Easing the Way to Pleasure and Safety
Lubricant Safety and Access around the globe

You think you’re slick, but you could stand a lot of greasing
The things you do ain't never really pleasin'

-- Funkier than a Mosquito's Tweeter,
Nina Simone
The **Bottom Line** on Lubricant safety
Today...

• What lubes do we use for anal sex?
• How safe are they?
• What is being done about this?
Lubes we use for anal sex
2007 IRMA lube survey

- Internet-based
- 6 languages (EN/FR/SP/POR/GER/TUR)
- 8,945 responses from 107 countries
- Analysis by UCLA

- Majority of respondents:
  - are from North America and Europe
  - answered the English survey
  - men

rectalmicrobicides.org
## 2007 IRMA Lube Survey

<table>
<thead>
<tr>
<th>Non-Condom Using</th>
<th>Condom Using</th>
<th>Combined</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bottoms (N = 2264)</strong></td>
<td><strong>Tops (N = 2224)</strong></td>
<td><strong>Bottoms (N = 2545)</strong></td>
</tr>
<tr>
<td>Astroglide*</td>
<td>Astroglide*</td>
<td>Astroglide*</td>
</tr>
<tr>
<td>Boy Butter</td>
<td>Crisco</td>
<td>Durex*</td>
</tr>
<tr>
<td>Crisco</td>
<td>Elbow Grease</td>
<td>Elbow Grease</td>
</tr>
<tr>
<td>Elbow Grease</td>
<td>Gun Oil</td>
<td>Gun Oil</td>
</tr>
<tr>
<td>Gun Oil</td>
<td>ID*</td>
<td>ID*</td>
</tr>
<tr>
<td>ID*</td>
<td>K-Y*</td>
<td>K-Y*</td>
</tr>
<tr>
<td>K-Y*</td>
<td>Liquid Silk</td>
<td>Pjur Eros</td>
</tr>
<tr>
<td>Liquid Silk</td>
<td>Pjur Eros</td>
<td>spit</td>
</tr>
<tr>
<td>Pjur Eros</td>
<td>spit</td>
<td>Swiss Navy</td>
</tr>
<tr>
<td>spit</td>
<td>Vaseline</td>
<td>Trojan</td>
</tr>
<tr>
<td>Vaseline</td>
<td>Wet*</td>
<td>Wet*</td>
</tr>
<tr>
<td>Wet*</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
2007 IRMA lube survey

15 most commonly named lubes, alphabetical

- Astroglide (all types)
- Crisco
- Durex
- Elbow Grease
- Gun Oil
- ID (all types)
- K-Y (all types)
- Liquid Silk
- Pjur Eros
- Probe
- spit/saliva
- Swiss Navy
- Trojan
- Vaseline
- Wet (all types)
2007 IRMA lube survey

HUNDREDS of lube brands
2007 IRMA lube survey

DOZENS of household and non-commercial lubes
Lube safety – A sample of the science
Studies conducted so far...

• Four studies tested lubes in a laboratory to see if they killed HIV or enhanced HIV replication in a lab.
• Two studies tested lubes on rectal tissue in mice to see if they were toxic, irritating or caused damage.
• One study used human tissue (taken from the vagina or rectum) and tested lubes to see if they were toxic, irritating or caused damage to the tissue.
• Only one study has tested the effect of lubes on rectal tissue directly in humans.
• One study looked at the link between self-reported lube use during anal intercourse and testing positive for some rectal STIs.
Some studies tested lubes in a laboratory to see if they killed HIV or enhanced HIV replication in the lab.

- Most lubes had no activity against HIV-1.
- In one study, some lubes significantly enhanced HIV-1 replication in the lab …. but not in another study

- Most lubes were found to be hyperosmolar (makes cells dry up)
Two studies tested lubes on rectal tissue in mice to see if they were toxic, irritating or caused damage.

