



MUCOSAL DISEASES (ORAL, ANOGENITAL), EXTERNAL EYE DISEASE

PENILE PAPULES: THE NUTT- BAR EFFECT

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Introduction: There are certain behaviours that are peculiar to prison life such as acquisition of tattoos as part of initiation into prison gangs. The 'Nutt-Bar' effect is a new practice which has been noted in male prisoners in KwaZulu- Natal, South Africa.

Methods: This is a case series of 10 prisoners seen in two tertiary hospitals in KwaZulu-Natal, noted to have bizarre symmetrical penile nodules.

Results: Of the 10 prisoners seen, four were from medium and six were from maximum security prisons. The rubber end of a toothbrush was broken off and smoothed by rubbing it against concrete into the shape of a pellet. The pellets are then inserted into the shaft of the penis via a small incision which is created with a blade. The rubber pellets give the appearance of nodules on the penile shaft. They reported that the nodules are known as the 'Nutt-Bar' effect and are only peculiar to male prisoners. No anaesthetic or sterile procedure was used. No complications were noted. All males were heterosexual. According to inmates, this practice enhances sexual pleasure.

Discussion: Penile implants have been noted in both incarcerated and non-incarcerated males in the United States, Asia, Slavic and Australia. Plastic beads made from tooth brushes, metal pellets, glass beads, pearls and dominos have been inserted in the shaft of the penis. Reasons for this practice includes enhancing sexual pleasure, to symbolize manhood, peer pressure, request from female partners and sadism. Penile implants can increase the transmission of HIV, hepatitis and sexually transmitted disease.

Conclusions: Insertion of toothbrush handle rubber pellets into the shaft of the penis may be misdiagnosed as calcinosis cutis. Although none of the prisoners reported complications, the long-term side effects are unknown and we should monitor for foreign body granulomas.

