

Circumcision HelpDesk™



Information and Publications List

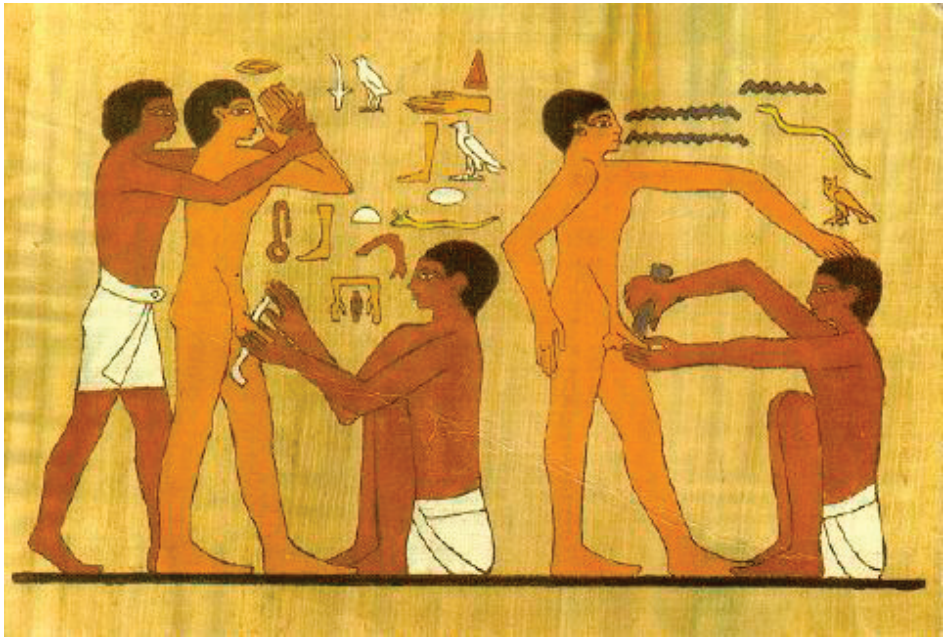


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London, United Kingdom

<http://www.circumcisionhelpdesk.org>



Circumcision in Ancient Egypt (ca 2350 BC)
Coloured copy from a bas relief in the tomb of Ankhmahor at Saqqara

About the Circumcision Helpdesk™

The Circumcision Helpdesk™ is a not-for-profit publisher of accurate, medically approved, information about male circumcision and its benefits in terms of health, sexual wellbeing and self-image. It was established (under a different name) in the 1970s. We are consulted by individuals, doctors, and social services departments seeking to find out more about male circumcision and where they can get it performed for themselves or their sons, wards or patients. Radio and TV producers have also consulted us for reliable information about male circumcision. Our web site can be found at <http://www.circumcisionhelpdesk.org>

Our range of publications includes guidance booklets for those considering circumcision for themselves or their sons, a leaflet answering some of the questions teenagers and young people have about the operation, a leaflet for parents to give to their 7-10 year old sons to explain circumcision, and guides to preparing for, and the after-care of, a circumcision.

We work closely with Inter-Circ: The International Circumcision Forum (<http://groups.io/g/inter-circ>), with whom many booklets are co-produced. We also act as distributors for leaflets produced by an international consortium of practising doctors, researchers and renowned academics; which identify and quantify the proven benefits and minimal risks of circumcision both for infants and for adult men or teens. Additionally, some leaflets have been written by independent authors. All copyright holders have given permission for their contents to be reproduced and distributed by us.

To assist those who have decided upon a circumcision for themselves or their sons we maintain lists of doctors, clinics, etc whom they can approach for the operation. We welcome corrections and additions to these lists (which are not on-line but only available by e-mail).

A full list of available publications from all our sources appears inside this booklet. All the leaflets and booklets of up to 20 pages can be sent as PDFs by e-mail on request. Booklets of over about 20 pages are generally too large to send in their entirety but we can usually send relevant extracts, or they can be downloaded from the web site. We are constantly striving to increase the range of publications and the languages in which they are available.

The Helpdesk acts as the sponsor of a web site for the International Circumcision Information Reference Centre (ICIRC), an on-line resource set up to provide correct information and to counter the lies, half-truths and distortions with which anti-circumcision activists have flooded the web and social media. Most of the publications can also be downloaded from this site, which can be found at <http://www.circinfo.com>

The Helpdesk and ICIRC believe that parents have a right and duty to positively exercise their choice as to whether or not to have an infant son circumcised. They should do this in the light of the growing body of available evidence regarding its medical benefits and minimal potential risks, as well as its social and religious significance within their own community.

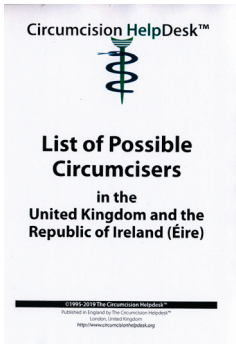
Where parents choose not to circumcise their sons at birth we believe they have a duty to provide them with accurate information to make their own decision when they reach their teens. We hope that our publications will aid them in carrying out this duty.

We also believe that doctors have a duty to make circumcision readily and affordably available to those parents and men who request it, without judgementally questioning their motives. All of our own publications (except the List of Circumcisers) may be freely copied by doctors and clinics to give to their patients, provided this is without charge and our copyright and contact details remain unchanged.

Note that booklets and leaflets in languages other than English may be of an earlier edition as we don't have our own translators.

