








**ORIGINAL ARTICLE**

# *Trichomonas vaginalis* infection and prostate-specific antigen concentration: Insights into prostate involvement and prostate disease risk

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**Abstract**

**Background:** The protist *Trichomonas vaginalis* causes a common, sexually transmitted infection and has been proposed to contribute to the development of chronic prostate conditions, including benign prostatic hyperplasia and prostate cancer. However, few studies have investigated the extent to which it involves the prostate in the current antimicrobial era. We addressed this question by investigating the relation between *T. vaginalis* antibody serostatus and serum prostate-specific antigen (PSA) concentration, a marker of prostate infection, inflammation, and/or cell damage, in young, male, US military members.

**Methods:** We measured *T. vaginalis* serum IgG antibodies and serum total PSA concentration in a random sample of 732 young, male US active duty military members. Associations between *T. vaginalis* serostatus and PSA were investigated by linear regression.

**Results:** Of the 732 participants, 341 (46.6%) had a low *T. vaginalis* seropositive score and 198 (27.0%) had a high score, with the remainder seronegative. No significant differences were observed in the distribution of PSA by *T. vaginalis* serostatus. However, slightly greater, nonsignificant differences were observed when men with high *T. vaginalis* seropositive scores were compared with seronegative men, and when higher PSA concentrations were examined ( $\geq 0.70$  ng/mL). Specifically, 42.5% of men with high seropositive scores had a PSA concentration greater than or equal to 0.70 ng/mL compared with 33.2% of seronegative men (adjusted  $P = .125$ ).

**Conclusions:** Overall, our findings do not provide strong support for prostate involvement during *T. vaginalis* infection, although our suggestive positive findings for higher PSA concentrations do not rule out this possibility entirely. These suggestive findings may be relevant for prostate condition development because higher early- to mid-life PSA concentrations have been found to predict greater prostate cancer risk later in life.

#### KEYWORDS

inflammation, prostate cancer etiology, sexually transmitted infection, *T. vaginalis*

## 1 | INTRODUCTION

*Trichomonas vaginalis* causes the most common, nonviral sexually transmitted infection (STI) and has been proposed to contribute to the development of chronic prostate conditions, such as benign prostatic hyperplasia (BPH) and prostate cancer. Possible mechanisms by which it may contribute to these conditions include: (a) adherence to and lysis of prostate epithelial cells; (b) induction of intra-prostatic inflammation and cytokine production; (c) inhibition of prostate epithelial cell apoptosis; and (d) upregulation of proto-oncogenes.<sup>1,2</sup> More recently, *T. vaginalis* has also been observed to increase prostate cell line proliferation and invasiveness,<sup>3,4</sup> has been detected in prostate tissue from men with BPH,<sup>2,5</sup> and has been found to be associated with the presence of BPH,<sup>6</sup> as well as later prostate cancer risk and aggressiveness in some,<sup>7,8</sup> but not all,<sup>9-14</sup> sero-epidemiologic studies.

Many of the original observations of intra-prostatic *T. vaginalis* infection were made in men infected before the introduction of effective antitrichomonad therapies (ie, metronidazole)<sup>15-17</sup> or in men with trichomonal urethritis,<sup>18</sup> a less common manifestation of this frequently asymptomatic infection.<sup>19</sup> Therefore, an important question for prostate condition development is the extent to which trichomonal prostate infection occurs in the current antimicrobial era and in men with asymptomatic infection. We previously addressed this question for chlamydia and gonorrhea by measuring the proportion of young men whose concentration of serum prostate-specific antigen (PSA), a marker of prostate infection, inflammation, and/or cell damage, rose during documented infections.<sup>20,21</sup> However, we were not able to perform a similar type of analysis for *T. vaginalis* infection because this infection tends to be asymptomatic and is not typically investigated or diagnosed in STI clinics. Therefore,

we addressed this question instead by measuring specific serum antibodies to a unique *T. vaginalis* immunogenic protein as a marker of current and past infection. We investigated the relation between the presence of these antibodies and serum PSA concentration in a study population at high risk for *T. vaginalis* (ie, young US military members with a high proportion (45%) of African American men<sup>22</sup>). In addition to informing prostate involvement during infection, our analysis may also inform a possible role for *T. vaginalis* in prostate carcinogenesis, because higher earlier-life PSA concentrations have been found to be associated with later prostate cancer risk in several studies.<sup>23-26</sup>

