



Chlamydia - the most common sexually transmitted infection

Pathogens and transmission

Chlamydia infections are the most commonly diagnosed sexually transmitted infections of bacterial origin. They are caused by the bacterium *Chlamydia trachomatis*. The infection can be transmitted from the mother to the newborn by unprotected oral, vaginal and sex reproduction or at birth.

Syndrome

About 70% of women and about 50% of men with chlamydia infection have little or no discomfort. If complaints are present - usually 2 to 6 weeks after infection - these are expressed mainly by bruising and pain during urination as well as by discharge from the vagina or urethra. Even if no symptoms occur, chlamydia can be transmitted to sexual partners. Chlamydiosis can be cured with antibiotics or can also heal spontaneously.

The pathogens can also be hidden in the cells of the mucous membranes and also in the case of immune system

problems (smoking, low vitamin nutrition, vitamin D deficiency, other infections)



flare up again after years.

Untreated chlamydiosis can cause pelvic inflammation in women, which can lead to abdominal pain, fever, unusual discharge, pelvic pain, and congestion of the fallopian tubes. If the latter occurs, the risk of an ectopic pregnancy increases and can result in infertility. In men, epididymis inflammation with subsequent sterility is the result in rare cases. Infected newborns can develop conjunctivitis or pneumonia.

Distribution and frequency

In Switzerland, as in Europe, the number of chlamydia infections reported annually has been increasing continuously

for years. It is estimated that between 3 and 10% of the

sexually active population is affected by chlamydia; 70% of them are women. The infection is common in adolescents and young women under the age of 24; Men are on average slightly older at the time of diagnosis.

Prevention

Condoms and the consistent adherence to the first two safer sex rules 1. Always penetrate with rubber, 2. Not getting semen and blood into the mouth reduces the risk of becoming infected with chlamydia. However, a transfer can still take place. This is why it is important to observe the third rule of safer sex: 3. In the event of itching, burning or discharge, see a doctor. If the disease is diagnosed, all sexual partners must be examined and treated if necessary.

Anyone who has many sexual partners (> 5 per year) or has once had a chlamydial infection should be examined for sexually transmitted infections at every gynecological examination.

according to the Federal Office of Public Health