Men's Preventive Services: Proposed Guidelines

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Men's Health Network

Veterans Health Council

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The additional preventive services for women, initiated by the passage of the Affordable Care Act, and developed by the Health Resources and Services Administration (HRSA) with the assistance of the Institute of Medicine, are a great step forward for the health and wellbeing of women and girls.

We submit that there needs to be a preventive services package for men, and that those proposed services have the ability to enhance or compliment the services for women, and that some of the proposed services have a direct positive impact on women's health and wellbeing.

Preventive services for men should include:

Chlamydia – Chlamydia screening for all sexually active male adolescents and men.

- (Existing recommendation for women: Screening in non-pregnant women ages 24 under or older women at an increased risk. USPSTF (US Preventive Services Task Force) grades this recommendation with an A)[1]

Why screen men?:

- Effect on women: The CDC reports that "Women are frequently re-infected if their partner is not treated"[2]
- Chlamydia can be a silent disease, meaning it may or may not present with symptoms.[2]

Effectiveness of the test:

- Existing tests are just as effective for detecting chlamydia in men as they are in diagnosing chlamydia in women.
- New screening test for men: British Medical Journal (BMJ) evaluated a new rapid urine screening test for the Chlamydia bacteria in men.[3]

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[1] USPSTF A and B Recommendations. August 2010. U.S. Preventive Services Task Force. http://www.uspreventiveservicestaskforce.org.uspstf/uspsabrecs.htm

[2] "Chlamydia CDC Fact Sheet" *Sexually Transmitted Diseases* 17 Aug 2011. n. pag. *Center For Disease Control and Prevention.* Web. 6 Sep 2011.

[3] Elpidio-Cesar , Nadala, Beng Goh, et. al. "Performance evaluation of a new rapid urine test for chlamydia in men: prospective cohort study." *British Medical Jornal* . (2009): n. page. Web. 6 Sep. 2011. <http://www.bmj.com/content/339/bmj.b2655.abstract>.

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- This test is non invasive, highly sensitive, specific, rapid and inexpensive[3]
- Great possible tool to help identify the bacteria in men to curb the spread of the bacteria

Gonorrhea – Gonorrhea screening for all sexually active male adolescents and men.

- (Existing recommendation for women: Screening in all sexually active women, including those that are pregnant, for gonorrhea infection if they are at increased risk for infection. USPSTF (US Preventive Services Task Force) grades this recommendation with a B)[1]

Why screen men?:

- Effect on women: Gonorrhea passes from partner to partner, meaning that a women who has been treated for gonorrhea is highly likely to be re-infected by her partner who has not.

- Long term consequences of not treating men include: Untreated gonorrhea can cause epididymitis, a painful condition of the testicles that can result in infertility. In addition, studies suggest that presence of gonorrhea infection makes an individual three to five times more likely to acquire HIV.[4]

Effectiveness of the test:

- Men may know within a few days if they are infected – but this infection can have a latent period of months or possibly not show symptoms at all, during which time he is likely to infect his partner.[4]

- Testing for gonorrhea is proven effective and could potentially curb the spread of the infection[5]
  - Possible tests to use: Gram Stain, NAAT

Prostate Cancer – Screen men who are known to be at very high risk, including those exposed to Agent Orange, African-Americans, and men who have a family history of prostate cancer.

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[4] Trends in Reportable Sexually Transmitted Diseases in the United States, 2004, National Surveillance Data for Chlamydia, Gonorrhea, and Syphilis. Centers for Disease Control and Prevention. http://www.cdc.gov/std/stats04/trends2004.htm 6 Sept., 2011

[5] "Gonorrhea CDC Fact Sheet." *Sexually Transmitted Diseases* 04 apr 2011. n. pag. *Center For Disease Control and Prevention* . Web. 6 Sep 2011.

Why screen these men? Lifetime risk for the general population is 1 in 6 or 16 percent[6], but, the risk increases when the patient is African American, has a family history of prostate cancer, or has been exposed to Agent Orange.

- Effect on women: When a loved one is diagnosed with prostate cancer the entire family feels the impact of the disease. Tens of thousands of wives, mothers, sisters, and daughter are devastated by the emotional, physical, spiritual, and economic impacts of prostate cancer each year.

- Agent Orange: According to the US Department of Veteran Affairs Agent Orange exposure is linked to the occurrence of prostate cancer in Vietnam Veterans.[7]

- African-Americans: Higher incidence and mortality rates in African-Americans[6]
  - Incidence Rate 156 /100,000 All Men vs 233.8 /100,000 Black Men
  - Death Rate 24.7 /100,000 All Men vs 54.2 /100,000 Black Men

- Family History: Risk of developing prostate cancer more than doubles w/ family history of father, uncle, or brother having prostate cancer [8]

- The earlier a potential problem is caught the better the prognosis. Therefore the suggested routine screening for men at high risk can catch potential prostate cancer earlier which can induce earlier treatment (if treatment is found necessary) and potentially increase life span and the quality of life for the patient.

- According to the National Cancer Institute (NCI) if prostate cancer is caught in localized (confirmed primary site) or regional (spread to regional lymph nodes) the 5 yrs survival rate is 100%[6]

Effectiveness of the tests:

- Two screening procedures PSA (prostate specific antigen) and DRE (digital rectal exam) provide guidance to diagnosis.

Well-man Visits – For all adult males.

