PATTERN OF SEXUALLY TRANSMITTED DISEASES IN THE LAST 5 YEARS IN A TERTIARY CARE CENTRE OF NORTH EAST INDIA: A RETROSPECTIVE STUDY

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ABSTRACT

BACKGROUND

Sexually Transmitted Diseases (STD) can cause long-term morbidity, infertility and psychosexual problems.

OBJECTIVES

To study the pattern of STDs from 2011-2015 in our hospital.

MATERIALS AND METHODS

Case records of STD patients attending STD clinic of our hospital from 2011-2015 were studied.

RESULTS

Most of the patients belonged to the age group of 25-34 years with male-to-female ratio of 3.52:1. The commonest STD was genital warts (42.08%) followed by genital herpes (29.05%), non-herpetic genital ulcer (11.15%), vaginal/cervical discharge (7.59%), urethral discharge (6.56%), inguinal bubo (1.12%), lower abdominal pain (0.84%) and other STDs accounted for 1.59% of the cases.

CONCLUSION

Increasing mass awareness about safer sexual practices and Human Immunodeficiency Virus (HIV) infection as well as increased availability of over-the-counter drugs has led to decline in the number of STDs. But a lot yet remains to be done.

KEYWORDS

STD, HIV, 5 years.

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INTRODUCTION

The prevalence and pattern of sexually transmitted diseases (STDs) vary in different countries and even in different parts of the same country. Acquisition and transmission of human immunodeficiency virus (HIV) is increased three times in the presence of Sexually Transmitted Infection (STI).^[1] Appropriate prevention and control measures can be devised if there is knowledge of the pattern of STDs and their changing trends. We studied the pattern of STDs in the last 5 years from 2011-2015 in our hospital.

MATERIALS AND METHODS

Case records of patients attending STD clinic from January 2011 to December 2015 were studied after taking ethical clearance. Those patients diagnosed as cases of STD after clinical examination and relevant laboratory investigations were included in the study. Pretest counselling was done and consent obtained before doing HIV test.

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RESULTS

Year	Male	Female	Total	M:F
2011	201	36	237	5.58:1
2012	186	50	236	3.72:1
2013	141	28	169	5.03:1
2014	154	48	202	3.20:1
2015	149	74	223	2.01:1

Table 1: Shows the Number of Patients Attending STD Clinic in the Last 5 Years

Age Group	2011	2012	2013	2014	2015
	M F T	M F T	M F T	M F T	M F T
0-14	0 0 0	5 2 7	0 0 0	0 1 1	5 4 9
15-24	48 14 62	41 26 67	31 13 44	21 19 40	32 26 58
25-34	106 19 125	83 19 102	78 11 89	70 21 91	57 21 78
35-44	37 1 38	45 8 53	21 2 23	46 8 54	33 16 49
>45	10 2 12	12 2 14	11 2 13	17 0 17	12 7 19

Table 2: Shows the Age Distribution of STDs

Most of the patients were in the age group 25-34.

Syndrome Diagnosis	2011 M F T	2012 M F T	2013 M F T	2014 M F T	2015 M F T
Urethral discharge	12 0 12	18 0 18	13 0 13	14 0 14	13 0 13
Genital ulcer					
-herpetic	67 17 84	41 14 55	43 9 52	45 13 58	49 12 61
-non herpetic	31 0 31	38 3 41	27 0 27	13 2 15	5 0 5
Lower abdominal pain	0 5 5	0 0 0	0 0 0	0 0 0	0 4 4
Vaginal/cervical discharge	0 10 10	0 17 17	0 12 12	0 15 15	0 27 27
Inguinal bubo	5 0 5	4 1 5	2 0 2	0 0 0	0 0 0
Genital wart	86 4 90	75 15 90	53 7 60	78 18 96	82 31 113
Other STIs*	0 0 0	10 0 10	3 0 3	4 0 4	0 0 0
Total	201 36 237	186 50 236	141 28 169	154 48 202	149 74 223

Table 3: Shows the Sex Distribution of STDs in the Last 5 Years

*Scrotal swelling, genital scabies, anorectal discharge, genital molluscum, genital pediculosis.

STDs have been classified according to syndrome diagnosis as shown in Table 3. Genital warts accounted for the highest number of cases in males (35.05%) in the last 5 years. In females, genital ulcer (Herpetic) accounted for most (47.22%) of the cases 5 years back. With an increasing trend in the cases of genital warts, it now accounts for the highest number of cases (41.89%) in females. The total number of STD cases in last 5 years was 1067, of which there were 831 males (77.88%) and 236 females (22.11%). Genital warts accounted for 42.08% followed by genital herpes (29.05%), non-herpetic genital ulcer (11.15%), vaginal/cervical discharge (7.59%), urethral discharge (6.56%), inguinal bubo (1.12%), lower abdominal pain (0.84%) and other STIs (1.59%). Of the non-herpetic genital ulcers, most of the cases were due to candidal balanoposthitis (43.69%) followed by syphilis (36.13%), chancroid (8.40%), granuloma inguinale (2.52%), lymphogranuloma venereum (1.68%) and mixed infection (15.12%). The number of females attending STD clinic has also increased significantly from 15.18% in 2011 to 33.18% in 2015.

DISCUSSION

Patients between 25-34 years accounted for maximum number (45.45%) of cases. Similar findings were observed in other studies.^{[2],[3]} The number of male cases exceeded females (3.52:1). This may be due to minimal symptoms in females as compared to males. Moreover, most of the female patients attended Gynaecology OPD first.^[4] The number of viral STDs, particularly genital warts have been rising consistently, probably due to increasing usage of antibiotics for treatment of bacterial STDs.^[5] Prevalence of HIV among the cases of STD was a median of 6.23%.

A similar study done in Manipur showed the commonest STD in the ulcerative group to be balanoposthitis followed by chancroid. In the discharge group, cases of gonorrhoea exceeded that of non-gonococcal urethritis.^[2] Another study by Bhushan et al showed gonorrhoea (16.9%), genital wart (12.4%), chancroid (12.2%), genital herpes (11.4%) and

syphilis (10.4%).^[5] In a study done in Chengalpattu, Chennai, the commonest STD in men was chancroid (24.4%) and in women was syphilis (29%). Rising trend in the cases of genital wart and a low incidence of lymphogranuloma venereum and granuloma inguinale have also been reported in other studies.^{[4],[6]}

CONCLUSION

UNAIDS has launched a strategy 90-90-90 to end the AIDS epidemic. According to this strategy by 2020, 90% of all HIV positive persons should be aware of their HIV status, 90% of all diagnosed to have HIV infection should receive antiretroviral therapy and 90% of all receiving antiretroviral therapy should have viral suppression.^[7] With increasing mass awareness and increased availability of over-the-counter drugs, the number of STD cases are declining. However, there is still a long way to go before we can achieve the target set by UNAIDS to end the AIDS epidemic.

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