

Risk Factors for Menstrual Toxic Shock Syndrome: Results of a Multistate Case-Control Study

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For assessment of current risk factors for developing toxic shock syndrome (TSS) during menstruation, a case-control study was performed. Cases with onset between 1 January 1986 and 30 June 1987 were ascertained in six study areas with active surveillance for TSS. Age-matched controls were selected from among each patient's friends and women with the same telephone exchange. Of 118 eligible patients, 108 were enrolled, as were 185 "friend controls" and 187 telephone exchange-matched controls. Tampon use was a risk factor for developing TSS during menstruation (odds ratio = 29; 95% confidence interval = 7-120), and risk increased with increasing tampon absorbency (odds ratio = 1.34 per gram increase in absorbency; 95% confidence interval = 1.2-1.6). The role of tampon chemical composition could not be assessed because the number of cases was inadequate. Neither use of birth control pills for contraception nor use of medications for premenstrual or menstrual symptoms protected against or was a risk factor for the development of menstrual TSS.

Case-control studies conducted in the early 1980s demonstrated that tampon use was the major risk factor for the development of toxic shock syndrome (TSS) during menstruation and that risk varied with the brand and style of tampon used [1-6]. One of these studies further demonstrated that a tampon's absorbency and/or chemical composition was important in determining the risk associated with its use, although the relative importance of these two tampon characteristics remained uncertain [3]. Subsequent in vitro studies have suggested that the chemical composition of tampons may be the major de-

terminant of risk because of differences in the binding of magnesium and hence in the production of TSS toxin 1 [7-9]. However, a recent assessment of cases reported through a passive national surveillance system suggests that both absorbency and chemical composition are important independent determinants of the risk of menstrual TSS [10].

In response to these findings and in an effort to minimize or eliminate the risk of menstrual TSS, manufacturers have both substantially altered the chemical composition and dramatically lowered the absorbency of the tampons they sell. As a result, the tampons that are available and being used today differ markedly from those in use in the early 1980s. In order to evaluate the risk of menstrual TSS associated with currently available tampons and to shed more light on the relative importance of tampon absorbency and chemical composition in determining that risk, we undertook a case-control study of menstrual TSS cases occurring in 1986-1987.

This study was supported by an interagency agreement of the Centers for Disease Control, the National Institute of Child Health and Human Development, and the U.S. Food and Drug Administration.

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Methods

Patients with TSS and age-matched controls were sought in six study areas (Los Angeles County and the states of Missouri, New Jersey, Oklahoma, Tennessee and Washington) where active surveillance for TSS had been established. Details of the active surveillance methods used are presented elsewhere [11]. In brief, educational materials concerning TSS and

a request for reports of all suspected cases were distributed repeatedly to health care providers, infection control nurses, and medical records departments in the study areas. These materials stressed that TSS occurs in a variety of settings in patients of both sexes and all ages. Active surveillance for patients hospitalized with TSS was maintained by biweekly telephone calls to all hospitals in the study areas to ascertain the presence or absence of suspected cases.

All suspected cases in women 10–54 years of age with onset between 1 January 1986 and 30 June 1987 were assessed with regard to the case definition for TSS established by the Centers for Disease Control [12]. Cases meeting all of the criteria were considered definite cases, those lacking a single criterion were considered probable cases, and those lacking two or more criteria or having evidence of another cause of illness were considered not to be cases. All medical records were reviewed a second time by an individual blinded to the menstrual status and tampon use history of the patient. The few minor discrepancies in classification of cases were resolved by a second person blinded to menstrual status and tampon use history. Probable and definite cases with onset of symptoms during menstruation (i.e., during active bleeding) were eligible for inclusion in the study unless a focal site of infection outside the vagina was identified or a barrier contraceptive was used during the menstrual period.

