

VOLUNTARY MEDICAL MALE CIRCUMCISION FREQUENTLY ASKED QUESTIONS (FAQ)

What is Voluntary Medical Male Circumcision?

Voluntary medical Male circumcision is the permanent removal of the male foreskin from the male's glans penis by a certified health professional. It is a biomedical intervention for HIV prevention.

What is the Goal of Vmmc?

The goal of voluntary male circumcision is to achieve 95% of all males circumcised in all the 13 priority counties. 95% is the male circumcision saturation that confers the best HIV prevention as WHO recommendations.

Why People Circumcise?

The three main reasons for male circumcision are;

1. Cultural/traditional reasons e.g. Kalenjins, Gikuyus, Luhya etc.
2. Religious reasons eg; Muslims circumcise their boys on 8th day after birth.
3. Voluntary medical circumcisions to prevent HIV transmissions e.g. in Kisumu, Siaya etc.

When?

VMMC started in 2008 in Kenya following randomized control studies that showed that male circumcision prevents HIV from an infected woman to un-infected man by up to 60%. It showed also that uncircumcised males are affected by HIV five times more than circumcised males.

Where are We?

As per 2018 Kenya population based HIV impact assessment (KENPHIA), the national male circumcision prevalence was at 92% with five of the VMMC counties having lowest male circumcision prevalence i.e. Kisumu 53%, Turkana 56%, Homabay 59%, Siaya 61%, Migori 67% and Busia county 80%.

- **NB:** These six counties with lowest male circumcision prevalence have the highest HIV prevalence in the country ranking 1-6th positions.

From 2008 to date, the VMMC program has circumcised 2.5 million and alleviated/prevented between 166,667 to 500,000 new HIV infections. **(It takes 5-15 circumcisions to prevent one HIV infection)**

VMMC was first started in Kisumu, Siaya, Migori, Homabay, Busia and Turkana counties. It was later expanded to other counties that had immigrant communities from non-circumcising of Nairobi, West Pokot, Mombasa, Nakuru, Kericho/Nandi and Marsabit.

Why is VMMC Not in all Counties?

Voluntary medical Male Circumcisions (VMMC) for HIV prevention is only practiced in geographic areas that meets the three laid down criterion:

- i. Has heterosexual (HIV infected woman to man) as the predominant mode of HIV transmission.
- ii. The male circumcision prevalence is low in the area (low males circumcised)
- iii. The HIV prevalence in the area is high (High HIV burden)

How is VMMC Done?

There are two main methods of male circumcisions recommended in Kenya;

- i. Conventional method (dorsal slit)
- ii. Device method where there is no stitching. (Shangring).

After circumcision, it takes a man about 42 days to be fully healed

What Age is Suitable for Circumcision?

The age cohort for circumcisions are as follows;

- i. 15 up to 49 years (being supported by implementing partners through PEPFAR)
- ii. 10 to 15 years (MOH through GOK funds)
- iii. 0 to 60 days after birth (Early Infant Male circumcision)

Initial VMMC Priority Counties

- | | |
|-----------|-----------------|
| 1.Kisumu | 8.West Pokot |
| 2.Siaya | 9.Kericho/Nandi |
| 3.Homabay | 10.Nakuru |
| 4.Migori | 11.Marsabit |
| 5.Turkana | 12.Mombasa |
| 6.Busia | |
| 7.Nairobi | |

Current Counties With Implementing Partners

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|-----------------|
| 1.Kisumu |
| 2.Siaya |
| 3.Homabay |
| 4.Migori |
| 5.Turkana |
| 6.Nairobi |
| 7.Kericho/Nandi |

The Correlation Between Low Male Circumcision and High HIV Infection in VMMC Counties

	VMM Counties	Male circumcision prevalence (%) 15-64 years.	HIV prevalence (%) 15 – 64 years.
1.	Homabay	59.1	19.65
2.	Kisumu	53.3	17.5
3.	Siaya	61.2	15.3
4.	Migori	66.7	13.9
5.	Busia	81.6	9.9
6.	Turkana	56.4	6.8
7.	Mombasa	95.8	5.6
8.	Nairobi	94.1	3.8
9.	Kericho	96.1	3.4
10.	Nakuru	92.5	3.0
11.	Nandi	90.5	2.6
12.	West Pokot	92.7	1.3
13.	Marsabit	97.7	1.2