Index of Publications

All About Being Circumcised (Leaflet for 7-10 year olds)	Page 10
Best Age to Circumcise	Page 13
Boy's Guide to His Own Care for a New Circumcision (A Guide for 9-12 year olds)	Page 8
Circumcision: A Christian Perspective	Page 21
Circumcision Consent	Page 13
Circumcision: A Guide for Parents	Page 9
Circumcision: A Guide to a Decision	Page 20
Circumcision Humour	Page 14
Circumcision and Occupation	Page 18
Circumcision Problems and Risks.....	Page 20
Circumcision Recommended to Protect Women	Page 17
Circumcision Resources Online	Page 19
Circumcision Styles: Function and Aesthetics	Page 16
Comparison of NHS and Private Clinics for Circumcision in the UK	Page 24
Foreskin Problems – And the Answer to Them	Page 15
Frenulum Breve, Frenuloplasty and Frenulectomy	Page 14
Girl's Guide to Young Boys (Especially for 8-18 year old girls)	Page 16
Glossary of Terms Relating to Circumcision, the Genitals and Urinary Organs.....	Page 11
Have You Heard About the Benefits of Circumcision? (A Guide for Men and Teens)	Page 9
Health Benefits of Male Circumcision	Page 8
Introduction to Genital Anatomy.....	Page 12
Is My Penis OK? (Answers to this and other questions about sex, health & development)	Page 12
List of Possible Circumcisers in the United Kingdom and the Republic of Ireland (Éire) ...	Page 3
List of Possible Circumcisers in Greater London and Adjacent Parts of the Home Counties	Page 3
List of Possible Circumcisers in the Republic of Ireland (Éire) and Northern Ireland	Page 4
List of Possible Circumcisers Outside the United Kingdom	Page 4
List of Possible Circumcisers in Australia and New Zealand.....	Page 5
List of Possible Circumcisers in Canada and the United States of America	Page 5
London Meet and Greet Service	Page 15
Multi-Lingual Dictionary of the Male Genitals	Page 19
Myths, Lies and Half-Truths about Male Circumcision	Page 11
Neonatal Circumcision Is Necessary	Page 17
Overview of Male Circumcision	Page 18
Pain Relief for Circumcision	Page 21
Parental Rights, Parental Duties	Page 22
Parent's Guide to Care for Your Son's Infant or Childhood Circumcision	Page 7
Post-Operative Care for a Teen or Adult Circumcision	Page 6
Preparation for Infant or Childhood Circumcision	Page 7
Preparation for a Teen or Adult Circumcision	Page 6
Principal Methods of Male Circumcision	Page 22
Questions Girls Ask About Male Circumcision	Page 23
Questions Young People Ask about Male Circumcision	Page 23
Sex and Male Circumcision: Benefits every woman needs to know about	Page 10



List of Possible Circumcisers in the United Kingdom and the Republic of Ireland (Éire)

This booklet lists doctors, clinics, hospitals and mohelim in the United Kingdom and Republic of Ireland who have been reported to offer circumcision. Many offer circumcision for all ages although some only offer it for infants whilst others do so for adults only. Also listed are some organisations which will refer enquirers to suitable practitioners.

All information has been obtained over a period of time from personal recommendations, the Internet, radio and press advertising, the Muslim Directory and the Jewish Initiation Society register. Most practitioners have not been approached

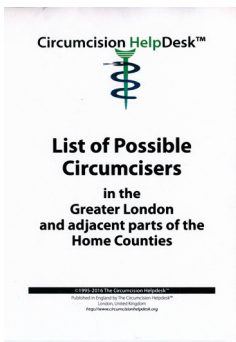
directly by us to enquire about, or check on, their services and hence some may no longer be offering circumcision. The list is updated as soon as we are aware of any changes to details and to add new practitioners or remove those no longer offering the service.

Readers are advised to note the contents of the Disclaimer and satisfy themselves regarding the proposed practitioner before going ahead with a circumcision.

52 page A5 Booklet.

Available in English only – Publication Code: LOC-UK

Note that, because of the size of the file, only extracts can be supplied, so please state your location when ordering to allow the relevant sections to be supplied.



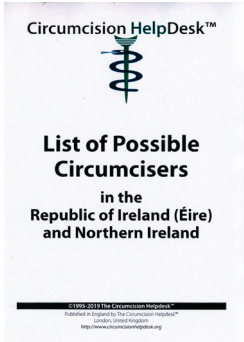
List of Possible Circumcisers in Greater London and adjacent parts of the Home Counties

This booklet contains extracts from the full United Kingdom and Republic of Ireland list to cover only Greater London and those adjacent counties which include parts of Greater London.

Readers are advised to note the contents of the Disclaimer and satisfy themselves regarding the proposed practitioner before going ahead with a circumcision.

24 page A5 Booklet.

Available in English only – Publication Code: LOC-GLH



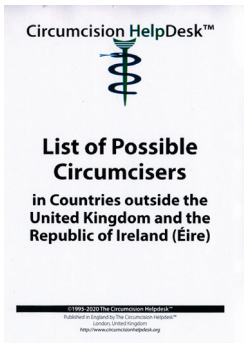
List of Possible Circumcisers in the Republic of Ireland (Éire) and Northern Ireland

This booklet contains extracts from the full United Kingdom and Republic of Ireland list to cover only the Republic of Ireland (Éire) and Northern Ireland.

Readers are advised to note the contents of the Disclaimer and satisfy themselves regarding the proposed practitioner before going ahead with a circumcision.

8 page A5 Booklet.

Available in English only – Publication Code: LOC-IRL



List of Possible Circumcisers in Countries outside the United Kingdom and the Republic of Ireland (Éire)

This booklet lists doctors, clinics, hospitals and mohelim, in countries outside the United Kingdom and Republic of Ireland, who have been reported to offer circumcision. Many offer circumcision for all ages although some only offer it for infants whilst others do so for adults only. Also listed are some organisations which will refer enquirers to suitable practitioners.

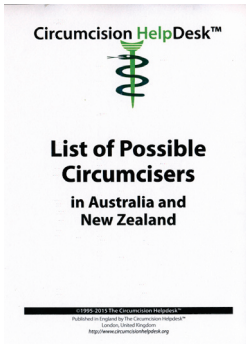
All information has been obtained over a period of time from personal recommendations, the Internet, radio and press advertising, etc. The practitioners have not been approached directly by us to enquire about, or check on, their services and hence some may no longer be offering circumcision. The list is updated as soon as we are aware of any changes to details and to add new practitioners or remove those no longer offering the service.

Readers are advised to note the contents of the Disclaimer and satisfy themselves regarding the proposed practitioner before going ahead with a circumcision.

64 page A5 Booklet.

Available in English only – Publication Code: LOC-RW

Note that, because of the size of the file, only extracts can be supplied, so please state your location (city and country) when ordering to allow the relevant sections to be supplied.



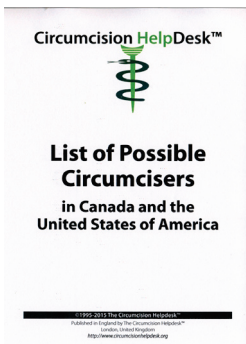
List of Possible Circumcisers in Australia and New Zealand

This booklet contains extracts from the full Non-UK list to cover only Australia and New Zealand.

