Gonorrhoea

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Why in News?

A study on gonorrhoea was published in the July–December 2024 issue of the Indian Journal of Sexually Transmitted Diseases and AIDS.

- **Gonorrhoea** – It is a *sexually transmitted infection*.
- **Caused by** – Bacterium **Neisseria gonorrhoeae**.
- **Sites of infection** – Urogenital, pharyngeal, rectal, and conjunctival mucosa.
- **Transmission** – It is primarily through unprotected vaginal, oral, or anal sex.
- **Global Burden** – According to the WHO, an estimated 82.4 million new infections were diagnosed among adults aged 15 to 49 years globally in 2020.
- It is also reported that gonococcal infections have been higher in men than in women since 2013.
- **Causes** – The common cause is unprotected vaginal, oral or anal sex.
- **Other factors** include chemical irritants, trauma(from intercourse or cervical procedures) are other causes, yeast infections, and allergic reactions (to spermicides, latex condoms, diaphragms, IUDs).
- **Symptoms**
  - **Men** – Burning urination, pus-like discharge, itching/tenderness at the penis tip, sometimes blood in urine.
  - **Women** – It is often asymptomatic; when present, abnormal vaginal discharge (yellow/grey/pus-like), pain during intercourse, bleeding between periods, pelvic pain, and frequent urination.
- **Complications if untreated** – For women, it results in fallopian tube scarring leading to infertility or ectopic pregnancy.
- For newborns, it causes eye infection (ophthalmia neonatorum), risk of blindness, sepsis, arthritis, and meningitis.
- **Diagnosis –** It is diagnosed by detecting the bacteria through urine or swab tests, with the Nucleic Acid Amplification Test (NAAT) considered the most accurate method.
- **Treatment** – As per the guidelines ofthe National AIDS Control Organisation (NACO), India -
  - Antibiotic - ***Ceftriaxone 500 mg*** IM, single dose.
  - Abstain from sex for 7 days post-treatment and until symptoms resolve.
  - Additional screening for HIV, chlamydia, and syphilis.
  - If symptoms persist (3–5 days), a culture test to check for antimicrobial resistance.

- For pregnant women, Prenatal screening is crucial to prevent neonatal transmission.

Reference

The Hindu | All you need to know about: gonorrhoea