

## Is Homosexuality a Health Risk?

Portraying homosexuality as harmless is a key goal of homosexual activists, as homosexual author Urvashi Vaid has admitted:

- “We have an agenda to create a society in which homosexuality is regarded as healthy, natural, and normal. To me that is the most important agenda item.”

Quoted in Gabriel Rotello, *Sexual Ecology: AIDS and the Destiny of Gay Men* (New York: Penguin Books, 1997), 286.

The reality, however, is quite the opposite, as was recently conceded by the homosexual newspaper *New York Blade News*:

- “Reports at a national conference about sexually transmitted diseases indicate that gay men are in the highest risk group for several of the most serious diseases....Scientists believe that the increased number of sexually transmitted diseases (STD) cases is the result of an increase in risky sexual practices by a growing number of gay men who believe HIV is no longer a life-threatening illness.”

Bill Roundy, “STD Rates on the Rise,” *New York Blade News*, (December 15, 2000), 1.

This chapter will examine the significantly elevated health problems experienced by homosexuals, most of them the direct consequence of engaging in specific sexual acts and behavior patterns (such as having multiple sexual partners) that are common among homosexuals.

One warning—because of the subject matter, parts of this chapter are quite graphic in their description of specific sexual acts and their health consequences. Some readers may find this disturbing.

## HIV/AIDS in the Homosexual Community

The human immunodeficiency virus (HIV) is responsible for causing AIDS, for which there exists no cure.

### *Homosexuals at increased risk for contracting HIV*

- “In a large CDC study, conducted in sexually transmitted disease (STD) clinics in five major U.S. cities, researchers found the rate of new HIV infections among men who have sex with men (MSM) to be nine times higher than among women and heterosexual men. According to other CDC research, a number of factors contribute to high rates of infection among MSM, including psychosocial problems like depression and illicit drug use, age of sexual partners, and low rates of HIV testing among young MSM, particularly African Americans.”

“New CDC Studies Shed Light on Factors Underlying High HIV Infection Rates Among Gay and Bisexual Men,” CDC Press Release (July 9, 2002).

### *Homosexual men are the largest risk category*

- The CDC reports that homosexuals comprise the single largest exposure category of the more than 660,000 males with AIDS in the United States. As of December 2001, “men who have sex with men” and “men who have sex with men and inject drugs” together accounted for 63 percent of the cumulative total of male AIDS cases.

“Table 9. Male Adult/Adolescent AIDS Cases by Exposure Category and Race/Ethnicity, Reported through December 2001, United States,” Centers for Disease Control and Prevention: Division of HIV/AIDS Prevention: available at: [www/cdc.gov/hiv/stats/basr1302.pdf](http://www/cdc.gov/hiv/stats/basr1302.pdf).

### *Homosexuals with HIV are at increased risk for developing other life-threatening diseases*

- A paper delivered at the Fourth International AIDS Malignancy Conference at the National Institutes of Health reported that homosexual men with HIV have “a 37-fold increase in anal cancer, a 4-fold increase in Hodgkin’s disease (cancer of the lymph nodes), a

2.7-fold increase in cancer of the testicles, and a 2.5-fold increase in lip cancer.”

“Studies Point to Increased Risks of Anal Cancer,” *The Washington Blade* (June 2, 2000). Available at: [www.washblade.com/health/000602bm](http://www.washblade.com/health/000602bm).

## *HIV/AIDS and young people*

- AIDS incidence is on the rise among teens and young adults. The CDC reports that, “even though AIDS incidence (the number of new cases diagnosed during a given time period, usually a year) is declining, *there has not been a comparable decline in the number of newly diagnosed HIV cases among youth.*”

“Young People at Risk: HIV/AIDS among America’s Youth,” Divisions of HIV/AIDS Prevention Centers for Disease Control (November 14, 2000).

- Young homosexual men are at particular risk. The CDC estimates that “at least half of all new HIV infections in the United States are among people under twenty-five, and the majority of [those infected] are infected sexually.”

Ibid.

- By the end of 1999, 29,629 young people aged thirteen to twenty-four were diagnosed with AIDS in the United States. MSM were the single largest risk category. In 1999, for example, 50 percent of all new AIDS cases were reported among young homosexuals.

Ibid.

## *Dangerous sexual behavior among homosexuals*

The high rates of HIV infection among homosexual men are largely due to two behavioral factors—the practice of anal intercourse, which facilitates the transfer of the virus far more easily than vaginal intercourse, and the practice of having sexual relations with multiple sex partners, which multiplies the opportunities for both acquiring and transmitting HIV.

- It is generally agreed that the sexual partner who plays the receptive role in an act of insertive sexual intercourse is at the greater risk of infection with HIV. The fact that anal intercourse poses a far greater

risk than vaginal intercourse was documented in an article in the prestigious *New England Journal of Medicine*, co-authored by none other than Julie Louise Gerberding—now Director of the Centers for Disease Control. The article said, “The probability of HIV transmission associated with unprotected receptive anal intercourse” ranges from “0.008 to 0.032,” or between 1 in 125 and 1 in 31 (for each such act). Meanwhile, the probability of HIV transmission for unprotected vaginal intercourse ranges from “0.0005 to 0.0015,” or between 1 in 2000 and 1 in 666. This suggests that anal intercourse is *at least* five times more dangerous, and possibly as much as 64 times more dangerous, with a mid-range estimate of 16 to 21 times more dangerous than vaginal intercourse.

Mitchell H. Katz, M.D. and Julie Louise Gerberding, M.D., “Postexposure Treatment of People Exposed to the Human Immunodeficiency Virus through Sexual Contact or Injection-Drug Use,” *The New England Journal of Medicine* 336, no. 15 (April 10, 1997), 1097.

Despite two decades of intensive efforts to educate homosexuals against the dangers of acquired immunodeficiency syndrome (AIDS) and other STDs, the incidence of unsafe sexual practices that often result in various diseases is on the rise.