For each patient who agreed to participate, two friends matched for age (± 3 years if <25 years of age; ± 5 years if ≥ 25 years of age) and two women matched for age and neighborhood of residence were sought as controls. Controls matched for neighborhood of residence were sought by taking the first five digits of the patient's phone number and randomly ordering the 99 other possible phone numbers with the same first five digits. These households matched by telephone exchange (and hence by neighborhood of residence) were called until two age-matched women were enrolled. Women with TSS and controls were interviewed by telephone concerning use of tampons and other catamenial products on each day of the menstrual period, use of medications for menstrual and premenstrual symptoms on each day for the 3 days before onset of menstruation and during menstruation, and use of contraceptives. Patients with TSS were asked about the menstrual period when they became ill (index menstrual period) and the preceding menstrual period; controls were asked about the two menstrual periods that coincided in

time with those of the respective case. While the interviewer was aware of the study hypotheses, she was blinded to the case/control status of participants at the time of the interviews. Tampon-using study participants were asked to find the box of tampons used during the most recent menstrual period and answer questions about its labeling and color.

Results were analyzed with conditional multivariate logistic regression models that took the matching into account [13]. Information concerning the chemical composition, oxygen content, and *in vivo* and *in vitro* absorbency of various tampon brands and styles was obtained from tampon manufacturers.

Results

Altogether, 118 patients with TSS were eligible for enrollment in the study, and 108 of these patients were enrolled. Reasons for which patients were not enrolled included refusal (two patients) and loss to follow-up or inability to locate (eight patients). None of the 118 patients died. Of the 108 patients enrolled, 71 were classified as having definite and 37 as having probable TSS. Among the 37 probable cases, fever of $\geq 102^{\circ}\text{F}$ was the criterion most often lacking (15 cases); desquamation was lacking in 14 cases, multisystem involvement in four, and hypotension in four. The characteristic rash of TSS was present in all probable cases. Onset of illness occurred most often on the third or fourth day of the menstrual cycle (day 1, 9%; day 2, 14%; day 3, 17%; day 4, 29%; day 5, 12%; day 6, 13%; day 7, 2%; and day 8, 4%).

Altogether, 372 age-matched controls were enrolled, including 185 friends of patients and 187 neighborhood residents. Four controls were enrolled for each of 71 cases (66%), three controls for each of 15 cases (14%), two controls for each of 21 cases (19%), and only one control for one case (1%). As expected, the patients and controls were similar in age, race, and marital status (table 1). "Friend controls" were somewhat more similar to patients than were "neighborhood controls" with regard to race and marital status, but these differences were not significant.

Of the 108 women with TSS, 106 (98%) were using tampons at the time of onset of illness; 88 women had been using a single brand and style of tampon during that menstrual period, whereas 18 had been using multiple brands and/or styles (table 2). Of the 372 control women, 244 (66%) had used tampons

Table 1. Characteristics of patients and controls enrolled in a multistate study of risk factors for menstrual toxic shock syndrome.

Characteristic (unit)	Patients	Value for indicated group		
		Friend controls	Neighborhood controls	Combined controls
Mean age (y)*	24.3 ± 8.1 (13-46)	24.8 ± 8.4 (11-48)	24.5 ± 8.1 (13-48)	24.6 ± 8.2 (11-48)
White (%)	94	94	89	91
Married (%)	44	39	36	37
Interval from onset of index menstrual period to interview (d)*	88 ± 50 (25-249)	87 ± 51 (17-281)
Interviews successfully completed with blinding to case/control status (%)	82	91	87	89

* Values given are mean ± SD (range).

during their index menstrual period. Friend controls were more likely to have used tampons than were neighborhood controls (71% vs. 60%; odds ratio = 1.7; 95% confidence interval = 1.02-2.7; two-tailed $P = .04$, conditional logistic regression). Altogether, 44% of tampon-using patients and 62% of tampon-using controls were able during their telephone interview to find the box of tampons used.

Tampon use was associated with an increased risk of developing TSS during menstruation, regardless of which control group was used as a basis for comparison (friends, neighbors, or combined; table 3). Women who used multiple brands and/or styles were at greater risk than women who used a single brand and style (odds ratio = 2.3; 95% confidence interval = 1.2-4.6; $P = .02$). However, this difference was due to the fact that users of multiple brands and/or styles tended to use more absorbent tampons. With control for absorbency, there was no difference

in risk between users of a single brand and users of multiple brands and/or styles.

Because there were overall no significant differences between friend and neighborhood controls regarding the brand or style of tampon used, these control groups were combined in studies of the risk of menstrual TSS associated with individual brands and individual brand/style combinations. The use of all major tampon brands was associated with an increased risk of developing TSS during menstruation, with odds ratios for individual brands ranging from 15 to 59 (table 4). Odds ratios for individual styles of each tampon brand were calculated in two ways; in comparison with the risk of TSS in women not using tampons and in comparison with the risk of TSS in users of Tampax Original Regular tampons. In comparison with women using no tampons, users of all assessed individual brands and styles (except Tampax Slender Regular and Tampax Original Regu-

Table 2. Tampon use during the index menstrual period.

