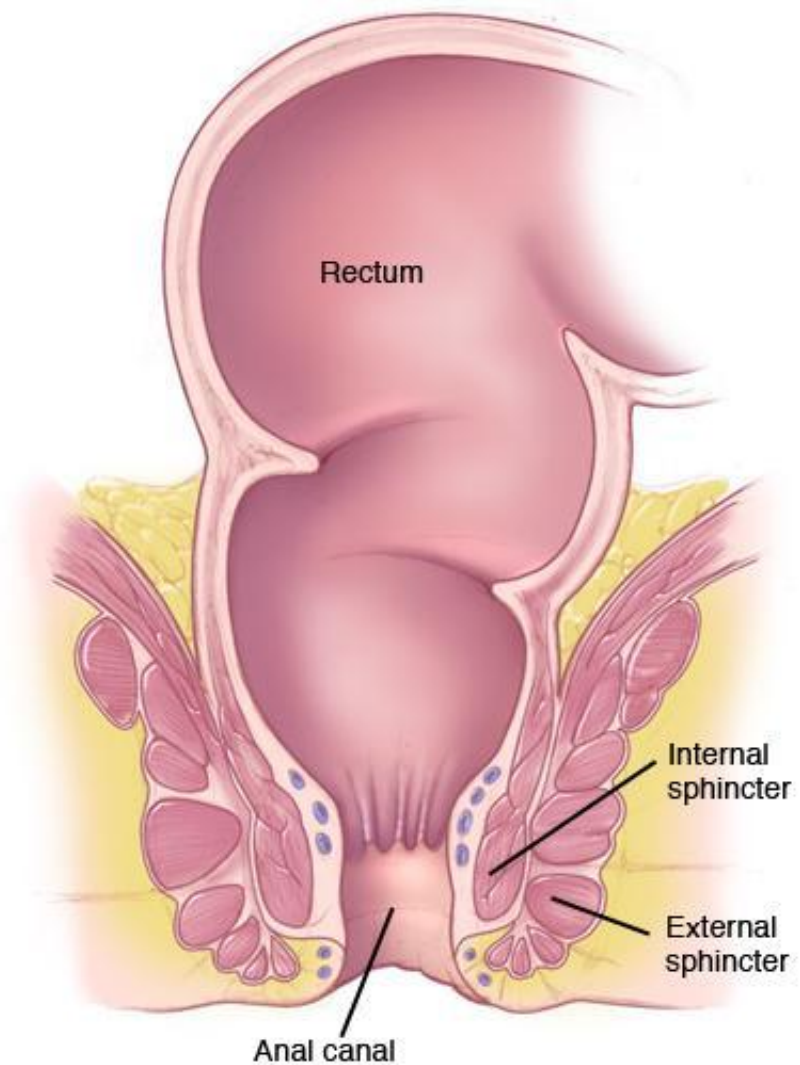
Two rings of muscle,
called sphincters, close
and open the anal canal



Anal Canal

The first few inches
beyond the anus

Two rings of muscle,
called sphincters, close
and open the anal canal

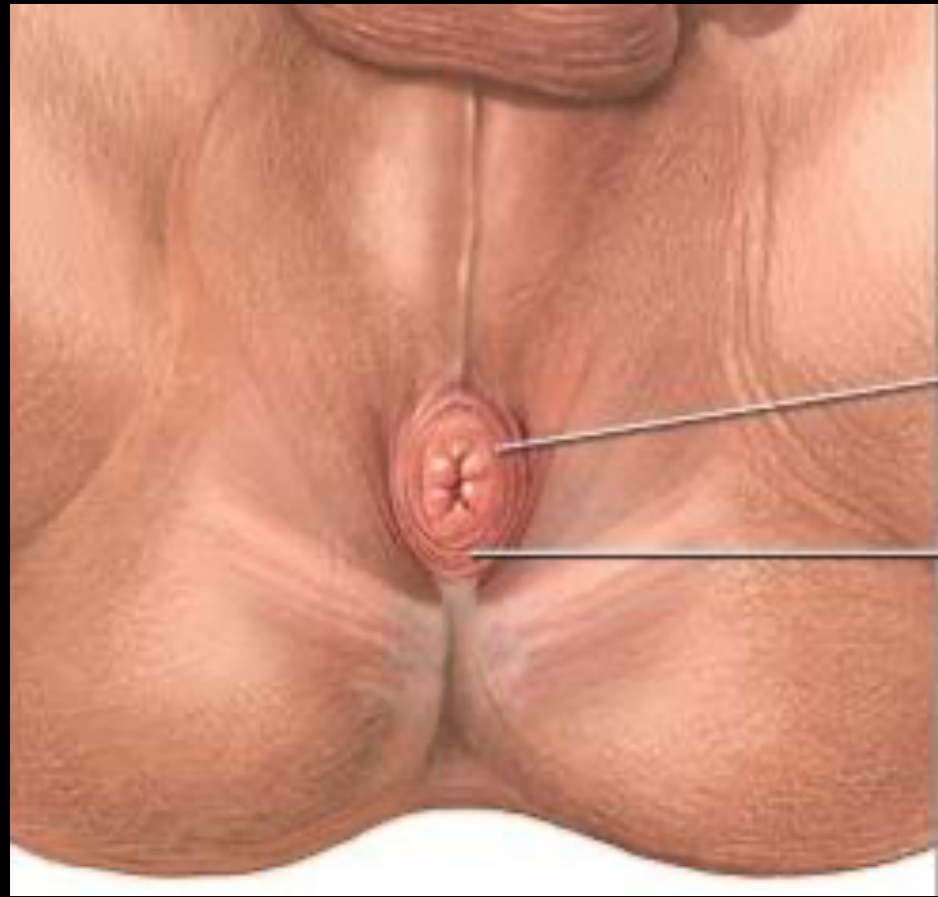


Anus (aka "The Asshole")

Opens to the anal canal

The anus is densely packed with nerves and is very sensitive to touch

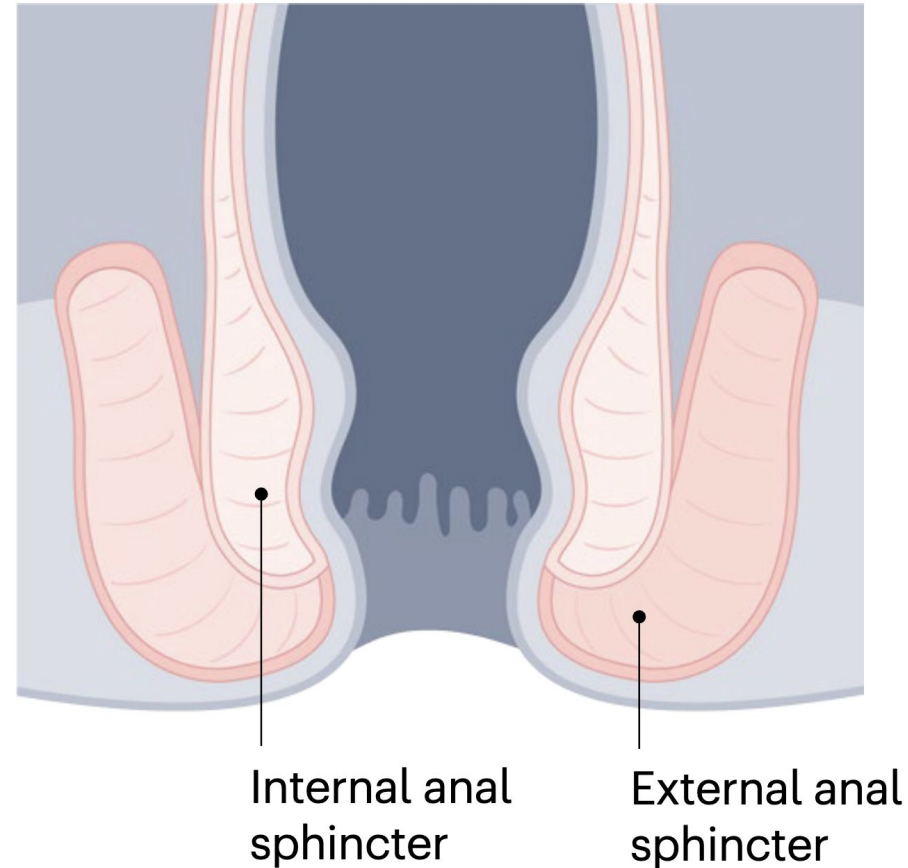
Anyone with an asshole has the potential to feel anal pleasure, regardless of assigned sex at birth, gender, or sexual orientation



Anal Canal

The outer sphincter is a voluntary muscle. You control it at will – kind of like your mouth.

The inner sphincter is an involuntary muscle. You relax to open it.



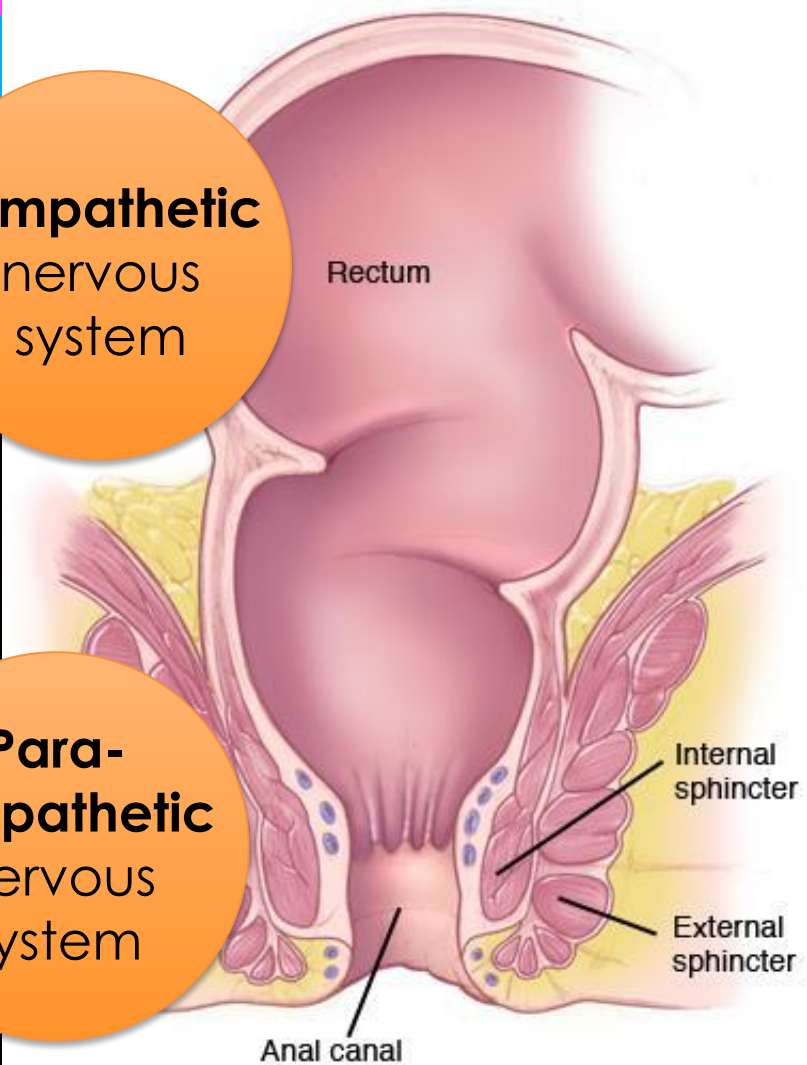
Anal Canal

The outer sphincter is a **voluntary muscle**. You control it at will – kind of like your mouth.

The inner sphincter is an **involuntary muscle**. You relax to open it.

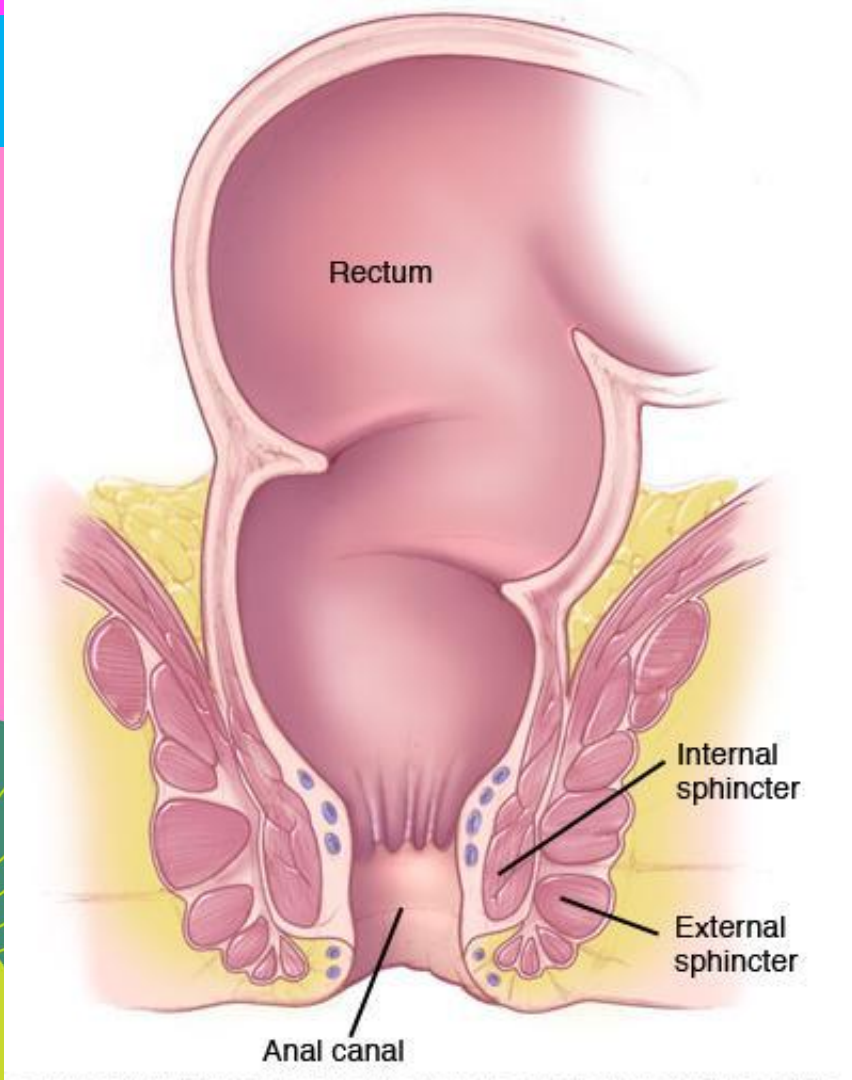
Sympathetic
nervous
system

Para-
sympathetic
nervous
system



Anal Canal

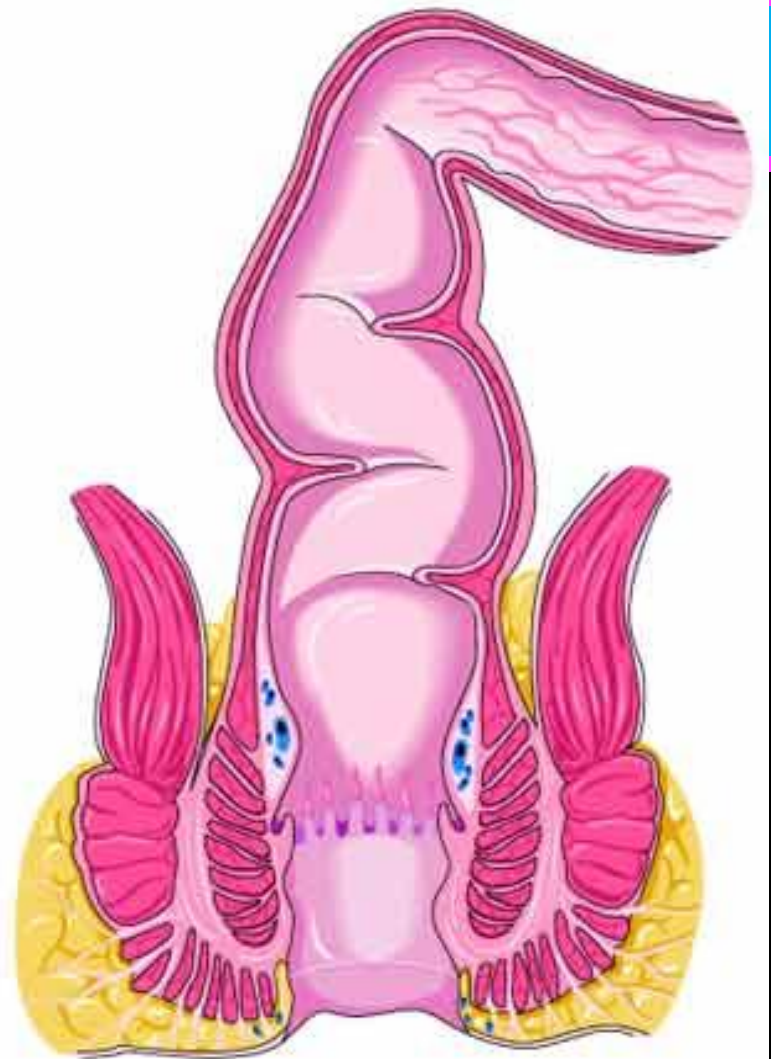
EMOTIONAL CARE



Anal Canal

The outer sphincter is a voluntary muscle. You control it at will – kind of like your mouth.