Short answer – yes, for most lubes
Only one study has tested the effect of lubes on rectal tissue in humans

- Single rectal application of a hyperosmolar lube can cause damage to the rectal tissue
The science

One study used human tissue (taken from the vagina or rectum) and tested lubes in the lab to see if they were toxic, irritating or caused damage to the tissue

- Some lubes are toxic to cells and tissues
- Some lubes are toxic to lactobacilli (healthy bacteria)
- Some lubes are worse/better than others
The science

One study looked at the link between using lubes rectally and testing positive for rectal STIs.

• Those who used lube for anal sex in past month = more likely to test positive for rectal STI during the study—condoms used or not
• But...
  • Which lubes?
  • Timing of lube use/rectal STIs?
  • Don’t know if lubes *caused* higher rate of rectal STIs
What does all of this mean for our messaging?
BASED ON CURRENT EVIDENCE:

• Unclear whether any particular type or brand of lube might increase, decrease, have no effect on acquiring HIV and/or rectal STIs

• Using male or female condoms still considered best way to prevent acquiring HIV and STIs during anal sex
Condom-compatible lubes associated with decreased risk of condoms breaking, slipping

Not possible at this time to recommend for/against using lubes if having anal sex without condoms

Lube use on its own not proven method of HIV or STI prevention
THE BOTTOM LINE:
MORE RESEARCH IS URGENTLY NEEDED TO EXPLORE IF THERE IS A LINK BETWEEN LUBE USE AND ACQUIRING HIV AND/OR RECTAL STIs
Safety of lubricants for rectal use: A fact sheet for HIV educators and advocates

Safety of lubricants for rectal use: Questions & Answers for HIV educators and advocates

rectalmicrobicides.org
What is being done?
IRMA

- 2007 survey
- Key materials and updates
- Lube Safety Working Group
- Global Call to Action on Lube Safety
- Research agenda on lube safety
- Engage regulators, manufacturers, researchers
- Lube access
• Aimed at WHO Member States considering bulk purchasing with condoms
• NOT aimed at individuals
U.S. government

• CDC
  – Created time-limited internal working group
  – Made internal recommendations based on review of existing data
  – Conducted a monkey study

• Office of the Global AIDS Coordinator (OGAC)
  – Issued a policy statement
  – Identified the need for more research
2014: The Year We Make Progress?

• Update to WHO/UNFPA/FHI guidance
• Results from 2 U.S. studies
  – Exploring link between lube use and rectal STIs
  – Testing safety in monkeys
Global Call to Action on Lubricant Safety
Organizational/Individual Endorsers (total 519)

Text of call:

Background

Recent studies have raised questions about the impact of sexual lubricants on the risk of acquiring HIV and other sexually transmitted infections (STIs).

It is outrageous that more than 30 years into the HIV pandemic, we don't know whether sexual lubricants increase, decrease or have no impact on the risk of acquiring HIV and other STIs. In fact, it is only recently that most advocates, HIV prevention workers, researchers and regulators have even realised that we don't yet know the answers to these fundamental questions.

Today, there are only a few disparate studies related to lube safety underway. These studies do not form part of an overarching plan to answer questions about lubricant safety because there isn't one.
LUBE SAFETY RESEARCH AGENDA

- Determine which tests should be used to assess lube safety
  - Including oil- and silicone-based products
  - Including STIs and HIV
- Assess lubes based on those tests
  - Test more products
  - Test in labs, animals, humans
  - Take into account how lubes are used
Thank you

maleblanc27@yahoo.ca
Hyperosmolar Lubricant Study in Cape Town

Kevin Rebe
Anova Health Institute
Cape Town, South Africa
HIV Prevention for MSM

Lubricant is part of the HIV prevention toolkit but:

Safety cannot be assessed by end users of products (or by NGOs and Health Departments)
Condoms… and Lube! in South Africa

- The (no-) Choice condom
- Previous no state funded lubricant
- Now starting to tender for lubricant distribution
- Heteronormative messaging persists

**Heteronormative**: Regarding heterosexual sex as normal and all other sexual activity as “abnormal”
Non-heteronormative: Regard all consensual sex as normal without moral judgment
Why do a lube study in Cape Town

• No regional data!
• Little or no regional awareness of lubricant safety issues
• More NGO’s are active now in MSM health care provision including condom and lube provision
• No general health provider knowledge of types of lube and clinical issues
Why do a lube study in Cape Town?