- (Existing recommendation for women: HRSA. Well-woman visits. Well-woman preventive care visit annually for adult women to obtain the recommended preventive services that are age and developmentally appropriate, including preconception and prenatal care. This well-woman visit should, where appropriate, include other preventive services listed in this set of guidelines, as well as others referenced in section 2713. Annual, although HHS recognizes that

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[6] "SEER Stat Fact Sheets: Prostate." *NCI Surveillance Epidemiology and End Results* n. pag. *National Cancer Institute* . Web. 6 Sep 2011.
[7] "Agent Orange: Prostate Cancer." *Public Health* 08 Jul 2011. n. pag. *US Department of Veteran Affairs* . Web. 6 Sep 2011.
[8] "What are the Risk Factors for Prostate Cancer." *Prostate Cancer* 17Jun 2011. n. pag. *American Cancer Society*. Web. 6 Sep 2011.

several visits may be needed to obtain all necessary recommended preventive services, depending on a woman's health status, health needs, and other risk factors.)[9]

- Well-man preventive care annual visit for adult men to obtain the recommended preventive services that are age and developmentally appropriate. This well-man visit should, where appropriate, include other preventive services

Why a Well-man visit?:

- Effect on women: Women now bear the burden on being the health information specialist and caregiver for the family. This is particularly burdensome where the man knows little or nothing about his own health, typical among the population. In order for her to be successful in addressing the health condition of her family, the male members must learn something about their own health needs. They are unlikely to do so unless the messages are from a health professional during a medical visit.

- Men are notoriously lax in addressing their health needs, and generally do not know what those needs are. Well-man consultations will inform men of their health needs and encourage men to become proactive instead of reactive with their health.

HPV vaccine update: CDC's Advisory Committee on Immunization Practices (ACIP) approved the HPV vaccine for boys on October 25, 2011. The Media Advisory reads, in part:

> "CDC's Advisory Committee on Immunization Practices (ACIP) approved today recommendations for routine vaccination of males 11 or 12 years old with 3-doses of HPV4 to protect against Human Papalloma Virus. The HPV vaccine will afford protection against certain HPV-related conditions and cancers in males, and vaccination of males with HPV may also provide indirect protection of women by reducing transmission of HPV."

The original MHN "ask" follows.

HPV vaccine – For all males aged 9 through 26 years.

- (Existing recommendation for females: CDC recommends that all girls who are 11 or 12 years old get the 3 doses (shots) of either brand of HPV vaccine to protect against cervical cancer.)[10]

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[9] *Women's Preventive Services: Required Health Plan Coverage Guidelines*. August 2011. http://www.hrsa.gov/womensguidelines

[10] Vaccines and Preventable Diseases: HPV Vaccine - Questions & Answers. *Center For Disease Control and Prevention.* http://www.cdc.gov/vaccines/vpd-vac/hpv/vac-faqs.htm 6 Sept., 2011

Why vaccinate boys and men?

- Effect on girls and women: Genital HPV is a common virus that is passed from one person to another through direct skin-to-skin contact during sexual activity.[11]

  HPV is passed on through genital contact—most often during vaginal and anal sex. HPV may also be passed on during oral sex. Since HPV usually causes no symptoms, most men and women can get HPV—and pass it on—without realizing it. Rarely, a pregnant woman with genital HPV can pass HPV to her baby during delivery. Very rarely, the child can develop juvenile-onset recurrent respiratory papillomatosis (JORRP).[12]

  The various forms of this virus can cause cancer and warts in both sexes.

- There are more than 40 types of HPV that are passed on through sexual contact. These types can infect the genital areas of men, including the skin on and around the penis or anus. They can also infect the mouth and throat.[12]

- What are the health problems caused by HPV in men? Most men who get HPV (of any type) never develop any symptoms or health problems. But some types of HPV can cause genital warts. Other types can cause penile, anal, or oropharyngeal cancers (cancers of the back of throat including base of tongue and tonsils). The types of HPV that can cause genital warts are not the same as the types that can cause cancer.[12]

- Are there ways to lower my chances of getting HPV? A safe and effective HPV vaccine (Gardasil) is available to protect males against the HPV types that cause most (90%) genital warts and most anal cancers. The vaccine is available for boys and men, ages 9 through 26 years.[13]

Effectiveness of the vaccine: The vaccine is as effective in boys and men as it is in girls and women.

Why doesn't CDC recommend HPV vaccinations for boys and men?

- Quote from the CDC web site: CDC did not add this vaccine to the recommended immunization schedules for males in these age groups because

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[11] Sexually Transmitted Diseases (STDs), HPV Vaccine Information For Young Women - Fact Sheet. *Center For Disease Control and Prevention.* http://www.cdc.gov/std/hpv/stdfact-hpv-vaccine-young-women.htm Web. 6 Sept., 2011

[12] Sexually Transmitted Diseases (STDs). *Genital HPV Infection - Fact Sheet. Center For Disease Control and Prevention* . http://www.cdc.gov/std/HPV/STDFact-HPV.htm Web. 6 Sept., 2011

[13] HPV and Men CDC Fact Sheet." *Sexually Transmitted Diseases* 25 Aug 2011. n. pag. *Center For Disease Control and Prevention* . Web. 6 Sep 2011.

studies suggest that the best way to prevent the most disease due to HPV is to vaccinate as many girls and women as possible.[14]

Why is this policy ineffective?

- Assuming that all girls and women will be vaccinated before their first sexual experience with a partner is simply unrealistic. Vaccinating boys/men *and* girls/women is the only way to insure that the transmission through sexual contact comes to an end, or is minimized to the extent possible.

- This policy ignores the substantial benefit to boys/men. Those benefits include protection against penile, anal, and oropharyngeal cancers (cancers of the back of throat).[9]

[14] Vaccines and Preventable Diseases: HPV Vaccine - Questions & Answers http://www.cdc.gov/vaccines/vpd-vac/hpv/vac-faqs.htm *Center For Disease Control and Prevention* . Web. 6 Sep 2011.