## 2 | MATERIALS AND METHODS

### 2.1 | Study population and design

Since 1985, the US Armed Forces has conducted routine human immunodeficiency virus (HIV) type-1 testing on all active duty members, as well as preservice testing and periodic pre- and post-deployment testing. Leftover sera are stored in the Department of Defense Serum Repository (DoDSR) for use in medical research and surveillance.<sup>27</sup> With Department of Defense collaboration and approval, sera from the DoDSR can be linked to service members' electronic military medical record, which includes inpatient and outpatient diagnoses previously coded using the International Classification of Diseases, Ninth Revision, Clinical Modification (ICD-9-CM).

For the present study, we selected a random sample of 750 men with stored specimens in the DoDSR who met the following criteria: were less than 25 years old as of 1995, were HIV-1 negative, had

served on continuous active duty from 1995–2006, and had multiple serum specimens archived within the repository, including one from 2004–2006.<sup>28</sup> We used these criteria to ensure comparability with our broader parent study of STIs and PSA.<sup>21,29,30</sup> For each of these men, we selected the most recent serum specimen collected from 2004–2006. Of the original 750 men selected for this cross-sectional analysis, we excluded 18 with insufficient serum remaining after PSA testing or those whose specimens were left overnight at room temperature during PSA testing, leaving an analytic study sample of 732 men.

## 2.2 | Measurement of *T. vaginalis* serostatus

We assessed *T. vaginalis* infection by *T. vaginalis* serostatus rather than by obtaining diagnoses from the military medical record because *T. vaginalis* infection is frequently asymptomatic in men and is thus not frequently diagnosed. In addition, even when *T. vaginalis* infection does present with symptoms, it is not typically diagnosed as *T. vaginalis* infection, but rather as nongonococcal urethritis or nonchlamydial, nongonococcal urethritis (NCNGU). As *T. vaginalis* infection makes up only 1% to 20% of nongonococcal urethritis diagnoses,<sup>31</sup> we chose to ascertain *T. vaginalis* exposure by serology rather than by medical record diagnosis to reduce exposure misclassification.

Serum specimens were tested for *T. vaginalis* antibodies using an in-house enzyme-linked immunosorbent assay that detects IgG antibodies against a recombinant *T. vaginalis*  $\alpha$ -actinin protein.<sup>7,32</sup> Specimens were tested in random order and in duplicate, with inferences determined by the average of the two values (coefficient of variation for the duplicate optical densities (ODs) = 6.6%). A control panel consisting of five quality control specimens of increasing seroreactivity from 0 (no reactivity) to 4+ (strong reactivity) was included in each run ( $n = 6$  runs). The average of the control panel values across all runs was then used to determine cut-off points for seropositivity by dividing the average duplicate OD value of the seroreactive control specimens by the average of the 0 reactivity control specimens to create a positive to negative (P/N) ratio. Cut-off points were then derived by taking the mid-point between each P/N ratio—for instance, the cut-off point for the 2+ score was derived by taking the mid-point between the P/N ratios for the 2+ and 1+ control specimens. Scores were assigned to each DoDSR participant by comparing their P/N ratio (ie, their mean absorbance divided by the average of the 0 reactivity control specimens) to the above-described cut-off points. A score of 0 defined seronegativity, whereas the cut-off points of 1 and greater than or equal to 2 were used to assign low and high *T. vaginalis* seropositivity, similar to a contemporary analysis from the same laboratory.<sup>9</sup>

To determine the reproducibility of *T. vaginalis* serologic testing, we included 19 blinded, duplicate quality control pairs of serum from the DoDSR in the testing sequence (serostatus agreement = 73.7% between duplicates).

