

# Health Care Education Chlamydia



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*And when I am sick, then He heals me. - - - Al Quran – Ash-Shuraa, Verse 26:80*

### Chlamydia

#### ***What is Chlamydia?***

Chlamydia is a common sexually transmitted disease (STD) caused by the bacterium, *Chlamydia trachomatis*, which can affect both, men and women. It can damage reproductive organs in women and can cause discharge from the penis of an infected man. In a woman, this can happen "silently" before she ever recognizes a problem.

#### ***How does one get Chlamydia?***

Chlamydia can be transmitted:

- While having sexual relations with an infected person.
- From an infected mother to her baby during normal childbirth.
- By men who have sex with men.

#### ***What are the symptoms of Chlamydia?***

Women might have an abnormal vaginal discharge or a burning sensation when urinating. When the infection spreads, some women still may have no signs or symptoms; others may have lower abdominal pain, low back pain, nausea, fever, pain during intercourse, or bleeding between menstrual periods. Chlamydia infection of the cervix can spread to the rectum.

Men with signs or symptoms might have a discharge from their penis or a burning sensation when urinating, and itching.

#### ***What is the impact of Chlamydia on health?***

In women, untreated infection can lead to chronic pelvic pain, infertility, and potentially fatal ectopic pregnancy (pregnancy outside the uterus). Women infected with Chlamydia are up to five times more likely to become infected with HIV, if exposed. An infant with Chlamydia can be blinded if left untreated.

#### ***How is Chlamydia diagnosed?***

There are laboratory tests to diagnose Chlamydia. Some can be performed on urine, and other tests require that a specimen be collected from a site such as the penis or cervix.

#### ***How can Chlamydia be prevented?***

Persons with Chlamydia should abstain from sexual intercourse until they and their sex partners have completed treatment, otherwise re-infection is possible.

Women whose sex partners have not been appropriately treated are at high risk for re-infection. Having multiple infections increases a woman's risk of serious reproductive health complications, including infertility. Retesting should be considered for women, especially adolescents, three to four months after treatment.

The surest way to avoid transmission of sexually transmitted diseases is to abstain from sexual contact.

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Sources: Centers for Disease Control and Prevention. April 2006.

**Please note:** All information provided in this flyer is posted for educational purposes only; it is not meant to be used as medical advice. For any advice, diagnosis, and treatment consult your personal physician