

Gonorrhoea infection.

It was a beautiful Monday morning; Toyin had just left for school after spending the weekend with Temmy her five year old boyfriend. Temmy on dropping her off at the park where she boarded a vehicle to Ibadan to continue with her education at the university, decided to have his breakfast at a restaurant close to the park before rushing to work. No sooner had he finished eating than he felt like urinating. He remembered he had urinated twice that day and it was just 7.30 in the morning. He wondered what was going on and decided that was going to be the last for the morning. He knew he was late for work and wondered what story he would give his 'Hitler' boss who finds it easier to give a query to erring staff than to scold orally.

Just as he drove into the banking hall, before the gateman could direct him to the staff parking space, he felt another urge to urinate. He knew that was not going to be easy to hold as he felt the urge increasing with every attempt to hold it. He rushed out of the car, dashed into the bullet proof door, pressed the green button, and before he could say good morning to his co workers, rushed into the men's rest room to answer the call of nature. His colleagues were rather amazed at this unusual grotesque of his. The staffs were still wondering about this when they heard him scream from the rest room. At first, they felt it was a façade to escape being scolded for coming late to work, but when the groaning persisted another staff was sent in to see what the problem was. Standing in the rest room was Temmy holding his penis in pain with pus coming out of it. He had never experienced such before, in fact not many of the staffs had. He was taking to the hospital where he was diagnosed of gonorrhoea infection.

Although, his genital was no more a private property in the office, yet he was happy to have been relieved of the pain at last. The mordant behaviors of his colleagues eventually saved him from the 'Hitler' as he finally escaped the query after all.

Gonorrhoea

Hello there, today we will be discussing a disease that many consider as a measure of social status in Africa. An ancient disease that has more myths than facts around it will be our focus in today's episode. Today we will be discussing gonorrhoea infection and I believe at the end of it all you will be able to clearly separate the myth from the fact.

Gonorrhoea infection is one of the groups of diseases called venereal diseases. It is a disease caused by the bacteria *Neisseria Gonorrhoea*. We often see a lot of people trying to capitalize on other's ignorance of this disease to swindle them of a good fortune while claiming to have a special treatment formula. This is not peculiar to Nigeria alone, in fact between the years of 1917 and 1970, it was a crime in England and some other European countries to mention the word gonorrhoea or venereal disease in the public or to claim to have a treatment for it. This law was promulgated to prevent the innocent people from being duped.

How does one contract this disease?

Gonorrhoea is a sexually transmitted disease. The infection is transferred from the carrier to the partner during sexual intercourse. Although there are occasional cases of transmission through sharing of intimate materials, it should be noted that this is very rare because the bacteria cannot survive for a long time outside of the human body. The incubation period of this disease is 3 to 14 days with most symptoms showing between 3 to 5 days of contracting it.

Signs and symptoms

The symptoms are easily noticed in men while it may sometimes pass unnoticed in women. And what are these symptoms?

Top on the list is painful urination. The patient feels a burning sensation while urinating and sometimes urinate frequently. Patient may also notice pus coming out with urine or on its own. In women, there may be inter-menstrual bleeding, increase discharge and painful urination.

However if the infection is not treated as some people tend to endure the pain, the acute phase which causes all the pain may resolve to give rise to a more dangerous chronic phase later.

In men, it ascends into the testes to cause epididymo orchitis which if not treated properly can lead to inability of the testes to produce viable spermatozoa.

It can also cause urethral stricture. This is blockage of the urine passage. The individual finds it difficult to urinate. I tell you that this is not a simple matter. If you have ever seen someone

with this problem before, you will never want to experience it. The pain can only be compared to the labor pain. And most importantly, treatment at this level is not funny either as we will have to open up the urethral with different grades of dilator. That in itself is a painful procedure.

In women if this disease is not treated, it ascends into the uterus to cause pelvic inflammatory disease which is the commonest cause of infertility in women today. This can also lead to ectopic pregnancy in them.

In pregnant women, the Child can come down with eye discharge on delivery.

In both men and women, it increases the risk of contracting HIV infection. Gonorrhoea is like a gateman that opens the gate for HIV.

Treatment

Antibiotic is the mainstay of treatment. It is advisable that you make yourself available in the hospital so that your doctor can give you the appropriate antibiotics. The commonly used antibiotics include; ceftriaxone, ciprofloxacin, cefixime and others. You don't have to be shy. And there is no need for you to be ashamed.

Conclusion

The best way to prevent gonorrhoea is to practice the ABC of safe sex. Abstinence is the best policy where possible. Be faithful to your spouse at all time. And if that may be difficult which I don't think should be, then use your condom. When properly used, it saves you not only from gonorrhoea and other venereal diseases, but also from HIV/AIDS and unwanted pregnancy.

Until next week when I shall be coming your ways again, always remember that in medicine, the earlier is always the better.

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