## 2.3 | Measurement of PSA concentration

Serum specimens were stored in the DoDSR at  $-30^{\circ}\text{C}$  for 0.7 to 3.7 years and then between  $-70$  and  $-80^{\circ}\text{C}$  for 3 to 15 months until PSA testing.<sup>28</sup> PSA remains relatively stable for up to 20 years at temperatures around  $-20^{\circ}\text{C}$ .<sup>33</sup> Total PSA concentration was measured using the Beckman Coulter Access Hybritech assay (Beckman Coulter, Brea, CA) at the Johns Hopkins Hospital. PSA was measured rather than abstracted from participants' military medical records because these men were too young (ages 28–36 years at the time of blood draw) for routine PSA screening for prostate cancer based on contemporary guidelines. Specimens were tested in random order and assay reproducibility was determined by testing 25 blinded, quality control pairs from the DoDSR (coefficient of variation = 12.4% and 6.9% after excluding one discrepant pair).<sup>28</sup>

## 2.4 | Statistical analysis

We compared participants' demographic, military, and infection history (STI, genitourinary, and any infection) characteristics by *T. vaginalis* serostatus, using the Student *t* test for continuous variables and  $\chi^2$  tests for proportions. Infection history was obtained from participants' military medical record and included the following diagnoses: *T. vaginalis* infection (ICD-9-CM code 131.02, 131.09, 131.9), NCNGU (099.4, 099.49), genital chlamydia (078.88, 099.3, 099.41, 099.50, 099.53, 099.54, 099.55), gonorrhea (098, 098.0, 098.10, 098.11, 098.19, 098.2, 098.89), infectious mononucleosis (075), other STIs such as herpes viruses (054.10, 054.13, 054.19, and any other diagnoses between 090 to 099.9), other genitourinary infections and conditions such as urinary tract infections and BPH (ICD-9-CM codes from 580.0 to 609.0), and any infection or genitourinary condition (STIs [except for *T. vaginalis* and NCNGU]; infectious mononucleosis; genitourinary infections and conditions; and other nongenitourinary, systemic infections such as infections with cutaneous lesions [022.0, 052.0–053.9, 057.9, 074.0, 085.4], staphylococcus infection [041.1], meningitis and encephalitis [047.9, 062.0], gastro-intestinal tract infections [003, 005.9, 008.4–009.2, 124.0], respiratory tract infections [022.1, 033–038.9, 041.2–041.9, 079.0, 114.0], and other systemic infections [022.9, 078.89, 079.89, 079.99, 084.1, 100.0, 780.6]). All diagnoses from the start of the electronic medical record (1995–1997) through to the date of participants' blood draw (2004–2006) were included.

We explored the distribution of PSA concentration by *T. vaginalis* serostatus by calculating geometric mean, arithmetic mean and median values, and proportions of PSA categories (<0.29, 0.30–0.49, 0.50–0.69, 0.70–0.89, and  $\geq 0.90$  ng/mL). We also calculated the percentage of men with PSA values greater than or equal to 0.70 ng/mL, as this value has been found to be associated with future prostate cancer risk in previous studies of young to middle-aged men.<sup>23,34</sup> Linear regression was used to adjust for potential confounders, including age, race, marital status, military grade,

region of residence, reason for blood draw, history and frequency of STIs (excluding *T. vaginalis* infection and NCNGU), urogenital infections, and systemic infections. As only age, sex, and race influenced the point estimates for *T. vaginalis* serostatus, only these covariates were retained in the final models. Effect modification by race was investigated by including an interaction term in the regression model and evaluating the significance of this term using the likelihood ratio test.

To determine the possible transient influence of other infections on our findings, we performed sensitivity analyses excluding men diagnosed with any STIs, urogenital, or systemic infections other than *T. vaginalis* infection and NCNGU within the period of 1 year before to 7 days after specimen collection. We chose this timeframe because we previously observed that large rises in PSA concentration remained up to 1 year following infection<sup>30</sup> and to allow for delayed entry of infectious disease diagnoses into the military medical record (up to 7 days). We also performed sensitivity analyses varying the cut-off points for *T. vaginalis* seropositivity by using the P/N ratios rather than the midpoints of the P/N ratios as cut-off points. Statistical analyses were performed using SAS version 9.4 (SAS, Cary, NC).