Readers are advised to note the contents of the Disclaimer and satisfy themselves regarding the proposed practitioner before going ahead with a circumcision.

16 page A5 Booklet.

Available in English only – Publication Code: LOC-ANZ



List of Possible Circumcisers in Canada and the United States of America

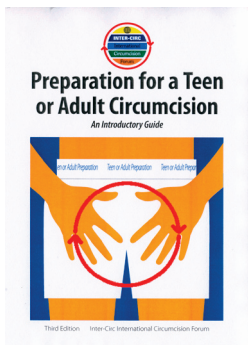
This booklet contains extracts from the full Non-UK list to cover only the USA and Canada.

In the USA a circumcision is readily available from almost any Urologist or Plastic Surgeon, who can easily be found from the local Yellow Pages directories, so the USA listing contains only a small selection who have been brought to our attention.

Readers are advised to note the contents of the Disclaimer and satisfy themselves regarding the proposed practitioner before going ahead with a circumcision.

20 page A5 Booklet.

Available in English only – Publication Code: LOC-US



Preparation for a Teen or Adult Circumcision

This booklet, now in its 4th edition, is produced in conjunction with Inter-Circ: The International Circumcision Forum online and has been thoroughly checked for accuracy by their Medical Advisor.

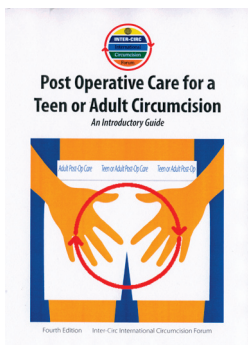
It is intended as a general guide to the preparations one should make for an elective circumcision of a teenager or adult.

Hospitals usually have their own special set of procedures and so this guidance may not be appropriate if the circumcision is to take place in a hospital.

If your doctor has given you specific advice regarding preparation for the circumcision then you should follow his instructions rather than the more general information in this booklet, which may however provide useful additional help.

20 page A5 booklet (English) or 16 page A5 booklet (Spanish).

Available in English – Publication Code: PTA-EN and Spanish – Publication Code: PTA-ES



Post Operative Care for a Teen or Adult Circumcision

This booklet, now in its 5th edition, is produced in conjunction with Inter-Circ: The International Circumcision Forum online and has been thoroughly checked for accuracy by their Medical Advisor.

It is intended as a general guide to the post-operative care of the newly circumcised penis following the circumcision of a teenager or adult, who will generally look after their own care.

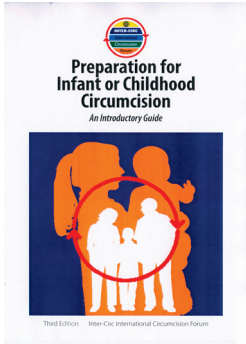
Hospitals usually have their own special set of procedures and so this guidance may not be appropriate if the circumcision

has taken place in a hospital.

If your doctor has given you specific advice regarding the after-care for your circumcision then you should follow his instructions rather than the more general information in this booklet, which may however provide useful additional help.

20 page A5 booklet (English) or 16 page A5 booklet (Spanish).

Available in English – Publication Code: POA-EN
and Spanish – Publication Code: POA-ES



Preparation for Infant or Childhood Circumcision

This booklet, now in its 4th edition, is produced in conjunction with Inter-Circ: The International Circumcision Forum online, and has been thoroughly checked for accuracy by their Medical Advisor.

It is intended as a general guide to the preparations one should make before an elective circumcision of an infant or child.

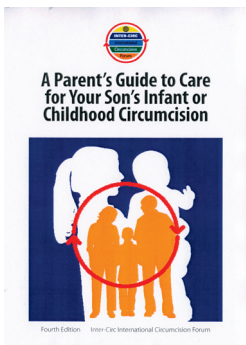
Hospitals usually have their own special set of procedures and so this guidance may not be appropriate if the circumcision is

to take place in a hospital.

If your doctor has given you specific advice regarding preparation for the circumcision then you should follow his instructions rather than the more general information in this booklet, which may however provide useful additional help.

20 page A5 booklet (English) or 16 page A5 booklet (Spanish).

Available in English – Publication Code: PIC-EN and Spanish – Publication Code: PIC-ES



A Parent's Guide to Care for Your Son's Infant or Childhood Circumcision

This booklet, now in its 6th edition, is produced in conjunction with Inter-Circ: The International Circumcision Forum online, and has been thoroughly checked for accuracy by their Medical Advisor.

It is intended as a general guide to the post-operative care of the newly circumcised penis following the circumcision of an infant or child.

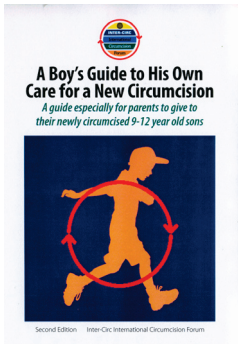
Hospitals usually have their own special set of procedures and so this guidance may not be appropriate if the circumcision

has taken place in a hospital.

If your doctor has given you specific advice regarding the after-care for the circumcision then you should follow his instructions rather than the more general information in this booklet, which may however provide useful additional help.

20 page A5 booklet (English) or 16 page A5 booklet (Spanish with different title).

Available in English – Publication Code: POC-EN
and Spanish – Publication Code: POC-ES



A Boy's Guide to His Own Care for a New Circumcision

A guide especially for parents to give to their newly circumcised 9-12 year old sons

Many boys, especially those over 9, are quite capable of doing some of their own after-care and parents should encourage them to do so (under supervision) whenever possible.

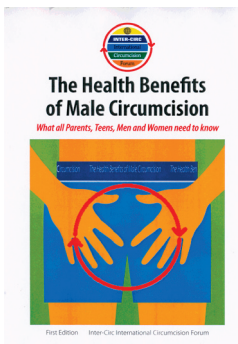
This booklet, now in its 3rd edition, is based on the full Parent's Guide to Care and aims to explain to a boy in simple terms what he should do, and what to look out for, after his circumcision; as well as when to call on his parents for help.

It is only intended for parents to give a copy of this booklet to their son if they believe he is capable of assisting with his own circumcision after-care.

It is not intended for boys to read without parental agreement.

If your doctor has given you specific advice regarding preparation for the circumcision then you should follow his instructions rather than the more general information in this booklet, which may however provide useful additional help.

20 page A5 booklet.



The Health Benefits of Male Circumcision

What all Parents, Teens, Men and Women need to know

This booklet, now in its 3rd edition, is produced in conjunction with Inter-Circ: The International Circumcision Forum online, and has been thoroughly checked for accuracy by their Medical Advisor.

Using information gathered by a worldwide group of eminent practicing doctors and research academics, it sets out some of the many proven health benefits arising from male circumcision; not only for the boy or man himself but also for his female partners. It shows that overall benefits exceed minor risks by over 100 to 1.

The booklet now includes the information from Dr. David Hawker which was formerly in publication code BMC-EN, which is now obsolete.

20 page A5 booklet.

Available in English Only – Publication Code: HEA-EN

Circumcision – A Guide for Parents

Co-ordinated by an eminent academic, assisted by a team of international experts including practicing doctors, epidemiologists and other academic researchers, this leaflet sets out to advise parents on the benefits and possible risks of circumcision for their sons.

Based on the results of many research projects, the leaflet clearly shows that the risks are minimal and the benefits exceed the moderate risks by over a hundred to one.

6 page 1/3 A4 leaflet.

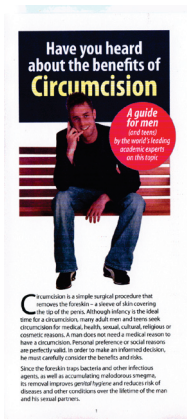
Published by the Circumcision Academy of Australia and additionally distributed by the Helpdesk.

Available in English – Publication Code: GFP-EN(**),

French – Publication Code: GFP-FR, German – Publication Code: GFP-DE and Spanish – Order Code GFP-ES.

** Note that English language versions are localized with statistics relevant to Australia & New Zealand – GFP-EN(AU), to the UK and Europe – GFP-EN(EU) and to the USA & Canada – GFP-EN(US). It is suggested that readers outside those countries use the GFP-EN(AU) version.

PDF versions for printing double-sided on A4 paper are available to doctors, hospitals, etc (on request to the Circumcision Academy of Australia), for them to distribute free to their patients.



Have You Heard About the Benefits of Circumcision

A guide for men and teens

Co-ordinated by an eminent academic, assisted by a team of international experts including practicing doctors, epidemiologists and other academic researchers, this companion leaflet to the Guide for Parents sets out to advise men and teens on the benefits and possible risks of circumcision.

Based on the results of many research projects, the leaflet clearly shows that the risks are minimal and the benefits greatly outweigh any risks.

6 page 1/3 A4 leaflet.

Published by the Circumcision Academy of Australia and additionally distributed by the Helpdesk.

Available in English – Publication Code: GFM-EN, German – Publication Code: GFM-DE, Spanish – Publication Code: GFM-ES and Dutch – Publication Code: GFM-NL

PDF versions for printing double-sided on A4 paper are available to doctors, hospitals, etc (on request to the Circumcision Academy of Australia), for them to distribute free to their patients.

Sex and Male Circumcision

Benefits every woman needs to know about



Male circumcision is a simple surgical procedure that removes the foreskin, a layer of skin covering the tip of the penis. Women are at much lower risk of disease if their male partner is circumcised. ...
By encouraging circumcision in boys, brothers, friends or their male relatives, women can help protect themselves, other women, and men in western countries, a nation that has the highest rate of male circumcision for its young men. Although safety is the ideal time for a circumcision, many adult men and women can be encouraged to meet the criteria for medical, health, sexual, cultural, religious, cosmetic or personal reasons.

Co-ordinated by an eminent academic, assisted by a team of international experts including practicing doctors, epidemiologists and other academic researchers, this leaflet sets out to advise women of the benefits to themselves when their male partner is circumcised.

It also outlines the benefits that the men and boys in her life gain from being circumcised.

Based on the results of many research projects, the leaflet clearly shows that the risks are minimal and the benefits to public health and the individual well-being of women and their partners are substantial.

6 page 1/3 A4 leaflet.

Published by the Circumcision Academy of Australia and additionally distributed by the Helpdesk.

Available in English – Publication Code: GFW-EN
and Spanish – Publication Code: GFW-ES

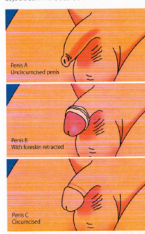
PDF versions for printing double-sided on A4 paper are available to doctors, hospitals, etc (on request to the Circumcision Academy of Australia), for them to distribute free to their patients.

All About Being Circumcised

A leaflet for 7 – 10 year old boys

All about being circumcised

You may call your special boy part a baby or a child but the real name is a **penis**. Penises come in all shapes and sizes but when they are made to look different by a **little operation** called **circumcision** this would be the part which is **circumcised** and called which is short for **circumcision**, meaning **to cut**. Penises which are **not** cut are called **uncircumcised**. All boys are born with a **piece of skin** called the **foreskin**.



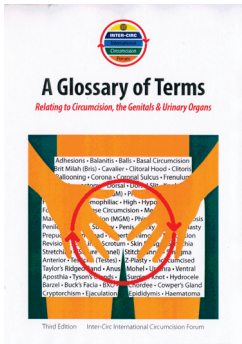
This leaflet, which has been checked for accuracy by our Medical Advisors, has been written for parents to give to their 7 - 10 year-old sons who are about to be circumcised; have just been circumcised; or who have asked what it is all about. It may also be suitable for boys just outside this age range.

It explains in child-friendly language why there appear to be two types of penis; the meaning of the word 'circumcision'; why circumcision is performed; some of the problems which can be associated with having a foreskin; and what will be done if they are about to be circumcised.

Additionally, parents may wish to read this for themselves to assist them in personally explaining circumcision to their sons.

6 page 1/3 A4 leaflet.

Available in English – Publication Code: ABC-EN
and Spanish – Publication Code: ABC-ES



Glossary of Terms relating to Circumcision, the Genitals and Urinary Organs

This booklet, now in its 4th edition, is produced in conjunction with Inter-Circ: The International Circumcision Forum online, and has been thoroughly checked for accuracy by their Medical Advisor.