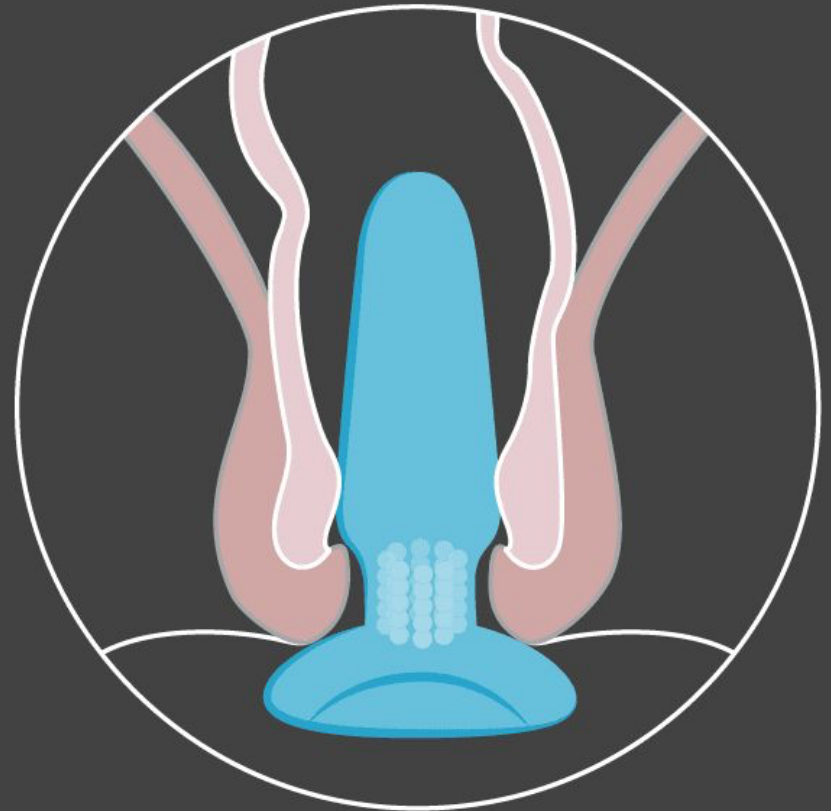
The inner sphincter is an involuntary muscle. You relax to open it.



Anal Canal

The outer sphincter is a **voluntary muscle**. You control it at will – kind of like your mouth.

The inner sphincter is an **involuntary muscle**. You relax to open it.

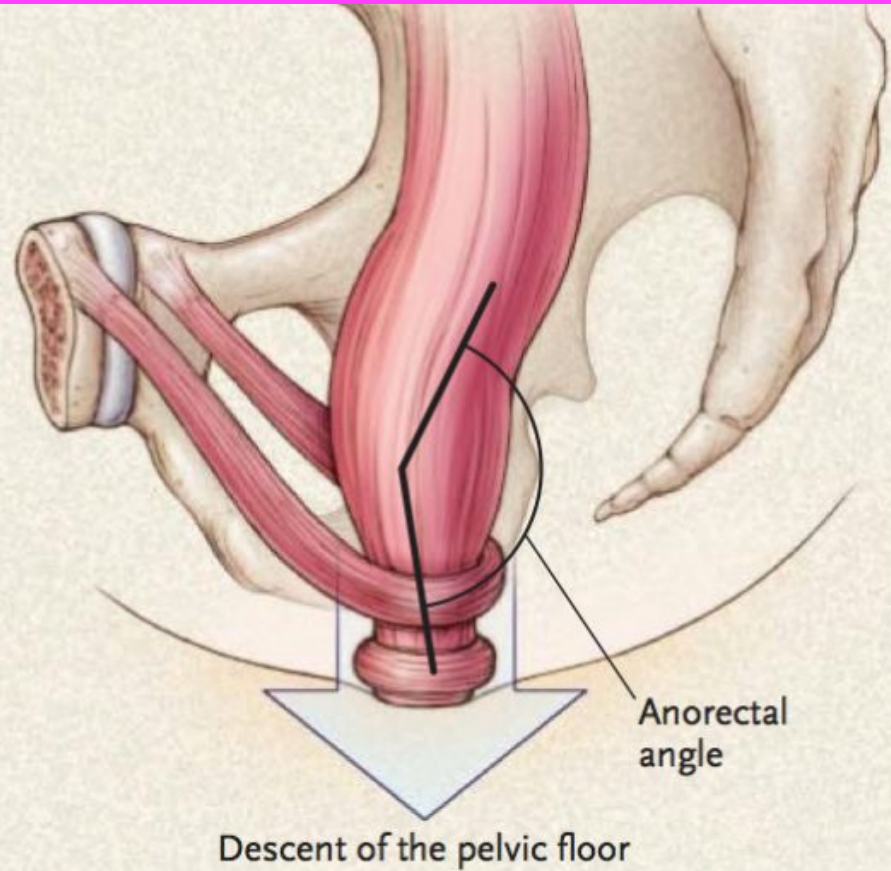
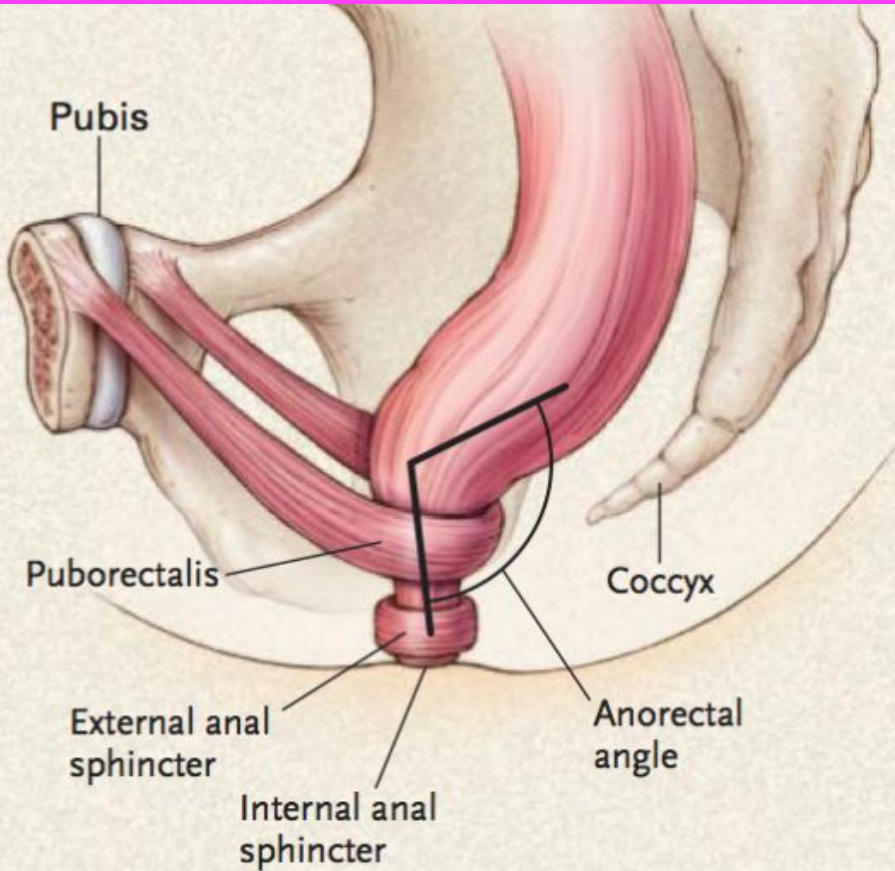




The Puborectal Sling

[YouTube Link](#)

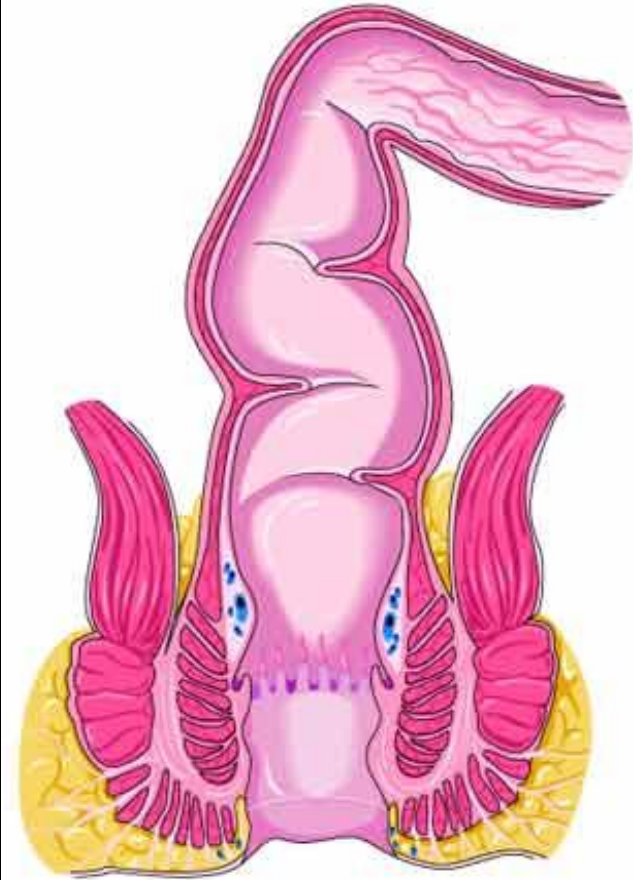
Puborectal Sling Muscle



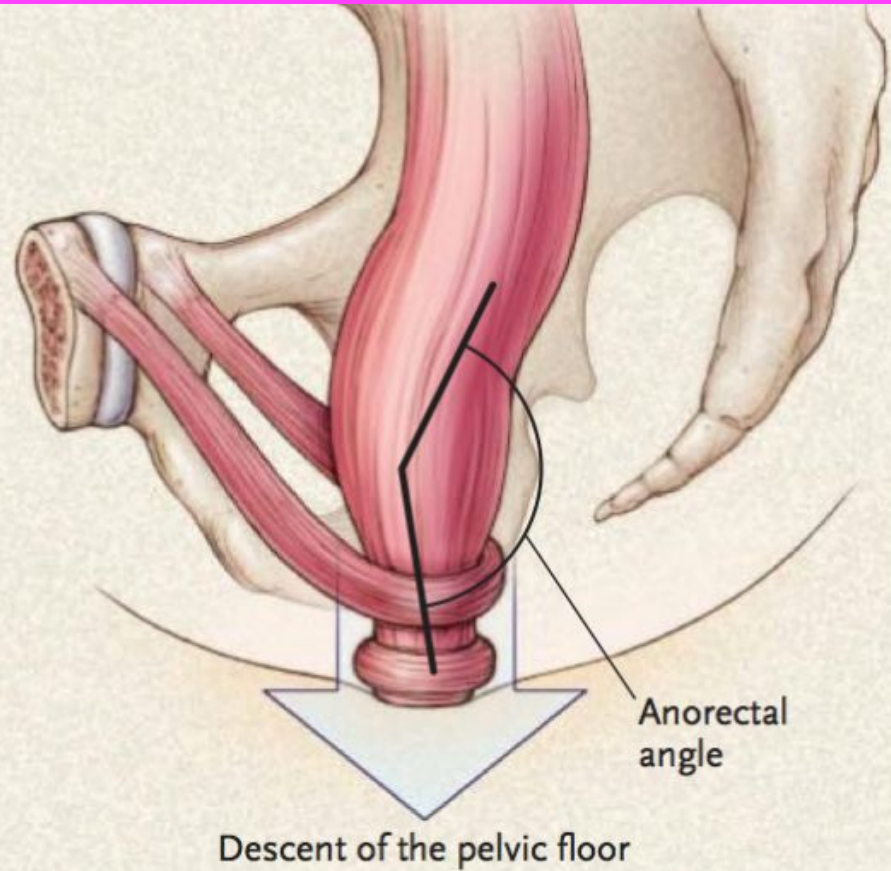
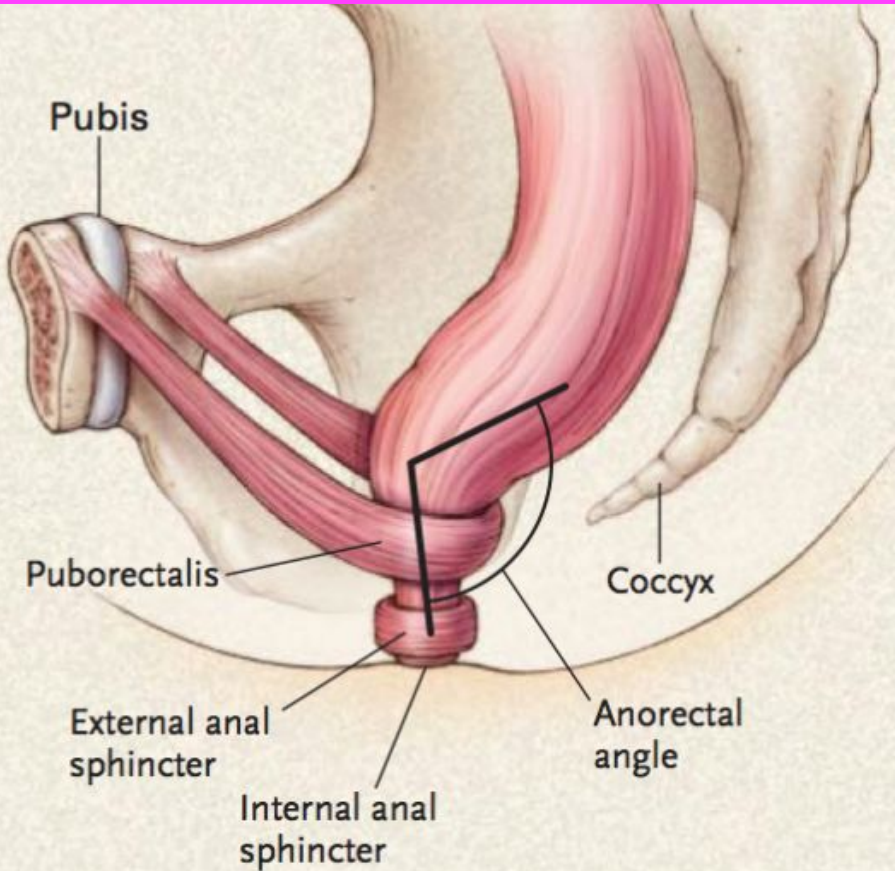
The Rectal Reflex

When gas or shit leaves the sigmoid colon and fills the rectum, we feel the urge to relax and release.

