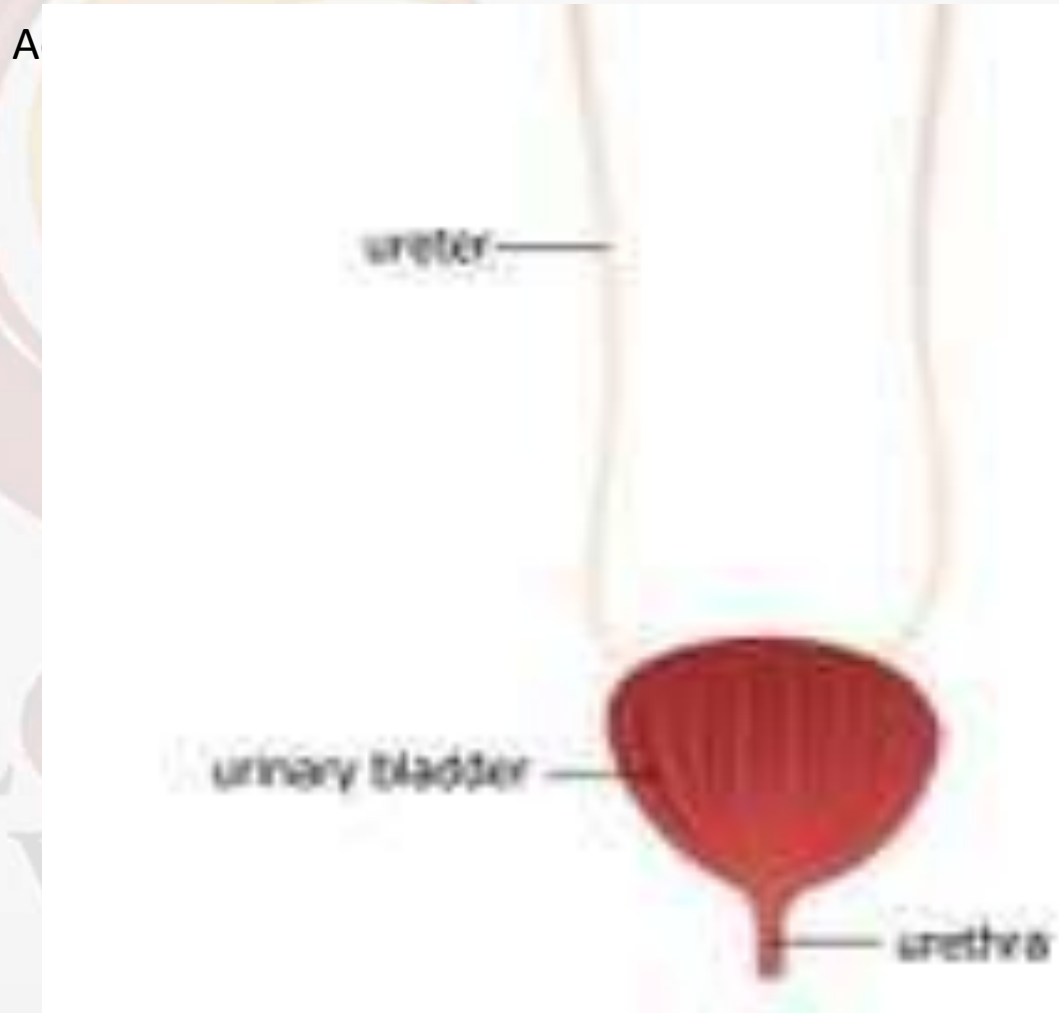


Urethritis



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DEFINITION

- Urethritis is the swelling, irritation, and inflammation of the urethra. The urethra is the tube that carries urine from the body.

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Causes

Urethritis may be caused by bacteria or a virus. The same bacteria that cause urinary tract infections and some sexually transmitted diseases can lead to urethritis. Viral causes of urethritis include herpes simplex virus and cytomegalovirus.

Other causes include:

-- Injury

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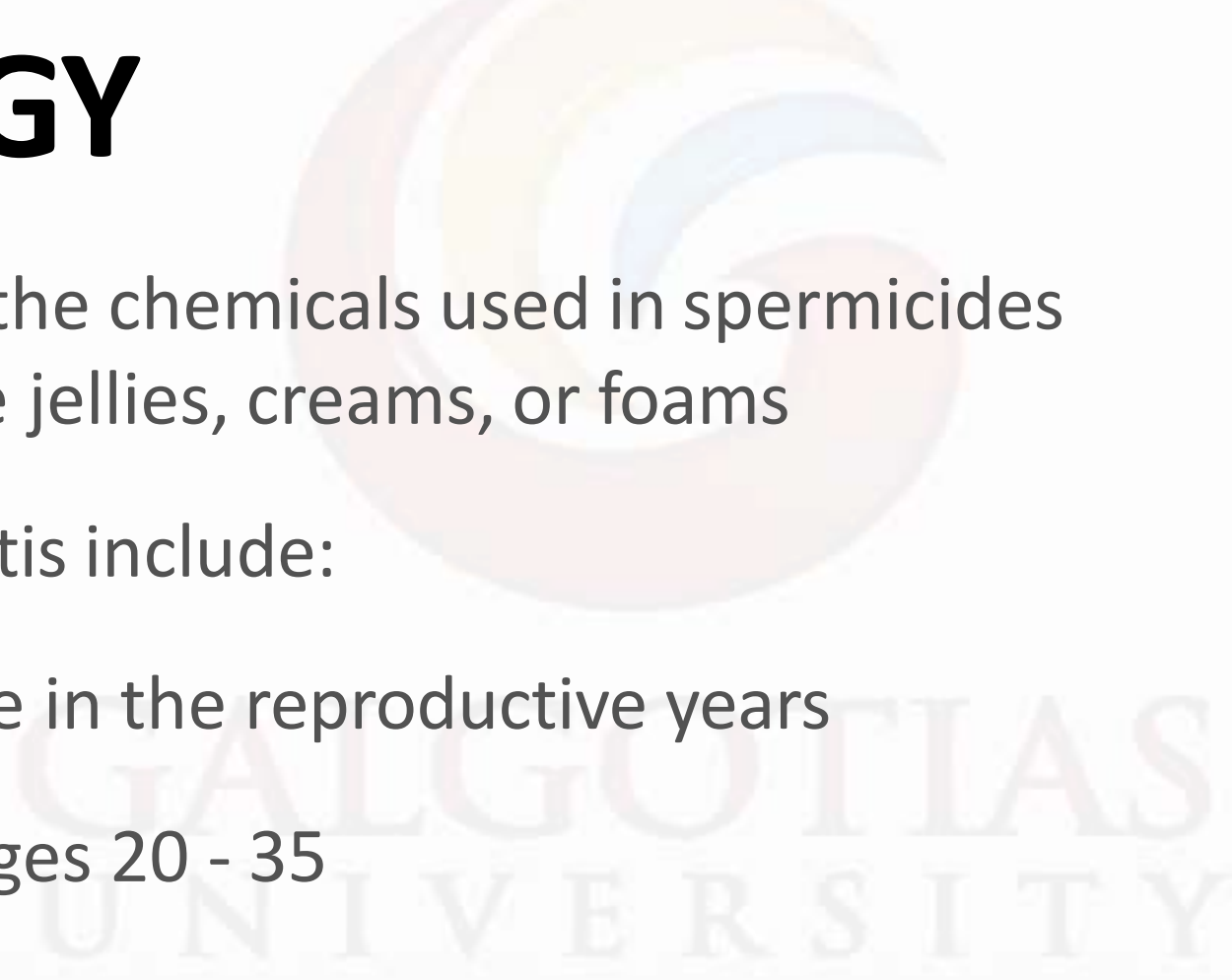
ETIOLOGY

-- Sensitivity to the chemicals used in spermicides or contraceptive jellies, creams, or foams

Risks for urethritis include:

-- Being a female in the reproductive years

-- Being male, ages 20 - 35



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- -- Having many sexual partners
- -- High-risk sexual behavior (such as anal sex without a condom)
- -- History of sexually transmitted diseases

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Diagnosis

Your health care provider will perform a physical examination. In men, the exam will include the abdomen, bladder area, penis, and scrotum. The physical exam may show:

- Discharge from the penis
- Tender and enlarged lymph nodes in the groin area



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-- Tender and swollen penis

*A digital rectal exam will also be performed.

Women will have abdominal and pelvic exams. The health care provider will check for:

-- Discharge from the urethra

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Program Name: B.Sc. Nursing

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- Tenderness of the lower abdomen
- Tenderness of the urethra

The following tests may be done:

- Complete blood count (CBC)
- C-reactive protein test

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INVESTIGATION

- Pelvic ultrasound (women only)
- Pregnancy test
- Urinalysis and urine cultures
- Tests for gonorrhoea, chlamydia, and other sexually transmitted diseases



Treatment

- The goals of therapy are to eliminate the cause of infection, improve symptoms, and prevent the spread of infection.
- If you have an infection, you will be given antibiotics. You may take pain relievers along with antibiotics.

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THERAPEUTIC MANAGEMENT

People with urethritis should avoid having sex or using condoms. If the cause of your urethritis is infection, your sexual partner must also be treated.

With the correct diagnosis and treatment, the condition should clear up without any complications. If your condition does not clear up after antibiotics or lasts for at least 6 weeks, you may have chronic urethritis (which may require a different type of antibiotics).

PREVENTION

- Some causes of the condition may be avoided with good personal hygiene and by practicing safe sex behaviors (for example, having only one sexual partner and using condoms).

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