

# *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?





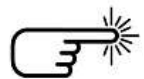
## Lubes we use for anal sex



# 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



# 2007 IRMA lube survey



Non-Condom Using		Condom Using		Combined
Bottoms (N = 2264)	Tops (N = 2224)	Bottoms (N = 2545)	Tops (N = 2479)	
Astroglide*	Astroglide*	Astroglide*	Astroglide*	Astroglide*
Boy Butter	Crisco	Durex*	Durex*	Durex*
Crisco	Elbow Grease	Elbow Grease	Elbow Grease	Elbow Grease
Elbow Grease	Gun Oil	Gun Oil	Gun Oil	Gun Oil
Gun Oil	ID*	ID*	ID*	ID*
ID*	K-Y*	K-Y*	K-Y*	K-Y*
K-Y*	Liquid Silk	Liquid Silk	Pjur Eros	Liquid Silk
Liquid Silk	Pjur Eros	Pjur Eros	spit	Pjur Eros
Pjur Eros	spit	spit	Swiss Navy	spit
spit	Vaseline	Wet*	Trojan	Swiss Navy
Vaseline	Wet*		Wet*	Vaseline
Wet*				Wet*



# 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






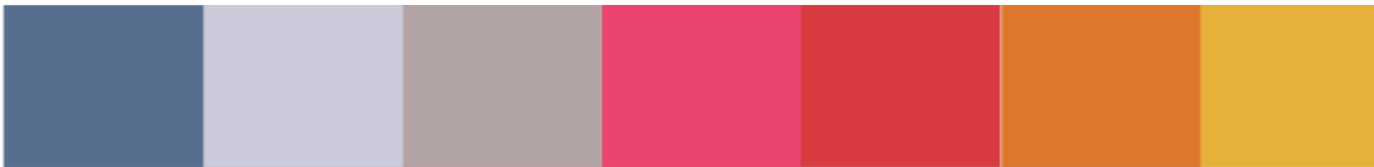
# 2007 IRMA lube survey

DOZENS of household and non-commercial lubes





# Lube safety – A sample of the science



# Studies conducted so far...

4

- 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.

# The science



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)



# The science



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



# The science

1

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



# 1

## 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





## 1

# 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

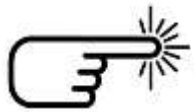
## **BASED ON CURRENT EVIDENCE:**

- 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

**IRMA Steering Committee, and Lube Safety Working Group**

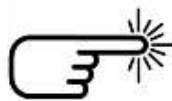
**THE BOTTOM LINE:**  
**MORE RESEARCH IS URGENTLY  
NEEDED TO EXPLORE IF THERE IS A  
LINK BETWEEN LUBE USE AND  
ACQUIRING HIV AND/OR RECTAL STIs**

**IRMA Steering Committee, and Lube Safety Working Group**



[irma-rectalmicrobicides.blogspot.com](http://irma-rectalmicrobicides.blogspot.com)

- [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](http://rectalmicrobicides.org)



# What is being done?



- 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



# WHO/UNFPA/FHI Advisory Note



- 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.

Potential

## LUBE SAFETY RESEARCH AGENDA

- ✓ Determine which tests should be used 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