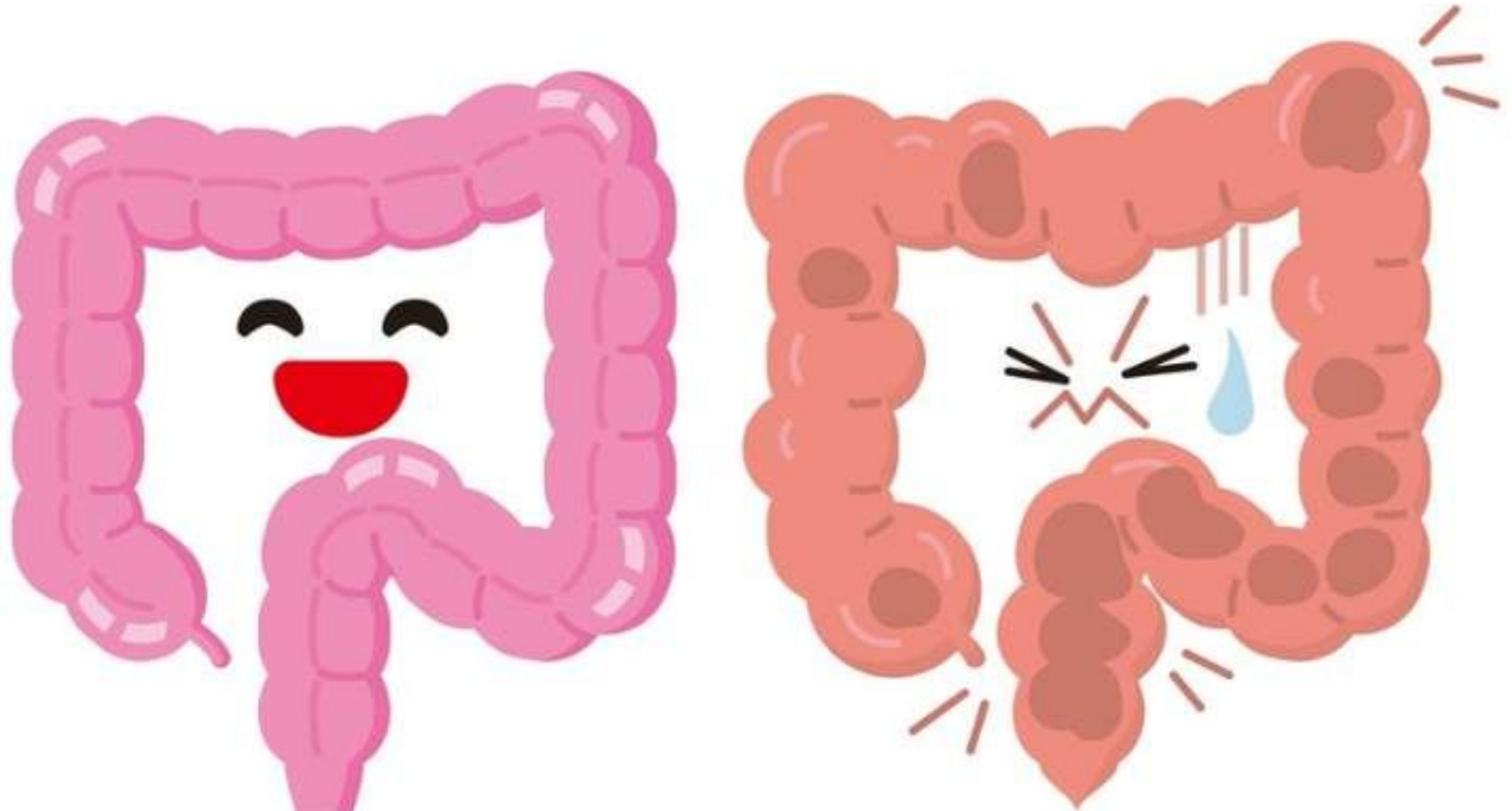
Fullness in the rectum communicates to the **puborectalis (puborectal sling)**, which then relaxes – and you poop! This muscle is responsible for 80% of continence.



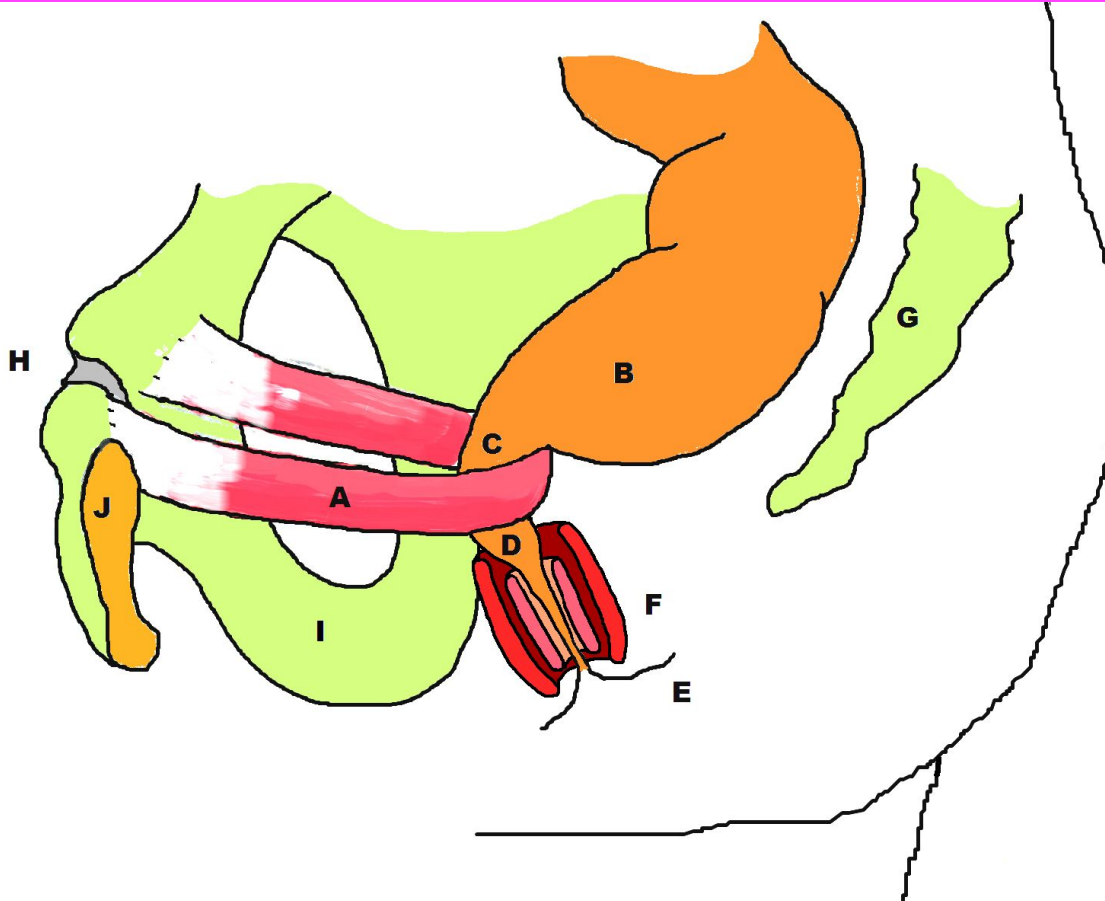
Puborectalis Sling Muscle



The Rectal Reflex



Puborectal Sling Muscle



Stylized diagram showing action of the puborectalis sling, and the formation of the anorectal angle.

A-puborectalis

B-rectum

C-level of anorectal ring and anorectal angle

D-anal canal

E-anal verge

F-representation of internal and external anal sphincters

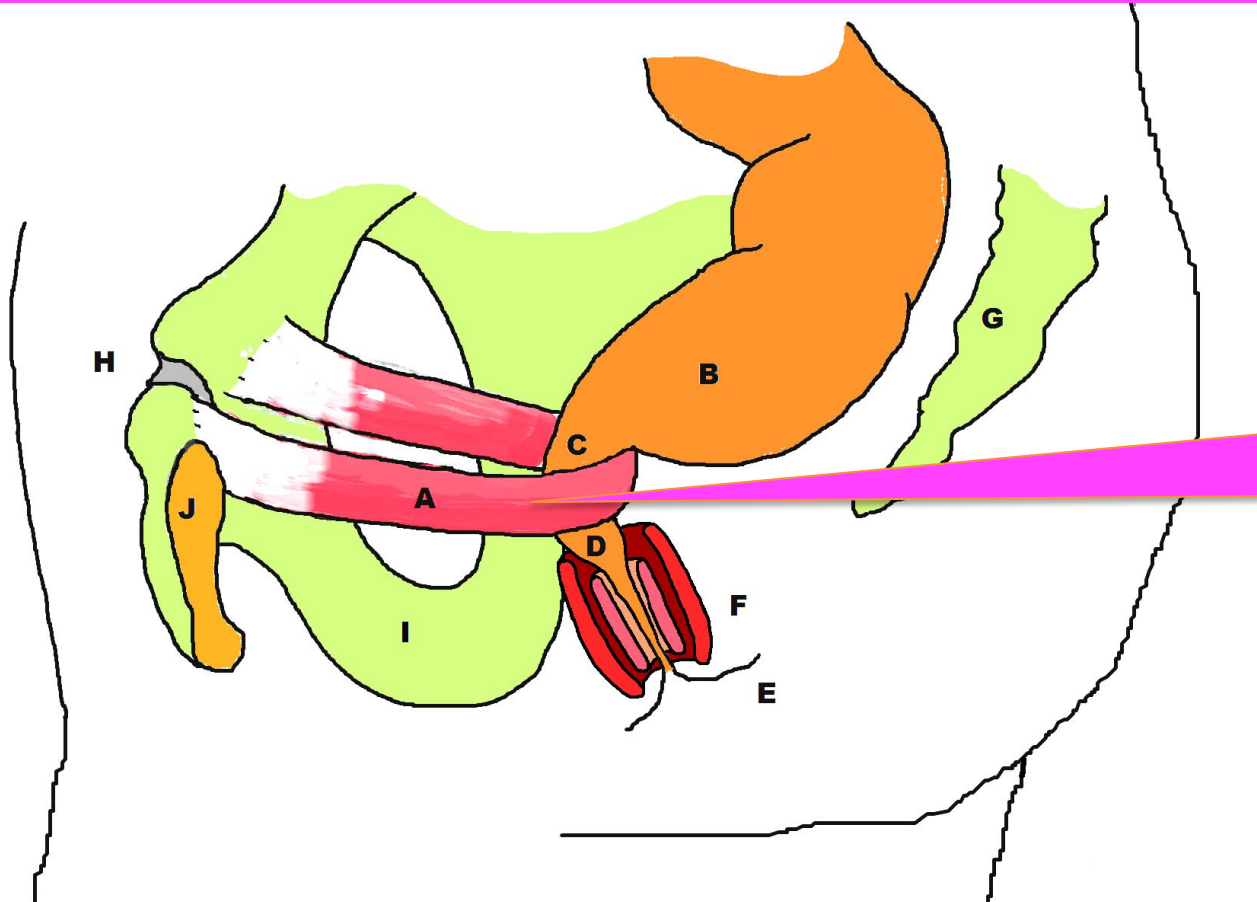
G-coccyx & sacrum

H-pubic symphysis

I-Ischium

J-pubic bone

Puborectral Sling Muscle

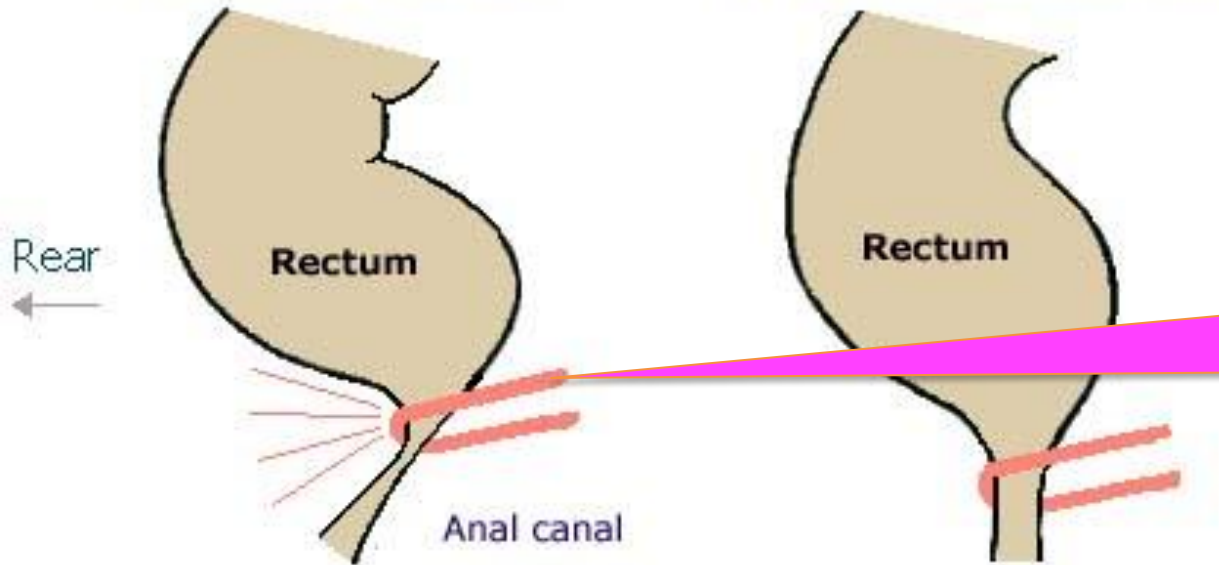


**Puborectal
sling
muscle**

Puborectal Sling Muscle

SITTING POSTURE

SQUATTING POSTURE



Puborectalis muscle "chokes" rectum to maintain continence

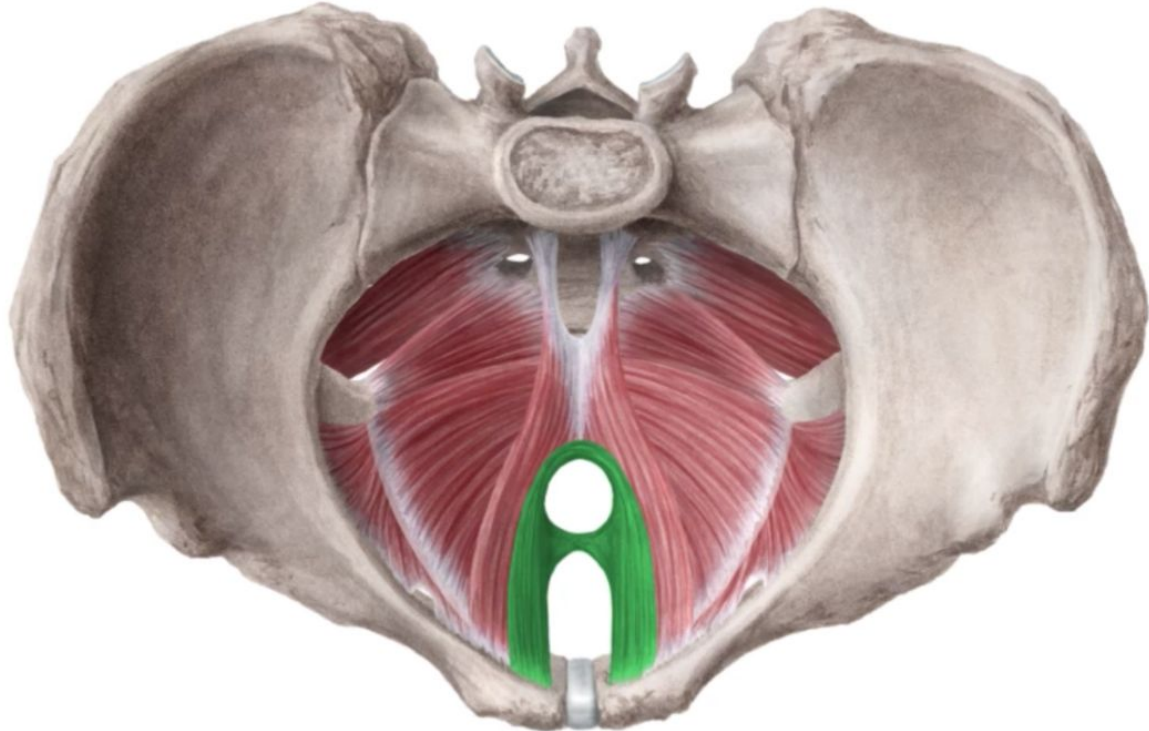
Puborectalis muscle relaxes and straightens pathway to anus

