



Sexually transmitted infections and related syndromes

Managing your symptomatic patients

New STI panels from Quest Diagnostics



Understanding the cause can help you **target treatment**

In the US, nearly 2.3 million cases of chlamydia, gonorrhea, and syphilis were reported in 2017, the highest number ever.¹ The Centers for Disease Control and Prevention (CDC) has deemed this steady increase in sexually transmitted infections (STIs) a public health crisis.

As a result, it has become even more vital for healthcare professionals to quickly address STI-related symptoms and syndromes, including cervicitis, pelvic inflammatory disease (PID), and male urethritis.

Identifying the cause can help:

- Improve treatment compliance
- Enhance the delivery of risk reduction interventions
- Prevent complications and reinfection
- Reduce or prevent transmission

Find out what's causing the symptoms— with new STI panels from Quest Diagnostics

Quest is now offering STI panels to help you precisely identify the cause of your patients' symptoms and clinical presentation, as well as address those patients most at risk.

For syndromes:

- STI Pelvic Inflammatory Disease (PID) Panel
- STI Cervicitis Panel
- STI Male Urethritis Panel
- STI Male Urethritis, Expanded Panel

For other symptomatic conditions:

- STI Genital Lesions Panel

~\$16 billion

The direct cost of treating STIs in the US annually²

20 million

new STIs in the US each year^{2,3}

Quest's STI panels can help clinicians diagnose the cause of patients' symptoms, reducing negative outcomes associated with untreated infections.

For your more challenging cases, Quest now offers test panels that can help

From lower abdominal pain to vaginal discharge, your patients present for acute visits with a variety of STI-related symptoms. Now you can determine the underlying cause with our new test panels.

For syndromes

Syndrome	Symptom(s) ^{4,6-8}	Possible Cause ^{4,6-8}	Test Name*	Test Code	CPT Code [†]
Cervicitis	<ul style="list-style-type: none"> Vaginal discharge Abnormal vaginal bleeding Painful intercourse 	<ul style="list-style-type: none"> <i>Chlamydia trachomatis</i> <i>Neisseria gonorrhoeae</i> <i>Trichomonas vaginalis</i> <i>Mycoplasma genitalium</i> 	STI Cervicitis Panel	36962	87491, 87591, 87661, 87798
Pelvic inflammatory disease (PID)	<ul style="list-style-type: none"> Pain in the lower abdomen and pelvis Heavy vaginal discharge with an unpleasant odor Abnormal vaginal bleeding Painful intercourse 	<ul style="list-style-type: none"> <i>Chlamydia trachomatis</i> <i>Neisseria gonorrhoeae</i> <i>Trichomonas vaginalis</i> <i>Mycoplasma genitalium</i> 	STI Pelvic Inflammatory Disease (PID) Panel	36965	87491, 87591, 87661, 87798
Male urethritis	<ul style="list-style-type: none"> Discharge of mucopurulent or purulent material Dysuria Urethral pruritus 	<ul style="list-style-type: none"> <i>Chlamydia trachomatis</i> <i>Neisseria gonorrhoeae</i> <i>Trichomonas vaginalis</i> <i>Mycoplasma genitalium</i> 	STI Male Urethritis Panel	36964	87491, 87591, 87661, 87798
		<ul style="list-style-type: none"> <i>Chlamydia trachomatis</i> <i>Neisseria gonorrhoeae</i> <i>Trichomonas vaginalis</i> <i>Mycoplasma genitalium</i> <i>Ureaplasma urealyticum</i> <i>Ureaplasma parvum</i> 	STI Male Urethritis, Expanded Panel	38288	87491, 87591, 87661, 87798(x3)

For other symptomatic conditions

Condition	Symptom(s) ⁹⁻¹¹	Possible Cause ⁹⁻¹¹	Test Name*	Test Code	CPT Code [†]
Genital lesions	<ul style="list-style-type: none"> Genital or anal blisters Open sores 	<ul style="list-style-type: none"> <i>Herpes simplex (HSV)</i> <i>Syphilis</i> 	STI Genital Lesions Panel	38286	87529(x2), 87798

* Any panel component listed can be ordered individually.

† The CPT codes provided are based on AMA guidelines and are for informational purposes only. CPT coding is the sole responsibility of the billing party. Please direct any questions regarding coding to the payer being billed.



Gain greater insight into your male and female patients' symptoms and risk

All of our panels are designed to provide greater clinical insight, to help you determine the right treatment and guard against risk.

The syndrome: male urethritis

Male urethritis is inflammation of the urethra and is normally categorized as gonococcal urethritis (GU) or nongonococcal urethritis (NGU). Chlamydia is the most commonly identified cause of NGU, and *M. genitalium* is the most commonly identified cause of recurrent or persistent urethritis. The CDC recommends testing to determine the specific etiology.^{6,7}

The male urethritis panels can help you comply with recommendations for improved health outcomes. The **STI Male Urethritis Panel** tests for the organisms that cause chlamydia, gonorrhea, trichomoniasis, and mycoplasma, while the **STI Male Urethritis, Expanded Panel** can be used if *Ureaplasma urealyticum* and *Ureaplasma parvum* are suspected.



Male urethritis affects 2.8 million men in the US each year⁸

The presentation: genital lesions in your male and female patients

Genital lesions require rapid, accurate testing, as successful treatment depends on prompt initiation of therapy.^{6,7} Distinguishing between lesions can be clinically challenging. The **STI Genital Lesion Panel** can help you determine whether your patient's lesions are syphilitic or herpetic.