- “The proportion of surveyed MSM (Men who have sex with men) who reported having had anal sex increased from 57.6 percent...in 1994 to 61.2 percent in 1997...the proportion reporting ‘always’ using condoms declined from 69.6 percent in 1994 to 60.8 percent...in 1997.”

“Increases in Unsafe Sex and Rectal Gonorrhea among Men Who Have Sex with Men—San Francisco, California, 1994–1997,” *Mortality and Morbidity Weekly Report*, Centers for Disease Control and Prevention, (January 29, 1999), 45.

- “The proportion of men reporting having multiple sex partners and UAI (unprotected anal sex) increased from 23.6 percent...in 1994 to 33.3 percent...in 1997....The largest increase in this category (from 22 percent to 33.3 percent) was reported by respondents aged less than or equal to 25 years...”

“Increases in Unsafe Sex and Rectal Gonorrhea among Men Who Have Sex with Men—San Francisco, California, 1994–1997,” 45.

- “There has been a resurgence of gonorrhea (GC) and syphilis among men who have sex with men (MSM), as well as decreasing use of condoms during receptive anal intercourse (RAI)...These data identify a relatively high prevalence of STDs among the MSM presenting for medical care and STD screening. Of particular concern

is the HIV prevalence among those with STDs, indicating recent unsafe sexual activities among these men.”

“Abstract 321 from the 2002 National STD Prevention Conference ‘Sexually Transmitted Diseases, HIV Testing, and HIV Risk Behaviors Among Men Who Have Sex with Men Seeking Care at Howard Brown Health Center,’ National Center for HIV, STD and TB Prevention Division of Sexually Transmitted Diseases (March 5, 2002).

- A study of 4,300 gay or bisexual men in six U.S. cities published in the *American Journal of Public Health* found: “Among 4,295 men, 48.0 percent and 54.9 percent, respectively, reported unprotected receptive and insertive anal sex in the previous 6 months. Unprotected sex was significantly more likely with 1 primary partner or multiple partners than with 1 nonprimary partner. Drug and alcohol use were significantly associated with unprotected anal sex.”

Beryl A. Koblin, et al, “High-Risk Behaviors among Men Who Have Sex With Men in 6 US Cities: Baseline Data From the EXPLORE Study,” *American Journal of Public Health* 93 (June, 2003): 926–932.

### *Younger homosexuals at risk*

Following in the footsteps of the generation of homosexuals decimated by AIDS, younger homosexuals are engaging in dangerous sexual practices at an alarming rate.

- The *Journal of the American Medical Association (JAMA)* surveyed 3,492 15- to 22-year-old MSM, reporting: “It is sobering that 41 percent of all the men had had unprotected anal sex during the past 6 months. It is also sobering that 37 percent of the HIV-infected men who did not know they were infected...and 13 percent of the HIV-infected men who did know they were HIV infected...reported unprotected insertive anal sex during the past 6 months.”

Linda A. Valleroy, et al., “HIV Prevalence and Associated Risks in Young Men Who Have Sex with Men,” *JAMA* 284 (July 12, 2000): 203.

- The John Hopkins University School of Public Health interviewed 361 gay and bisexual men age 15 to 22 and found that “37 percent said they had not used a condom for anal sex during their last sexual encounter with another male. Twenty-one percent reported having been high on drugs or alcohol during their last same-sex encounter.”

Jon Garbo, “Risky Sex Common among Gay Club and Bar Goers,” *GayHealth News* (January 3, 2001).

- A Johns Hopkins University School of Public Health study of three-hundred-sixty-one young men who have sex with men (MSM) aged fifteen to twenty-two found that around 40 percent of participants reported having had anal-insertive sex, and around 30 percent said they had had anal-receptive sex. Thirty-seven percent said they had not used a condom for anal sex during their last same-sex encounter. Twenty-one percent of the respondents reported using drugs or alcohol during their last same-sex encounter.

Garbo, *Ibid.*

- A five-year CDC study of 3,492 homosexual males aged fifteen to twenty-two found that “a quarter of those men, aged 15 to 22, said they recently had unprotected sex with both men and women.” Another CDC study of 1,942 homosexual and bisexual men with HIV found that “at least 19 percent had at least one episode of unprotected anal sex—the riskiest sexual behavior—in the year before in 1998 and 1997. That is a 50 percent rise from 1995 and 1996...”

“Bisexuals Serve as ‘Bridge’ Infecting Women With HIV,” *Reuters News Service* (July 30, 2000).

### *Homosexuals failing to disclose their HIV status to sex partners*

- A study presented July 13, 2000, at the XIII International AIDS Conference in Durban, South Africa, disclosed that significant numbers of homosexual and bisexual men with HIV “continue to engage in unprotected sex with people who have no idea they could be contracting HIV....16 percent of gay men who were included in a nationwide sample of 1,397 HIV-positive people receiving medical care reported having at least one episode of unprotected sex with an unaware partner in the last six months.”

Ulysses Torassa, “Some With HIV Aren’t Disclosing Before Sex; UCSF Researcher’s 1,397-person Study Presented During AIDS Conference,” *The San Francisco Examiner* (July 15, 2000).

- Researchers from the University of California, San Francisco, found that “36 percent of homosexuals who engaged in unprotected oral, anal, or vaginal sex did not disclose their serostatus to casual sex partners.”

Garbo, “Gay and Bi Men Less Likely to Disclose They Have HIV.”

- Similarly, a study of HIV positive bisexual men in Los Angeles “found that 54.5 percent failed to disclose their infection status to sex partners. Thirty-one percent reported having unprotected sex.”
- A CDC report revealed that, in 1997, 45 percent of homosexuals reporting having had unprotected anal intercourse during the previous six months did not know the HIV serostatus of all their sex partners. Even more alarming, among those who reported having had unprotected anal intercourse *and multiple partners*, 68 percent did not know the HIV serostatus of their partners.