**ANOVA**  
HEALTH INSTITUTE  
TRUST / SUPPORT / INNOVATE



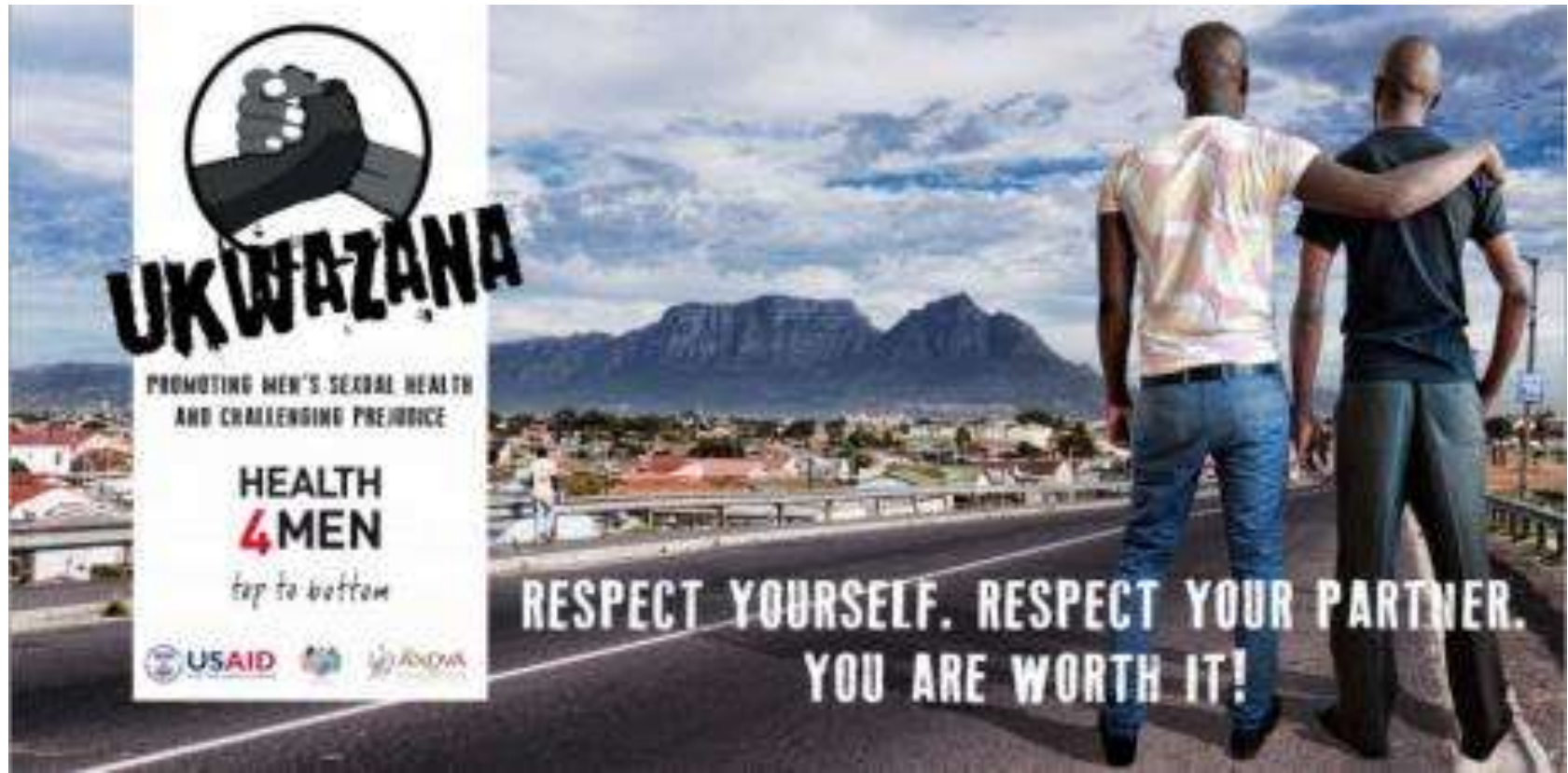
**USAID**  
FROM THE AMERICAN PEOPLE



# 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”



**DON'T FORGET THE WATER-BASED LUBE!**

For responsible sex always use a **oil-free water-based lube** with your condom

For more information please get in touch with one of our **Health4men Ambassadors** in your area  
[www.health4men.co.za](http://www.health4men.co.za)

**ZWAKALANI**

**ALWAYS KEEP YOUR CONDOMS HAPPY BY USING A OIL-FREE WATER-BASED LUBE**

Oil-based lubes can weaken condoms causing them to tear and break so always be sure that your lube is a water-based one.

