

THE CONDOM

- Using condoms for anal sex protects you from HIV/AIDS and Hepatitis and other sexually transmitted infections.
- Using condoms for oral sex protects you from sexually transmitted infections that can be caught orally.

When buying it, make sure:

- that the expiration date is not exceeded.
- that the package is not damaged and the seal is not broken.

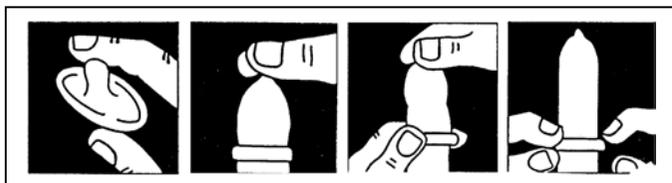
How to use it properly

- Never use baby oil, Vaseline, soap or saliva to lubricate the condom - they can cause the condoms to break.
- Use only water-based lubricants.
- Do not roll down the condom before putting it on.
- Use a new one each time you have sex.
- Open the package with your fingers (watch out for sharp fingernails!). Don't use your teeth or scissors.
- Always keep your condoms in a cool, dry place, away from the sun and heat.

For advice on the most reliable makes of condoms and lubricants ask an experienced colleague or contact the organisation listed on this leaflet. They can also tell you where you can obtain condoms and lubricants.

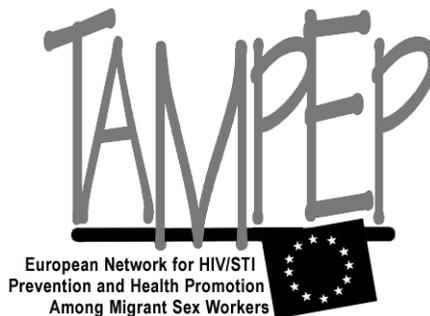
How to put on the condom

- Squeeze the condom's tip with your thumb and forefinger.
- Put the condom on the top of the penis and roll it down while holding the tip.
- Make sure that there is no air between the condom and the penis. Now you can release the tip.
- After ejaculation, before the penis becomes soft, withdraw the penis from the anus while holding the condom. This way you make sure that the condom does not remain in the anus.
- After the penis is withdrawn from the anus, pull off the condom with the aid of a tissue.



Anal hygiene

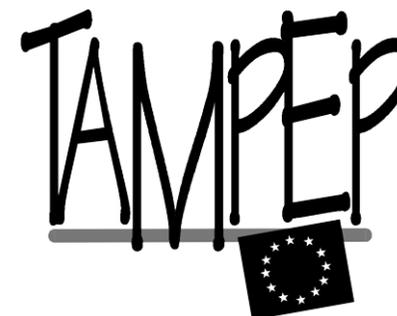
- The only healthy method of hygiene is an enema ONLY with warm water.
- Do not use any chemical products and make sure, that the water pressure isn't too high, otherwise you destroy the mucous membrane of the intestines.



© TAMPEP Project
With the financial support of the European Commission DG5,
under its programme *Europe against AIDS*

TAMPEP International Foundation

Obioplein 4
1094 RB Amsterdam
The Netherlands
Tel: +31 20 692 6912
Fax: +31 20 608 0083
email: tampep@xs4all.nl
www.tampep.eu



ENGLISH

For more information:

**HORMONES,
SILICONE,
BREAST
DEVELOPMENT,
TRANSFORMATION-
OPERATION
& EPILATION**



“Some people need a psychologist, some people feel OK. In any case, it is never a loss of time to consult a specialist or people with more experience.

The way you feel with your process only you can know. Some people only need basic changes to feel good psychologically and others need some more. Others are never satisfied. It all depends on the facts of your primary personality; even in the way your parents were with you.

Another important thing is the way other people see you. Some transsexuals feel comfortable with the way others see them. Or maybe because their closest relatives accept him/her and love him/her. But in most of the cases it is not so. In a high percent of cases, families reject transsexuals and most of them lose their jobs after the change. It is a very hard way, but not impossible.

Artists defend their position, as well as Black people, Rightist, Gay people and so on. You too will have to defend your position. Don't forget that this is something that you choose to do, everyday, so everything is up to you.”

A Latin American transsexual

Hormones

A non-operative assimilation with the body of the opposite sex can be achieved through regular intake or injection of counter-generic hormones.

IMPORTANT !

- **Consult a Doctor for a hormone level analysis while taking opposite sex hormones.**
- **Your hormone level is the only way to determine what medication and dosage is suitable for your body.**
- **Overdoses do not mean better results!**

There are two different types of female hormones:

- Estrogens: influences breast development.
 - Gestagens: influences body shaping.
- Anti-androgens: it blocks the male hormones process and therefore leaves more room for the female hormones to work.

The intake of female hormones can have certain side effects:

- Depression, nervousness, tiredness, headache, dizziness, nausea, stomach-ache.
- increased appetite: this is not necessarily a negative aspect, because the women's body shape requires more fatty tissue.

Injections of hormones

Each person's body responds differently to the intake of hormones.

- The injections are always intramuscular, in the upper arm or buttocks.
- The hormone process is long lasting. Let's not forget that this is basically what is making your body different from your born sex. Maybe with the time you could reduce the dosage, but never leave it!

Silicone

Never inject silicone directly under the skin!!
Silicone in any form is a foreign substance to the body. This often causes indurations as the body produces a skin layer around the silicone.

Breast development

There are two types of breast implants:

- Sodium chloride (salty water) based: there is no health risk, but they can brake easily. They must be filled up every 2 years.
- Silicone based: they are more resistant, but they have to be changed when an induration appears. When they brake, it can affect muscles, tendons and joints.

Transformation-operation

You might need several operations all through your body, to make you look more like the other sex. Before you do the definitive sex-transformation operation for example, you can start with your nose or your cheekbones. There are doctors specialised in each of them.

Epilation

A method which removes hair from your skin. There are two types of epilation:

Needle Epilation (also called Electrolysis): it removes each hair separately. Make sure the needle is sterile or that they change it after every session. Electrolysis is a painful and lengthy process. Make sure that they are not damaging your skin, otherwise some holes will occur as a consequence of too much treatment. Electrolysis should only be done by a qualified person.

Laser Epilation: it goes deeper inside the hair canal. But attention: when using this method one has to consider the **colour of the person's hair and skin**, as it can cause changes in the skin pigmentation. The hair which will be removed has to be darker than the person's skin colour.

WHY TO USE CONDOMS

- **The condom is a protection against all venereal diseases, Hepatitis B and HIV/AIDS.**
- **Especially the anus and the mucous membrane of the intestines are very sensitive and can get injured very easily. So the risk of catching venereal diseases by having anal sex is very high.**
- **Don't forget that money is not everything in life. That's why, always with condoms!**