1 in 8

women with a history of
PID experience difficulties
getting pregnant⁴

Identify what's causing the syndrome in your female patients

While symptoms may point to a specific syndrome, STI testing can help you confirm a diagnosis and determine the cause, for more precise treatment—enabling you to better protect your female patients' reproductive health.

The syndrome: pelvic inflammatory disease (PID)

PID comprises a spectrum of inflammatory disorders of the upper female genital tract, often due to STIs.⁴

- PID can be difficult to diagnose due to the wide variation in symptoms⁴
- Even women with subclinical or asymptomatic PID might be at risk for infertility⁵
- *M. genitalium* has been detected in 2%–22% of PID cases, depending on the setting⁶

The syndrome: cervicitis

Cervicitis is an inflammation of the cervix, commonly associated with STIs.⁷

- Cervicitis might be a sign of upper-genital-tract infection⁷
- Although cervicitis is typically associated with *C. trachomatis* or *N. gonorrhoeae*, *M. genitalium* can be detected in 10%–30% of women with cervicitis⁷
- The CDC recommends that patients with a new case of cervicitis be⁷:
 - Assessed for signs of PID
 - Tested for *C. trachomatis*, *N. gonorrhoeae*, *M. genitalium*, and *T. vaginalis*

Quest's **STI Pelvic Inflammatory Disease (PID) Panel** can help you confirm your PID diagnosis and determine the cause, while the **STI Cervicitis Panel** supports CDC recommendations.

C. trachomatis or *N. gonorrhoeae* may not be causing your patient's syndrome.
Identify the cause with the right tests, for better outcomes.

Better manage your symptomatic patients— and mitigate risk

Each of our STI panels provides a report that's easy to interpret, with clear summaries that give you clinical insights at a glance. All reports are reviewed by our medical directors, who provide additional support as appropriate.

Enhanced solutions—beyond testing

Quest makes testing for STIs and related syndromes easier for you and your patients with additional solutions including:

- **MyQuest™**—patients can view test results confidentially and schedule follow-up testing if needed
- **Quantum™ Lab Services Manager**—order tests and supplies, schedule a specimen pickup, track order status, and view up to 2 years of patient-specific test history
- **Extensive plan coverage**—Quest is an in-network, national lab provider with most major health plans, including UnitedHealthcare®, Aetna®, Cigna®, and Humana®, helping you streamline practice workflow



Rely on Quest Diagnostics to help you identify the cause of STI-related symptoms and syndromes. Contact your Quest sales representative or visit **QuestDiagnostics.com** to learn more.

References

1. Centers for Disease Control and Prevention. New CDC analysis shows steep and sustained increases in STDs in recent years [press release]. www.cdc.gov/nchhstp/newsroom/2018/press-release-2018-std-prevention-conference.html. Published August 28, 2018. Accessed April 22, 2019.
2. Owusu-Edusei K Jr, Chesson HW, Gift TL, et al. The estimated direct medical cost of selected sexually transmitted infections in the United States, 2008. *Sex Transm Dis*. 2013; 40(3):197-201.
3. Satterwhite CL, Torrone E, Meites E, et al. Sexually transmitted infections among US women and men: prevalence and incidence estimates, 2008. *Sex Transm Dis*. 2013; 40(3):187-193.
4. CDC. Pelvic inflammatory disease (PID)—CDC fact sheet. www.cdc.gov/std/pid/stdfact-pid.htm. Updated December 11, 2015. Accessed April 22, 2019.
5. Wiesenfeld HC, Hillier SL, Meyn LA, et al. Subclinical pelvic inflammatory disease and infertility. *Obstet Gynecol*. 2012;120:37-43. doi: 10.1097/AOG.0b013e31825a6bc9.
6. Centers for Disease Control and Prevention. 2015 Sexually Transmitted Diseases Treatment Guidelines: emerging issues. www.cdc.gov/std/tg2015/emerging.htm. Updated June 4, 2015. Accessed April 22, 2019.
7. Centers for Disease Control and Prevention. 2015 Sexually Transmitted Disease Treatment Guidelines: diseases characterized by urethritis and cervicitis. www.cdc.gov/std/tg2015/urethritis-and-cervicitis.htm. Updated June 4, 2015. Accessed April 22, 2019.
8. Brill JR. Diagnosis and treatment of urethritis in men. *Am Fam Physician*. 2010;81:873-878.
9. Centers for Disease Control and Prevention. 2015 Sexually Transmitted Disease Treatment Guidelines: diseases characterized by genital, anal, or perianal ulcers. www.cdc.gov/std/tg2015/genital-ulcers.htm. Updated June 4, 2015. Accessed April 22, 2019.
10. Centers for Disease Control and Prevention. Genital herpes—CDC fact sheet (detailed). <http://www.cdc.gov/std/herpes/stdfact-herpes-detailed.htm>. Updated January 31, 2017. Accessed April 22, 2019.
11. Centers for Disease Control and Prevention. Syphilis—CDC fact sheet (detailed). <http://www.cdc.gov/std/syphilis/stdfact-syphilis-detailed.htm>. Updated January 30, 2017. Accessed April 22, 2019.

QuestDiagnostics.com

Quest, Quest Diagnostics, any associated logos, and all associated Quest Diagnostics registered or unregistered trademarks are the property of Quest Diagnostics. All third-party marks—® and ™—are the property of their respective owners. ©2019 Quest Diagnostics Incorporated. All rights reserved. SB8105 4/2019