

Health Plan Highlights

Sexual Health is Important for Men, Too

As awareness for men's health continues to increase, so do the concerns for their sexual health. Sexually transmitted infections (STIs), such as chlamydia and genital herpes are among the most common infections that occur in the United States today, yet most men (61%) have never been tested for an STI other than HIV/AIDS.¹

Chlamydia and genital herpes are similar, in that symptoms are not always present in men. With asymptomatic patients and different types of herpes, the importance of proper testing is evident.

Although chlamydia is the most common bacterial STI in the United States,² most cases are not detected as 50% of men affected are asymptomatic. An estimated 3 million new incidences occur each year in the United States, resulting in approximately \$1.7 billion in direct and indirect costs for chlamydial infections each year.³ Without being tested, men may not be aware they have this STI, which could present many serious health risks including infertility.⁴

The importance of relevant testing for genital herpes is even more crucial since up to 90% of those infected don't know they have this virus. Genital herpes could result in an increased risk of acquiring HIV or accelerating the disease, as well as transmitting genital herpes to a sexual partner.⁵

Genital herpes is one of the most common STIs in the United States. An estimated 45 million people are currently infected, and as many as 1 million people in the United States become infected each year. The prevalence increases with age since people remain infected with this incurable disease throughout their lives.⁶

Quest Diagnostics provides testing for both chlamydia and herpes. The Amplified CT assay involves testing a urine sample to detect the chlamydia organism even in asymptomatic patients. Compared to other methodologies, it offers improved sensitivity and specificity allowing for earlier detection.⁷ Amplified CT can be used as a diagnostic test, requiring less bacteria for detection of a

positive; therefore, no additional tests need to be ordered to confirm the result.⁸ Due to the ease of specimen collection, you may experience better compliance from your male patients.

For herpes testing, Quest Diagnostics offers HerpeSelect[®], a type-specific serology test that accurately detects and differentiates between herpes simplex virus-1 (HSV-1) and herpes simplex virus-2 (HSV-2),⁹ potentially helping you to select treatment and provide counseling specific to genital herpes. With genital herpes the potential to transmit the virus in the absence of symptoms can pose a threat. HerpeSelect is able to detect herpes in asymptomatic patients, due to the test's sensitivity and specificity.¹⁰

Quest Diagnostics is the only large national reference laboratory that features HerpeSelect. Because both chlamydia and genital herpes can affect more than a man's sexual health, it is important to be aware of the tests and services available to help diagnose, treat and prevent both STIs. For more information, please visit www.questdiagnostics.com.

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A Closer Look at Detecting Bladder Cancer

With no certain way to prevent bladder cancer, early detection improves the chances of successful treatments.¹ Despite the increased incidence, the rate of people surviving after being diagnosed with this cancer is increasing. Early detection and better treatments result as diagnostic testing becomes more advanced and more screening options are made available. Today, over 500,000 people in the United States are survivors of bladder cancer.²

Like many cancers, bladder cancer can sometimes be found early, improving the chances of successful treatment. While other tests may detect the presence of bladder cancer, physicians can rely on the Vysis[®] UroVysion[™] Bladder Cancer Recurrence Kit, which detects bladder cancer recurrence up to six months sooner than other diagnostic methods.³

The Vysis UroVysion test combines the strength of urine cytology with molecular (DNA-based) technology⁴ and is the first FDA approved, DNA-probe test for identifying early recurrence of bladder cancer. The Vysis UroVysion test is now FDA approved for use, in conjunction with and not instead of current standard diagnostic procedures, as an aid for physicians to initially diagnose bladder cancer in patients with blood found in their urine and to subsequently monitor for tumor recurrence in patients previously diagnosed with bladder cancer.⁵

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A Closer Look continued

In The Spotlight

Dr. Louis Liou, M.D., Ph.D.

Dr. Louis Liou, M.D., Ph.D., Director of Urologic Oncology Research at Boston Medical Center, provides consultations to Quest Diagnostics. As a Board Certified Urologist with a Ph.D. in Molecular Immunology, he offers credentialed opinions to healthcare professionals regarding the science and application of genetic testing, including the Vysis® UroVysion™¹ Bladder Cancer Recurrence Kit. He is a contributing editor for clinical educational materials and is collaborating with Quest Diagnostics to conduct future urologic oncology research.