Garbo, *Ibid.*

### *Unhealthy aspects of “monogamous” homosexual relationships*

Even those homosexual relationships that are loosely termed “monogamous” do not necessarily result in healthier behavior.

- The exclusivity of the relationship did not diminish the incidence of unhealthy sexual acts, which are commonplace among homosexuals. An English study published in the same issue of the journal *AIDS* concurred, finding that most “unsafe” sex acts among homosexuals occur in steady relationships.

G. J. Hart et al., “Risk Behaviour, Anti-HIV and Anti-Hepatitis B Core Prevalence in Clinic and Non-clinic Samples of Gay Men in England, 1991–1992,” *AIDS*, July 1993, 863–869, cited in “Homosexual Marriage: The Next Demand,” Position Analysis paper by Colorado for Family Values (May 1994).

## Homosexuals and Other Sexually-Transmitted Diseases (STDs)

- STDs are rampant in the homosexual community. The Centers for Disease Control reports: “Several recent reports have documented alarming increases in sexually transmitted infection rates among men who have sex with men (MSM), and a corresponding decline in safer sex practices. After years of successful prevention efforts, this trend may portend a resurgence of HIV infection in the MSM community.”

“Abstract 418 from the 2002 National STD Prevention Conference ‘Patterns of STD Infection, HIV Coinfection, and Risk-Behavior among MSM at a Boston Community Health Center,’ National Center for HIV, STD and TB Prevention Division of Sexually Transmitted Diseases (March 5, 2002).

## Human Papillomavirus (HPV)

HPV is a collection of more than seventy types of viruses that can cause warts, or papillomas, on various parts of the body. More than twenty types of HPV are incurable STDs that can infect the genital tract of both men and women. Most HPV infections are subclinical or asymptomatic, with only one in a hundred people experiencing genital warts.

- **HPV is “almost universal” among homosexuals.** According to the homosexual newspaper *The Washington Blade*: “A San Francisco study of Gay and bisexual men revealed that HPV infection was almost universal among HIV-positive men, and that 60 percent of HIV-negative men carried HPV.”

Bill Roundy, “STDs Up Among Gay Men: CDC Says Rise is Due to HIV Misperceptions.”

- **HPV can lead to anal cancer.** At the recent Fourth International AIDS Malignancy Conference at the National Institutes of Health, Dr. Andrew Grulich announced that “most instances of anal cancer are caused by a cancer-causing strain of HPV through receptive anal intercourse. HPV infects over 90 percent of HIV-positive gay men and 65 percent of HIV-negative gay men, according to a number of recent studies.”

Richard A. Zmuda, “Rising Rates of Anal Cancer for Gay Men,” *Cancer News* (August 17, 2000). Available at: [cancerlinksusa.com/cancernews\\_sm/Aug2000/081700analcancer](http://cancerlinksusa.com/cancernews_sm/Aug2000/081700analcancer).

- **The link between HPV and cervical cancer.** Citing a presentation by Dr. Stephen Goldstone to the International Congress on Papillomavirus in Human Pathology in Paris, the *Washington Blade* reports that “HPV is believed to cause cervical cancer in women.”

“Studies Point to Increased Risks of Anal Cancer,” *The Washington Blade* (June 2, 2000). Available at: [www.wasblade.com/health/000602bm](http://www.wasblade.com/health/000602bm).

## Hepatitis

This is a potentially fatal liver disease that increases the risk of liver cancer.

- **Hepatitis A:** The *Mortality and Morbidity Weekly Report* published



by the CDC reports: “Outbreaks of hepatitis A among men who have sex with men are a recurring problem in many large cities in the industrialized world.”

*Mortality and Morbidity Weekly Report*, Centers for Disease Control and Prevention (September 4, 1998), 708.

- “Men who have sex with men (MSM) are at an increased risk of becoming infected with hepatitis A virus (HAV). Outbreaks of hepatitis A continue among MSM in large urban areas and surveillance data suggest that at least 10 percent of acute HAV infections are among MSM.”

“Health Professionals Should not Miss an Opportunity to Vaccinate Men Who Have Sex with Men against hepatitis A and hepatitis B,” Centers for Disease Control National Center for Infectious Diseases (March 3, 2003).

- **Hepatitis B:** This is a serious disease caused by a virus that attacks the liver. The virus, which is called hepatitis B virus (HBV), can cause lifelong infection, cirrhosis (scarring) of the liver, liver cancer, liver failure, and death. Each year in the United States, more than 200,000 people of all ages contract hepatitis B and close to 5,000 die of sickness caused by AIDS. The CDC reports that MSM are at increased risk for hepatitis B.

“Viral Hepatitis B—Frequently Asked Questions,” National Center for Infectious Diseases, Centers for Disease Control and Prevention (September 29, 2000).

- “Men who have sex with men are also at risk for acquiring hepatitis B. Approximately 15 percent of all new hepatitis B virus (HBV) infections are among MSM.”

“Health Professionals Should not Miss an Opportunity to Vaccinate Men Who Have Sex with Men against hepatitis A and hepatitis B,” Centers for Disease Control National Center for Infectious Diseases (March 3, 2003).

- **Hepatitis C** is an inflammation of the liver that can cause cirrhosis, liver failure and liver cancer. The virus can lie dormant in the body for up to thirty years before flaring up. Although less so than with hepatitis A and B, MSM who engage in unsafe sexual practices remain at increased risk for contracting hepatitis C.

“Hepatitis C: Epidemiology: Transmission Modes,” *Mortality and Morbidity Weekly Report*, Centers for Disease Control and Prevention, 1998. Available at: [www.cdc.gov/ncidod/diseases/hepatitis/c/edu/1/default.htm](http://www.cdc.gov/ncidod/diseases/hepatitis/c/edu/1/default.htm).

