

# Health Care Education Gonorrhea



## Hidaya Foundation

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

### Gonorrhea

#### What is Gonorrhea?

Gonorrhea is a highly contagious sexually transmitted disease (STD). The cause of gonorrhea is a bacterium called “Neisseria gonorrhoeae” that spreads through sexual contact.

#### How does one get Gonorrhea?

- By having sexual intercourse with more than one person.
- In both sexes, anal/rectal gonorrhea may result from anal intercourse with an infected person or from the infection spreading from the genital area.
- Oral sex can lead to pharyngeal gonorrhea.
- By touching or rubbing the eye with your hand after it has been in contact with infected discharge.
- A pregnant woman with untreated gonorrhea may spread the infection to her baby during birth.

#### What are the symptoms of gonorrhea?

- Thick, cloudy or bloody discharge from the penis or vagina
- Pain or burning sensation when urinating
- Frequent urination
- Pain during sexual intercourse

The first gonorrhea symptoms generally appear within 2 to 10 days after exposure to the bacterium. However, some people may be infected for months before symptoms occur.

#### What is the impact of Gonorrhea on health?

- It may lead to infertility in men and women.
- It causes Pelvic inflammatory disease which may lead to abdominal pain, backache, irregular menstrual periods, and pain during

intercourse and foul-smelling vaginal discharge.

- In an infant, gonorrhea may cause complications such as blindness and widespread infection of the joints and blood.
- It may cause some discomfort in and discharge from the anus.
- It can lead to pharyngeal gonorrhea with a sore throat, pain on swallowing and redness of the throat and tonsils.
- If it infects the eye, it can cause a red, inflamed eye (conjunctivitis).
- Fever, rash, skin sores, joint pain, swelling and stiffness are possible results if the blood gets infected.

#### How is Gonorrhea diagnosed?

Health care providers usually use three laboratory techniques to diagnose gonorrhea.

- Staining samples directly for the bacterium
- Detecting bacterial genes or DNA in urine
- Growing the bacteria in laboratory cultures

#### How can Gonorrhea be prevented?

The best way to prevent gonorrhea or any STD is to practice abstinence, or not having vaginal, oral, or anal sex and having only one partner.

#### When should I consult a doctor?

Ask your doctor to test for gonorrhea if you:

- Have a discharge from your vagina or penis or have other signs or symptoms of gonorrhea
- Are concerned that a partner may have been exposed to the infection
- Know gonorrhea has been diagnosed in a partner
- Are pregnant
- Have multiple sexual partners