**Puborectal
sling
muscle**

Puborectal Sling Muscle

Puborectalis

Musculus puborectalis



Legs of the Clitoris

The New York Times

Account

Half the World Has a Clitoris. Why Don't Doctors Study It?

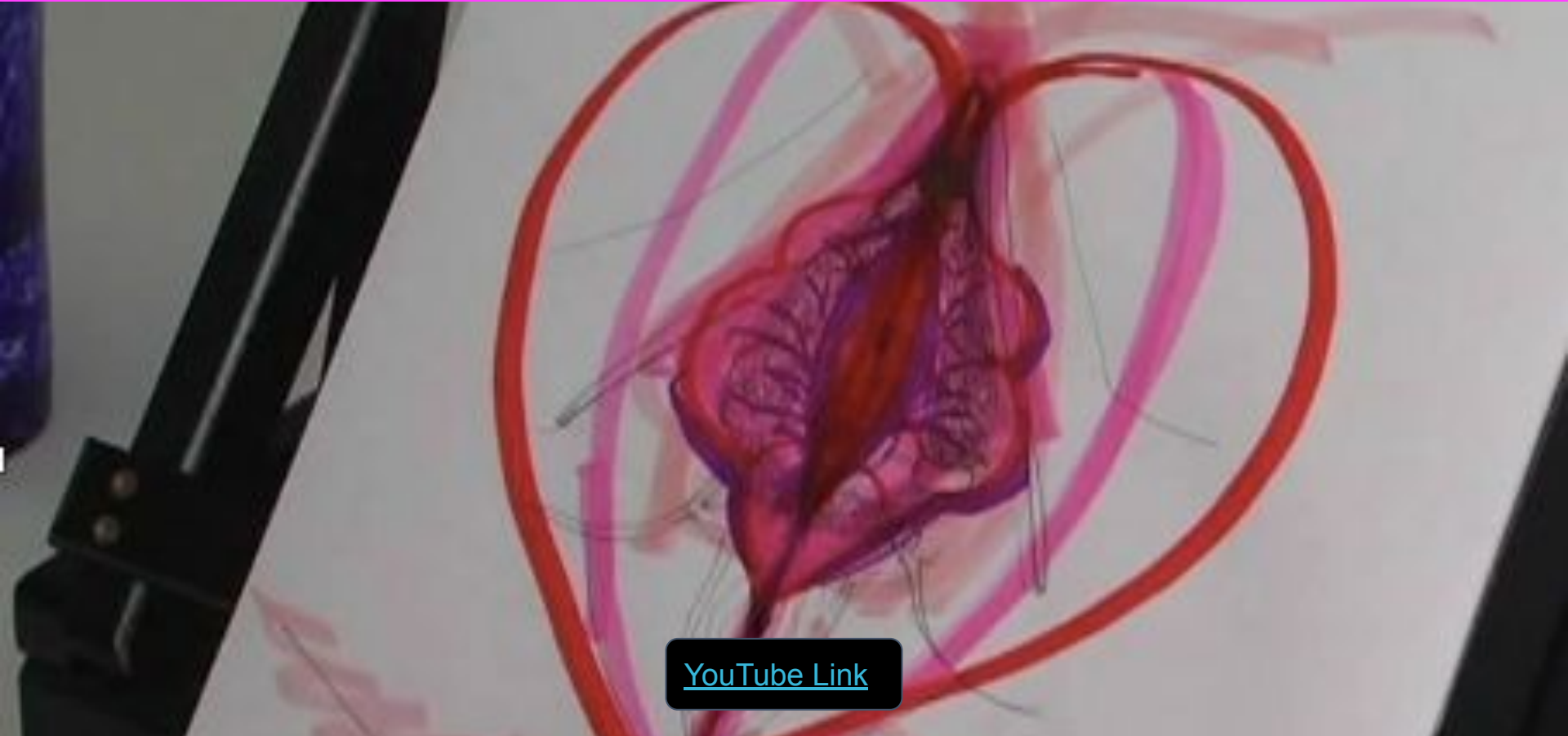
The organ is "completely ignored by pretty much everyone," medical experts say, and that omission can be devastating to women's sexual health.

Gross, R. E. (2022, October 17). Half the World Has a Clitoris. Why Don't Doctors Study It? *The New York Times*.

Hensel et al. (2022). Women's techniques for pleasure from anal touch: Results from a U.S. probability sample of women ages 18–93. *PLoS ONE*, 17(6), e0268785.



Legs of the Clitoris (Video)



[YouTube Link](#)

Legs of the Clitoris

Anatomy of clitoris and penis

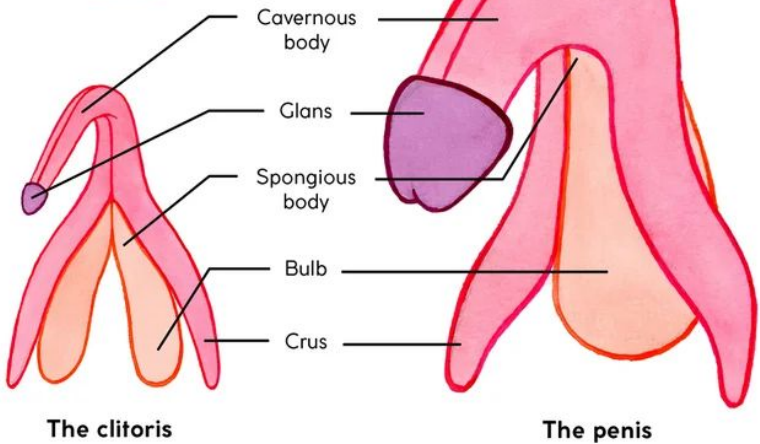
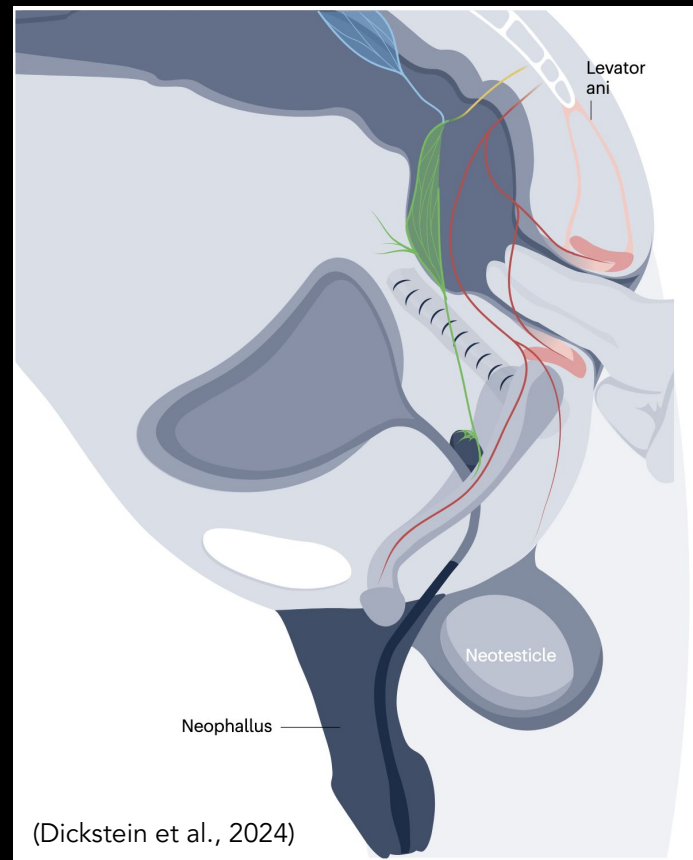


Illustration by Hilde Atalanta © 2021 This is your Body



(Dickstein et al., 2024)

Legs of the Clitoris

Anatomy of clitoris and penis

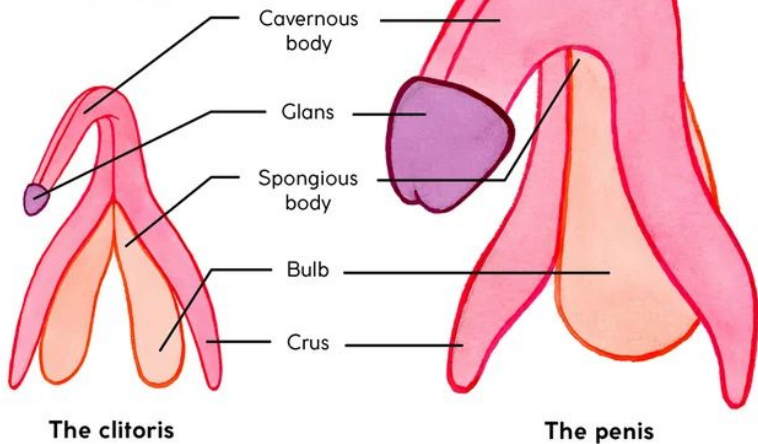
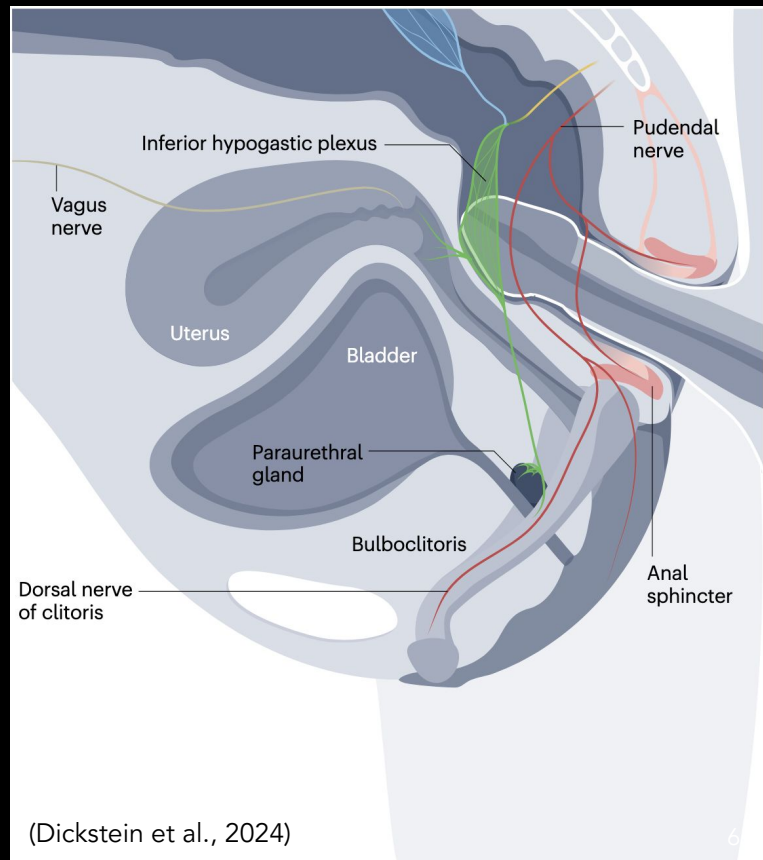
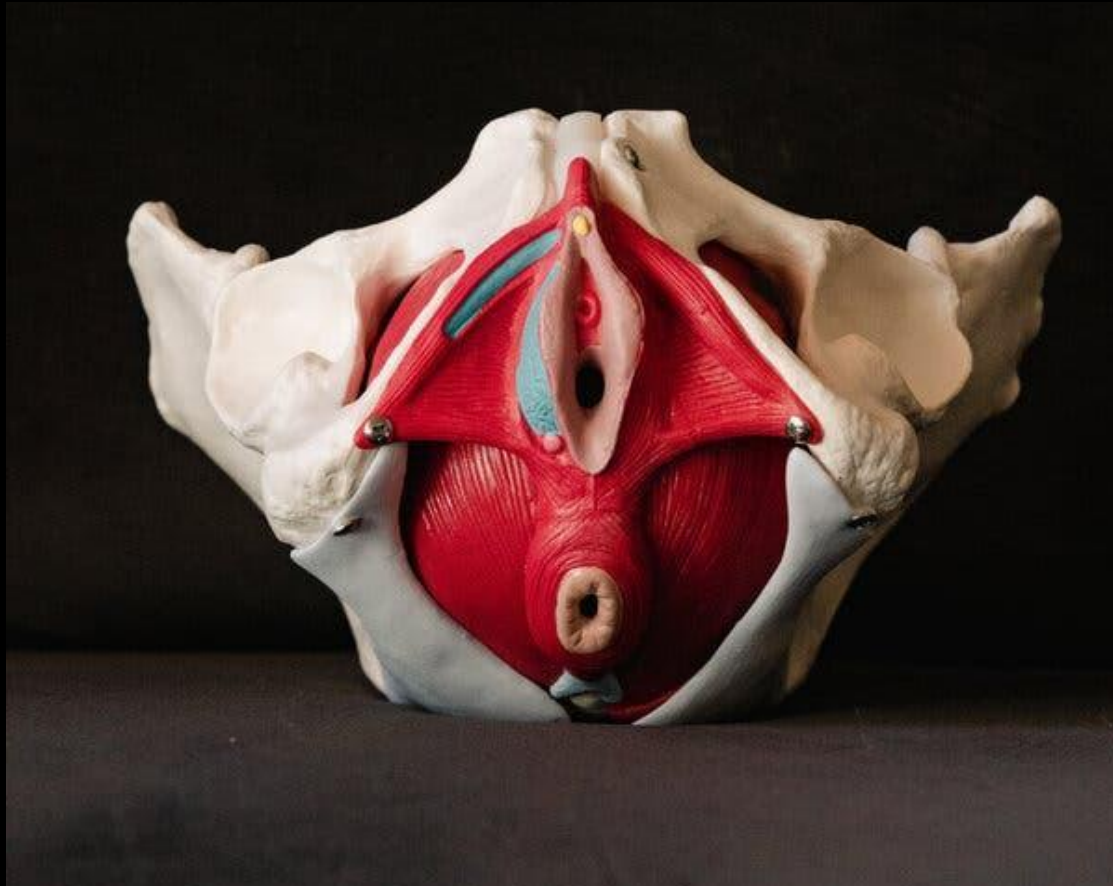