“As the science of medicine continues to be a work in progress, research remains important,” Dr. Liou commented.

Recently Dr. Liou served as a faculty member for a Bladder Cancer advisory panel at the American Urological Association Annual Meeting. His article “Urothelial Cancer Biomarkers for Detection and Surveillance” was published in a supplement to the March 2006 medical journal *Urology*. He recently spoke at the Minnesota Urologic Society pyelogram meeting, and at the Karmanos Cancer Institute, Detroit Medical Center Urology Grand Rounds, and is scheduled to speak at a Nassau Surgical Society meeting (New York) in December.

Dr. Liou holds doctorates in Medicine and Philosophy from Boston University, completed his residency and fellowship at Cleveland Clinic Foundation, and is an Alpha Omega Alpha society member. He is the recipient of several awards.

Dr. Liou is a contributing faculty member for a webcast “Bladder Cancer: Practical Considerations in the Use of Markers” found on the American Urological Association website www.aua2006.org/webcasts/satellites/BladderCancer

A Closer Look continued

The value of the Vysis UroVysion test is evident as it detects certain tumors that can be overlooked with traditional diagnostic methods and have high progression rates to muscle invasive cancer.⁶ In clinical trials, it was not only more sensitive than urine cytology by stage, but also more sensitive by grade.⁷ Additionally, the UroVysion’s test specificity was approximately 95% among healthy and non-healthy subjects, which translates to few false positive results.⁸

With the Vysis UroVysion test, physicians now have an additional option to use in conjunction with standard diagnostic procedures to accurately detect bladder cancer recurrence. Early detection remains the key to increased survival.

For more information about bladder cancer and tests and services Quest Diagnostics provides to help physicians diagnose, treat and prevent this cancer, please visit www.questdiagnostics.com.

References for *Sexual Health is Important for Men, Too*

- ¹ Kaiser Family Foundation, “Sexually Transmitted Diseases in the U.S. Key Facts.” www.kff.org/womenshealth/1447-std_fs.cfm.
- ² Center for Disease Control, “Take Action on HEDIS,” http://www.cdc.gov/nchstp/dstd/Reports_Publications/HMOletter.pdf.
- ³ HerpeSelect PI.
- ⁴ American Social Health Association, “Chlamydia: Questions & Answers,” http://www.ashastd.org/learn/learn_chlamydia.cfm.
- ⁵ American Social Health Association, “Learn About Herpes,” http://www.ashastd.org/learn/learn_herpes_facts.cfm.
- ⁶ Center for Disease Control, “Tracking the Hidden Epidemics,” http://www.cdc.gov/nchstp/dstd/Stats_Trends/Trends2000.pdf.
- ⁷ Ibid.
- ⁸ Center for Disease Control, “Take Action on HEDIS,” opt., cit.
- ⁹ HerpeSelect PI, opt., cit.
- ¹⁰ Ibid.

References for *A Closer Look at Detecting Bladder Cancer*

- ¹ American Cancer Society, “Can Bladder Cancer Be Found Early?” http://www.cancer.org/docroot/CRI/content/CRI_2_4_3X_Can_bladder_cancer_be_found_early_44.asp?nav=cr.
- ² American Cancer Society, “What are the key statistics for bladder cancer?” http://www.cancer.org/docroot/CRI/content/CRI_2_4_1X_What_are_the_key_statistics_for_bladder_cancer_44.asp?sitearea=
- ³ UroVysion: UroVysion Bladder Cancer Kit, http://www.urovysion.com/UroVysionBladderCancerKit_353.asp.
- ⁴ Ibid. (The source of this claim is the Vysis UroVysion package insert.)
- ⁵ Sarosdy, et al. “Clinical Evaluation of a Multi-Target Fluorescent In Situ Hybridization Assay of Bladder Cancer.” *Journal of Urology*. Nov. 2002.
- ⁶ The source of this claim is the Vysis UroVysion package insert.
- ⁷ UroVysion: Clinical Trials, http://www.urovysion.com/Clinicaltrials_360.asp
- ⁸ Sarosdy, et al. Opt., cit.

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