For more information please get in touch with one of our **Health4Men ambassadors** in your area  
**(021) 421 6127**

**UKWAZANA**

**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??

**SABS**

South African Bureau of Standards

# 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?



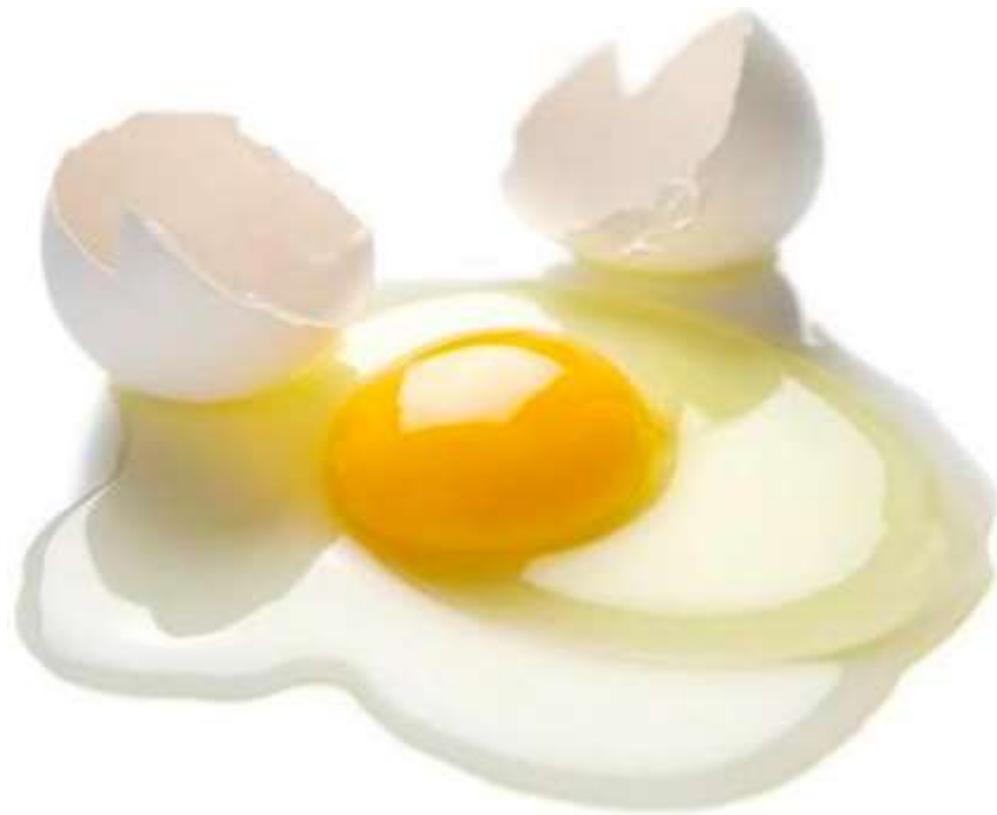
University of Cape Town  
Division of Chemical Pathology

Screened for Osmolality and  
Glycerol



# What Did We Do?

Analyzed common food-based lubricant substitutes:



# Lube Study Results

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

\* Triglyceride rather than glycerol

**Plasma osmolality = 280 mosmol/l**

# Sexual lubricants in South Africa may potentially disrupt mucosal surfaces and increase HIV transmission risk among men who have sex with men

K B Rebe,<sup>1</sup> MB ChB, FCP (SA) DTM&H; G de Swardt,<sup>1</sup> BA (MW); P A Berman,<sup>2</sup> BSc, MB ChB, MMed (Chem Path); H Struthers,<sup>1</sup> MSc, MBA; J A McIntyre,<sup>1,3</sup> MB ChB, FRCOG

<sup>1</sup> Anova Health Institute, Johannesburg and Cape Town, South Africa

<sup>2</sup> Division of Chemical Pathology, Faculty of Health Sciences, University of Cape Town, South Africa

<sup>3</sup> School of Public Health and Family Medicine, University of Cape Town, South Africa

S Afr Med J. 2013 Oct 11;104(1):49-51. doi: 10.7196/samj.7002.

<http://www.samj.org.za/index.php/samj/article/view/7002>

## 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
- Osmolality is now included in lubricant tender specifications by:
  - Department of Health
  - NGOs targeting MSM healthcare
- Exposure!!

