Acknowledgements

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• If you would like to reproduce this content yourself or request a face-to-face training on the topic of “Smarter Sex: Anal Pleasure & Health,” please contact:

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Smarter Sex is the New Safer sex

Anal Pleasure and Health 101

Adapted from “Smarter Sex is the New Safer Sex: Anal Pleasure and Health” © Bryan Kutner bryan.kutner@gmail.com
WARNING!

- This presentation contains some very explicit sexual material.
- We are not here to promote or denounce anal sex, we are here to share facts that has been researched.
Purpose: What We’ll Do Today

- In this workshop we see how value shape information about anal pleasure and health
- Describe basic anal physiology with a focus on pleasure
- Identify further resources for your education
- We will Practice communication about anal health

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Group Agreement

1. Don’t knock some else’s yum.
2. Let’s be frank about the subject
Objectives:

As a result of this workshop, as evidenced by a brief evaluation survey:
Participants will have a better understanding about anal pleasure and Health
Increase their knowledge on the Anatomy of the Anus
Increase their knowledge on the Anatomy of the Rectum
Made aware of the effect of drugs and alcohol and other depressants on anal pleasure health
“A women without her man is nothing.”
“A women, without her man, is nothing.”
“A women: without her, man is nothing”

Listening

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Prevalence of Anal Sex Among Heterosexuals

30%-40% of heterosexuals experimenting

20% occasionally, with differences

25% of heterosexuals tried Rimming

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Prevalence of Anal Sex Among MSM

• Majority of MSM and have tried anal intercourse
• <50% say they love it
• 50% love being rimming
• 1/3 love rimming

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Prevalence of Anal Sex Amongst Teens

• 11% of 15 – 19 year olds try anal intercourse
• Jumps to 21% among teens who have had vaginal intercourse

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Anal Sex Among NYC Women

100,000 engage in anal sex with men each year

23% are likely to use condoms
61% of MSM are likely to use
Condoms for anal sex

Anal exposure to HIV poses 30 time greatest
risk of transmission
than vaginal sex

90% of HIV +women in NYC contracted HIV via
heterosexual sex

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The Anal Taboo

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

Eating the meat of cats and dogs

Incest

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“For both men and women, the overall message is clear:

- Never engage in unprotected anal sex.
- Use a condom every time.”

Thomas Farley, NYC Health Commissioner

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The Anal Taboo:” Anal Sex is it Dangerous”

If it were simply a bad idea, objections could be freely discussed

People more readily talk about murder and rape that anal sexuality

Clinician’s bias reinforces the taboo; by virtue of being healthcare gatekeepers, we are more likely to see problematic cases

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Anatomy of the Anus

Let's look at the whole before we look at parts

Large intestine
Anatomy of the Anus

The colon is about 6 feet long part of the digestive system

Moves waste material from the small intestine to the rectum

Colon

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Anatomy of the Anus

The rectum is about 5-9 inches long

Serves is a warehouse for poop right before shitting

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Anatomy of the Anus

End of the digestive track

Two rings of muscle that close and open the anal canal

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Anatomy of the Anus

The anus is sphincter at the end of the rectum. A sphincter is a strong ring of muscle that contracts and expands.

Mechanism for control of both fecal continence & anal sex.

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Anatomy of the Anus

The anus is comprised of two Sphincters an inner sphincter and an outer Sphincter.

The outer sphincter is a voluntary muscle. You control it at will.

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

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The Rectum

The rectum runs form the end of the colon to the anal canal anus. Or anus).

The rectum is 5-9 inches long and 1 ½ inches wide.

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The Rectum

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Rectal Reflex

Three factors Disrupt the Rectal Reflex

Ignoring the urge to defecate
Resisting the passage of gases
Absence of adequate fiber

The key to voluntary control of the sphincters is a steady, accurate stream of information about what the muscle is doing

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Lubrication

Not all lubes act the same in cells and tissues in the anus

“Ultimately, the use of condoms is the best way to prevent transmission, and using lubricant will prevent condom breakage,” Fernandez-Romero explains. “Lubricate may be important, but they have to be safe. We need assays, models or methods to tell us how safe a lubricant is.”

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Anal Pleasure, Health, and Drug Use

Alcohol and other depressants
Marijuana.
Cocaine, methamphetamine and other stimulants
Poopers
Numbing agents.
Alcohol and Other Depressant

Ability to reduce inhibitions at low doses

Higher doses sedate, reduce sensitivity to touch, disrupt sexual functioning, judgment

Can deprive user of messages necessary to guard against anal damage

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Marijuana

Unlike alcohol, higher doses don’t necessarily produce greater negative side effects

Less likely to deprive user of sensitivity needed for anal self-protection
Cocaine

Stimulates sympathetic nervous system that activates the body’s reactions to danger and stress

Anal muscles may contract involuntarily

As a local anesthetic, numbs the body to pain signals

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Methamphetamine

Counterproductive for anal relaxation, but increases subjective sense of anal eroticism

Diverts attention away from worries about sexual performance

Stimulants usually followed by crashes, loss of sex drive or ability to become aroused

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Poppers (volatile Nitrites)

Cause blood vessels to dilate, rapid drop in blood pressure, hearts pumps dramatically to stabilize pressure
Rush may enhance orgasm and sense of abandon

Reportedly helps anal muscles relax, antispasmodic, flushed sensation

Headaches, scared/panicky side effects, impurities.

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Numbing Agents

Not helpful, and may be damaging, to deaden anal pain chemically

Never apply local anesthetics of any other sensation reducing agent to the anus for the purpose of anal sex.

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Communicable Diseases

HIV

Gonorrhea and Chlamydia (LGV)

Syphilis

Hepatitis A,B,C...

HPV(anal cancer)

Enteric diseases(giardia, shigella, amoeba, etc.)
Diseases of the Anus and Rectum

Hemorrhoids

Fissures

Fistula

Constipation

Diarrhea

IBS

Don’t push when you shit. And eat lots of fiber or add a fiber supplement.

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