

**ORAL SEX AND ITS RELATION
TO HEALTH AND DISEASE PROCESS –
MYTHS AND TRUTHS ABOUT THIS PRACTICE**

**SEXO ORAL E SUA RELAÇÃO NO
PROCESSO SAÚDE E DOENÇA –
MITOS E VERDADES SOBRE SUA PRÁTICA**

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ABSTRACT

Talk about "Oral Sex" in the society in which we live has never been something as simple as this subject is controversial and visa vulgar and compromising way by many people. Despite several visas concepts about the act itself, it is known that such a practice is common character among teenagers and couples and many still have doubts regarding the risk they are taking or that can run to perform oral sex or forward to it. Yet when it comes to oral sex, we observed that there is a certain "taboo" imposed by society since the past decades and that many questions arise about. When searching on oral sex in magazines, newspapers and other media outlets almost always read false information and without scientific base totally discriminating sex or making harmless to end its realization. And you? What do you think about oral sex? This study aims to answer questions and define basic concepts about one of the most controversial issues of Sexology and Dentistry.

RESUMO

Falar sobre "Sexo Oral" para a sociedade nunca foi algo tão simples uma vez que é um tema muito polêmico sendo visto de forma vulgar e comprometedor por muitas pessoas. Apesar dos vários conceitos vistos acerca do ato propriamente dito, sabe-se que tal prática é de caráter comum entre os adolescentes e casais. Muitos ainda têm dúvidas com relação ao risco que possam ou não correr ao realizar ou recebê-lo. Ainda, quando se fala em sexo oral, observa-se que existe certo "tabu" imposto pela sociedade desde décadas passadas e, muitas dúvidas surgem a respeito. Ao pesquisar sobre sexo oral em revistas, jornais e outros meios de comunicação quase sempre se lê informações falsas e, sem embasamento científico, discriminando totalmente o sexo ou tornando inofensivo ao extremo sua realização. E você? - O que você pensa sobre o sexo oral? Este trabalho tem como objetivo esclarecer dúvidas e definir conceitos básicos sobre um dos assuntos mais polêmicos da Sexologia e Odontologia.

UNITERMS: Sexuality; Sex; Oral Sex; Health; Oral Pathology and Dentistry.

UNITERMOS: Sexualidade; Sexo; Sexo Oral; Saúde; Patologia Oral e Odontologia.

INTRODUCTION

WHAT IS ORAL SEX?

It can be said that the research on oral sex, very few sources exactly clarify its definition and history itself. Although there is scarcity of scientific content on the subject, oral sex is nothing more than a sexual practice done with the mouth, characterized as extremely pleasurable and indispensable in the life of a couple. The literature classifies oral sex as receptive and insertive, being receptive when referring to the person who receives the action and insertive case of those who practice it (**VARGHESE; MAHER; PETERMAN *et al.*, 2002 and BAGGALEY *et al.*, 2008**).

ORAL SEX IS A PRACTICE TOTALLY INNOCENT?

Many people question doctors and dentists to answer questions about the practice of oral sex, and often the questions are the same in the office. Oral sex becomes harmless only when there is mutual health in the life of a couple, that is, both from those who practice the act as well as the recipient. In this case exclusively can ensure that oral sex is 100% harmless, not offering risks to biological assets (**VARGHESE; MAHER; PETERMAN et al., 2002 and BAGGALEY et al., 2008**).

ORAL SEX CAN CAUSE HEALTH BENEFITS?

Both in Brazil and abroad there has been a dearth of scientific information when it comes to oral sex. Many people who visit doctors and dental offices seek to answer questions about this sexual practice, one of the questions is often held:

[...] Doctor, I've heard that oral sex can cause health benefits. That's true?

Faced with very little scientific information in the literature, although it can be said that this practice can indeed bring benefits to man up when sees the large muscle work performed during the action. The work of the oral muscles and the tongue during oral occurs intensely since almost all movements performed itself, are restricted to continuous suction. Sugar involves the work of many muscle groups of the mouth, as the buccinators, orbicular, tongue and soft palate muscles. Sugar vigorously tones the muscles and stimulates the release of endorphins in the bloodstream (**WERNECK, BARA FILHO, RIBEIRO, 2005 and BAGGALEY et al., 2008**).