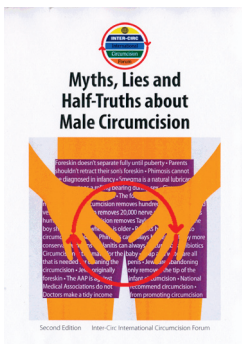
It acts as a handy dictionary of terms related to circumcision and the sexual organs.

It will be of assistance in finding the meaning of unfamiliar medical terms used in other Inter-Circ or Helpdesk publications, as well as those used in circumcision related web

sites and discussion groups on the Internet and social media.

32 page A5 booklet (English) or 36 page A5 booklet (Spanish).

Available in English – Publication Code: GOT-EN
and Spanish – Publication Code: GOT-ES



Myths, Lies and Half-Truths about Male Circumcision

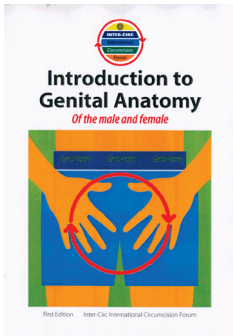
This booklet, now in its 3rd edition, is produced in conjunction with Inter-Circ: The International Circumcision Forum online, and has been thoroughly checked for accuracy by their Medical Advisor.

Those opposed to circumcision often resort to myths, lies and half-truths on the Internet and social media in an attempt to make their case against the overwhelming weight of medical evidence in favour of circumcision.

This booklet sets out to dispel those myths and lies as well as explaining why the half-truths are not the whole story.

20 page A5 booklet.

Available in English – Publication Code: MLH-EN Spanish – Publication Code: MLH-ES
and German – Publication Code: MLH-DE *(Note that only a 16 page older version is available in German)*



An Introduction to Genital Anatomy

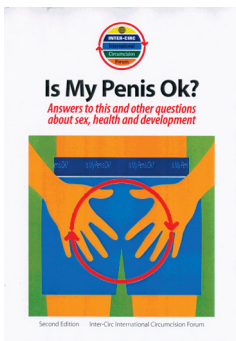
Of the Male and Female

This booklet, now in its 2nd edition, is produced in conjunction with Inter-Circ: The International Circumcision Forum online, and has been thoroughly checked for accuracy by their Medical Advisor.

It gives an introduction to the genital anatomy of males and females, containing information every teenager and their parents ought to know. The booklet includes answers to a few common questions about the genitals and some diagrams to show the correct names and relative positions of the various organs.

12 page A5 booklet.

Available in English only – Publication Code: IGA-EN



Is My Penis OK?

Answers to this and other questions about sex, health and development

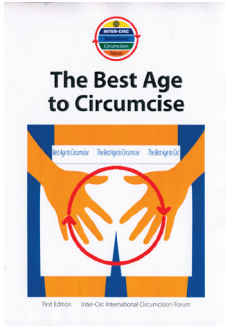
Despite sex education (in its many forms) having been on the school curriculum for many years, there are still a large number of teenagers daily displaying ignorance of the basic facts when posing or answering questions on various internet forums and chat rooms, such as "Men's Health" in Yahoo! Answers.

The booklet aims to give medically correct answers to many of these recurring questions.

This booklet, now in its 3rd edition, is produced in conjunction with Inter-Circ: The International Circumcision Forum online, and has been thoroughly checked for accuracy by their Medical Advisor.

44 page A5 booklet (English) or 36 page A5 booklet (Spanish).

Available in English – Publication Code: IPO-EN and Spanish – Publication Code: IPO-ES



The Best Age to Circumcise

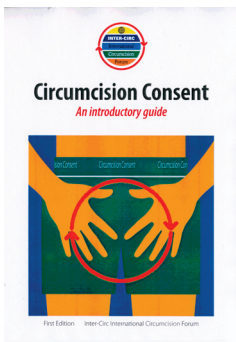
There is much discussion about the best age for circumcision. This booklet, now in its 3rd edition, discusses some of the factors which may influence the decision.

It concludes that unless there are over-riding factors, early infancy is the best age (as many have decided without having had access to particular evidential support).

This booklet is produced in conjunction with Inter-Circ: The International Circumcision Forum online, and has been thoroughly checked for accuracy by their Medical Advisor.

20 page A5 booklet.

Available in English only – Publication Code: BAC-EN



Circumcision Consent

An introductory Guide

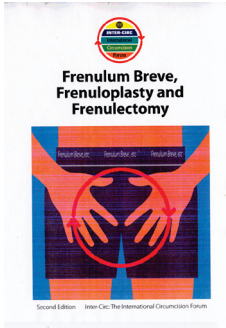
This booklet, now in its 2nd edition, is a general introduction to the question of consent to circumcision worldwide. However, since every country has its own legal system it is therefore virtually impossible for a basic publication such as this to cover every possible variation of the law on consent to medicine and surgery. *As it is written by a non-lawyer in laymans language, this booklet must be regarded as guidance only and not a definitive statement of the law.*

It sets out the general principles of legality of circumcision; the question of assault and consent; parental responsibility and doctors' rights. Examples of the position in some countries is given to provide a wider background to the topic.

This booklet is produced in conjunction with Inter-Circ: The International Circumcision Forum online, and has been thoroughly checked for accuracy by their Medical Advisor. For information specific to England and Wales, please see the booklet listed above

12 page A5 booklet.

Available in English only – Publication Code: CON-EN



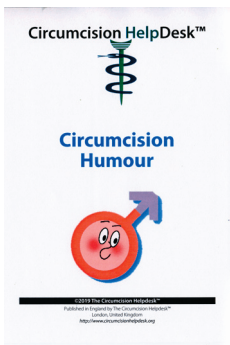
Frenulum Breve, Frenuloplasty and Frenulectomy

This booklet, now in its 2nd edition, is produced in conjunction with Inter-Circ: The International Circumcision Forum online, and has been thoroughly checked for accuracy by their Medical Advisor.

It provides an introduction to Frenulum Breve and the often suggested cures of Frenulectomy and Frenuloplasty, with an explanation of why these are not the best way of curing Frenulum Breve.

8 page A5 booklet.

Available in English only – Publication Code: FRE-EN



Circumcision Humour

Whilst circumcision is a procedure performed for serious reasons, there is no reason why it should not also feature in humour.