Illustration by Hilde Atalanta © 2021 This is your Body



(Dickstein et al., 2024)

Legs of the Clitoris (Hensel et al., 2022)



Legs of the Clitoris

nature reviews gastroenterology & hepatology

<https://doi.org/10.1038/s41575-024-00932-1>

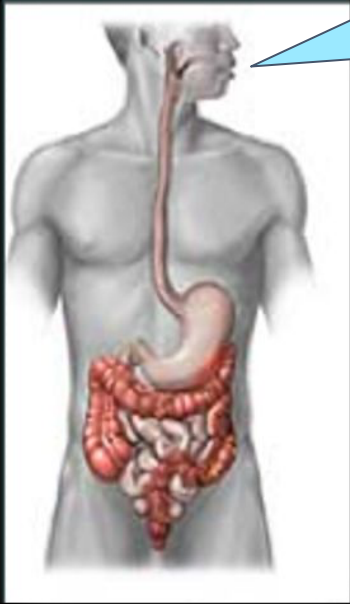
Review article

 Check for updates

Pleasurable and problematic receptive anal intercourse and diseases of the colon, rectum and anus

Daniel R. Dickstein¹✉, Collin R. Edwards², Catherine R. Rowan³, Bella Avanesian^{4,5}, Barbara M. Chubak⁶, Christopher W. Wheldon⁷, Priya K. Simoes⁸, Michael H. Buckstein¹, Laurie A. Keefer⁸, Joshua D. Safer^{4,9}, Keith Sigel¹⁰, Karyn A. Goodman¹, B. R. Simon Rosser¹¹, Stephen E. Goldstone¹², Serre-Yu Wong⁸ & Deborah C. Marshall^{1,13}

The Prostate Gland

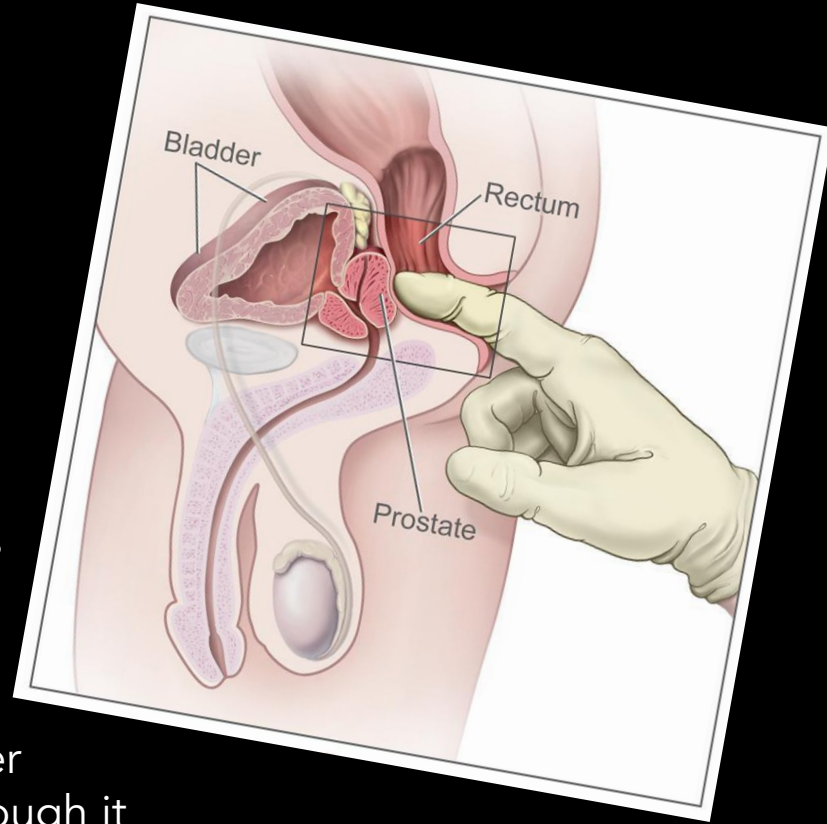


"When I'm bottoming it feels like I'm gonna pee then like I'm gonna come - but nothing comes out. What's going on?"

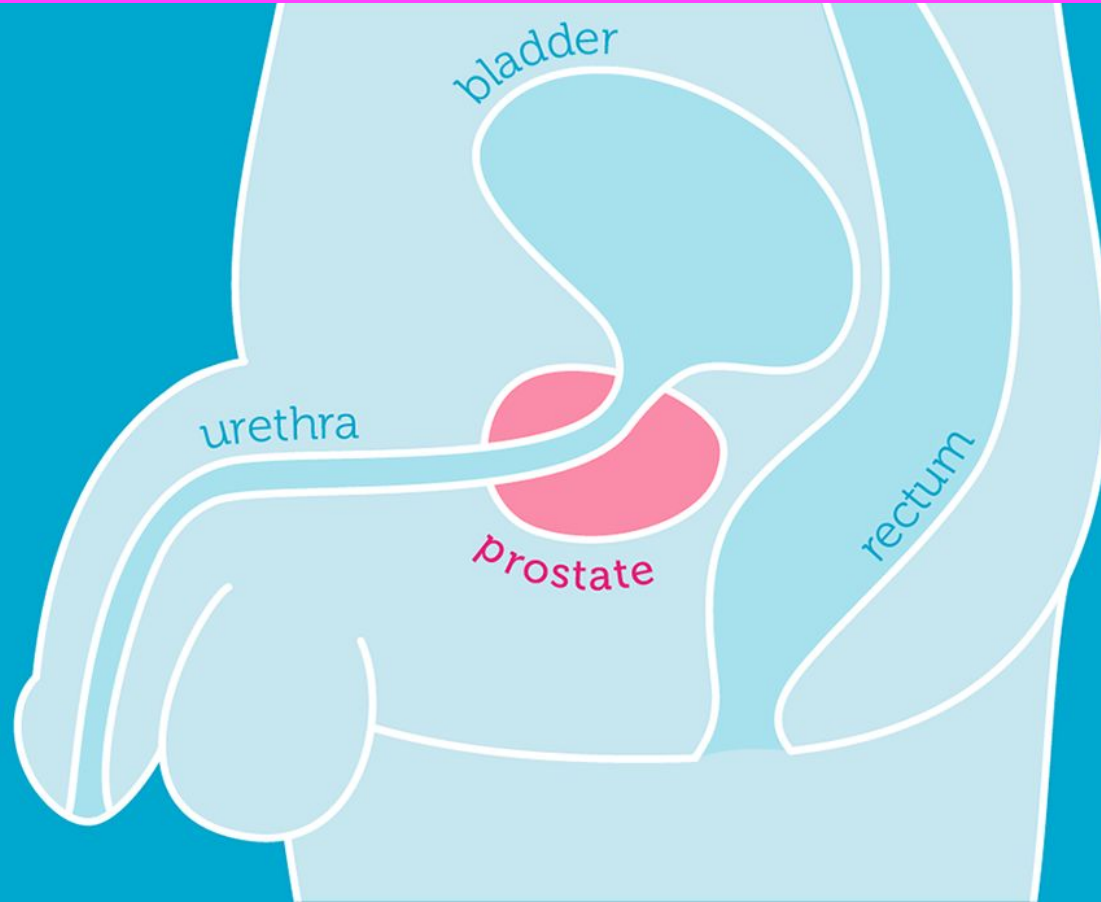
Welcome to your prostate!

You can feel it a few inches inside the rectum, pressing toward the belly button

It's right next to the bladder and the urethra passes through it



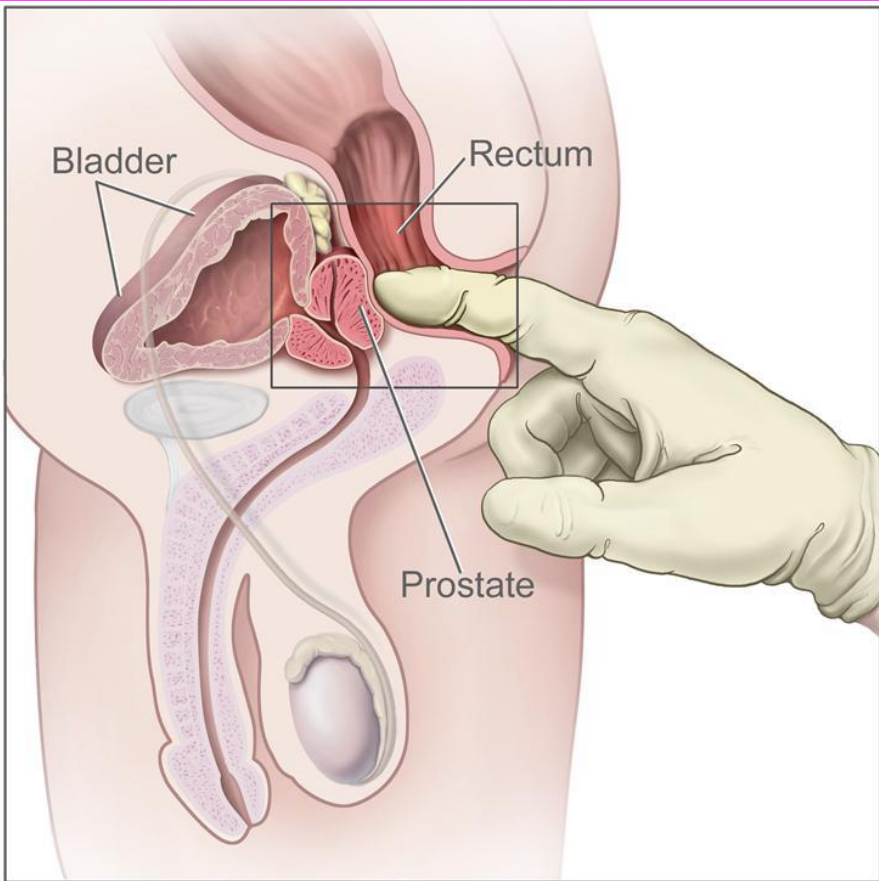
The Prostate Gland



The Prostate Gland



The Prostate Gland



Rubbing the rectal wall
can produce orgasm or
heighten orgasm

It may feel like
peeing at first

It's like the 'G-spot' in
'female' anatomy, so people
sometimes call it the 'P-spot'!

But it's not the sole
source of pleasure (Gaither et al., 2023)

The Prostate Gland (video)



Orgasm results from muscle contractions around the prostate – even without ejaculation.

Ejaculation & orgasm can be distinct experiences!

The Prostate Gland (video)

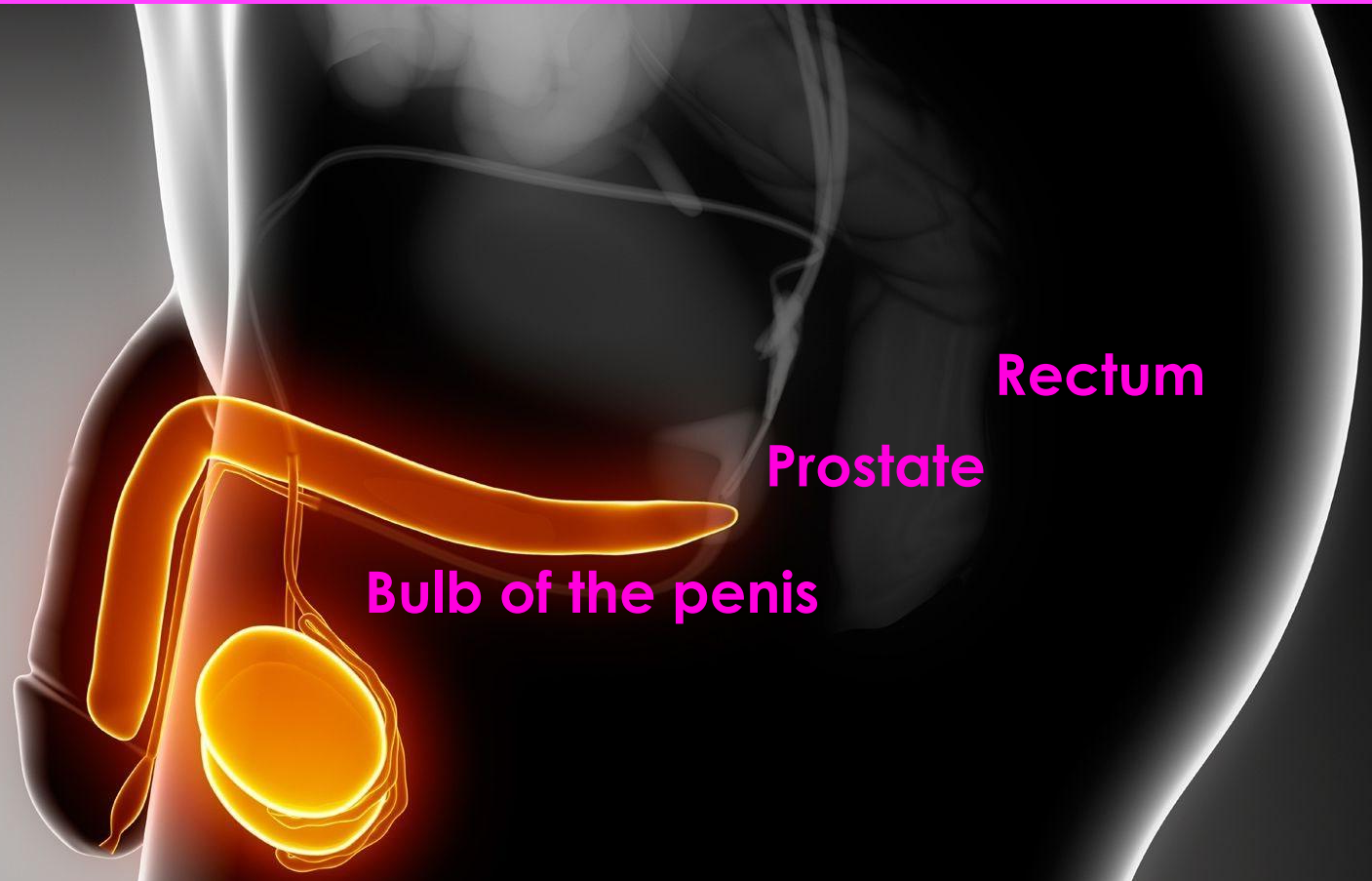


The Prostate Gland (video)