This study was approved by the Institutional Review Boards at the Walter Reed Army Institute of Research and the John Hopkins Bloomberg School of Public Health. All data and specimens were anonymized before release from the DoDSR.

### 3 | RESULTS

Of the 732 study participants, 341 (46.6%) had a low *T. vaginalis* seropositive score (score = 1), and 198 (27.0%) had a high score (score  $\geq 2$ ); the remainder were seronegative. Seropositive men were more likely to be African American and married than seronegative men, but were similar with respect to all other demographic, military, and clinical characteristics (Table 1).

No statistically significant differences were observed in the geometric mean, arithmetic mean, median, or categories of PSA concentration between *T. vaginalis* seropositive and seronegative men in unadjusted or adjusted analyses (Table 2). However, slightly greater, nonsignificant differences were observed when men with high *T. vaginalis* seropositive scores were compared to seronegative men, and when PSA concentrations greater than or equal to 0.70 ng/mL were examined. Specifically, 42.5% of men with high seropositive scores had a PSA concentration greater than or equal to 0.70 ng/mL compared to 33.2% of seronegative men (adjusted  $P = .13$ ). Generally similar results were observed in analyses stratified by race ( $P_{\text{int}} = .12$ ), in sensitivity analyses excluding recent infections (41.5% of high seropositive scores with PSA  $\geq 0.70$  ng/mL vs 33.8% seronegative men, adjusted  $P = .25$ ), and in sensitivity analyses using the P/N ratios instead of the midpoints as the cut-off points for seropositivity (41.2% of high seropositive scores with PSA  $\geq 0.70$  ng/mL vs 35.2% seronegative men, adjusted  $P = .22$ ).

### 4 | DISCUSSION

Overall, no significant associations were observed between *T. vaginalis* serostatus and PSA concentration in our large cross-sectional sample of young US military members. However, our suggestive, nonsignificant association between high *T. vaginalis* serostatus and greater PSA concentrations ( $\geq 0.70$  ng/mL) leaves open the possibility of an influence of *T. vaginalis* infection on the prostate.

Comparing our findings to those from studies designed to examine the acute influence of infection on PSA, our nonsignificant findings are generally consistent with previous null findings for medical record-confirmed NCNGU in the US military,<sup>21</sup> as well as for those for confirmed gonorrhea and chlamydia when whole shifts in the PSA distribution were examined (ie, mean and median PSA).<sup>7,21</sup> Our findings differ, however, from previous positive findings for chlamydia and gonorrhea when greater changes in PSA concentrations were examined ( $\geq 40\%$  increase above preinfection values), which we interpreted to mean that only a subset of participants with chlamydia and gonorrhea experienced prostate involvement.<sup>7,21</sup> Although we were not able to examine the distribution of PSA change during *T. vaginalis* infection in the present study, we did still observe a suggestion of a positive association between *T. vaginalis* serostatus and higher PSA concentrations, possibly implying prostate involvement during some *T. vaginalis* infections. Contrary to previous studies, though, this inference is more difficult to make in our analysis because we were not able to measure acute *T. vaginalis* infection directly but instead had to rely on a marker of cumulative *T. vaginalis* exposure (ie, both acute and resolved infections), thereby introducing a certain degree of exposure misclassification. This concern is further exacerbated by possible misclassification of *T. vaginalis* antibody measurement, although sensitivity analyses using alternative cut-off points yielded generally similar inferences and an expected positive association between *T. vaginalis* serostatus and African American race was observed.