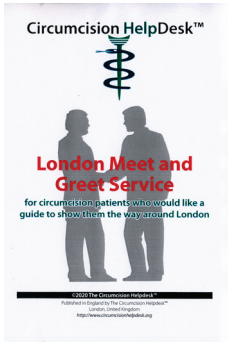
The humour collected here has come from many sources, including Jewish, Christian and Moslem contributors. There is no wish to give offence to anyone with a religious interest in the procedure and we hope that no reader will be offended. On the contrary, we hope that all readers will enjoy it as much as the editor has.

We welcome any additional circumcision related humour to be considered for inclusion in future issues.

It can be sent to info@circumcisionhelpdesk.org

4 page A5 booklet.

Available in English only – Publication Code: CHU-EN



London Meet and Greet Service

An increasing number of people are coming to London to be circumcised by one or other of the recommended doctors at their clinics in the capital.

Many will have travelled a considerable distance (some even from abroad) for this and may be unfamiliar with London. Its sheer size, geography and complex transport system can easily confuse and overwhelm visitors.

The Meet and Greet Service has been designed to reduce their stress before the operation, and ensure they arrive on time, by providing an experienced life-long Londoner to be their guide from a suitable meeting point to the chosen clinic and back

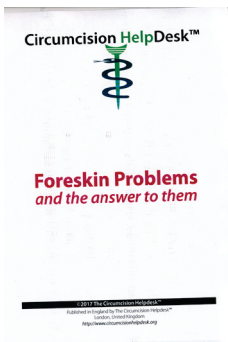
again afterwards.

The Guide can also lend a London 'Oyster' travel card to get up to 40% off travel costs within London, as well as being essential on the cashless buses.

The service is completely free except for settling, at the end of the service, any amounts charged to the Oyster card whilst travelling in London.

4 page A5 booklet.

Available in English only – Publication Code: LMG-EN



Foreskin Problems

and the answer to them

Many parents, teens, adult men and even some doctors do not appreciate that a foreskin can cause significant problems at any stage of a male's life and ignore the adage that 'prevention is better than cure' which they usually apply to other medical problems.

Phimosis (tight foreskin) in infancy causes painful difficulty in urinating with serious risk to the bladder and kidneys.

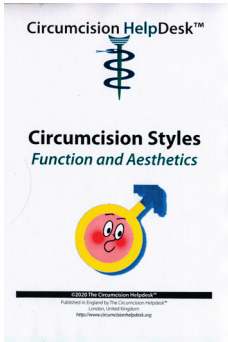
In the teen or adult it prevents proper daily hygiene, resulting in obnoxious odours and may lead to painful infections.

The mature man may find phimosis or frenulum breve causing problems during intercourse, or masturbation, and even leading to cancer of the penis in old age.

This booklet aims to give an insight into these problems and the level of risk they pose. The answer to the problems is, of course, the simple external procedure of circumcision that can very easily be done at any age.

16 page A5 booklet.

Available in English only – Publication Code: FOR-EN



Circumcision Styles

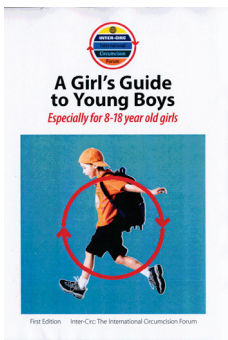
Function and Aesthetics

When performing a circumcision for a teen or adult is generally possible for the doctor to adjust three parameters, essentially independently, to achieve distinct aesthetic/visual differences. These adjustments are not so easily achieved when circumcising infants or young children as their penis is generally too small to be able to reliably make them. Similarly, the use of certain devices to assist in the circumcision can limit the ability to make adjustments.

The parameters that can be adjusted are: tightness, position of the cut, and retention or not of the frenulum. We consider each of these in the booklet, after looking at the composition of the foreskin.

4 page A5 booklet.

Available in English only – Publication Code: STY-EN



A Girl's Guide to Young Boys

Especially for 8-18 year old girls

This booklet has been inspired by a young U.S. family with a 9 year old boy and his 10 year old sister. They recently had their annual medical checkup and she wondered why there was a different procedure for each of them.

The boy was also found to have a small problem, for which he will need to be circumcised. His father gave him the HelpDesk publication, "All About Being Circumcised" which has answered many of his questions, but his sister wanted something to answer her questions.

Hopefully, this booklet will help girls like her to know a bit more about why young boys are so different in many ways.

This booklet is produced in conjunction with Inter-Circ: The International Circumcision Forum online, and has been checked for accuracy by their Medical Advisor.

8 page A5 booklet.

Available in English only – Publication Code: GYB-EN

Circumcision Recommended to Protect Women

by Joanna Shea, Medical Researcher



Circumcision is now considered a basic health necessity and should be performed on all infant boys. Based on multiple studies suggesting that male circumcision reduces the risk of STDs by 50 percent, US health officials are encouraging to disseminate circumcision for male infants at a time when circumcision rates are declining in the United States. Male circumcision protects both men and women from several sexually transmitted infections, according to studies in the New England Journal of Medicine. The research shows that this simple procedure has important medical

Circumcision Recommended to Protect Women

Written by Joanna Shea, a medical researcher, this leaflet sets out why male circumcision should be considered a basic health necessity and how it protects women from several sexually transmitted infections.

6 page 1/3 A4 leaflet.

Available in English – Publication Code: CPW-EN
and Spanish – Publication Code: CPW-ES

Neonatal Circumcision Is Necessary

by Gerald N. Weiss, M.D.



So you've just given birth to a son. Congratulations! Now you have an important decision to make: Should he be circumcised? Although the father is probably circumcised, are you being told that this act upon your infant son is barbaric, antiquated, unnecessary, painful and so on? Do you wonder that this decision has become fraught with confusion and fear. It is the fear of those who have caused this unjustified concern. As new parents you should be savouring the joy of your new arrival with as few additional worries as possible.

