



Health Risks of the Homosexual Lifestyle

The current media portrayal of gay and lesbian relationships is that they are as healthy, stable and loving as heterosexual marriages — or even more so.¹ Medical associations are promoting somewhat similar messages.² Sexual relationships between members of the same sex, however, expose gays, lesbians and bisexuals to extreme risks of Sexually Transmitted Diseases (STDs), physical injuries, mental disorders and even a shortened life span. There are five major distinctions between gay and heterosexual relationships, with specific medical consequences. They are:

- **Levels of Promiscuity** [read more](#)

Similar extremes of promiscuity have not been documented among lesbians. However, an Australian study found that 93 percent of lesbians reported having had sex with men, and lesbians were 4.5 times more likely than heterosexual women to have had more than 50 lifetime male sex partners. Any degree of sexual promiscuity carries the risk of contracting STDs.

- **Physical Health** [read more](#)

1. **Male Homosexual Behavior**
2. **Female Homosexual Behavior**

Common sexual practices among gay men lead to numerous STDs and physical injuries, some of which are virtually unknown in the heterosexual population. Lesbians are also at higher risk for STDs. In addition to diseases that may be transmitted during lesbian sex, a study at an Australian STD clinic found that lesbians were three to four times more likely than heterosexual women to have sex with men who were high-risk for HIV.

- **Mental Health** [read more](#)

It is well established that there are high rates of psychiatric illnesses, including depression, drug abuse, and suicide attempts, among gays and lesbians. This is true even in the Netherlands, where gay, lesbian and bisexual (GLB) relationships are far more socially acceptable than in the U.S. Depression and drug abuse are strongly associated with risky sexual practices that lead to serious medical problems.

- **Life Span** [read more](#)

The only epidemiological study to date on the life span of gay men concluded that gay and bisexual men lose up to 20 years of life expectancy.

- **Monogamy** [read more](#)

Monogamy, meaning long-term sexual fidelity, is rare in GLB relationships, particularly among gay men. One study reported that 66 percent of gay couples reported sex outside the relationship within the first year, and nearly 90 percent if the relationship lasted five years.

- **Other Health Risks** [read more](#)

In Summary

It is clear that there are serious medical consequences to same-sex behavior. Identification with a GLB community appears to lead to an increase in promiscuity, which in turn leads to a myriad of Sexually Transmitted Diseases and even early death. Youth should be warned of the undeniable health risks associated with a homosexual lifestyle.

*Adapted from Dr. John R. Diggs, Jr., "The Health Risks of Gay Sex." Corporate Resource Council (2002). (accessed 1/30/13)

[Health Risk Updates:](#)

December 2016: Increased mortality among LGBTQ identified individuals

July 2014: CDC data shows HIV diagnosis among gay and bisexual men increasing

April 2014: *Contemporary Pediatrics*, "Sexual minority adolescents take more behavioral risks than heterosexual peers."

2008-2013: HIV/AIDS Statistics from around the world

References

[1] Becky Birtha, "Gay Parents and the Adoption Option," *The Philadelphia Inquirer*, March 04, 2002, ; Grant Pick, "Make Room for Daddy – and Poppa," *The Chicago Tribune* Internet Edition, March 24, 2002.

[2] Ellen C. Perrin, et al., "Technical Report: Coparent or Second-Parent Adoption by Same-Sex Parents," *Pediatrics*, 109(2): 341-344 (2002).

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Quick Facts

By the late 1980's gay, lesbian, and bisexual activists began to successfully employ strategies to radically change America's perception of homosexual behavior.

The true facts are:

- Homosexual attraction of young students is usually temporary (if not encouraged) and may be unwanted.
- The homosexual lifestyle carries grave health risks, especially for males.
- For unwanted sexual attractions, therapy to restore heterosexual attraction has proven effective and harmless.
- " While CDC estimates that only 4 percent of men in the United States are men having sex with men (MSM), the rate of new HIV diagnoses among MSM in the United States is more than 44 times that of other men (range: 522 – 989 per 100,000 MSM vs. 12 per 100,000 other men)."¹ **Read and print this for more facts and statistics** from the Centers for Disease Control (CDC).

Sexual Orientation is Not Fixed. The National Association for Research & Therapy of Homosexuality (NARTH) addresses this topic.

Gay, lesbian, and bisexual students are not born that way. The most recent, extensive, and scientifically sound research finds that the primary factor in the development of homosexuality is environmental not genetic.^{2,3,4,5,6}

The Teenage Brain: Under Construction Scientists are realizing that the adolescent brain is not fully mature until approximately 23-25 years of age. New research has demonstrated that nearly every aspect of the adolescent brain is undergoing dramatic changes – many that are greatly affected by experiences and environment.⁷

Dr. Francis Collins, former director of the Genome Project, has stated that while homosexuality may be genetically influenced, homosexuality is not hardwired by DNA.⁸

Humans have the cognitive ability to act upon and reinforce a genetically influenced trait or not. For example, the presence of a gene that affects how people metabolize food and predisposes some to put weight on more easily than others, does not necessarily force those who possess this gene to become obese. Even if such a gene exists, people with this gene still have the cognitive ability to choose to eat salad instead of pie and to exercise regularly in order to avoid obesity and its attendant health risks. Although there is a relationship between our genetic tendencies and behavior, our genetic code alone does not fully determine our destiny.

References

[1]Purcell D et al. Estimating the population size of men who have sex with men in the United States to obtain HIV and syphilis rates. *The Open AIDS Journal* 2012; 6(Suppl 1: M6): 114–123.

[2]Langstrom N, Rahman Q, Carlstrom E, & Lichtenstein P. Genetic and environmental effects on same-sex sexual behavior: A population study of twins in Sweden. *Archives of Sexual Behavior*. 2010;39 (1).75-80.

[3]Santilla P, Sandnabba NK, Harlaar N, Varjonen M, Alanko K, von der Pahlen B. Potential for homosexual response is prevalent and genetic. *Biological Psychology*. 2008;77:102-105.

[4]Bailey JM, Dunne MP, & Martin NG. Genetic and environmental influences on sexual orientation and its correlates in an Australian twin sample. *Journal of Personality and Social Psychology*. 2002;78(3). 524-536.

[5]Bearman PS, Bruckner H. Opposite-sex twins and adolescent same-sex attraction. *American Journal of Sociology*. 2002;107(5). 1179-1205.

[6] Frisch M & Hviid A . Childhood family correlates of heterosexual and homosexual marriages: A national cohort study to two million Danes. *Archives of Sexual Behavior*. 2006;35. 533-547.

[7] Straunch, B. The Primal Teen-What the New Discoveries About the Teenage Brain Tell Us About Our Kids. Doubleday. 2003.

[8] Byrd, D. "*Homosexuality Is Not Hardwired*," Concludes Dr. Francis S.Collins, Head of The Human Genome Project. <http://www.tldm.org/News10/HomosexualityNotHardwired.htm> (accessed 9/1/16). You may also refer to the book by Dr. Francis Collins The Language of God. The specific citation is found on page 260 but you can read page 256-263 to see the context of his quote.

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