Viewing our findings in the context of the longer-term or cumulative influences of current and/or resolved infections rather than the acute influences of infection, our nonsignificant findings are consistent with those from previous cross-sectional studies of nonlifelong infections (*T. vaginalis*<sup>14</sup> and syphilis) that observed null associations with PSA,<sup>35</sup> but differ from those from other cross-sectional and longitudinal studies that observed positive findings for *C. trachomatis* serostatus and histories of medical record-confirmed chlamydia and NCNGU diagnoses with PSA concentration and trajectories in younger men.<sup>29,36</sup> However, in the latter study, positive associations were observed only when PSA trajectories were examined and not when only one PSA measurement was used (% with PSA  $\geq 0.7$  ng/mL = 38.3 for chlamydia, 39.6 for gonorrhea, and 31.7 for NCNGU vs 37.1 for controls without these infections;  $P = 0.772$ , 0.639, and 0.659, respectively<sup>29</sup>). This latter finding is more in line with our findings and suggests that smaller long-term changes may require

**TABLE 1** Demographic, military, and infection history characteristics of young male US military members by *Trichomonas Vaginalis* serostatus, 2004-2006

	<i>Trichomonas vaginalis</i> serostatus score			P value <sup>a</sup>	P value <sup>b</sup>
	0 (n = 193)	1 (n = 341)	≥2 (n = 198)		
Mean age, y	33.5	33.5	33.6	.81	.70
Race (%)					
African American	40.4	51.6	57.1	.003	.001
Caucasian	59.6	48.4	42.9		
Marital status (%)					
Married	77.2	84.5	86.4	.035	.019
Other	22.8	15.5	13.6		
Military grade (%)					
Enlisted	87.6	86.5	86.4	.93	.72
Officer	12.4	13.5	13.6		
Region of residence (%)					
Northeast	10.4	9.7	11.6	.89	.57
Midwest	16.6	15.0	16.2		
South	50.8	48.7	44.9		
West	9.3	9.7	8.6		
Unknown	12.9	17.0	18.7		
Reason for blood draw (%)					
General force	18.6	19.0	18.7	.27	.49
Physical exam	9.3	14.4	14.1		
Part of an STI visit	2.1	0.3	1.5		
Other/unknown	70.0	66.3	65.7		
History of (%)					
<i>T. vaginalis</i> infection <sup>c</sup>	1.0	0.6	1.0	.67	1.00
<i>T. vaginalis</i> infection or NCNGU <sup>d</sup>	3.1	4.1	3.0	.75	.96
Genital chlamydia <sup>e</sup>	5.2	5.6	6.6	.83	.56
Gonorrhea <sup>f</sup>	1.6	2.6	3.5	.45	.34
Infectious mononucleosis <sup>g</sup>	1.6	0.6	0.5	.50	.37
Urogenital infections and conditions <sup>h</sup>	34.7	27.3	30.8	.19	.41
Other STIs <sup>i</sup>	5.2	3.8	4.0	.75	.59
Any STI <sup>j</sup>	12.4	13.5	13.3	.94	.84
Any urogenital or systemic infection <sup>k</sup>	61.1	58.1	65.2	.27	.41

Abbreviations: NCNGU, nonchlamydial, nongonococcal urethritis; STI, sexually transmitted infection.

<sup>a</sup>Global P value.

<sup>b</sup>P value comparing serostatus 0 and ≥2.

<sup>c</sup>Defined by ICD-9-CM codes: 131.02, 131.09, and 131.9.

<sup>d</sup>Defined by ICD-9-CM codes: 131.02, 131.09, 131.9, 099.4, and 099.49.

<sup>e</sup>Defined by ICD-9-CM codes: 078.88, 099.3, 099.41, 099.50, 099.53, 099.54, and 099.55.

<sup>f</sup>Defined by ICD-9-CM codes: 098, 098.0, 098.10, 098.11, 098.19, 098.2, and 098.89.

<sup>g</sup>Defined by ICD-9-CM code: 075.

<sup>h</sup>Defined by ICD-9-CM codes: 580.0 to 609.0. Includes urogenital infections that might contribute to prostate inflammation such as benign prostatic hyperplasia (600.0), orchitis and epididymitis (604.9), urethritis (597.8), urinary tract infection (599.0), hydrocele (603.9), balanoposthitis (607.1), inflammatory disorders of the penis (607.2), prostatitis (601.0-601.9), and Peyronie's disease (607.85).

<sup>i</sup>All STIs (ICD-9-CM codes: 054.10, 054.13, 054.19, and 090 to 099.9), except for genital chlamydia, gonorrhea, *T. vaginalis*, and NCNGU.

<sup>j</sup>All STIs (ICD-9-CM codes: 078.88, 054.10, 054.13, 054.19, and 090 to 099.9), except for *T. vaginalis*, and NCNGU.

<sup>k</sup>Includes all STIs (except for *T. vaginalis* and NCNGU), infectious mononucleosis, urogenital infections and conditions, and nongenitourinary, systemic infections such as infections with cutaneous lesions (022.0, 052.0-053.9, 057.9, 074.0, 085.4); staphylococcus infection (041.1); meningitis and encephalitis (047.9, 062.0); gastro-intestinal tract infections (003, 005.9, 008.4-009.2, 124.0); respiratory tract infections (022.1, 033-038.9, 041.2-041.9, 079.0, 114.0); and other systemic infections (022.9, 078.89, 079.89, 079.99, 084.1, 100.0, 780.6).

longitudinal measurements rather than one cross-sectional measurement to detect as statistically significant. Finally, although our findings differ from previous positive cross-sectional findings for human herpesvirus type 8 serostatus with PSA in older men,<sup>37,38</sup> human herpesvirus type 8 is a chronic, lifelong infection that reactivates periodically across the life course, as opposed to an

infection, such as *T. vaginalis* infection, that can be cleared or cured, which may explain its stronger influence on PSA.

Lastly, if we view our findings in the context of prostate disease development rather than prostate involvement, our nonsignificant findings are in line with those from a growing body of studies that observed null associations between *T. vaginalis* serostatus and

**TABLE 2** PSA distribution by *Trichomonas vaginalis* serostatus among young US male military members, 2004-2006

	<i>T. vaginalis</i> serostatus score			P value <sup>a</sup>	P value <sup>b</sup>
	0 (n = 193)	1 (n = 341)	≥2 (n = 198)		
Unadjusted PSA concentration (ng/mL)					
Geometric mean	0.58	0.59	0.62	.52	.25
Mean	0.70	0.75	0.73	.43	.20
Median	0.55	0.59	0.63	.38	.17
Interquartile range	0.41-0.84	0.39-0.84	0.44-0.88		
Full PSA distribution (%)					
<0.29	10.4	12.9	9.1	.43	.23
0.30-0.49	32.1	25.5	23.2		
0.50-0.69	22.8	21.7	23.7		
0.70-0.89	14.0	18.5	20.2		
≥0.90	20.7	21.4	23.7		
≥0.70	34.7	39.9	43.9	.17	.06
Adjusted PSA concentration (ng/mL) <sup>c</sup>					
Geometric mean	0.58	0.58	0.61	.63	.21
% ≥0.70 ng/mL	33.2	38.8	42.5	.17	.13

Abbreviation: PSA, Prostate-specific antigen.

<sup>a</sup>Global P value.

<sup>b</sup>P value comparing serostatus 0 and ≥2.

<sup>c</sup>Adjusted for age, race, and marital status.

prostate cancer risk and aggressiveness in older men,<sup>9,11-14</sup> as well as those from one,<sup>5</sup> but not the other,<sup>6</sup> previous study of *T. vaginalis* serology and BPH. However, our findings are not consistent with the high prevalence of *T. vaginalis* DNA and antigens observed in prostate tissue from older men with BPH.<sup>2,5</sup>

## 5 | CONCLUSIONS

In conclusion, we observed some suggestion of a positive association between *T. vaginalis* seropositivity and greater PSA concentration. However, this association was not statistically significant. Possible explanations for these nonsignificant findings include difficulties studying prostate involvement during infection using a cross-sectional study design and detection of antibodies, which does not distinguish between current and past infections, rather than diagnosis of acute infection directly. Future studies may need to address this question by studying changes in PSA during acute infections detected by genitourinary specimen testing in populations at high risk for *T. vaginalis* and other acute genitourinary infections.

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## CONFLICT OF INTERESTS

The authors declare that there are no conflict of interests.

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