Neonatal circumcision is a prophylactic surgical operation that prevents serious disease. The current state of confusion over what had become a routine procedure in the United States is due in large part to the statements of two medical specialty groups, the American Academy of Pediatrics and the American College of Obstetrics and Gynecology. In both cases, statements against neonatal circumcision were made by small groups within the organizations but were reinforced by the larger memberships of either society. This subject has been toxic to the American public and, on many of their well-meaning advisors, several abuses of medicine have occurred. The statement of the pediatricians is based on "balance and objectivity – adequate information". The pro-circumcision case has developed because groups of conservative, sensitive

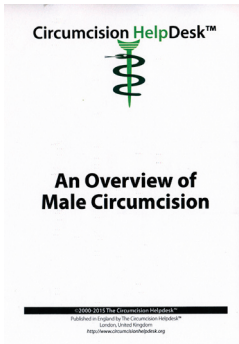
Neonatal Circumcision Is Necessary

Written by Gerald Weiss MD, and originally only available in the USA, this leaflet sets out the American viewpoint on the high desirability of male infant circumcision.

It includes sections on the origins of circumcision; the 'who' and 'why'; the risks and the cost benefits of infant circumcision.

6 page 1/3 A4 leaflet.

Available in English – Publication Code: NCN-EN
and Spanish – Publication Code: NCN-ES



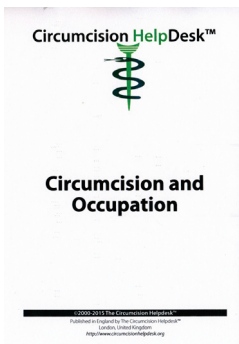
An Overview of Male Circumcision

This booklet, based on an article originally written for the newsletter of an American computer bulletin board, provides a brief overview of male circumcision.

Other Helpdesk publications, as listed in this catalogue, are then able to expand on the information given here.

8 page A5 booklet.

Available in English only – Publication Code: OMC-EN

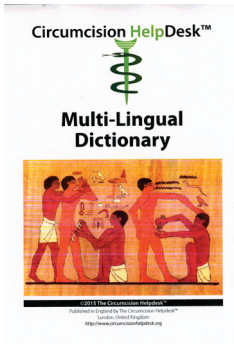


Circumcision and Occupation

There are few, if any, occupations where circumcision is compulsory but, as indicated in this booklet, there are several where it is highly desirable.

4 page A5 booklet.

Available in English only – Publication Code: OCC-EN



Multi-Lingual Dictionary of the Male Genitals

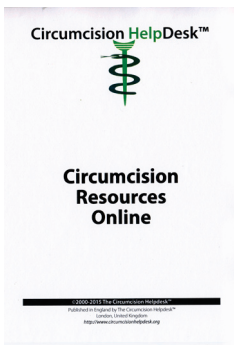
Most publications of The Circumcision Helpdesk™ and several circumcision related web sites are primarily in English.

This Multi-Lingual Dictionary has been produced to assist those who come across documents or sites in some languages other than English and wish to know roughly to what they refer.

For definitions of the terms listed in this booklet please see our companion publication "A Glossary of Terms".

12 page A5 booklet.

Available in English only – Publication Code: DIC-EN

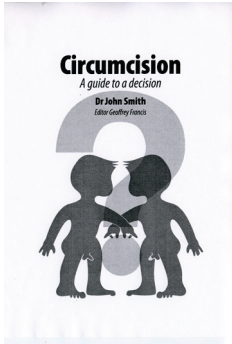


Circumcision Resources Online

This booklet lists some of the many reliable resources available online to support those seeking the truth about male circumcision and those desiring circumcision for themselves or their sons.

8 page A5 booklet.

Available in English only – Publication Code: CRO-EN



Circumcision: A Guide to a Decision by Dr John Smith

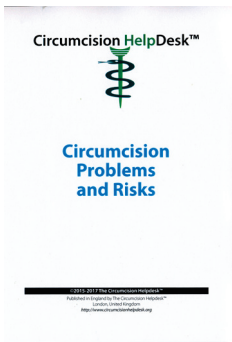
This booklet, by a distinguished surgeon who had made a lifetime study of circumcision and men's desire for it, is written for both the adult male who is considering circumcision for himself and for parents thinking about it for their sons.

Starting from a description of the normal foreskin, the author takes us through when circumcision is essential; desirable and optional. He then covers the disadvantages and contra-indications before discussing the best ages at which to circumcise. The booklet ends with descriptions of common penis problems affecting the foreskin and frenulum, and the

author's personal observations.

20 page A5 Booklet.

Available in English – Publication Code: GTD-EN,
French (24 pages) – Publication Code: GTD-FR, Hungarian – Publication Code: GTD-HU
and Spanish – Publication Code: GTD-ES



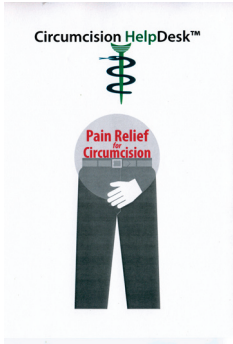
Circumcision Problems and Risks

In common with all surgery, there are a few risks and potential problems associated with circumcision, although the risks are generally very low and easily overcome.

This booklet places the problems and risks in perspective; noting that research has shown that the benefits of circumcision outweigh the potential risks by over 100 to 1.

8 page A5 booklet.

Available in English only – Publication Code: CPR-EN



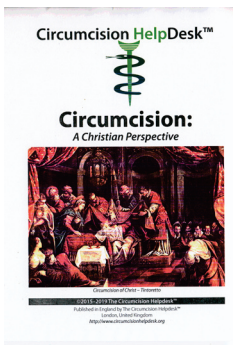
Pain Relief for Circumcision

In common with all surgery, circumcision is intrinsically painful. However modern anaesthetics and analgesics ensure that in practice it is virtually pain free.

This booklet discusses the different methods of anaesthesia available for circumcision with the benefits and disadvantages of each.

8 page A5 booklet.

Available in English only – Publication Code: PRC-EN



Circumcision:

A Christian Perspective

Christ, born into a Jewish family situation, was circumcised at a week old in traditional Jewish fashion.

The early Christian Church decided that circumcision was not necessary for converts; but this was in fact a decision that none of the burdens of Jewish Law were to be put upon them rather than just a matter of circumcision itself.

Some of the writings of St Paul may make one believe that circumcision is totally forbidden to a Christian, but this is not so.

This booklet aims to clarify the current mainstream Christian attitude to circumcision.

8 page A5 booklet.

Available in English only – Publication Code: CCP-EN

Parental Rights, Parental Duties

by Ivan Goodhart



There is a very strong suggestion these days, emanating particularly from the NACRC camp in America, that parents do not have the right to have their sons circumcised. We even hear of sons threatening to sue their parents for assault in having had the operation performed, although I have yet to hear of such a case being successful. I think therefore that the situation in which the parents of a newborn child find themselves vis-a-vis circumcision bears some analysis.