• Want accessible information in a highly-read locally accessible (free) journal which most junior health providers in state health centres will read!

• Need to raise osmolality issue for:
  – NGO tenders
  – DOH tenders
  – End users

SABS Mark of Quality??

Osmolality not required
Rectal toxicity results not required
What Did We Do?

• Lube procured from Adult World
  – Largest sex shop franchise in South Africa
  – City-based store
  – High MSM traffic, including on-site video booths
  – Sex-on-site cubicles
  – Best selling brands of lube

   Attempted to ensure we assayed lubricants most commonly purchased by MSM rather than heterosexual clients
What Did We Do?

Screened for Osmolality and Glycerol

University of Cape Town
Division of Chemical Pathology
What Did We Do?

Analyzed common food-based lubricant substitutes:
## Lube Study Results

<table>
<thead>
<tr>
<th>Sexual Lube Product</th>
<th>Osmolality (mosmol/l)</th>
<th>Glycerol (mmol/l)</th>
</tr>
</thead>
<tbody>
<tr>
<td>JO H2O Water Based™</td>
<td>9440</td>
<td>8500</td>
</tr>
<tr>
<td>New H2O Tangerine Dream™</td>
<td>9340</td>
<td>8050</td>
</tr>
<tr>
<td>Wet Stuff Vitamin E™</td>
<td>7100</td>
<td>4025</td>
</tr>
<tr>
<td>Lube Original Personal Lubricant™</td>
<td>5270</td>
<td>2435</td>
</tr>
<tr>
<td>Assegai™</td>
<td>4630</td>
<td>3450</td>
</tr>
<tr>
<td>K-Y Jelly™</td>
<td>2430</td>
<td>1270</td>
</tr>
<tr>
<td>Health4men™</td>
<td>1480</td>
<td>1265</td>
</tr>
<tr>
<td>Leather Personal Lubricant™</td>
<td>270</td>
<td>30</td>
</tr>
<tr>
<td>Plain low fat yoghurt</td>
<td>428</td>
<td>36*</td>
</tr>
<tr>
<td>Egg white</td>
<td>276</td>
<td>0.1</td>
</tr>
<tr>
<td>Semen</td>
<td>340</td>
<td>0</td>
</tr>
</tbody>
</table>

* Triglyceride rather than glycerol

Plasma osmolality = 280 mosmol/l
Study Conclusions

- Most water-based lubricants are hyperosmolar
- Some lubricants were better than others
- None of the lubricants assayed include osmolality on packaging
- Food products have low osmolality and could potentially be used as lubricant substitutes
Lube Study Recommendations

• Local awareness needs to be raised regarding lubricant safety for anal use

• Correct MSM-targeted IEC materials need to be created and distributed

• Lubricants should be used together with condoms

• Choose a low osmolality lubricant if have the choice (especially if using lubricant in the absence of condoms)
That’s nice but so what?

• Did not “prove” that hyperosmolar lubricants are toxic if used anally or that they ↑ HIV

• Osmolality is now included in lubricant tender specifications by:
  – Department of Health
  – NGOs targeting MSM healthcare

• Exposure!!
That’s nice but so what?

• Did not “prove” that hyperosmolar lubricants are toxic if used anally or that they ↑ HIV

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  – Department of Health
  – NGOs targeting MSM healthcare

• Exposure!!

Thank You
Lubricant Access Issues
MSMGF Webinar
26 February 2014

Kent Klindera, MPH
Director, GMT Initiative
amfAR, the Foundation for AIDS Research
The tag line for the Global Lube Advocacy Mobilisation sums it up. Whenever someone says “condoms,” we say “And Lube.” You cannot say one without the other. Too often that is exactly what happens. Access to condom-compatible lubricant is deplorable all across Africa—it’s unacceptable, and we are working to change that.