## Gonorrhea

This is an inflammatory disease of the genital tract. Gonorrhea traditionally occurs on the genitals, but has recently appeared in the rectal region (as a result of anal sex) and in the throat (as a result of oral sex).

- Although easily treated by antibiotics, according to the CDC only “about 50 percent of men have some signs or symptoms,” and “many women who are infected have no symptoms of infection.”

“Gonorrhea,” Division of Sexually Transmitted Diseases, Centers For Disease Control and Prevention (September, 2000). Available at: [www.cdc.gov/nchstp/dstd/Fact\\_Sheets/FactsGonorrhea.htm](http://www.cdc.gov/nchstp/dstd/Fact_Sheets/FactsGonorrhea.htm)

Untreated gonorrhea can have serious and permanent health consequences, including infertility damage to the prostate and urethra.

- The CDC reported “significant increases during 1994 to 1997 in rectal gonorrhea...among MSM,” indicating that “safe sex” practices may not be taken as seriously as the AIDS epidemic begins to slow. In a follow-up report, the CDC stated that “gonorrhea rates in the United States increased by nine percent between 1997–1999...we have seen signs that gonorrhea is increasing among gay and bisexual men in a number of U.S. cities.”

“Increases in Unsafe Sex and Rectal Gonorrhea among Men Who Have Sex with Men—San Francisco, California, 1994–1997,” 45; “CDC Issues Major New Report on STD Epidemics,” Center for Disease Control Division of Sexually Transmitted Diseases (December 5, 2000).

- The incidence of throat Gonorrhea is strongly associated with homosexual behavior. The *Canadian Medical Association Journal* found that “gonorrhea was associated with urethral discharge... and homosexuality (3.7 times higher than the rate among heterosexuals).”

J. Vinclette et al., “Predicators of Chlamydial Infection and Gonorrhea among Patients Seen by Private Practitioners,” *Canadian Medical Association Journal* 144 (1995): 713–721.

- Similarly, a study in the *Journal of Clinical Pathology* found that homosexual men had a much higher prevalence of pharyngeal (throat) gonorrhea—15.2 percent compared with 4.1 percent for heterosexual men.

SPR Jebakumar et al., “Value of Screening for Oropharyngeal Chlamydia Trachomatis Infection,” *Journal of Clinical Pathology* 48 (1995): 658–661.

- “In addition to Alaska and New Hampshire, reported increases in gonorrhea and other STDs among MSM have been documented in other states, possibly as a result of an increase in unsafe sexual behavior related to the availability of highly active antiretroviral therapy.”

“Gonorrhea—United States, 1998” *MMWR Weekly* 49 (June 23, 2000): 538–542.

## Syphilis

This is a venereal disease that, if left untreated, can spread throughout the body over time, causing serious heart abnormalities, mental disorders, blindness, and death. The initial symptoms of syphilis are often mild and painless, leading some individuals to avoid seeking treatment.

- According to the National Institutes of Health, the disease may be mistaken for other common illnesses: “syphilis has sometimes been called ‘the great imitator’ because so many of the signs and symptoms are indistinguishable from those of other diseases.” Early symptoms include rashes, moist warts in the groin area, slimy white patches in the mouth, or pus-filled bumps resembling chicken pox. According to the CDC, “transmission of the organism occurs during vaginal, anal, or oral sex.”

“Some Facts about Syphilis,” Division of Sexually Transmitted Diseases, Centers for Disease Control and Prevention, May 2001; “Syphilis Elimination: History in the Making,” Division of Sexually Transmitted Diseases, Centers for Disease Control and Prevention (October 1999).

- In addition, the *Archives of Internal Medicine* found that homosexuals acquired syphilis at a rate ten times that of heterosexuals.

C. M. Hutchinson et al., “Characteristics of Patients with Syphilis Attending Baltimore STD Clinics,” *Archives of Internal Medicine* 151 (1991): 511–516.

- The CDC reports that those who contract syphilis face potentially deadly health consequences: “It is now known that the genital sores caused by syphilis in adults also make it easier to transmit and acquire HIV infection sexually. There is a two to five fold increased risk of acquiring HIV infection when syphilis is present.”

“Syphilis Elimination: History in the Making,” Division of Sexually Transmitted Diseases, Centers for Disease Control and Prevention (October 1999).

- “While primary and secondary syphilis rates have declined almost

90 percent in the last decade, large outbreaks of syphilis have occurred in several U.S. cities among men who have sex with men (MSM). Data from these outbreak investigations and reports from behavioral surveys indicate that some MSM are participating in high-risk sexual behaviors that place them at increased risk for sexually transmitted diseases (STDs) and HIV infection. Similar findings have been reported internationally.

“Abstract 272 from the 2002 National STD Prevention Conference ‘Changing Epidemiology of Syphilis and Other Sexually Transmitted Diseases Among Men Who Have Sex with Men,’” National Center for HIV, STD and TB Prevention Division of Sexually Transmitted Diseases (March 5, 2002).

- “Because syphilis increases the likelihood of acquiring and transmitting HIV infection and because a large proportion of MSM with syphilis in these outbreaks are HIV positive, the rise in syphilis among MSM may indicate an increase in the incidence of HIV infection.”

Ibid.

- *American Medical News* cites Ronald O. Valdiserri, MD, deputy director of CDC’s National Center for HIV, STD and TB Prevention: “Syphilis outbreaks among gay and bisexual men, while a major concern in and of themselves, also signal the potential for a resurgence in HIV transmission.” The reason, according to *American Medical News*, is that “since at least some of those men are also infected with the AIDS virus, public health officials fear that the transmission of the much more deadly disease could increase.”

Susan J Landers, “Syphilis Rates Rise among Gays: Will Increases in HIV Follow?” *American Medical News* 45 (November 25, 2002): 29.

## Gay Bowel Syndrome (GBS)

- The *Journal of the American Medical Association* refers to GBS problems such as proctitis, proctocolitis, and enteritis as “sexually transmitted gastrointestinal syndromes.”

“STD Treatment Guidelines: Proctitis, Proctocolitis, and Enteritis,” (Centers for Disease Control and Prevention) 1993. Homosexual advocates object to the use of this term (Gay Bowel Syndrome), which they say unfairly stigmatizes homosexual behavior. *Health Implications Associated with Homosexuality* (Austin: The Medical Institute for Sexual Health, 1999), 55.

- Many of the bacterial and protozoa pathogens that cause GBS are found in feces and transmitted to the digestive system: According to the pro-homosexual text *Anal Pleasure and Health*, “[s]exual activities provide many opportunities for tiny amounts of contaminated feces to find their way into the mouth of a sexual partner... The most direct route is oral-anal contact.”

Jack Morin, *Anal Pleasure and Health: A Guide for Men and Women* (San Francisco: Down There Press, 1998), 220.

- **Proctitis and Proctocolitis** are inflammations of the rectum and colon that cause pain, bloody rectal discharge and rectal spasms. Proctitis is associated with STDs such as gonorrhea, chlamydia, herpes, and syphilis that are widespread among homosexuals. The Sexually Transmitted Disease Information Center of the *Journal of the American Medical Association* reports that “[p]roctitis occurs predominantly among persons who participate in anal intercourse.”

*Health Implications Associated with Homosexuality* (Austin: The Medical Institute for Sexual Health, 1999), 55.

- **Enteritis** is inflammation of the small intestine. According to the Sexually Transmitted Disease Information Center of the *Journal of the American Medical Association*, “enteritis occurs among those whose sexual practices include oral-fecal contact.”

“STD Treatment Guidelines: Proctitis, Proctocolitis, and Enteritis.”

- Enteritis can cause abdominal pain, severe cramping, intense diarrhea, fever, malabsorption of nutrients, or weight loss.

*Health Implications Associated with Homosexuality*, 55. See also Jack Morin, *Anal Pleasure and Health: A Guide for Men and Women*, 220.

- According to a report in *The Health Implications of Homosexuality* by the Medical Institute for Sexual Health, some pathogens associated with enteritis and proctocolitis [see below] “appear only to be sexually transmitted among men who have sex with men.”

*Health Implications Associated with Homosexuality*, 55.

## Kaposi Sarcoma (KS)

This is a relatively rare cancer in most populations, but it emerged as a

common complication in people with AIDS. In fact, the American Cancer Society says:

- “It was in part the unusual and sudden appearance of this form of KS in so many young men at the start of the AIDS epidemic that led doctors to realize that a new disease had emerged.”

American Cancer Society, “What is Kaposi’s Sarcoma?” *Cancer Reference Information*, online at: [http://www.cancer.org/docroot/cr/content/cr\\_2\\_4\\_1x\\_what\\_is\\_kaposi\\_sarcoma\\_21.asp?sitearea=cri](http://www.cancer.org/docroot/cr/content/cr_2_4_1x_what_is_kaposi_sarcoma_21.asp?sitearea=cri) (accessed November 4, 2003).

- Kaposi sarcoma is caused by “Kaposi sarcoma-associated herpesvirus (KSHV), also know as human herpesvirus 8.” Recent research in the *Journal of the American Medical Association* suggests that oral sex may be the primary means of transmission of KSHV. They reached this conclusion after noting that at points in the AIDS epidemic, “reductions in unprotected anal intercourse were accompanied by a decline in HIV prevalence but not in KSHV prevalence.” Surveys of sexual behavior had shown, meanwhile, that “receptive oral intercourse with at least 1 partner without a condom was highly prevalent” among the homosexual men studied “throughout the 1984 through 1996 period, ranging between 60 percent and 90 percent of participants.” The authors concluded, “Acquisition of KSHV via insertive penile-oral intercourse could explain the concentration of infection in homosexual men without ready spread to heterosexual groups.”

Dennis H. Osmond, et al., “Prevalence of Kaposi Sarcoma-Associated Herpesvirus Infection in Homosexual Men at Beginning of and During the HIV Epidemic,” *Journal of the American Medical Association* 287, no. 2 (January 9, 2002), 224–25.

### ***Homosexuals with STDs are at an increased risk for HIV infection***

- The CDC reports: “Scientists know that the likelihood of both acquiring and spreading HIV is 2–5 times greater in people with STDs.”

“Need for Sustained HIV Prevention Among Men who Have Sex with Men,” Divisions of HIV/AIDS Prevention, Centers for Disease Control (November 14, 2000).

- A CDC study attributed the high infection rate to having high numbers of anonymous sex partners: “[S]yphilis, gonorrhea, and chlamydia apparently have been introduced into a population of

MSM who have large numbers of anonymous partners, which can result in rapid and extensive transmission of STDs.”

“Resurgent Bacterial Sexually Transmitted Disease among Men Who Have Sex with Men—King County, Washington, 1997–1999,” *Morbidity and Mortality Weekly Report: Centers for Disease Control* (September 10, 1999), 773–777.

- The CDC report concluded: “Persons with STDs, including genital ulcer disease and nonulcerative STD, have a twofold to fivefold increased risk for HIV infection.”

“Need for Sustained HIV Prevention Among Men who Have Sex with Men.”

## *Anal Cancer*

- Homosexuals are at increased risk for this rare type of cancer, which is potentially fatal if the anal-rectal tumors metastasize to other bodily organs. Dr. Andrew Grulich calls “the rising rates of anal cancer the next great health threat to homosexual men.”

Zmuda, “Rising Rates of Anal Cancer for Gay Men.”

- Dr. Joel Palefsky, a leading expert in the field of anal cancer, reports that while the incidence of anal cancer in the United States is only 0.9/100,000, that number soars to 35/100,000 for homosexuals. That rate doubles again for those who are HIV positive, which, according to Dr. Palefsky, is “roughly ten times higher than the current rate of cervical cancer.”

Bob Roehr, “Anal Cancer and You,” *Between the Lines News* (November 16, 2000).

- At the Fourth International AIDS Malignancy Conference at the National Institutes of Health in May, 2000, Dr. Andrew Grulich announced that the incidence of anal cancer among homosexuals with HIV “was raised 37-fold compared with the general population.”

“Studies Point to Increased Risks of Anal Cancer.”

## *Lesbians are at risk through sex with MSM*

- Many Lesbians also have had sex with men. The homosexual newspaper *The Washington Blade*, citing a 1998 study in the *Journal of*

*Infectious Diseases*, reported that “the study’s data confirmed previous scientific observations that most women who have sex with women also have had sex with men. Among our subjects, sex with men was common, as were sexual practices between female partners that possibly could transmit HPV.”

- The study added that “sex with men in the prior year was common, as were sexual practices between female partners that possibly could transmit HPV.”

Rhonda Smith, “HPV Can be Transmitted between Women,” *The Washington Blade* (December 4, 1998). Available at: [www.washblade.com/health/9901011b](http://www.washblade.com/health/9901011b).

### *High-risk sex with MSM endangers lesbians*

- A study of sexually transmitted disease among lesbians reviewed in *The Washington Blade* notes: “Behavioral research also demonstrates that a woman’s sexual identity is not an accurate predictor of behavior, with a large proportion of ‘lesbian’ women reporting sex with (often high risk) men.”

Katherine Fethers et al., “Sexually Transmitted Infections and Risk Behaviors in Women Who Have Sex with Women,” *Sexually Transmitted Infections* 76 (2000): 348.

- The study found that “the median number of lifetime male sexual partners was significantly greater for WSW (women who have sex with women) than controls (twelve partners versus six). WSW were significantly more likely to report more than 50 lifetime male sexual partners.”

Ibid.

- A study in the *American Journal of Public Health* concurs that bisexual women are at increased risk for contracting sexually transmitted diseases: “Our findings corroborate the finding that WSMW (women who have sex with men and women) are more likely than WSMO (women who have sex with men only) to engage in various high-risk behaviors” and also “to engage in a greater number of risk-related behaviors.” The study suggested that the willingness to engage in risky sexual practices “could be tied to a pattern of sensation-seeking behavior.”

V. Gonzales, et al., “Sexual and Drug-Use Risk Factors for HIV and STDs: A Comparison of Women with and without Bisexual Experiences,” *American Journal of Public Health* 89 (December 1999): 1846.



## *MSM spread HIV to women*

- A five-year study by the CDC of 3,492 homosexuals aged fifteen to twenty-two found that one in six also had sex with women. Of those having sex with women, one-quarter “said they recently had unprotected sex with both men and women.” Nearly 7 percent of the men in the study were HIV positive....The study confirms that young bisexual men are a ‘bridge’ for HIV transmission to women,” said the CDC.

“Bisexuals Serve as ‘Bridge’ Infecting Women with HIV.”

## *“Exclusive” lesbian relationships also at risk*

- The assumption that lesbians involved in exclusive sexual relationships are at reduced risk for sexual disease is false. The journal *Sexually Transmitted Infections* concludes: “The risk behavior profile of exclusive WSW was similar to all WSW.” One reason for this is because lesbians “were significantly more likely to report past sexual contact with a homosexual or bisexual man and sexual contact with an IDU (intravenous drug user).”

Fethers et al., “Sexually Transmitted Infections and Risk Behaviors in Women Who Have Sex with Women,” 348.

## *Cancer risk factors for lesbians*

- Citing a 1999 report released by the Institute of Medicine, an arm of the National Academy of Sciences, the homosexual newspaper *The Washington Blade* notes that “various studies on Lesbian health suggest that certain cancer risk factors occur with greater frequency in this population. These factors include higher rates of smoking, alcohol use, poor diet, and being overweight.” Elsewhere the *Blade* also reports: “Some experts believe Lesbians might be more likely than women in general to develop breast or cervical cancer because a disproportionate number of them fall into high-risk categories.”

Rhonda Smith, “Childbirth Linked with Smaller Breast Tumor Size,” *The Washington Blade* (December 17, 1999).

## *Sexually transmitted diseases among lesbians*

- In a study of the medical records of 1,408 lesbians, the journal *Sexu-*

*ally Transmitted Infections* found that women who have sexual relations with women are at significantly higher risk for certain sexually transmitted diseases: “We demonstrated a higher prevalence of BV (bacterial vaginosis), hepatitis C, and HIV risk behaviors in wsw as compared with controls.”

Fethers et al., “Sexually Transmitted Infections and Risk Behaviors in Women Who Have Sex with Women,” 345.

## Mental Health Problems

### *Compulsive behavior among lesbians*

- A study published in *Nursing Research* found that “alcohol problem incidence in lesbians is estimated at 30 percent, three times the rate for United States women as a whole....Like most problem drinkers, 32 (91 percent) of the participants had abused other drugs as well as alcohol, and many reported compulsive difficulties with food (34 percent), codependency (29 percent), sex (11 percent), and money (6 percent).” In addition, “Forty-six percent had been heavy drinkers with frequent drunkenness.”

Joanne Hall, “Lesbians Recovering from Alcoholic Problems: An Ethnographic Study of Health Care Expectations,” *Nursing Research* 43 (1994): 238–244.

### *Alcohol abuse among homosexuals and lesbians*

- A study of the health behaviors of 4,697 women in the *Archives of Family Medicine* found: “Lesbians and bisexual women were more likely than heterosexual women to consume alcohol more frequently and in larger quantities, and they were 5 times as likely to be classified as heavy drinkers.”

Allison L. Diamant, et al, “Health Behaviors, Health Status, and Access to and Use of Health Care,” *Archives of Family Medicine* 9 (November–December 2000): 1048.

- The *Journal of Consulting and Clinical Psychologists* reports that lesbian women consume alcohol more frequently, and in larger amounts, than heterosexual women. Lesbians were at significantly greater risk than heterosexual women for both binge drinking (19.4

percent compared to 11.7 percent), and for heavy drinking (7 percent compared to 2.7 percent).

Peter Freiberg, "Study: Alcohol Use More Prevalent for Lesbians," *The Washington Blade*, January 12, 2001, 21.

- Although the *Journal of Consulting and Clinical Psychologists* article found no significant connection between male homosexuals and alcohol abuse, a study in *Family Planning Perspectives* concluded that male homosexuals were at greatly increased risk for alcoholism: "Among men, by far the most important risk group consisted of homosexual and bisexual men, who were more than nine times as likely as heterosexual men to have a history of problem drinking." The study noted that problem drinking may contribute to the "significantly higher STD rates among gay and bisexual men."

Karen Paige Erickson, Karen F. Trocki, "Sex, Alcohol and Sexually Transmitted Diseases: A National Survey," *Family Planning Perspectives* 26 (December 1994): 261.

### *High incidence of mental health problems among homosexuals and lesbians*

A national survey of lesbians published in the *Journal of Consulting and Clinical Psychology* found that 75 percent of the nearly 2,000 respondents had pursued psychological counseling of some kind, many for treatment of long-term depression or sadness:

- "Among the sample as a whole, there was a distressingly high prevalence of life events and behaviors related to mental health problems. Thirty-seven percent had been physically abused and 32 percent had been raped or sexually attacked. Nineteen percent had been involved in incestuous relationships while growing up. Almost one-third used tobacco on a daily basis and about 30 percent drank alcohol more than once a week; 6 percent drank daily. One in five smoked marijuana more than once a month. Twenty-one percent of the sample had thoughts about suicide sometimes or often and 18 percent had actually tried to kill themselves....More than half had felt too nervous to accomplish ordinary activities at some time during the past year and over one-third had been depressed.

J. Bradford, et al., "National Lesbian Health Care Survey: Implications for Mental Health Care," *Journal of Consulting and Clinical Psychology* 62 (1994): 239, cited in *Health Implications Associated with Homosexuality*, 81.

## Greater risk for suicide

- A study of 3,365 high school students published in *Archives of Pediatric and Adolescent Medicine* found: “Gay, lesbian, bisexual, or not sure male students were 6.50 times more likely to report a suicide attempt than heterosexual male students. Gay, lesbian, bisexual, or not sure female students were 2.02 times more likely to report a suicide attempt than their heterosexual female peers.”

Robert Garofalo, et al, “Sexual Orientation and Risk of Suicide Attempts among a Representative Sample of Youth,” *Archives of Pediatric and Adolescent Medicine* 153 (May 1999): 490.

- The third National Health and Nutrition Examination Survey in *American Journal of Public Health* found that “homosexually experienced men are at greater risk for suicide symptoms” than heterosexual men: “In the current study, comparisons of homosexually experienced men with those reporting only opposite-sex sexual partners suggest that the former may be more than 5 times as likely to have attempted suicide.”

Susan D. Cochran, Vickie M. Mays, “Lifetime Prevalence of Suicide Symptoms and Affective Disorders among Men Reporting Same-sex Partners: Results from NHANES III” *American Journal of Public Health* 90 (April 2000): 576.

- A study that interviewed nearly 3,000 homosexual or bisexual men published in the *American Journal of Public Health* suggested a suicide rate for homosexual men that is three times the overall rate for U.S. males. The study authors found: “Twenty-one percent had made a suicide plan; 12 percent had attempted suicide (almost half of those 12 percent were multiple attempters). Most who attempted suicide made their first attempt before age 25.”

Jay P. Paul, et al, “Suicide Attempts among Gay and Bisexual Men: Lifetime Prevalence and Antecedents,” *American Journal of Public Health* 92 (August 2002): 1338.

- A study of twins that examined the relationship between homosexuality and suicide, published in the *Archives of General Psychiatry*, found a substantially increased lifetime prevalence of suicidal symptoms in male twins reporting a same-gender sexual orientation (those with histories of same-gender partners in adulthood) compared with co-twins who report no same-gender partners.” The homosexual twins were 6.5 times more likely than their twins to have attempted suicide.”

R. Herrell, et al., “A Co-Twin Study in Adult Men,” *Archives of General Psychiatry* 56 (1999): 867.

- Another study published simultaneously in *Archives of General Psychiatry* followed 1,007 individuals from birth. Those classified as “gay, lesbian, or bisexual young people were at increased risks of major depression..., generalized anxiety disorder..., conduct disorder..., nicotine dependence..., other substance abuse and/or dependence..., multiple disorders..., suicidal ideation..., and suicide attempts.”

D. Fergusson, et al., “Is Sexual Orientation Related to Mental Health Problems and Suicidality in Young People?” *Archives of General Psychiatry* 56 (October 1999), 876.

- Significantly, in his comments on the studies in the same issue of the journal, J. Michael Bailey cautioned against various speculative explanations of the results, such as the view that “widespread prejudice against homosexual people causes them to be unhappy or worse, mentally ill.” According to Bailey, the question of whether “anti-homosexual attitudes” were part of the explanation of suicidality among homosexual people “remains to be demonstrated.”

J. Michael Bailey, “Homosexuality and Mental Illness,” *Archives of General Psychiatry* 56 (October 1999), 883.

### *Reduced life span*

A study published in the *International Journal of Epidemiology* on the mortality rates of homosexuals concluded that they have a significantly reduced life expectancy:

- “In a major Canadian centre, life expectancy at age twenty for gay and bisexual men is eight to twenty years less than for all men. If the same pattern of mortality were to continue, we estimate that nearly half of gay and bisexual men currently aged twenty years will not reach their sixty-fifth birthday. Under even the most liberal assumptions, gay and bisexual men in this urban centre are now experiencing a life expectancy similar to that experienced by all men in Canada in the year 1871.”