The endorphins when it falls into the bloodstream produces a sense of well-being, relieves pain, produces for some time certain momentary ecstasy and acts on the limbic system making people happier. Numerous benefits are the endorphin to man according to the literature, leading to understand that the suction also may be beneficial for making work the muscles and producing endorphin (**PATTON; THIBODEAU, 2002 and WERNECK; BARA FILHO; RIBEIRO, 2005**).

Oral sex can be a safe, enjoyable alternative to bring benefits to the body when there is reciprocal health in the life of a couple, however, worth remembering that this practice also can be completely compromising when health is not present. Care must always exist after all, is not that simple trust another person and playing your health in the trash by a momentary pleasure (**VARGHESE; MAHER; PETERMAN et al., 2002**).

ORAL SEX AND HIV - IS IT TRUE THAT THERE IS RISK?

In 1980 a large and serious epidemic appeared, the "*Acquired Immunodeficiency Syndrome*", which caused the destruction of the entire immune system. By penetrating the body, it appears that the virus has a certain tropism for cells of the immune system, especially those equipped with CD4 receptor. Many cells are the primary target of infection by HIV, such as macrophages, monocytes, glial cells, T and B lymphocytes, natural killer lymphocytes, and gastrointestinal endotheliocytes epiteliócytes. The HIV virus can lead to complete destruction of the human defense system and thus trigger the death (**LORENZO 2004**).

HIV transmission can occur via parenteral, sexual and vertical. Parenteral transmission is highly effective in 90% of cases. The number of viral particles in blood cells is ridiculously higher than in sexual secretions and body fluids. The transmission by saliva, sweat, tears and urine has no great importance in the epidemiological point of view due to the low concentration of viral particles present in these fluids. The sexual transmission is the most significant, especially when there is the presence of genital ulcers. When it comes to oral sex and HIV patients wonder if it's really true or a simple myth the fact that the virus can be transmitted during the practice. According to a systematic review of the literature published in 2008 in a high impact journal, it must be stated that the risk of HIV transmission through oral sex is minimal, but there is yes (**BAGGALEY et al., 2008**). The practice of receptive oral sex is at risk 1 to 10,000 exhibitions and insertive oral sex risk 0.5 per 10,000 exposures (**VARGHESE; MAHER; PETERMAN et al., 2002**).

Taking into account national and international data, it is concluded that oral sex is not 100% harmless in the presence of the HIV virus and even low and the risk of infection for this practice, it exists and it should be a warning for all the people. Researchers from Imperial College and the London School of Hygiene and Tropical Medicine say that oral sex should be performed with prevention so that you can minimize your risk even though it is low and, therefore, the ideal would be to practice oral sex with condom or dental dams (**BAGGALEY et al., 2008**).

WHY CAN CONTRACT HIV IN ORAL SEX?

Oral soft tissue as well as those of the male genital tract may suffer progressive damage invisible to human eyes during oral sex. By forcefully suck the penis, oral epithelium can initially undergo a small peeling which, in turn, leads to the formation of small cracks in both the penis itself as the oral mucosa and thus lead to loss of surface epithelium causing a communication with the underlying connective tissue. In periodontal patients the risk of HIV acquisition during the practice of oral sex increases since the contact with blood can be direct and higher (**BAGGALEY et al., 2008**).

THE PRESENCE OF HIV IN SALIVA – AND NOW?

The literature states that the saliva has very low concentration of HIV in their concentration and when the hypotonic and saliva rich in enzymes, almost always has the inactivation of viral particles present by destroying the viral envelope (**LORENZO 2004**)

ORAL SEX CUNNILINGUS

Recent "*Imperial College*" studies have reported two types of oral sex in the literature, and oral sex fellatio and cunnilingus performed by homosexuals, heterosexuals and lesbians couples. Oral sex "Cunnilingus" is performed in women, involving the work of the lips and especially the language, in order to stimulate the female clitoris and other parts of the vagina. In this practice lubrication is through saliva. The Cunnilingus can be accomplished only with the tip of the tongue or any language in constant motion (**BAGGALEY et al., 2008**).