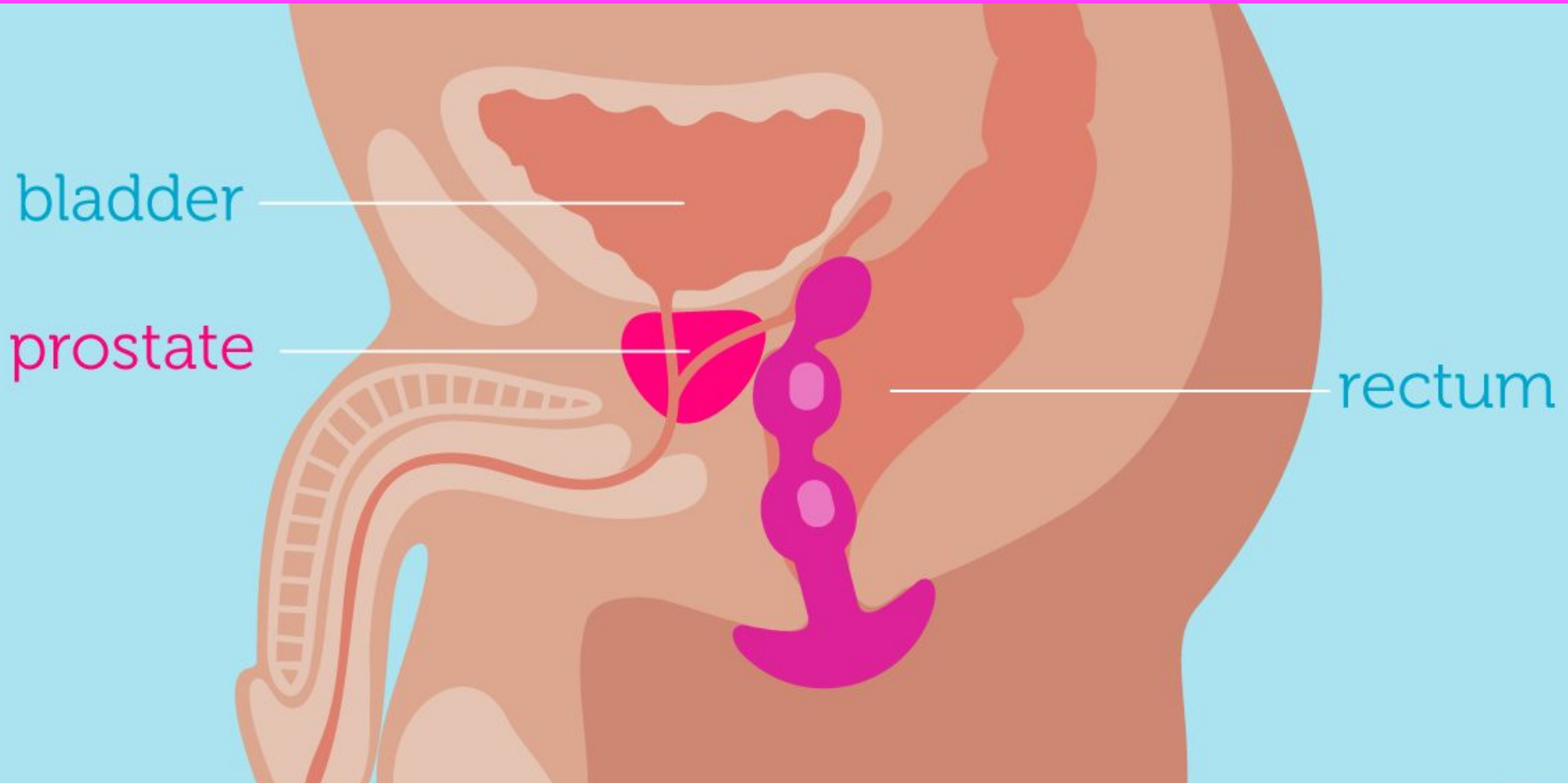


Also the bulb of the penis is right there!

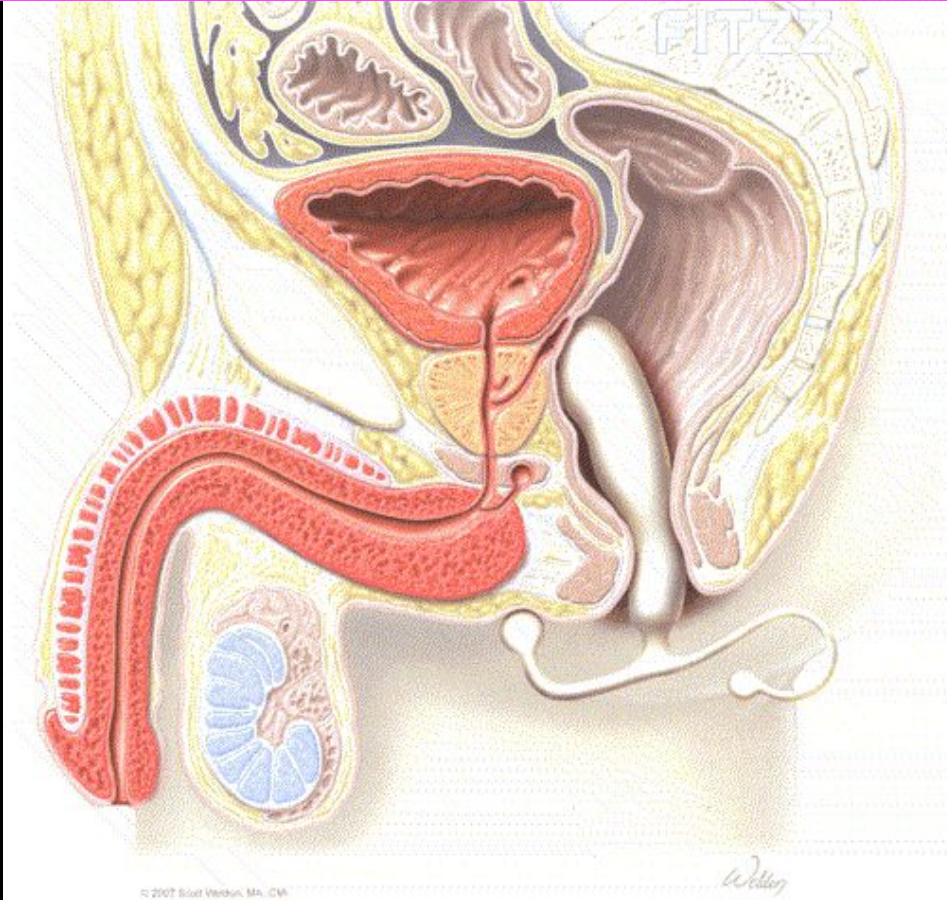
The Prostate Gland



The P-Spot

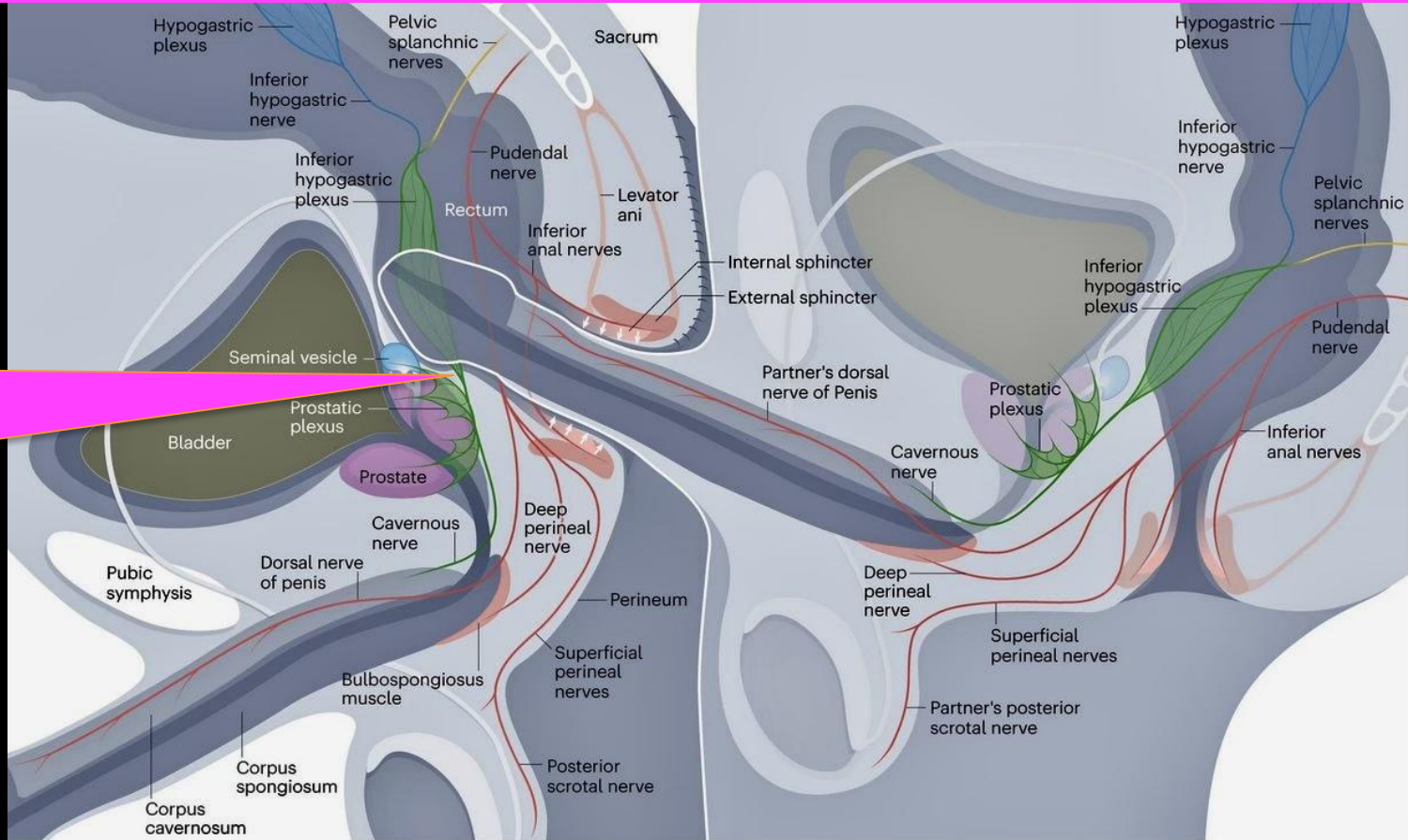


The P-Spot

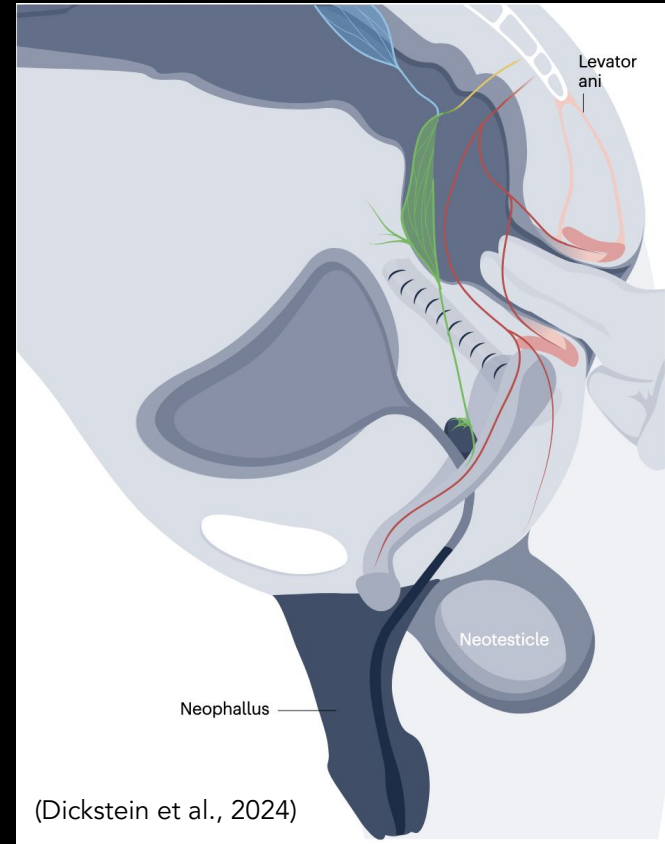
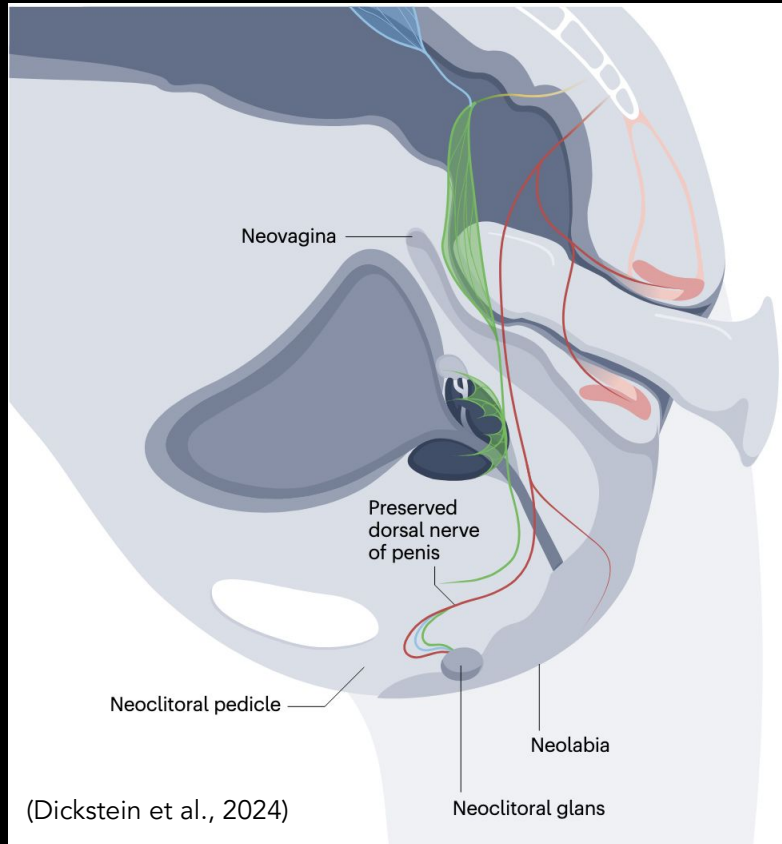