Robert S. Hogg et al., “Modeling the Impact of HIV Disease on Mortality in Gay and Bisexual Men,” *International Journal of Epidemiology* 26 (1997): 657.

## Conclusion: In Their Own Words

Even a pro-homosexual organization such as the Gay and Lesbian Medical

Association (GLMA) cannot help but acknowledge the heightened health risks experienced by homosexuals. In twin press releases in 2002, the GLMA highlighted “ten things gay men should discuss” and “ten things lesbians should discuss with their health care providers.” Yet they could just as easily have been labeled “top ten reasons why homosexuality is harmful to your health.” Following are excerpts:

### *“Ten Things Gay Men Should Discuss with Their Health-Care Providers”*

#### **1. HIV/AIDS, Safe Sex**

“That men who have sex with men are at an increased risk of HIV infection is well known,” the article begins. It also notes that “the last few years have seen the return of many unsafe sex practices.”

#### **2. Substance Use**

“Gay men use substances at a higher rate than the general population, and not just in larger communities such as New York, San Francisco, and Los Angeles. These include a number of substances ranging from amyl nitrate (‘poppers’), to marijuana, Ecstasy, and amphetamines. The long-term effects of many of these substances are unknown; however current wisdom suggests potentially serious consequences as we age.”

#### **3. Depression/Anxiety**

“Depression and anxiety appear to affect gay men at a higher rate than in the general population.” The article adds, “Adolescents and young adults may be at particularly high risk of suicide because of these concerns.”

#### **4. Hepatitis Immunization**

“Men who have sex with men are at an increased risk of sexually transmitted infection with the viruses that cause the serious condition of the liver known as hepatitis. These infections can be potentially fatal, and can lead to very serious long-term issues such as cirrhosis and liver cancer.”

#### **5. STDs**

“Sexually transmitted diseases (STDs) occur in sexually active gay men at a high rate.” The article notes that these include STD infec-

tions “for which no cure is available (HIV, Hepatitis A, B, or C virus, Human Papilloma Virus, etc.)”

## 6. Prostate, Testicular, and Colon Cancer

“Gay men may be at risk for death by prostate, testicular, or colon cancer.”

## 7. Alcohol

“Although more recent studies have improved our understanding of alcohol use in the gay community, it is still thought that gay men have higher rates of alcohol dependence and abuse than straight men.”

## 8. Tobacco

“Recent studies seem to support the notion that gay men use tobacco at much higher rates than straight men, reaching nearly 50 percent in several studies. Tobacco-related health problems include lung disease and lung cancer, heart disease, high blood pressure, and a whole host of other serious problems.”

## 9. Fitness (Diet and Exercise)

“Problems with body image are more common among gay men than their straight counterparts, and gay men are much more likely to experience an eating disorder such as bulimia or anorexia nervosa.” The article adds, “The use of substances such as anabolic steroids and certain supplements can adversely affect health. At the opposite end of the spectrum, overweight and obesity are problems that also affect a large subset of the gay community. This can cause a number of health problems, including diabetes, high blood pressure, and heart disease.”

## 10. Anal Papilloma

“Of all the sexually transmitted infections gay men are at risk for, human papilloma virus—which cause anal and genital warts—is often thought to be little more than an unsightly inconvenience. However, these infections may play a role in the increased rates of anal cancers in gay men.” The article also warns that “recurrences of the warts are very common, and the rate at which the infection can be spread between partners is very high.”

Vincent M. B. Silenzio, MD, “Ten Things Gay Men Should Discuss with their Health Care Providers: Commentary,” online at: <http://www.glna.org/news/releases/n02071710gaythings.html> (accessed November 4, 2003).

## *“Ten Things Lesbians Should Discuss with Their Health-Care Providers”*

### **1. Breast Cancer**

“Lesbians have the richest concentration of risk factors for this cancer than [sic] any subset of women in the world.”

### **2. Depression/Anxiety**

“Lesbians have been shown to experience chronic stress...” (The author attributes this to “homophobic discrimination,” but offers no evidence to support that conclusion.)

### **3. Gynecological Cancer**

“Lesbians have higher risks for some of the gynecologic cancers.”

### **4. Fitness**

“Research confirms that lesbians have higher body mass than heterosexual women. Obesity is associated with higher rates of heart disease, cancers, and premature death.”

### **5. Substance Use**

“Research indicates that illicit drugs may be used more often among lesbians than heterosexual women.”

### **6. Tobacco**

“Research also indicates that tobacco and smoking products may be used more often by lesbians than by heterosexual women. Whether smoking is used as a tension reducer or for social interactions, addiction often follows and is associated with higher rates of cancers, heart disease, and emphysema—the three major causes of death among all women.”

### **7. Alcohol**

“Alcohol use and abuse may be higher among lesbians.”

### **8. Domestic Violence**

“Domestic violence is reported to occur in about 11 percent of lesbian homes,” the article states. It goes on to claim that this is “about half the rate of 20 percent reported by heterosexual women.” However, this comparison fails to note that the highest rates of domestic violence among heterosexuals occur among those who are divorced,



separated, cohabiting, or in sexual relationships outside of marriage; *married* women experience the lowest rates of domestic violence of any household arrangement.

See Callie Marie Rennison, "Intimate Partner Violence and Age of Victim, 1993–99," *Bureau of Justice Statistics Special Report*, U.S. Department of Justice, Office of Justice Programs (revised November 28, 2001), 9–10.

## 9. Osteoporosis

"The rates and risks of osteoporosis among lesbians have not been well characterized yet."

## 10. Heart Health

"Smoking and obesity are the most prevalent risk factors for heart disease among lesbians," the article reports.

Katherine A. O'Hanlan, MD, "Ten Things Lesbians Should Discuss with their Health Care Providers: Commentary," online at: <http://www.glma.org/news/releases/n02071710lesbianthings.html> (accessed November 4, 2003).