Pattern of tampon use	Patients	No. (%) in indicated group with pattern of use		
		Friend controls	Neighborhood controls	Combined controls
None	2 (2)	54 (29)	74 (40)	128 (34)
Single brand and style	88 (81)	115 (63)	104 (56)	219 (59)
Multiple brands and/or styles	18 (17)	15 (8)	7 (4)	22 (6)
Unknown brand	...	1 (<1)	2 (1)	3 (1)
Total	108	185	187	372

* Significant difference between friend and neighborhood controls (odds ratio = 1.7; 95% confidence interval = 1.02-2.7; two-tailed = $P = .04$).

Table 3. Association between tampon use and risk of menstrual toxic shock syndrome.

Tampon use	Odds ratio*/95% confidence interval for patients vs. indicated control group		
	Friend	Neighborhood	Combined
Any tampon	19/5-78	48/7-362	29/7-120
Single brand and style	27/7-111
Multiple brand and/or style	62/13-291

* Vs. no tampon use.

lar) were at increased risk of menstrual TSS (table 5). In comparison with users of Tampax Original Regular tampons, users of some but not all other brand/style combinations were demonstrated to be at increased risk.

We next analyzed risk of menstrual TSS as a function of various tampon characteristics, including measured in vitro and in vivo absorbency, weight, oxygen content, and chemical composition. There was a significant association between measured in vitro tampon absorbency and risk of menstrual TSS: the risk increased by 34% for every 1-g increase in absorbency (odds ratio per gram increase = 1.34; 95% confidence interval = 1.2-1.6). Tampon weight and in vivo absorbency were equally good predictors of the risk of menstrual TSS, while oxygen content correlated somewhat less well. After taking in vitro absorbency into account, we could detect no influence of oxygen content or of chemical composition (categorized either as the presence or absence of a given material or as the percentage comparison by weight) on the risk of menstrual TSS.

Analysis of tampon users revealed that patterns of tampon use differed between patients and controls (table 6). Tampon-using women with TSS used tampons on more days of the menstrual cycle, were more likely to use tampons continuously for at least 1 day, used tampons continuously on more days and on a higher percentage of days of the menstrual cycle, and left a single tampon in place for a longer mean maximum time. Patients and controls were similar, however, in the average number of tampons used per day and the total number of tampons used per menstrual period. Because many of these characteristics of tampon use were correlated with the absorbency of the tampon used, we also examined their effect on the risk of menstrual TSS after adjustment for absorbency. Using tampons continuously on at least 1 day of the menstrual cycle remained strongly correlated with the risk of menstrual TSS after adjustment for absorbency (odds ratio = 6.5; 95% confidence interval = 2.5-17.2). Once absorbency and continuous use of tampons were taken into account, none of the other tampon-use variables remained significantly associated with risk of menstrual TSS.

Neither increased nor decreased risk of menstrual TSS in association with the use of birth control pills or barrier contraception was found (table 7). Use of condoms for contraception was commoner, however, among women with TSS (odds ratio = 2.6; 95% confidence interval = 1.1-6.1). The use of medications for premenstrual and menstrual syndromes was not associated with either an increased or a decreased risk of developing TSS, whether examined by individual brand, by active ingredient, or by overall use/nonuse (table 8).

Table 4. Association between tampon brand and risk of menstrual toxic shock syndrome.

Tampon brand*	No. using brand in indicated group		Matched odds ratio	95% confidence interval
	Patients	Combined controls		
None	2	128	1	...
Tampax	23	128	15	3-64
OB	9	15	56	9-330
Playtex	46	63	59	13-265
Kotex	10	12	54	10-302
Other	0	1	0	...
Total	90	347		

* Single brand and style use only.

Table 5. Risk of menstrual toxic shock syndrome among users of selected individual tampon brands and styles.