Parental Rights, Parental Duties

An analysis by Ivan Goodhart of the parents' role in deciding whether or not to circumcise an infant son.

Parents have many decisions to make regarding the health, education and welfare of their infants and children; who clearly cannot take these decisions for themselves. One of these decisions is whether or not to have a son circumcised.

Whether this decision is for or against circumcision the author explains why it is effectively a decision for life. Although leaving the child uncircumcised gives a theoretical choice to the child to have a circumcision later, this proves illusory in most cases.

6 page 1/3 A4 leaflet.

Available in English – Publication Code: PRD-EN,

French – Publication Code: PRD-FR and Spanish – Publication Code: PRD-ES

Principal Methods of Male Circumcision

A. Guided Freehand Methods

1. Shield and Knife/Scalpel

This is the method traditional used for a Jewish 'Brit'. The foreskin is pulled out in front of the glans, and a metal shield with a slit in it is laid over the foreskin immediately in front of the glans. The scalpel is run across the face of the shield to remove the foreskin. The glans is protected by the shield and the frenulum is not touched.

In a Brit the inner foreskin is then slit back to behind the glans and cut off in a non-rotational circumcision by this method the inner foreskin may be similarly removed, or may be left intact and just folded back. No stitches are used, the wound simply being bandaged up.

The tightness of the finished result depends on the operator's skill and whether or not the inner skin is also removed. Since the cut is always in front of the glans a relatively loose result is normal, particularly when the inner skin is not removed – the minimum amount of inner foreskin left being equal to the length of the glans. This method is normally only used on infants. For older children or adults the forceps Guided method would be used.

2. Forceps Guided

This is a close relative of the Shield and Knife method for older children and adults. The foreskin is pulled out in front of the glans and a pair of insect locking forceps is clamped across it, parallel to the coronal ridge of the glans and immediately behind the glans. The scalpel is run across the face of the forceps, further from the glans to remove the foreskin. The glans is protected by the forceps. This method does not cut the frenulum but it can be removed before or after the circumcision if desired.

Principal Methods of Male Circumcision

This leaflet describes some of the more common methods of circumcision and the type of result one might typically expect from each method.

The methods covered are divided into five main groups:

Guided Freehand - 'Shield and Knife', 'Forceps Guided' and Mogen Clamp methods.

Freehand - 'Sleeve Resection':

Occlusion - 'Plastibell', 'Tara Klamp', 'SmartKlamp', 'Ali's Klamp' and 'Zhenxi Rings':

Other Guided - 'Gomco Clamp':

Alternative - 'Laser' and 'Other Methods':

6 page 1/3 A4 leaflet.

Available in English – Publication Code: PMC-EN
and Spanish – Publication Code: PMC-ES

Note that a more detailed publication is in preparation in conjunction with Inter-Circ and will be listed here when available to replace this leaflet.

Questions Young People Ask About Male Circumcision

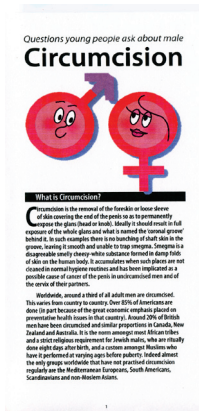
This leaflet sets out to answer some of the questions teenagers and young adults have about circumcision.

It covers the basics of what circumcision is, why it is performed, and how to determine if a circumcision is necessary or desirable.

Other topics include the function of the foreskin, alternatives to circumcision, and the relationship between circumcision and body image.

Written by Helpdesk staff, in language specially suited to its target age group, this leaflet has been thoroughly checked for accuracy by our Medical Advisor.

6 page 1/3 A4 leaflet.



Available in English – Publication Code: YPQ-EN, French – Publication Code: YPQ-FR
German – Publication Code: YPQ-DE, Spanish – Publication Code: YPQ-ES
and Hungarian – Publication Code: YPQ-HU

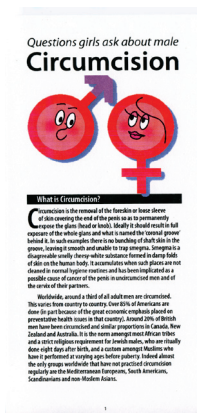
Questions Girls Ask About Male Circumcision

This leaflet, a companion to 'Questions Young People Ask', sets out to answer some of the questions girls have about male circumcision.

As future wives and mothers, girls need to know what circumcision is and why it is performed; the function of the foreskin; what alternatives there are to circumcision, and the relationship between circumcision and body image.

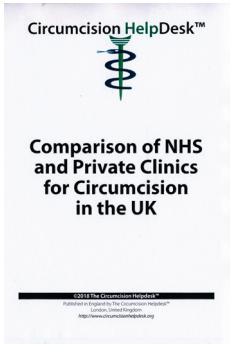
The leaflet also shows how to determine if a circumcision is necessary or desirable for a brother, boyfriend or husband.

Written by Helpdesk staff, in language specially suited to its target age group, this leaflet has been thoroughly checked for accuracy by our Medical Advisor.



6 page 1/3 A4 leaflet.

Available in English only – Publication Code: QGA-EN



Comparison of NHS and Private Clinics for Circumcision in the UK

There are often doubts as to whether to use the NHS for a circumcision in the UK or to go to a private clinic for it.

This brief booklet attempts to show the main differences in the benefits and disadvantages of each under various headings.

4 page A5 booklet.

Available in English only – Publication Code: NHS-EN

Further publications are planned or in course of production

These include:

Some Circumcision Methods and Devices (In conjunction with Inter-Circ)

Translations into other European languages, especially Spanish, are also being sought for those publications currently available in English only.

Watch our web site at <http://www.circumcisionhelpdesk.org/pubs.html> for details of these as they are published.

Recently Superseded Publications

The following Helpdesk™ publications have recently been incorporated into equivalent Inter-Circ ones and are now no longer available:

Circumcision Consent in England and Wales (Publication Code CEW-EN)
replaced by Circumcision Consent (Publication Code CON-EN)

The Benefits of Male Circumcision (Publication Code BMC-EN)
replaced by The Health Benefits of Male Circumcision (Publication Code HEA-EN)

