

GMSH Research Digest:

Health and Wellbeing for 2SGBTQ+ Men

Current evidence, new developments, and emerging priorities in the health and wellbeing of 2SGBTQ+ men.

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The 2026 edition #1 of our Research Digest focuses on current evidence, new developments, and emerging priorities in the health and wellbeing of 2SGBTQ+ men. This issue highlights critical updates in HIV prevention, STI trends, sexual health, aging, and the ongoing impacts of structural stigma.

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1. HIV Epidemiology & Prevention

The evolving HIV epidemic in Ontario, Canada: A retrospective analysis of new HIV diagnoses to identify subpopulations with persistent risk of HIV transmission (2025)

- **Key Findings:** (n=359). Over half of new HIV diagnoses are among new immigrants (n=116). MSM with prior gonorrhea or chlamydia diagnoses are at continued high risk. Women and heterosexual men with hepatitis C were also flagged.
- **Practice Implications:** Enhance targeted testing and prevention efforts for:
 - MSM with STI histories
 - Women and heterosexual men with HCV
 - Immigrants within their first five years in Ontario
 - [**Read More**](#)

Sociocultural Contexts of HIV Transmission for Newcomer Black Gay, Bisexual Men Who Have Sex with Men: Implications for Sexual Health Education and Human Rights in Ontario, Canada (2025)

- **Key Findings:** Narratives reveal migration stressors, stigma, and structural barriers increase HIV vulnerability.
 - **Practice Implications:** Develop culturally responsive sexual health education that integrates human rights frameworks and affirms migrant queer experiences.
 - [Read More](#)
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An HIV Vaccine in the Era of Twice-Yearly Lenacapavir for PrEP — Essential or Irrelevant? (2025)

- **Key Findings:** Offers six months' protection but requires ongoing engagement every six months. Challenges include stigma, drug interactions, and infrastructure readiness.
- **Practice Implications:** Discuss with clients whether biannual injectable PrEP aligns with their access, stigma concerns, and adherence preferences.
- [Audio Interview](#)

2. STIs: Emerging Treatments & Trends

- **STBBIs: Guides for Health Professionals (2025) – Public Health Agency of Canada (PHAC).** PHAC offers up-to-date guidance on the prevention, screening, diagnosis, and treatment of sexually transmitted and blood-borne infections (STBBIs) in Canada. These resources support health professionals in providing evidence-based care. [Read More](#).
 - **Gonococcal Antimicrobial Resistance Surveillance Program (GASP-Canada):** Overview (2025) GASP-Canada monitors trends in antimicrobial resistance (AMR) of *Neisseria gonorrhoeae* across the country. This data informs national treatment guidelines and helps ensure that the most effective therapies are used. [Read More](#).
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Doxycycline postexposure prophylaxis to prevent bacterial sexually transmitted infections. (2025)

- **Key Findings:** Meta-analysis of 3 randomized controlled trials showed a 60% reduction in risk of any chlamydia, syphilis, and gonorrhea among MSM and trans women.
- **Practice Implications:** Consider prescribing DoxyPEP for high-risk patients, especially those already on HIV PrEP. Monitor for antimicrobial resistance trends.
- [Read More](#)

Oral gepotidacin for the treatment of uncomplicated urogenital gonorrhoea (EAGLE-1): a phase 3 randomised, open-label, non-inferiority, multicentre study (2025)

- **Key Findings:** MSM (n=290), MSW (n=82). Oral gepotidacin showed non-inferiority to ceftriaxone plus azithromycin for urogenital N. gonorrhoeae, with no new safety concerns, offering a novel oral treatment option for uncomplicated urogenital gonorrhoea
 - **Practice Implications:** Prepare for potential future approval as an oral alternative for resistant gonorrhea.
 - [**Read More**](#)
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Testing for extragenital Neisseria gonorrhoeae and Chlamydia trachomatis: At-home pharyngeal and rectal self-swabs are non-inferior to those completed in healthcare settings (2024)

- **Key Findings:** Pharyngeal and rectal self-swabs by MSM (n=296) had >99% accuracy (96% for rectal chlamydia).
- **Practice Implications:** Expand extragenital self-swab programs to increase screening uptake among MSM.
- [**Read More**](#)

Azithromycin Resistance Rises in European Gonorrhoea Cases (2025)

- **Key Findings:** AMR data for N.gonorrhoeae from the European Antimicrobial Surveillance Program demonstrated a threefold higher azithromycin resistance among MSM.
 - **Practice Implications:** Review treatment guidelines and monitor local resistance data when prescribing.
 - [Read More](#)
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3. Mpox Updates

Global and Canadian Trends: Key Findings

- Public Health Ontario's Rapid Review of Mpox four subclades (2025) [Read More](#)
- PHAC confirms the first case of Clade 1 detected in Manitoba (Nov 2024). [Read More](#)
- WHO maintains Mpox as a public health emergency (2025) [Read More](#)
- **Practice Implications:** UK Health Security Agency on Mpox infections offers recommendations to identify, assess, and confirm Mpox, treatment, and steps on contact tracing to manage exposure risk categories. (2025) [Read More](#)

