Pelvic Inflammatory Disease

Prelims: *Current events of national and international importance | Health*

Why in News?

Recently, the Pelvic Inflammatory Disease (PID) has gained attention amid concerns over rising Sexually Transmitted Infections and preventable causes of female infertility.

- **PID –** It is an ***infection of the upper female reproductive system*** affecting the uterus, fallopian tubes and ovaries.
- **Symptoms –** Lower abdominal pain, foul-smelling vaginal discharge, pain during intercourse, irregular bleeding, and fever or chills in severe cases.
- **Causes – Infection –** Bacteria migrating from the vagina and cervix to the pelvic cavity.
- **STI Pathogens –** Chlamydia and gonorrhoea infections.
- **Microbiome Disruption –** Douching and scented feminine washes disturb vaginal flora, leading to Bacterial Vaginosis.
- **Vulnerable populations –** Sexually active women with partners of unknown STI status.
- Women with multiple sexual partners.
- The ***vagina is self-cleaning due to protective Lactobacillus bacteria.***
    - Women using vaginal douches or internal cleansers that disrupt natural bacteria balance.
- **Progression Stages –** Bacteria ascend from the vagina and cervix to the pelvic cavity, causing inflammation.
- It leads to ***scarring of the fallopian tubes, and infertility or ectopic pregnancy.***
- **Prevention –** It is treatable in early stages, but can cause infertility and ectopic pregnancy if untreated.

Reference

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