Thank You



# AND LUBE

GLOBAL LUBE ACCESS MOBILISATION

GLAM

## Lubricant Access Issues

MSMGF Webinar

26 February 2014

**Kent Klindera, MPH**

Director, GMT Initiative

amfAR, the Foundation for AIDS Research

# AND LUBE

GLOBAL LUBE ACCESS MOBILISATION

GLAM



**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>**



**irma** | international  
rectal microbicide  
advocates

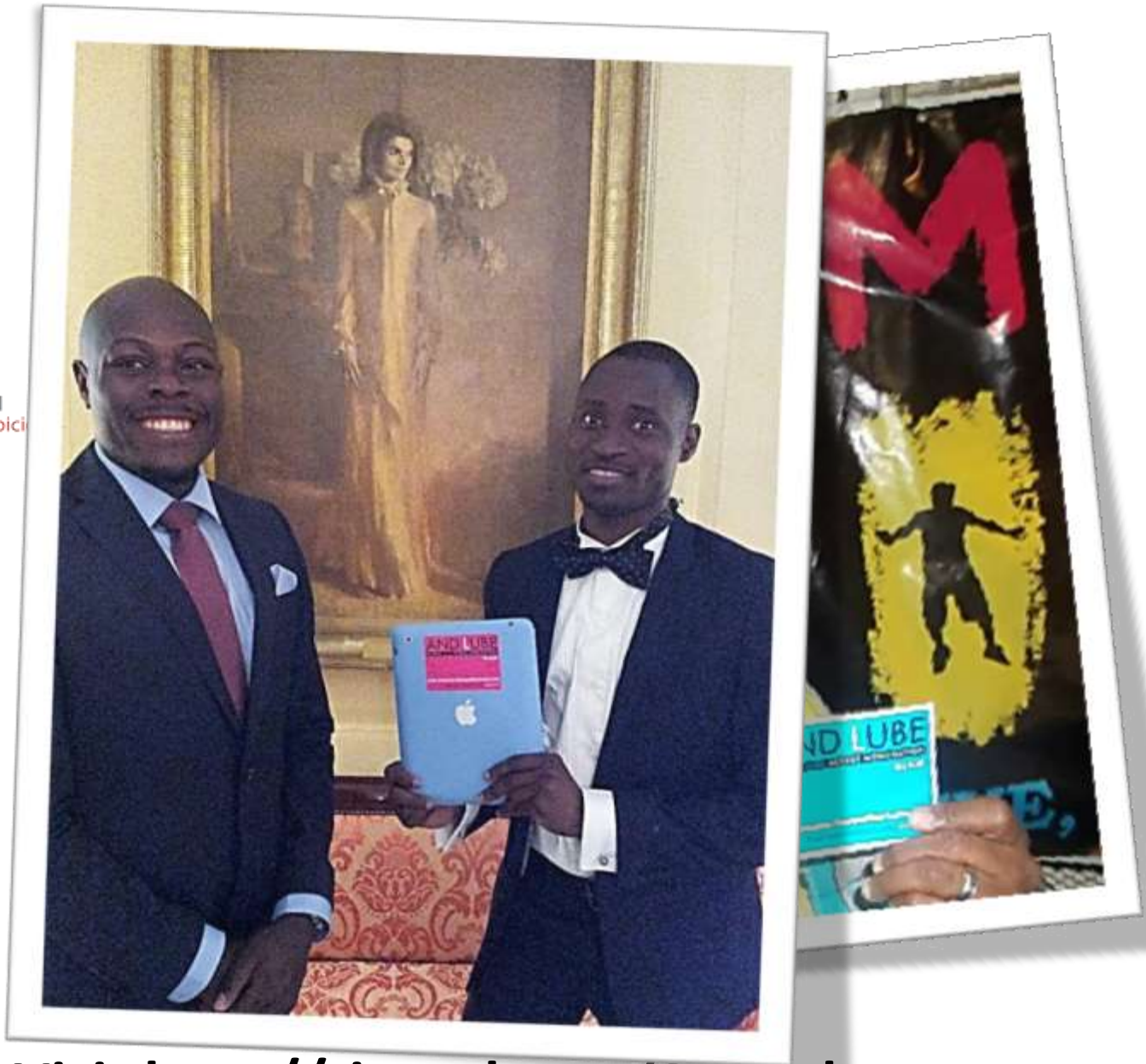


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**irma** | international  
rectal microbi  
advocates



