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**Insist on safe sex, groups tell women**  
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# Insist on safe sex, groups tell women

**PETALING JAYA:** Despite numerous awareness campaigns and efforts, many Malaysians are still complacent when it comes to practising safe sex.

"They do not realise the importance of using condoms to prevent the transmission of HIV," said Malaysian AIDS Council president Datuk Zaman Khan.

He expressed concern over the rapid rise in the number of women, mostly housewives infected with HIV in the country over the past five years.

"It is advisable to abstain from pre-marital and extra-marital sex, but those who still choose to practise such risky behaviour must use protection," he said.

He said infected men who practised unprotected sex were transmitting the disease to their wives, girlfriends and even to sex workers who in turn, infected others.

Zaman said it was crucial for sexually-active unmarried couples and sex workers to practice safe sex to prevent the disease from spreading.

He also stressed on the importance of early detection, especially among pregnant women.

"With early treatment, there is still a chance to save the baby from being infected," he said.

Women's Aid Organisation executive director Ivy Josiah said the results of the findings were not surprising.

She added that many women had a false sense of security that they were safe as they were in a monogamous relationship - not knowing that their husbands or boyfriends could be seeking other sexual partners.

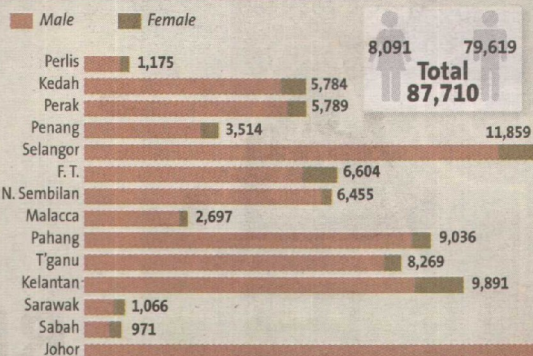
"Even some women are aware of the risks, but they do not have the

power of negotiation to insist their partner uses condoms," she said.

Ivy stressed on the importance to continuously educate people on the prevention of HIV, to prevent women from having the false sense of security.

**HIV cases in Malaysia between 1986-2009**

**By Gender**



**By Race**

	PERLIS	KEDAH	PERAK	PENANG	S'GOR	F. T.	N. S.	MALACCA	PAHANG	T'GANU	KELANTAN	SARAWAK	SABAH	JOHOR	MALAYSIA
Malay	839	4,150	3,271	1,436	7,780	2,530	4,977	2,098	7,811	7,911	9,079	167	42	10,862	62,953
Chinese	165	750	1,454	1,320	1,506	2,564	802	397	644	159	345	245	195	2,141	12,687
Indian	26	488	838	504	1,602	945	597	145	432	98	110	13	6	1,125	6,929
B'putera Sarawak	70	147	110	154	445	306	25	19	52	71	92	400	105	204	2,200
B'putera Sabah	20	61	31	7	40	11	6	6	10	5	52	2	341	38	630
Others	13	39	15	2	88	14	3	1	24	4	90	12	142	31	478
Foreigners	13	100	65	86	229	226	22	11	59	11	90	206	123	57	1,298
No data	29	49	5	5	169	8	23	20	4	10	33	21	17	142	535
<b>Total</b>	<b>1,175</b>	<b>5,784</b>	<b>5,789</b>	<b>3,514</b>	<b>11,859</b>	<b>6,604</b>	<b>6,455</b>	<b>2,697</b>	<b>9,036</b>	<b>8,269</b>	<b>9,891</b>	<b>1,066</b>	<b>971</b>	<b>14,600</b>	<b>87,710</b>