The practice of Cunnilingus is not as harmless when there is no reciprocal health in the life of a couple, may be a route of transmission for various diseases such as HIV, Syphilis, Gonorrhea, Hepatitis C, Herpes, trichomoniasis, HPV, candidiasis, chlamydia and others. It is worth remembering that such a practice can trigger "Fibrous hyperplasia by Cunnilingus Repeat", an oral lesion that causes ulcerations of the horizontal lingual frenulum. As the tongue is pushed forward stretched frenulum rubs or scrapes on the edge of the lower central incisors. These lesions improved from 7 to 10 days, but may recur with repeated practice **(NEVILLE, 2009)**.

ORAL SEX FELLATIO

The Fellatio oral sex is one where the man gets a woman or another man. This practice is also known as "Bouquet, Breastfeeding, Pacifier and Blowjob". Traditionally, oral sex fellatio is performed with vigorous sucking movements can lead to partial loss of surface epithelium of the oral mucosa or penile favoring the appearance of several sexually transmitted diseases if the tissue is exposed, albeit invisibly to human eyes. Today we know that fellatio oral sex can indeed be a risk factor for HIV even if it is minimal this risk.

Researchers advise using condoms when performing fellatio oral sex in cases of suspected infected individuals or self-protection **(BAGGALEY et al., 2008)**. It is found in the literature a secondary oral lesion related to the practice of fellatio sex, characterized by bleeding. In the clinical examination may be seeing erythema, petechial, purport, or bruising in the soft palate costumed be asymptomatic and regress within 7-10 days **(NEVILLE, 2009)**.

THE DENTIST'S ROLE IN PREVENTION OF SEXUALLY TRANSMITTED DISEASES

The DDS plays a big role in our society as it will look after the health of his fellow. Dentistry is one of the medical fields which are designed to take care of the oral health of the people, and of great importance Dentist Surgeon (CD) in society, but it is not so simple to understand, since, to cope with life, is going to have responsibilities and ethical duties to individuals **(HILLE, 2014)**.

As health professionals, the role of the Surgeon Dentist is essential in the prevention of sexually transmitted diseases through the guidance of their patients. Educate patients about the damage of unprotected sex can reduce major health problems of society since, in most cases the manifestations of sexually transmitted diseases begin in the mouth, easily detected in routine oral exams. It is very important that surgeons Dentists teach their patients about HIV, HPV, Herpes, Hepatitis C, and other diseases such as Syphilis, Trichomoniasis, Candida and others. It is our duty to care for and treat society to the best of us in trying to reduce serious problems that could be avoided **(Table 1) (HILLE; MARZOLA, 2014)**. In order to clarify the doubts of our dear patients, the **HILLE; MARZOLA, (2015)** protocol was created with basic steps that will help to minimize the risk of sexually transmitted diseases through oral sex.

HILLE; MARZOLA, protocol 2015 (Minimizing the risk in Oral Sex)	
1.	Use common sense when it comes to practice oral sex. If there is doubt about the health status of both, not the practice unprotected.
2.	Do not brush your teeth and floss minutes before performing oral sex.
3.	Visit the Dentist regularly to check the status of oral health.
4.	Individuals with periodontal disease should not practice oral sex without protection.
5.	Individuals with cuts, ulcers or wounds on the penis, vagina or oral mucosa should not practice oral sex without protection.
6.	Do not swallow the semen during sexual activity, avoiding the most of your contact with the mouth.
7.	If you suspect a possible contact with HIV, seek immediate health care.
8.	After performing oral sex do not brush your teeth or flossing. Should expect at least 30 minutes to perform oral hygiene.
9.	After performing oral sex make use of chewing gum, stimulating saliva production, which will favor the protection and cleaning the mouth.
10.	The care of hygiene are essential in order to prevent opportunistic infections.

Table 1 - Protocolol Hille; Marzola, 2015.

CONCLUSIONS

Before this work we conclude that:

1. Oral sex can be beneficial or harmful depending on the presence or absence of an aggressor agent, be it viral, fungal or bacterial.
2. Oral sex with protection can minimize the risk for sexually transmitted diseases such as HIV, syphilis, gonorrhea and hepatitis C.
3. Saliva has a low concentration of HIV virus and its hypotonia and feature rich, enzymes, allows inactivation of viral particles.
4. Oral sex can indeed pose risks in HIV transmission even if minimal.
5. The presence of periodontal disease, mouth ulcers, ulcers or other lesions may facilitate HIV infection during oral sex.

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* According of the ABNT norms and of the ATO's Review.

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