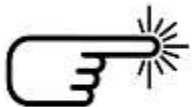
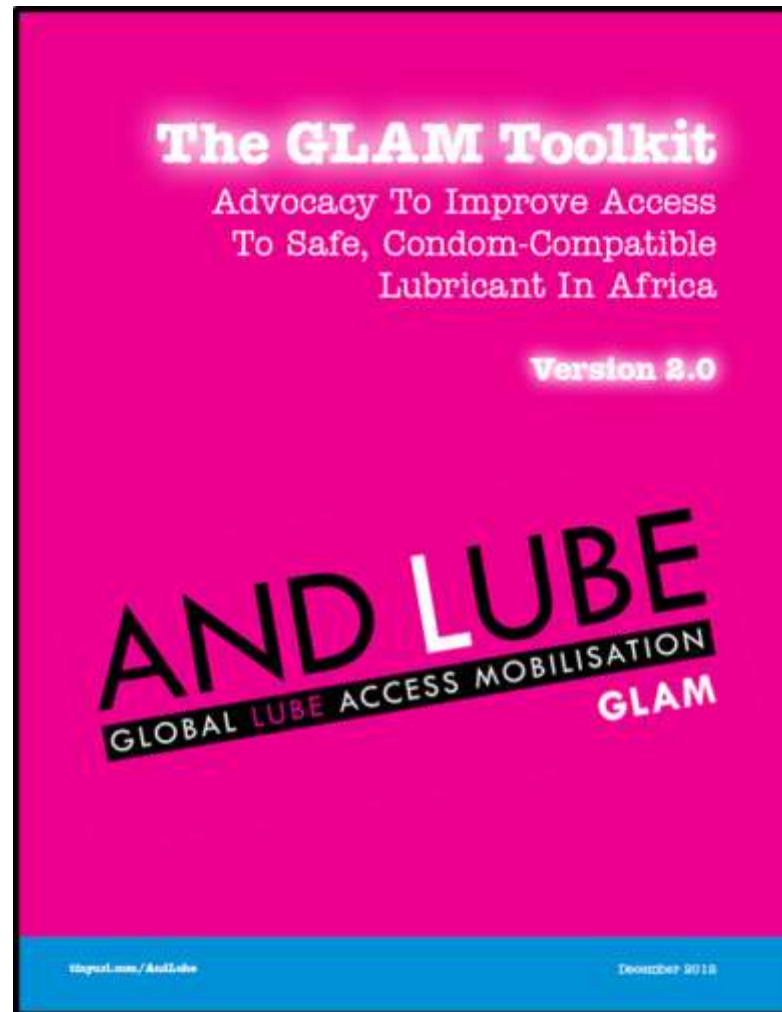
Visit <http://tinyurl.com/AndLube>



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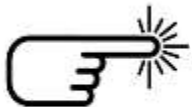
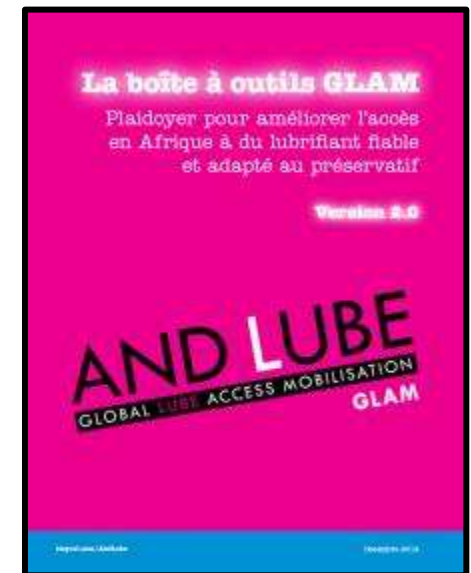
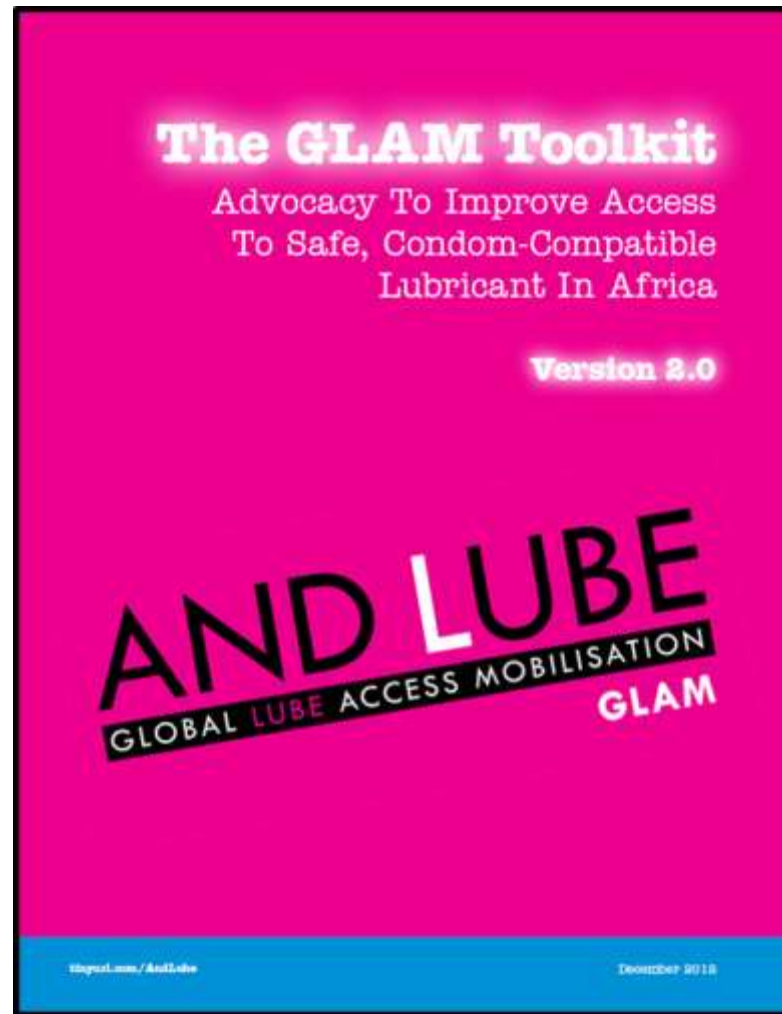


Visit <http://tinyurl.com/AndLube>



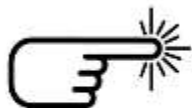
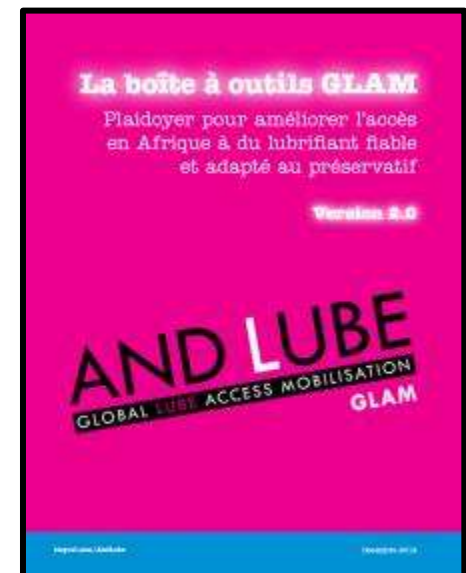
Visit [tinyurl.com/AndLube](https://tinyurl.com/AndLube)





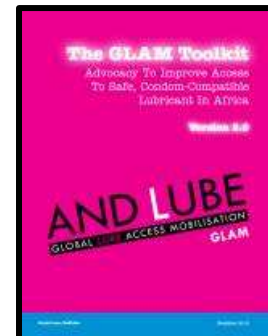
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**Guía para la campaña  
de Movilización Global  
para Acceso a los  
Lubricantes (coming in  
August 2014)**



**Visit [tinyurl.com/AndLube](http://tinyurl.com/AndLube)**

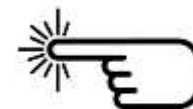
# What is in the GLAM Toolkit?



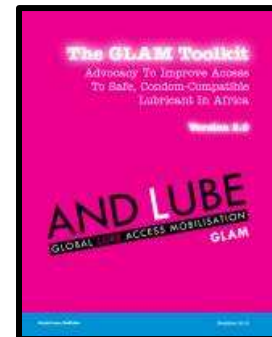
- Lube Access and Safety
- African National Strategic Plans
- National Case Studies
- Survey Findings Lube Distribution, Access
- [Advocacy Steps for Improving Access to Safe, Condom-Compatible Lubricant](#)



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# Findings (2012)



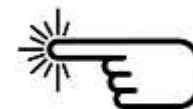
- Only **7** African Countries (out of 43) mention lubricant in National Strategic Plans

(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](http://tinyurl.com/AndLube)





# Findings from MSMGF Global Health and Rights Survey

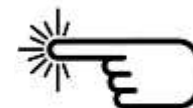


## African Respondents

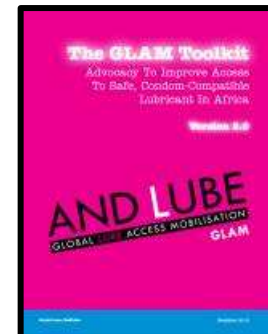
	%
<i>I have complete access to free or low cost...</i>	
STI Testing	33%
STI Treatment	25%
<b>Condoms</b>	<b>48%</b>
<b>Condom-Compatible Lubricants</b>	<b>19%</b>
Syringe Exchange	5%
Mental Health Services	9%
Medical Care	19%
HIV Testing	47%
Gay/MSM Sex Education	13%
HIV Risk-Reduction Programs for MSM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



Visit <http://tinyurl.com/msmgfpubs>

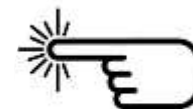


# What Activists can do?

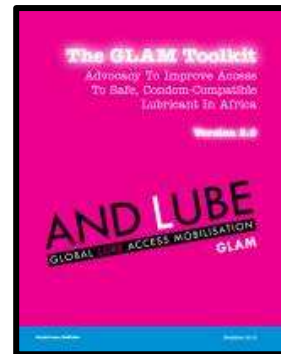


- **AND LUBE**
- Engaging Decision makers at Global Fund, PEPFAR, MOH, UN Agencies
  - Procurement procedures
- Engaging community to understand what is **condom compatible lubricant**  
(and what is not - Vaseline, baby oil, butter, etc.)
- Encourage local manufacturing

Visit [tinyurl.com/AndLube](http://tinyurl.com/AndLube)



# Success



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

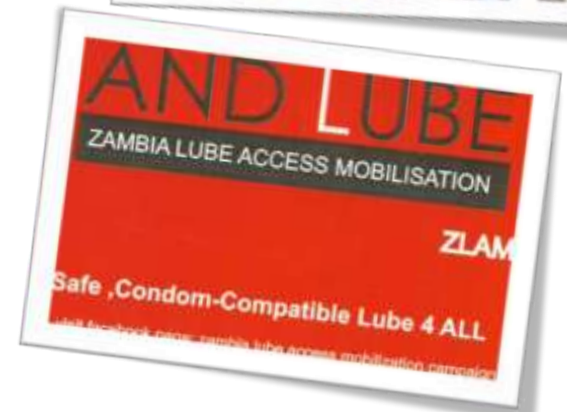


Visit [tinyurl.com/AndLube](https://tinyurl.com/AndLube)

# GLAM Mini Grants

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

Deadline: **25 March 2014**



# Contacts



- Kent Klindera (amfAR) - [kentklindera@amfar.org](mailto:kentklindera@amfar.org)
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- Cindra Feuer (AVAC) - [cindra@avac.org](mailto:cindra@avac.org)
- Bram Langen (COC Netherlands) - [blangen@coc.nl](mailto:blangen@coc.nl)

**THANK YOU**



# Promoting Access to Lubricants in Malawi

**Gift Trapence**

**Center for the Development of People (CEDEP)**



# Q+A



# *Thank You!*

*See recordings of webinars at:  
<http://bit.ly/msmgfwebinars>*