Brand and style of tampon	No. (%) using brand/style in indicated group		No tampon use	Odds ratio/95% confidence interval vs. indicated category
	Patients	Controls		Use of Tampax Original Regular
No tampon	1/...	...
Tampax Original Regular	2 (2)	39 (18)	7/0.8-58	1/...
Tampax Slender Regular	4 (5)	27 (13)	6/1-35	0.98/0.1-8
Tampax Petal Soft Regular	2 (2)	11 (5)	22/2-212	3.2/0.4-30
Tampax Super	9 (11)	38 (18)	26/4-149	3.7/0.6-22
Tampax Super Plus	3 (4)	13 (6)	25/3-207	3.8/0.5-30
OB Regular	3 (4)	9 (4)	28/3-268	4.2/0.5-38
OB Super	4 (5)	5 (2)	86/9-862	13/1.4-122
OB Super Plus	2 (2)	1 (<1)	144/7-2,857	22/1.1-422
Playtex Slender Regular (D/ND)*	4 (5)	5 (2)	78/8-789	11/1.2-110
Playtex Regular (D/ND)	20 (24)	27 (13)	76/13-441	13/2.4-66
Playtex Super (D/ND)	16 (19)	25 (12)	74/13-429	11/2-58
Playtex Super Plus (D/ND)	6 (7)	6 (3)	79/10-612	12/1.6-83
Kotex Security Regular	2 (2)	6 (3)	21/1.7-253	2.9/0.2-40
Kotex Security Super	7 (8)	4 (2)	122/15-971	18/2.5-133

* Deodorant and nondeodorant, combined.

Discussion

The results presented here suggest that, despite marked changes in the absorbency and chemical composition of tampons in recent years, the use of many if not all tampons available in 1986–1987 is associated with an increased risk of menstrual TSS. Furthermore, while the measured absorbency of tampons has been reduced dramatically, there continues

to be a direct correlation between measured tampon absorbency and risk of menstrual TSS. Continuous use of tampons on at least 1 day of the menstrual cycle appears to increase a tampon user's risk of developing TSS, as has been noted previously [5]. We were unable to confirm the results of earlier studies that suggested a protective effect of oral contraceptive pills with regard to menstrual TSS [14].

Table 6. Univariate analyses of patterns of tampon use among toxic shock syndrome patients and controls who used tampons.

Variable	Mean \pm SD for indicated group			95% confidence interval
	Patients (n = 106)	Controls (n = 244)	Odds ratio	
Mean average no. of tampons used per day	4.7 \pm 4.1	4.3 \pm 2.3	1.04/tampon	0.97-1.13
Mean total no. of tampons used per menstrual period	21.9 \pm 21.6	18.3 \pm 12.2	1.02/tampon	1.0-1.03
Mean no. of days on which tampons were used	4.5 \pm 1.6	4.2 \pm 1.5	1.22/day of use	1.03-1.44
Mean no. of days on which tampons were used continuously	4.0 \pm 2.1	2.3 \pm 2.3	1.46/day of continuous use	1.27-1.67
Mean percentage of days on which tampons were used continuously	83.8 \pm 8	52.9 \pm 47	1.02/percentage of days	1.01-1.03
Mean maximum time a single tampon was left in place (hours)	7.8 \pm 2.1	6.6 \pm 2.4	1.46/hour	1.21-1.75
Any day(s) of continuous tampon use	95 (90)*	141 (58)*	9.4	3.9-22.3

* Values indicate number (percentage) of women.

Table 7. Use of contraceptives and risk of toxic shock syndrome.

Type of contraception	No. (%) using method in indicated group		Matched odds ratio	95% confidence interval
	Patients (n = 108)	Controls (n = 372)		
Condoms	10 (9)	15 (4)	2.6	1.1-6.1
Birth control pills	27 (25)	89 (24)	1.1	0.6-1.8
Any barrier contraception*	3 (3)	19 (5)	0.6	0.2-2.1
Diaphragm*	2 (2)	16 (4)	0.5	0.1-2.1
Contraceptive sponge*	1 (1)	2 (<1)
Any spermicide	6 (6)	22 (6)
Intrauterine device	2 (2)	7 (2)
Tubal ligation	6 (6)	31 (8)
Hysterectomy	1 (1)	1 (<1)
Rhythm	2 (2)	0
Withdrawal	2 (2)	1 (<1)
Cervical cap*	0	1 (<1)

* All cases of menstrual and nonmenstrual toxic shock syndrome associated with the use of a diaphragm, contraceptive sponge, or cervical cap were excluded from this study.

The magnitude of the risk associated with tampon use in our study remains somewhat ill defined because of the different frequencies of tampon use observed among the two types of controls enrolled. Thus, depending on whether friend or neighborhood controls were used as the standard for comparison, the estimate of the risk varied between 19 and 48. While combining of the two control groups for this particular comparison is not valid because of their heterogeneity, it is likely that the resultant estimate of the frequency of tampon use among control women (66%) would yield a more accurate estimate of the risk associated with tampon use (odds ratio = 29) than does an analysis of either control group

alone. Data from national surveys conducted in 1985 suggest that ~65% of women with menstrual periods use tampons [10].

Two limitations to this study warrant discussion in an assessment of the results. First, it is possible that, despite all of our educational efforts and publicity, medical care providers were more likely to diagnose and/or report a case of menstrual TSS if the patient was a tampon user. Bias of this type would have resulted in overestimation of the risk associated with tampon use vs. no tampon use. We currently are reviewing ~12,000 medical records for all women 10-54 years of age who were discharged from hospitals in the study areas in 1986 with TSS or diagnoses likely to be confused with TSS in an effort to determine how many of these women had TSS that was undiagnosed and/or unreported. By ascertaining the menstrual status and pattern of tampon use for women with TSS that was unreported and/or misdiagnosed, we hope to assess the impact of diagnostic and reporting biases on our results. It should be noted, however, that these biases would not have affected our analysis of the risk associated with use of individual brands and styles of tampons vs. use of Tampax Original Regular tampons. Similarly, these biases would not have affected our analysis of the relation between measured tampon absorbency or tampon use patterns and risk of menstrual TSS.

The second limitation is the paucity of cases available for study. Because of the small number of cases studied, the confidence intervals around our point estimates are very wide; that is, our estimates of var-

Table 8. Use of medications for premenstrual and menstrual symptoms and risk of toxic shock syndrome.

Medication	No. (%) taking medication in indicated group		95% confidence interval	
	Patients (n = 108)	Controls (n = 372)	Odds ratio	confidence interval
Any	40 (37)	138 (37)	1.0	0.7-1.6
Midol	4 (4)	18 (5)	0.7	0.2-2.2
Aspirin	5 (5)	22 (6)	0.8	0.3-2.3
Tylenol	10 (9)	32 (9)	1.1	0.5-2.4
Motrin	3 (3)	14 (4)	0.7	0.2-2.6
Advil	7 (6)	13 (3)	2.1	0.7-6.1
Nuprin	0 (0)	8 (2)
Pamprin	4 (4)	12 (3)	1.1	0.3-3.6
Premesyn	3 (3)	2 (1)	5.0	0.8-30
Other	10 (9)	31 (8)

ious risks are imprecise. Furthermore, despite our efforts, there are insufficient cases to permit a meaningful assessment of the independent contributions of tampon absorbency, chemical composition, and other characteristics to the risk of menstrual TSS. Thus, it remains possible that one or more tampon characteristics other than measured in vitro absorbency could play an important role in determining the risk of menstrual TSS. Given the enormous effort and the size of the surveillance population required for the collection of the cases studied here, it seems unlikely that a prospective study that is based on active surveillance and is large enough to answer questions about the impact of tampon characteristics will be feasible.

While the observed incidence of nonmenstrual TSS in the study areas was approximately that predicted on the basis of findings from earlier studies, the incidence of menstrual TSS was substantially lower than that predicted from data gathered in other states during previous years [11]. Thus, while incidence rates in the range of 5–15 cases/100,000 menstruating women per year were observed in Wisconsin, Minnesota, Utah, and Colorado in 1980, the incidence rate of menstrual TSS observed in our six study areas in 1986 ranged between 1 and 2.5/100,000 menstruating women. Whether the incidence of menstrual TSS we observed was lower than expected because the incidence has dropped in recent years, because the areas under study always had lower incidences, because cases now are being recognized and treated earlier, or because other unknown factors are involved is unclear. However, even if the incidence of menstrual TSS has decreased in recent years, our data suggest that there is still a need for a uniform standard of tampon labeling with regard to measured absorbency.

