

# Trichomoniasis

**T**richomoniasis, or “trich” is one of the most common sexually transmitted diseases (STD) in the United States. It is contracted through any type of sexual contact: oral, anal, or vaginal. Trichomoniasis mainly affects women between 16 – 35 years of age and it is estimated that 2 million women each year contract “trich”.

## What are the signs and symptoms?

Many people with “trich” have no signs or symptoms. When they do appear, it is within 1-4 weeks after infection and they include:

### Women

- Foul smelling or frothy green vaginal discharge
- Vaginal itching or redness
- Pain during sexual intercourse
- Lower abdominal pain
- Frequent and/or painful urination

### Men

- Penile discharge
- Frequent and/ or painful urination
- Tingling inside penis
- Most men have no symptoms

## What are the complications?

When a person is infected with a STD their risk of acquiring HIV or another STD is increased. If a pregnant woman delivers while infected, the baby may contract the infection. This is rare. Symptoms would be a fever in infants and vaginal discharge in girls.

## How is trichomoniasis diagnosed?

The diagnosis of trichomoniasis is dependent upon the findings of a microscopic examination of the vaginal discharge in females or the urethral (canal that urine passes through) specimen in males. A culture for the parasite may also be done to diagnose infection. These results can take up to 7 days.

## What is the treatment?

Metronidazole, an antibiotic, is the only medication recommended for the treatment of trichomoniasis in the United States. It is very important to treat all sex partners to prevent reinfection.

## How do you prevent transmission?

Certain basic principles are important in reducing the risk of getting an STD, including syphilis:

- Not having sex (abstinence) or having sex with one uninfected partner who only has sex with you
- Using latex or polyurethane condoms with every sex act. Latex dental dams and female condoms are also effective barrier methods. Remember that condoms do not provide 100% effectiveness even when used properly.
- Limit the number of sex partners you have
- Routine screenings can detect STDs that you are unaware of and prevent complications