The P-Spot

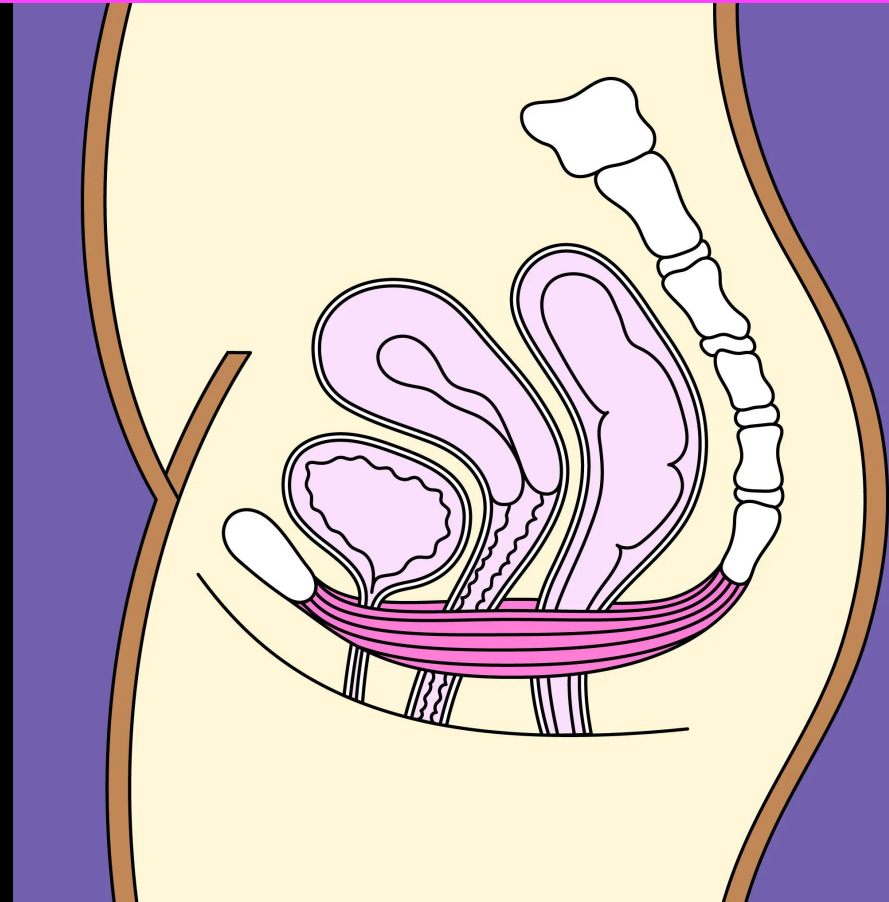
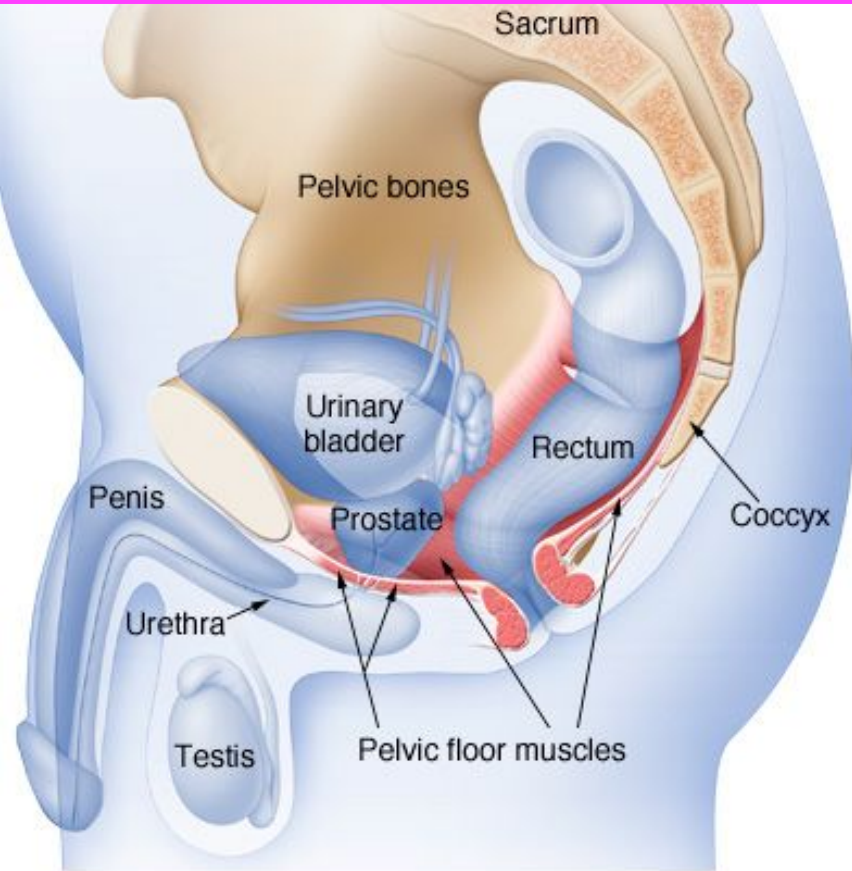
**A few inches
inside,
toward
the belly
button**



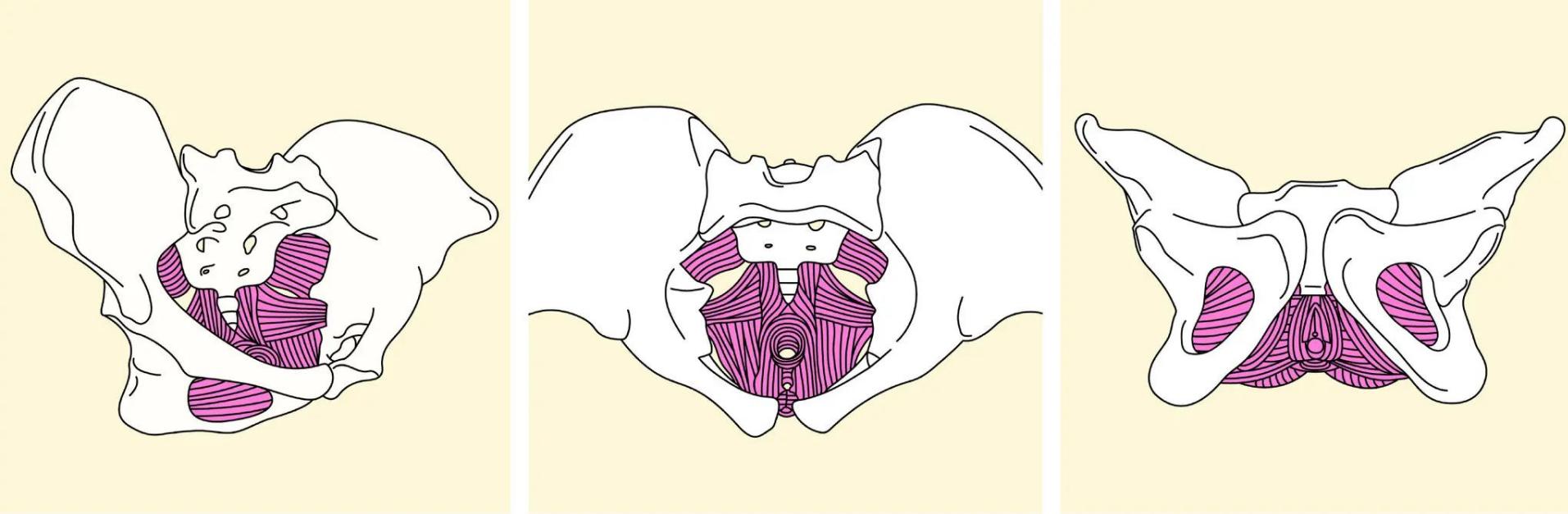
Prostate Activation for Trans Folks



Pelvic Floor Muscles

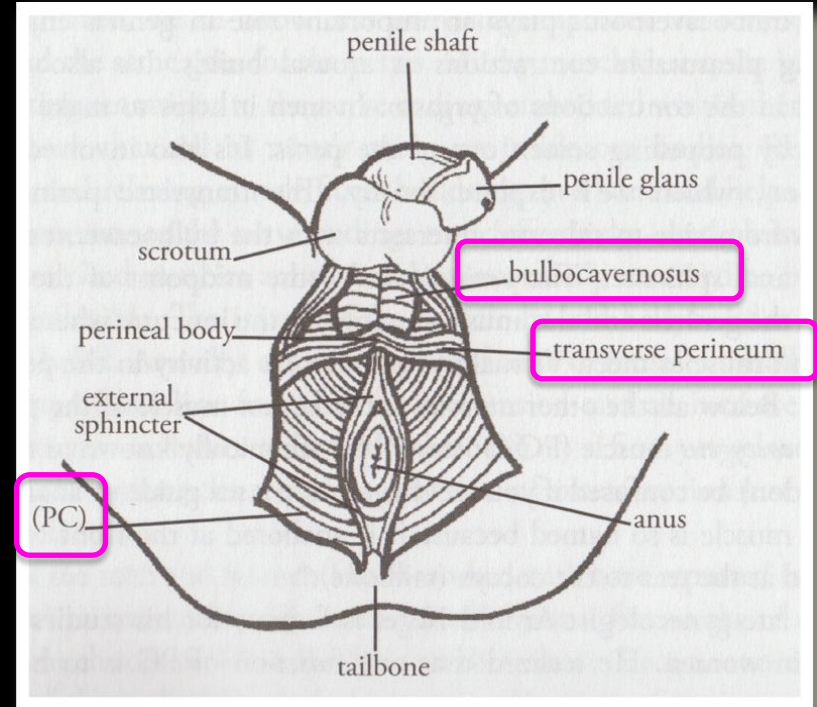
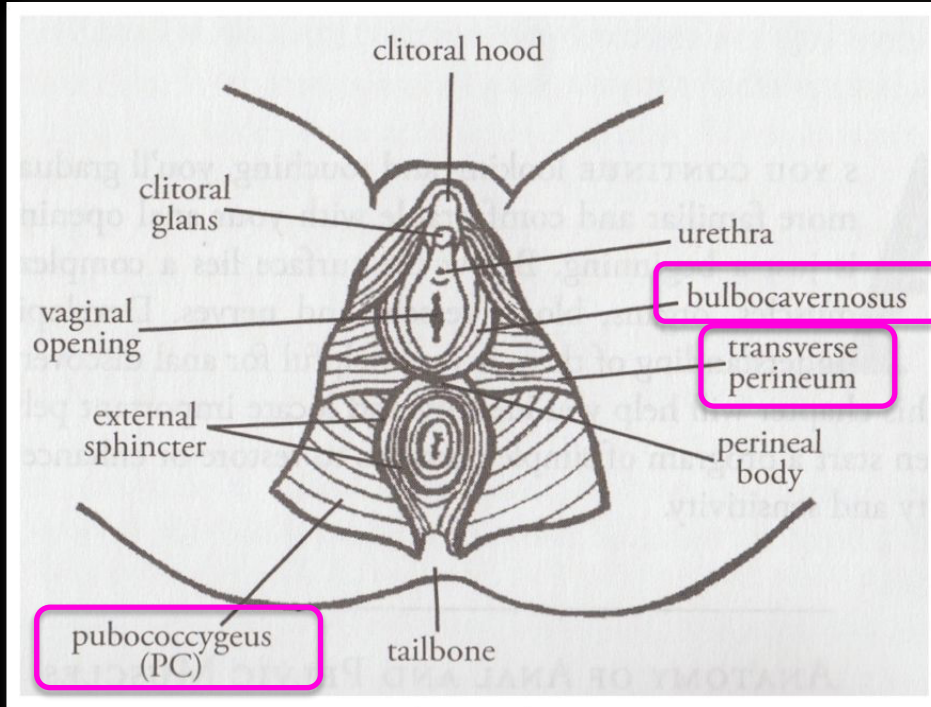


Pelvic Floor Muscles



If you're enjoying sex without pain, you're exercising those muscles
Kegel exercises increase blood flow, muscle tone & control, & intensity of orgasm!

Pelvic Floor Muscles



Numbing Agents

Numbing agents deaden sensitivity of nerves

Sensation-reducing agents for the purpose of anal sex block the body's ability to communicate damage



Poppers



Cause blood vessels to dilate, rapid drop in blood pressure, heart pumps dramatically to stabilize pressure

Rush may enhance orgasm; reportedly relaxes anal muscles

(Romanelli et al., 2004; Ferreira & Nutt, 2022))

Headaches, scared panicky side effects, impurities

Douching

80% of gay and
bisexual men

(Carballo-Dieguez et al., 2019)

10% of men reported
rectal bleeding after
douching

(Groves et al., 2021)

“[P]roviders should discuss douching safety with their patients, with a focus on harm reduction (e.g., reduce risk of bleeding, as opposed to abstinence from douching).”

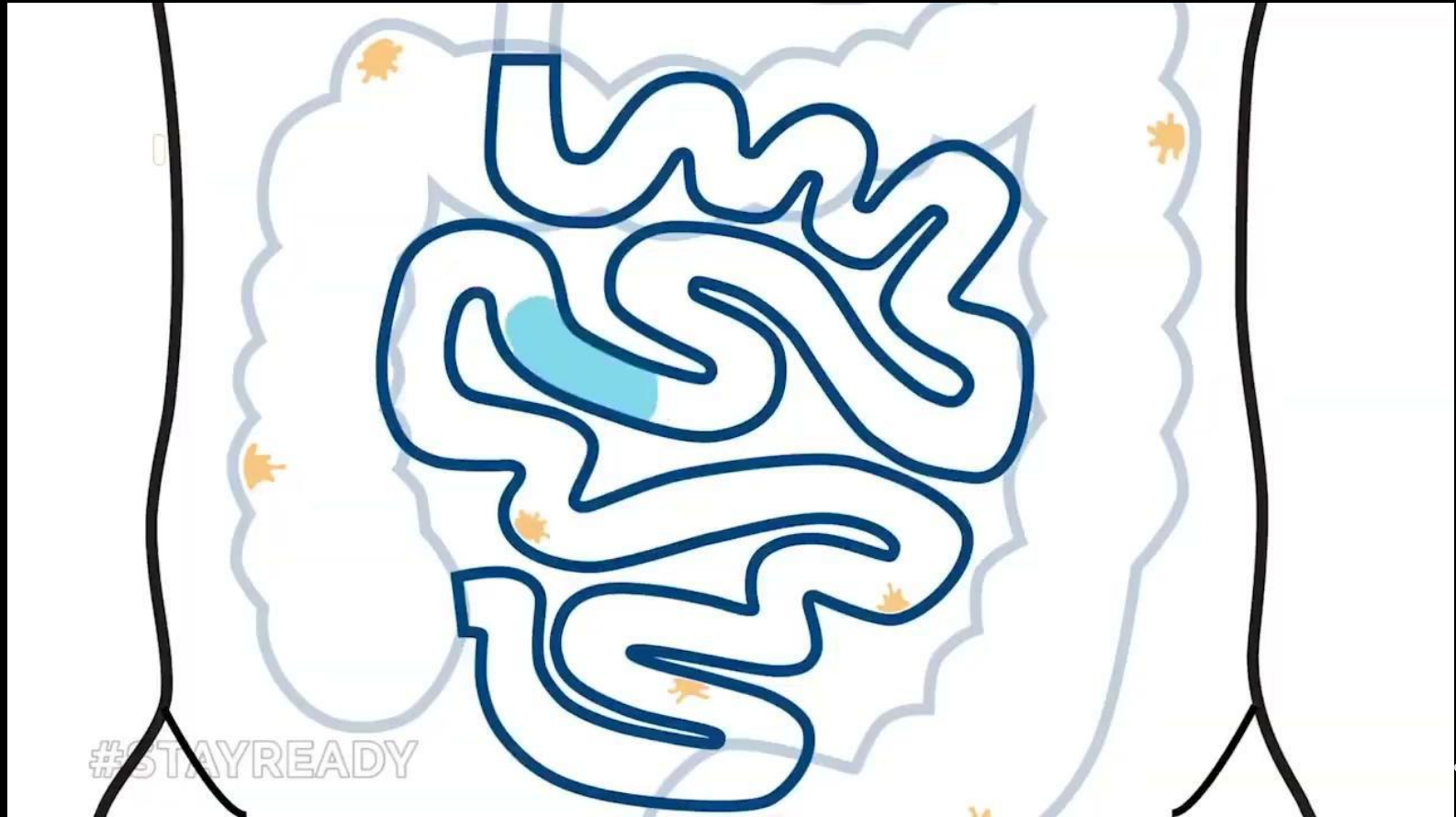
Fiber & Douching

Fiber – “An apple a day...”