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Discussion

DR. EDWARD KASS. Dr. Reingold, I find it difficult to match your second conclusion with your data. The only data that show a clear relation are those dealing with polyacrylate rayon. All of the rest are not statistically significant. Now, the same thing was true in the Tri-State Study. I do not understand how you can say there is a linear relation between risk and absorbency if all of the excess statistically significant cases occur in relation to only one fiber. This is particularly important because, as you know, there is a question of national policy. There is a question of labeling absorbency. Representations have been made to the U.S. Food and Drug Administration. I find it difficult to make national policy recommen-

dations based on data that seem to me not secure, and, by your own statement, the numbers other than those dealing with polyacrylate rayon are not secure.

DR. ARTHUR REINGOLD. This study was done in 1986–1987, and none of these tampons contained polyacrylate rayon. Polyacrylate rayon was removed from Playtex tampons in the spring of 1985. Therefore, we are not able to look at the risk associated with polyacrylate in these data. I am the first to admit that the numbers here are very sparse. The question of whether there is any increased risk associated with various brands and styles compared with no tampon use depends on how many cases of TSS in non-tampon-using women went undiagnosed. We hope to get at least some assessment of that through this enormous chart review. To the extent that there has been a lot of diagnostic bias and those cases have been missed, it is possible that the increased risk in comparison to non-tampon use is, in fact, erroneous. The real problem then comes in terms of comparing other tampons with the Tampax Original Regular in that we have few cases relative to what we would like to have. I am, in fact, somewhat pleased that we were able to find so few cases because it indicates to me that we have been going in the right direction in the last few years and that this disease has really decreased in incidence. On the other hand, it makes for difficulties in interpreting the results of the study.

DR. JAMES TODD. I hope your conclusion is correct. As you say, you will only know whether the incidence has decreased once you have ascertained your reporting bias and what effect it has on your statistics. Certainly, your data from California do not suggest that the incidence has decreased significantly in that area. To speculate a bit, let us assume that there is a direct risk associated with absorbency. It has been said that this risk is not a function of leaving tampons in longer, although from seeing cases clinically I am convinced that it is. My own experience suggests that the severity of illness seems to relate directly to how long the tampon was left in. What are the data to convince us that the increase in absorbency in tampons is not directly related to an increase in the length of time that the tampon is left in?

DR. REINGOLD. The data are not good. In this study we did look at the number of tampons used per day (as the best indicator we could come up with because we were interviewing between 1 and 2 months after the illness), and there is not a substantial differ-

ence between the patients and the controls, which is what has been found in similar case-control studies. As to the other point you raise, I do not understand the biologic way in which absorbency could affect risk. We have looked at the data, substituting oxygen content because there is some correlation between oxygen content and absorbency, and if anything, oxygen content is not as good a predictor of risk as absorbency. The weight of the tampon is as good an indicator as absorbency, but again, they are too closely correlated to be separable. I do not know what it is that measured absorbency is telling us or what it indicates.

DR. KASS. The most convincing data came from the Tri-State Study, which reported that if there was any kind of cross-over between length of time a tampon is worn and risk, it was at ~13 hours, and the effect was negligible. From that fairly large study, it did not appear that length of time was a great variable in rate of disease. Whether that has changed since then, I do not know. We have all seen cases of the kind that Dr. Todd mentioned, but I think that the length of time a tampon is kept in place has not been statistically significant in relation to risk.

Second, with respect to the point about oxygen, as you know, we published a paper on the effect of oxygen on toxin production, and, except at conditions of zero oxygen, there is toxin production, particularly when magnesium levels are low. I agree that it is unlikely that variation in oxygen is going to be a major significant variable if some oxygen is present.

Third, I hope people will keep in mind that most cotton-containing tampons, whether all cotton or partially cotton, have adherent magnesium that is not covalently linked. Cotton itself has no free carboxyl groups. Therefore, any salts that are in the cotton tampon are simply there as contaminants during the manufacturing process. The salts leach out easily, and the salt content varies immensely from batch to batch. Cotton-containing tampons will usually release magnesium and therefore counteract any other tendency toward increased toxin production, and this becomes an important variable in looking at the effect of different products. Unless each product is carefully examined to see how much this particular variable changes from product to product—and I can assure you it changes immensely from batch to batch—you will get peculiar and variable results, and this adds to the underlying argument that we are talking of a surrogate and not of absorbency itself.