

## PATTERN OF SEXUALLY TRANSMITTED DISEASES IN HAZARA DIVISION

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*A retrospective study was done involving 185 patients with sexually transmitted diseases, the aim being to know the pattern of sexually transmitted diseases, male to female ratio, common age groups, marital status and sources of infection. Gonorrhoea was the most common sexually transmitted disease. There were 32 cases of genital warts, 16 cases of non-gonococcal urethritis, 10 cases of genital molluscum contagiosum, 9 cases of herpes genitalis, 8 cases of syphilis, 6 cases of lymphogranuloma venereum and 2 cases of chancroid. Of 185 cases only 6 were females. Majority of the patients were between 20-40 years of age. Most of the patients (about 64%) were married and had acquired infections from prostitutes, married women and eunuchs.*

### INTRODUCTION

Sexually transmitted diseases are infectious diseases acquired through sexual intercourse with infected partners. Babies can be infected from infected mothers either during pregnancy or delivery. Infected needles and blood can be a source of transmission.

The true incidence of sexually transmitted diseases cannot be evaluated in our country, as patients with STDs go to various doctors like general practitioners, urologists, dermatologists/venereologists, gynecologists, physicians, dispensers, chemists, Hakeems and pirs, etc.

Sexually transmitted diseases are more common in the western world. There is an alarming increase in sexually transmitted diseases in the third world, i.e. Asians and Africans<sup>2,3</sup>. Some sexually transmitted diseases are acquired by non-sexual means, but epidemiologically, sexual transmission is significant, therefore they are classified as sexually transmitted diseases<sup>4</sup>.

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### MATERIALS AND METHODS

Case sheets of 185 patients presenting with sexually transmitted diseases from May 1990 - June 1995 in Skin & VD OPD of Civil Teaching Hospital and private clinics were analyzed retrospectively.

Parameters studied were: pattern of sexually transmitted diseases, male to female ratio, age groups, marital status and sources of infection.

### RESULTS & CONCLUSIONS

Quite a few patients had more than one sexually transmitted disease at the time of presentation. Gonorrhoea was most common sexually transmitted disease at the time of presentation (102 patients- 55 %) The second most common disease was genital warts. Of a total of 185 cases, 32 were of genital warts. Genital herpes was diagnosed in 9 patients. 22 patients had non-gonococcal urethritis, 19 patients had molluscum contagiosum, whereas 8 cases of syphilis were diagnosed. There were 6 cases of lymphogranuloma venereum. Other sexually transmitted diseases like Aids, Hepatitis B or Granuloma inguinale were not seen in our study.

Trichomoniasis which is very common, was diagnosed in only two of our patients.

Results are summarized in Table-1

**TABLE-1: PATTERN OF SEXUALLY TRANSMITTED DISEASES**

DISEASES	NO.	% AGE
1. Gonorrhoea	102	55
2. Genital warts	32	17.3
3. Non gonococcal urethritis	16	8.6

4. Genital molluscum contagiosum	10	5.4
5. Herpes genitalis	9	5.0
6. Syphilis	8	4.3
7. Lymphogranuloma venereum	6	3.3
8. Chancroid	2	1.1
Total	185	100%

#### **MALE: FEMALE RATIO:**

Out of 185 patients only 6 females were diagnosed with STDs, 2 with Trichomoniasis, two with genital warts, and two with molluscum contagiosum. Such a low percentage of females in our study, is probably due to the fact that females with such problems normally report to gynecologists (male / female).

#### **AGE GROUPS:**

The ages varied from 16-50 years. Most patients were between 20-40 years of age.

#### **MARITAL STATUS:**

Of 185 patients, 118 were married and 67 were unmarried.

#### **SOURCES OF INFECTIONS:**

Most of our patients contracted the disease by having sexual relations with prostitutes, married women and eunuchs. Very few patients had travelled abroad and contracted the disease from there.

## **DISCUSSION**

A similar study was carried out by S. Sharif Ali Shah et al <sup>1</sup> in the Department of Dermatology, Dow Medical College, Karachi. In our study, gonorrhoea, genital warts, non-gonococcal urethritis & genital molluscum contagiosum topped the list. We also saw 6 cases of lymphogranuloma venereum and 2 cases of chancroid.

A number of our patients (67/185) were unmarried similar to that reported in the above mentioned study, but they contracted the diseases by having unprotected sex within the country.

Our study is based on analyzing patients over a period of 4.6 - 5 years. Over 65,000 patients were seen in the OPDs and in private practice. Looking at the percentage of the patients with sexually transmitted diseases, it is concluded that the percentage of patients with STDs in Hazara Division is quite low as compared to other big cities.

## **REFERENCES**

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