

Headline	Avoid sex during menstruation, women told		
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Participants at the Seminar on Women's Health at Dewan Rakan Muda, Putatan.

Avoid sex during menstruation, women told

WOMEN at the seminar were told to avoid sex during menstruation as one of the preventive measures against HIV infection.

"This is because during menstruation, hormonal changes occur in the body and this could result in less immunity and

thus higher risk," Dr Khamisah said.

The other preventive measure is avoiding anal intercourse because it also carries a higher risk of HIV infection, according to the doctor. "Such act causes easy tearing of the tissue in the anus, and further

exposure to the risk," she said.

The seminar heard that some women indulge in anal intercourse in order to maintain their virginity.

"That being the case, use a condom," she advised.