If you're committed to douching, use warm water and a smooth tipped, lubricated device a few hours before sex



Fiber leaves the rectum clearer of poop



Internal Condom Video

F.D.A. Grants the First Condom Approval for Anal Sex

Though public health experts have long advised the use of condoms for anal sex to protect against H.I.V. and other infections, regulators did not have enough data to allow marketing for that use.

Share full article



Azhar Rahim/EPA, via Shutterstock

By Pam Belluck

Feb. 23, 2022

For the first time, U.S. regulators have officially authorized a condom to be used for anal sex, not just vaginal sex.

The [decision, announced by the Food and Drug Administration](#) on Wednesday, has long been sought by sexual health experts, who said it could encourage more people who engage in anal sex to use condoms to protect themselves against H.I.V. and other sexually transmitted infections.


Barrier Pouch


NOTE: Aegis is an INVESTIGATIONAL DEVICE limited by Federal Law to investigational use.

- #### Some Important Points to Know


Aegis gives the Receptive Partner a way to protect himself. It can be inserted any time prior to sex. It warms up on insertion. The polyurethane material used in the Aegis sheath is stronger than the latex used in conventional condoms, yet it is soft. Aegis gives broader protection because it covers the outer area of the anus and the use of the penis during anal sex. Aegis does NOT deteriorate when oil-based lubricants are used.
- #### Don't tear Aegis.


Be careful of sharp objects, like rings or sharp fingernails.


- #### Practice putting Aegis in before you plan to actually use it.




- #### To insert Aegis.

Be sure the inner-ring is at the bottom, closed-end of the pouch. If you wish, add extra lubricant to the outside of the pouch for extra comfort when you insert Aegis.



- #### How to hold the sheath

 - Hold the inner ring between thumb and middle finger. Put index finger on pouch between other two fingers. (or)
 - Just squeeze.
- #### Before Anal Sex




When you are ready for sex, insert Aegis, making sure the outside ring lies outside the anus as shown in fig. G. About one inch of the open end will stay outside. See Fig. H. While this may look unusual, this part of Aegis is protecting you and your partner during sex. You can add more lubricant either inside or outside Aegis for extra comfort.



- #### During Anal Sex

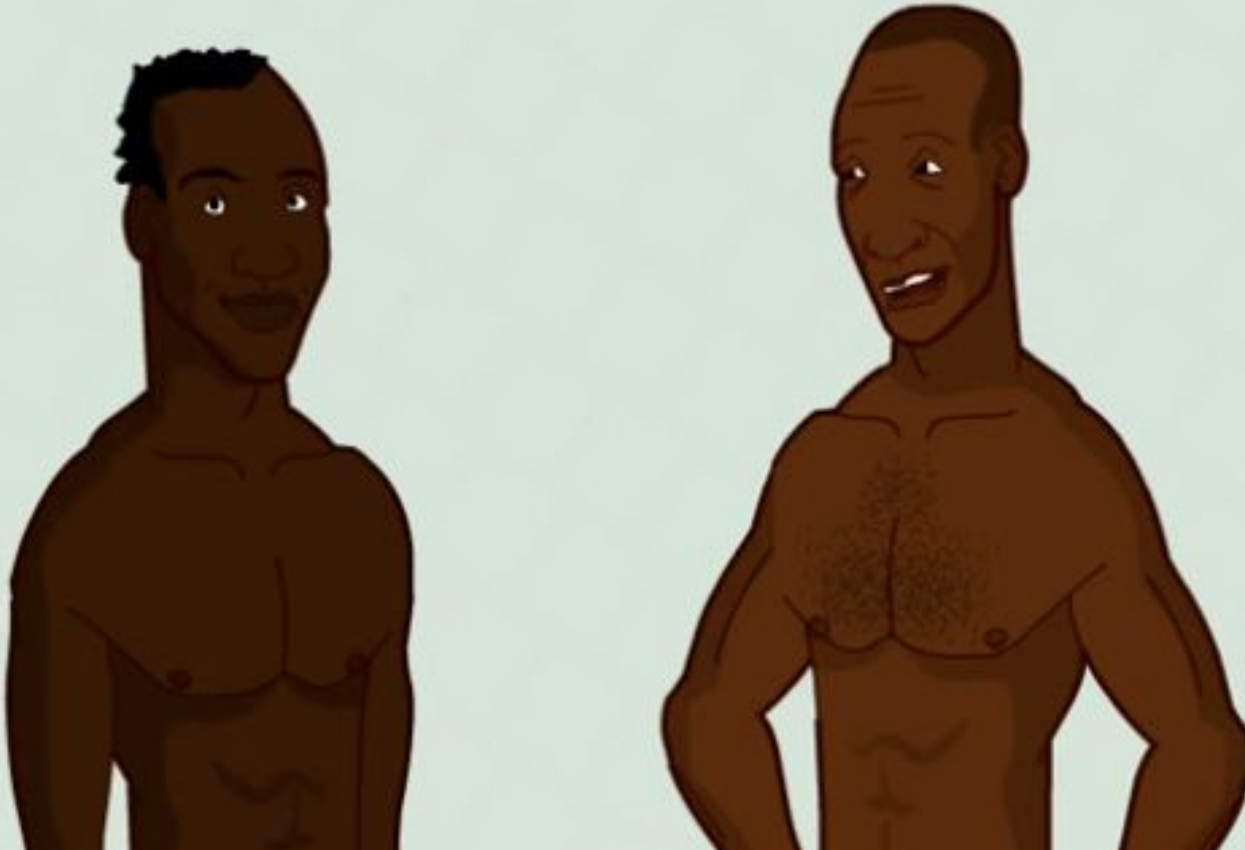
You may notice that Aegis moves around during sex. Moving side-to-side of the outer ring is normal. It will not reduce your protection. Sometimes Aegis may slip up and down in the anal cavity, riding on the penis. However the penis should remain covered by the pouch and any fluid stays inside the pouch. That, if either you or your partner notice the outer ring being pushed into the anal cavity, STOP. Pull the outer ring so that it lies outside the anus and add extra lubricant to the opening of the pouch or to the insertive penis. Make sure the outer ring lies outside the anus. If the penis starts to enter underneath or besides the sheath, STOP and reinsert within the covered anus.


- #### After Anal Sex

To take out Aegis, squeeze and twist the outer ring to keep any fluid inside the pouch. Pull out gently. Throw away in a trash can. DO NOT FLUSH. DO NOT REUSE.

Internal Condom Video

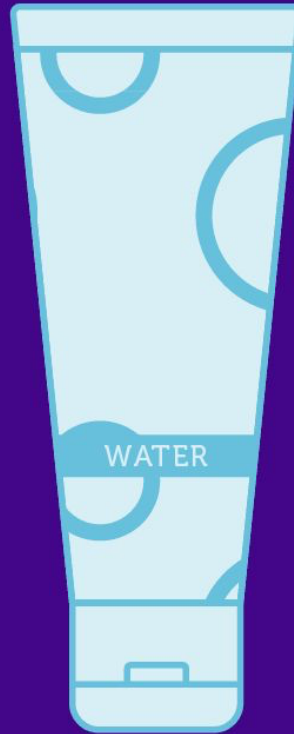


Check out the video on the right in Dioula, Moree, French, and English youtube.com/user/SWF32x?feature=watch

Lubricants




Lubricants



Lubricants

Rectal mucosa is 1 cell thick,
not very lubricated, and
(without lube) easily tears when
objects are inserted inside

Douching removes natural
lubrication and can
compromise the integrity of
the rectal lining




**Safety of lubricants for rectal use:
A fact sheet for HIV educators and advocates**

Many men, women and transgender people use lubricants (lubes) during sexual intercourse. Yet we know very little about their safety when used during anal intercourse (AI).

Very few studies have examined the effect of lubes on human rectal tissue, but those that did showed mixed results. Most water-based lubes tested in these studies were shown to be damaging to rectal tissue. However, some lubes were more damaging than others. Furthermore, in one study the use of lube for AI was associated with the presence of rectal sexually transmitted infection (STI).

Based on current evidence:



- **More research is urgently needed to explore if there is a link between lube use and acquiring HIV and/or rectal STIs.**
- It is unclear whether any particular type or brand of lube might increase, decrease or have no effect on acquiring HIV and/or rectal STIs.
- Using male or female condoms is still considered the best way to prevent acquiring HIV and STIs during AI. In addition, the use of condom-compatible lubes has been associated with a decreased risk of condoms breaking or slipping.
- It is not possible at this time to recommend for or against using lubes if having AI without condoms.
- Lube use on its own is not a proven method of HIV or STI prevention.

Regulatory agencies in various countries classify lubes differently—as medical devices or cosmetics, for example. Typically they require no safety data on the rectal use of lubes in humans.

IRMA calls for more research into the safety of lubes for rectal use, including clarity on the impact of lube use on preventing or facilitating the acquisition of HIV and STIs, and which lubes/compounds to seek or avoid.

IRMA is aware of the likelihood that some of the first rectal microbicides will be available in gels with lube-like properties. Therefore, avoiding confusing messages about lube safety is paramount to avoid delays in access and use of an important public health tool later.

For further information, please consult IRMA's companion document: *Safety of lubricants for rectal use: Questions & Answers for HIV educators and advocates*.

To learn more about rectal microbicides and advocacy to make them a reality, visit IRMA's [website](#).

Last updated 13 October 2010

Lubricants



water-based
lubricants



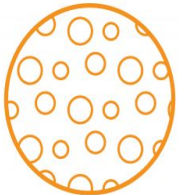
Safe for latex condoms and silicone anal toys, but absorbed into the body quickly



silicone-based
lubricants



Safe for latex condoms but **not silicone anal toys**, and lasts much longer in the rectum



oils
e.g. coconut
& almond



Not safe for latex condoms and gathers bacteria on anal toys, but lasts the longest

Microbiome



A Pleasure Agenda

Butt why?

The Science

Butt what?

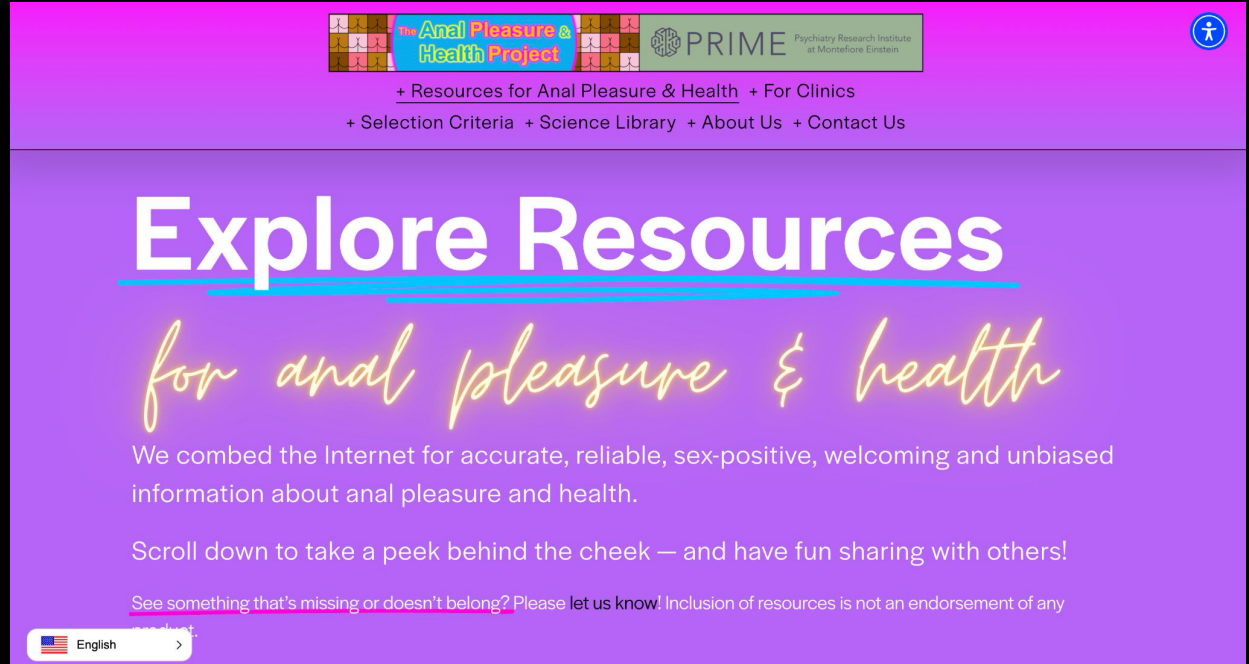
Answers
to Frequently Asked
Questions (FAQs)

Butt how?

Resources

pleasureandhealth.org

Our
Website of
Resources



The screenshot shows the homepage of pleasureandhealth.org. At the top, there is a navigation bar with the following elements: a logo for 'The Anal Pleasure & Health Project' (a grid of colorful squares), the 'PRIME' logo (Psychiatry Research Institute at Montefiore Einstein), and a search icon. Below the navigation bar, there are links: '+ Resources for Anal Pleasure & Health + For Clinics', '+ Selection Criteria + Science Library + About Us + Contact Us'. The main content area has a purple background. The title 'Explore Resources' is written in large, white, bold letters, underlined with a blue line. Below it, the subtitle 'for anal pleasure & health' is written in a yellow, cursive font. The text 'We combed the Internet for accurate, reliable, sex-positive, welcoming and unbiased information about anal pleasure and health.' is displayed in white. Below that, the text 'Scroll down to take a peek behind the cheek – and have fun sharing with others!' is shown. At the bottom, there is a disclaimer: 'See something that's missing or doesn't belong? Please let us know! Inclusion of resources is not an endorsement of any resource.' and a language selector showing 'English' with a right arrow.

The Anal Pleasure & Health Project

PRIME Psychiatry Research Institute at Montefiore Einstein

+ Resources for Anal Pleasure & Health + For Clinics
+ Selection Criteria + Science Library + About Us + Contact Us

Explore Resources

for anal pleasure & health

We combed the Internet for accurate, reliable, sex-positive, welcoming and unbiased information about anal pleasure and health.

Scroll down to take a peek behind the cheek – and have fun sharing with others!

See something that's missing or doesn't belong? Please let us know! Inclusion of resources is not an endorsement of any resource.

English >

It takes a team!

Research Participants

Surveys & Interviews: across the US
Workshop Participants
(Tennessee, Mississippi & Alabama)

Research Team

Yvonne Hou, MPH
LJ Huang, MS
Edgar Quintero, MPH
Charlotte Rinnooy Kan, MD
Rebecca Giguere, MPH
Javier Lopez-Rios, PhD, MPH

Research Mentorship

Theo Sandfort, PhD
Alwyn T Cohall, MD
Shannon Dorsey, PhD
Lisa Hightow-Weidman, MD, MPH
Janet Turan, PhD
Daria Boccher-Lattimore, DrPH
John Pachankis, PhD
Tim Menza, MD, PhD

Implementation Partners

Southeast AETC
Northeast & Caribbean AETC
End HIV 901

Advisory Board

Daniel R. del Vecchio BA, BS
Latesha Elopre, MD, MS
Jim Pickett
Sara Bowen-Lasisi, PhD(c), MPH
Jonathan Baker, PA-C
Mitchell J. Wharton, PhD, RN, FNP-BC,
CNS, ACRN, AAHIVE, FAAN
Anonymous
Anonymous

Funding

National Institute of Mental Health

tinyurl.com/pleasureandhealth

Survey for
our next grant
proposal
(3-5 minutes!)