4. HPV and Anal Cancer Prevention

Single-Dose HPV Vaccine (2025)

- **Key Findings:** Equally effective as two doses in preventing HPV-related cancers.
 - **Practice Implications:** Advocate for single-dose HPV vaccination, particularly in MSM and trans populations.
 - WHO 2022 [Read More](#) , CBC 2024 [Read More](#) , STAT 2025 [Read More](#)
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Anal Cancer Screening (2024)

- **Key Findings:** HIV+ MSM and trans women have highest anal cancer rates.
- **Practice Implications:** Incorporate annual DARE, anal Pap, and HPV testing where available. [Read More](#)
- International Anal Neoplasia Society' consensus guidelines for anal cancer screening (2024). [Read More](#)

5. HIV and Aging

Evidence from high-income countries on the effectiveness of psychosocial interventions to improve mental health, wellbeing and quality of life for adults living with HIV: a systematic review and meta-analysis (2025)

- **Key Findings:** Meta-analysis of 67 RCTs confirms psychosocial interventions improve mental health and QoL for PLHIV.
 - **Practice Implications:** Refer or integrate psychosocial supports routinely in HIV care plans.
 - [Read More](#)
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Health problems and challenges due to aging among people living with HIV aged 50 and older: a qualitative study (2025)

- **Key Findings:** Older PLHIV face complex comorbidities, isolation, barriers, and insufficiently HIV-competent counselling services when seeking treatment and care outside infectious disease departments. Two main themes and five generic categories and 12 sub-categories were identified regarding health.
- **Practice Implications:** Screen for physical, mental, and social health concerns and connect clients to HIV-competent allied health providers.
- [Read More](#)

People Living with HIV Communicate Less with Health Care Providers (2025)

- **Key Findings:** The Positive Perspectives (PP3) global survey shows that 80 percent of participants (n=698) from 16 countries trust their providers but close to 48 percent do not feel heard, which can impact ART adherence and decision-making. Secondly PLHIV are concerned about long -term side effects, daily adherence and weight gain.
 - **Practice Implications:** Prioritize patient-centred conversations beyond viral load suppression to address life goals and quality of life.
 - [Read More](#)
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Certain HIV Meds Linked to Reduced Alzheimer's Risk (2025)

- **Key Findings:** NRTIs reduce Alzheimer's risk via inflammasome blockade. The researchers analyzed data of (n=272,000) patients to see if taking NRTI medication also block inflammasomes and less likely to develop Alzheimer 's disease. The results demonstrate patients taking NRTIs showed reduced risk of Alzheimer's.
- **Practice Implications:** Promising additional benefit to discuss with aging PLHIV. Further studies needed for clinical recommendation.
- [Read More](#), and [Read More](#)

Lifestyle modification programme for people living with HIV with metabolic dysfunction-associated steatotic liver disease: a randomised controlled trial (2025)

- **Key Findings:** Metabolic dysfunction-associated steatotic (MASLD) is a cause of concern for chronic liver disease for PLHIV. This research enrolled (n=84) PLHIV on ART to examine a dietitian-led lifestyle (n=43) versus a standard of care (n=41) for 12 months.
 - **Practice Implications:** The study showed a dietitian-led lifestyle modification could be a routine behavioral strategy to improve health for PLHIV with MASLD. Incorporate routine MASLD screening into HIV management.
 - [Read More](#), and [Audio Interview](#)
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Longitudinal trends in causes of death among adults with HIV on antiretroviral therapy in Europe and North America from 1996 to 2020: a collaboration of cohort studies (2024)

- **Key Findings:** This collaborative observation cohort included (n=189,301) PLHIV. The most common cause of death was AIDS, non-AIDS non-hepatitis malignancy, and heart-related mortality. In addition, the results show which cause of mortality reduced over time from cardiovascular, liver -related, non-AIDS infection-related, non-liver cancer-related, to suicide or accident-related mortality. Mortality rates amongst PLHIV and injection drug increased in women.
- **Practice Implications:** To improve life expectancy, continue interventions targeted at substance use, high risk, and comorbidities.
- [Read More](#), and [Read More](#)

6. Conversion Therapy Exposure and Elevated Cardiovascular Disease Risk (2025)

- **Key Findings:** In cohort study (n=703) sexual and gender minority young adults assigned male at exposure to sexual orientation and gender identity change efforts (SOGICE) linked to higher blood pressure, systemic inflammation, and cardiovascular risks.
 - **Practice Implications:** Affirm and support patients with histories of conversion therapy; monitor cardiovascular health closely. Conversion therapy was banned in Canada in January 2022.
 - [Read More](#), [Read More](#), and [Read More](#)
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7. Continuing Professional Development

- The ART of HIV and STI Prevention: Update from CROI 2025 – [Watch](#)
- Antiretroviral Management of HIV: New Data from CROI 2025 – [Watch](#)
- Update on Pretravel Medical Preparation for PLHIV and Immunocompromised Travelers – [Watch](#)

[We'd love your feedback. Fill out this short survey,](#)

Thank you.
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