Tian Johnson, South Africa
Whenever anyone says “condoms” – we say “AND LUBE!”
GLAM HISTORY

• Project ARM (African Rectal Microbicides) Meeting in Addis Abba – Dec 2012

• Most Lubricant being disseminated in suitcases

• NO MORE!!!

Visit http://tinyurl.com/AndLube
Visit http://tinyurl.com/AndLube
Visit tinyurl.com/AndLube
Visit tinyurl.com/AndLube
Guía para la campaña de Movilización Global para Acceso a los Lubricantes (coming in August 2014)

Visit tinyurl.com/AndLube
What is in the GLAM Toolkit?

- Lube Access and Safety
- African National Strategic Plans
- National Case Studies
- Survey Findings Lube Distribution, Access
- **Advocacy Steps for Improving Access to Safe, Condom-Compatible Lubricant**

Visit tinyurl.com/AndLube
Findings (2012)

• Only 7 African Countries (out of 43) mention lubricant in National Strategic Plans
  (Burundi, Djibouti, Gabon, Namibia, Nigeria, Rwanda, & South Africa)

• Most procurement through international visitors and travel

• Dissemination via peer educators – mostly in urban areas

• Stigma and discrimination was main factor in lack of access

Visit tinyurl.com/AndLube
Findings from MSMGF Global Health and Rights Survey

African Respondents

<table>
<thead>
<tr>
<th>Services</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>I have complete access to free or low cost...</em></td>
<td></td>
</tr>
<tr>
<td>STI Testing</td>
<td>33%</td>
</tr>
<tr>
<td>STI Treatment</td>
<td>25%</td>
</tr>
<tr>
<td>Condoms</td>
<td>48%</td>
</tr>
<tr>
<td>Condom-Compatible Lubricants</td>
<td>19%</td>
</tr>
<tr>
<td>Syringe Exchange</td>
<td>5%</td>
</tr>
<tr>
<td>Mental Health Services</td>
<td>9%</td>
</tr>
<tr>
<td>Medical Care</td>
<td>19%</td>
</tr>
<tr>
<td>HIV Testing</td>
<td>47%</td>
</tr>
<tr>
<td>Gay/MSM Sex Education</td>
<td>13%</td>
</tr>
<tr>
<td>HIV Risk-Reduction Programs for MSM</td>
<td>13%</td>
</tr>
<tr>
<td>HIV Education Materials for MSM</td>
<td>15%</td>
</tr>
<tr>
<td>Substance Abuse Treatment Programs</td>
<td>8%</td>
</tr>
</tbody>
</table>

Visit http://tinyurl.com/msmgfpubs
What Activists can do?

- **AND LUBE**
- Engaging Decision makers at Global Fund, PEPFAR, MOH, UN Agencies
  - Procurement procedures
- Engaging community to understand what is *condom compatible lubricant*
  (and what is not - Vaseline, baby oil, butter, etc.)
- Encourage local manufacturing

Visit tinyurl.com/AndLube
Success

- Ukraine (Global Fund/MOH)
  - BAD QUALITY
- Malawi (PEPFAR)
- Burundi (Global Fund/MOH)
- Kenya (CCM – Global Fund/MOH)
- Thailand (Trans Specific)

Visit tinyurl.com/AndLube
GLAM Mini Grants

- $5000 – 6mos
- 3 projects funded (2013)
  - Liberia, Nigeria, Zambia
- Open Call For Proposals (2014)
  New RFP in Africa
  (www.amfar.org)

Deadline: **25 March 2014**
Contacts

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• Cindra Feuer (AVAC) - cindra@avac.org
• Bram Langen (COC Netherlands) - blangen@coc.nl

THANK YOU
Promoting Access to Lubricants in Malawi

Gift Trapence
Center for the Development of People (CEDEP)
Thank You!

See recordings of webinars at: